



WHAT'S NEW!

Drugs: Uses and Abuses DVD Series



A veritable encyclopedia of pharmacological facts, this outstanding eight-part series thoroughly examines the therapeutic uses and dangerous abuses of drugs. These programs promote discussion, explore myths, and provide information by concerned professionals and recovering users. The series contains DVD's on: Steroids, Inhalants, Narcotics, Stimulants, Sedatives, Psychedelics, PCP/Ketamine and THC.

Something Dangerous: Emergent and Changing Illicit Drug Use and Community Health



This research-based, theory-driven ethnographic account of the changing underground world of drug use and associated health effects covers the essentials in a concise fashion. After a thorough outline of the nature and history of drug use dynamics, the author discusses the role of youth in new drug use practices, the impact of illicit drug distribution and the war on drugs, and the public health risks of trends in drug use behavior. Because Singer carefully explains all technical terms, uses clarifying examples, and avoids jargon, readers will walk away from this volume with a deeper grasp of this social problem; with appreciation for how change figures into drug use practices; and with knowledge of key social, cultural, political-economic, criminal justice, and health factors.

Drug Facts

This 2005 National Health Information Award winning brochure features an overview of 11 commonly abused drugs. The inside fold-out chart displays an easy to read detailed drug description guide. The chart includes a simple discussion of the short and long term effects each drug has on the body. The brochure also contains a section of common myths and facts surrounding the most popular drugs on the market today. Teachers, parents and students have all raved about this awesome brochure.



Drug Trends: Let's Keep Up!

By:
Jesseka
Hoerdeman

Living in the Hawaiian Islands is viewed by many as living in one big community. As concerned members of this community we would like to believe that we are aware of the "new" drugs and gangs, what our kids are doing before and after school, and the "real" threats vs. trendy issues. Unfortunately, this is not always the case.

Youth today, with relatively easy access to digital technology (i.e. satellite television, Internet, cellular phones), have a much easier time learning about different drugs and their uses if they choose to access this information. A multitude of pro-drug websites and chatrooms exist with the unfortunate purpose of sharing information on "safe" drug use, as well as on new drugs and drug combinations. Here we share two new topics that we have recently heard of in the Prevention Resource Center.

Cheese is the street name for a concoction of heroin and acetaminophen diphenhydramine HCL (commonly found in Tylenol PM) and while being more prevalent in the Midwest, national media attention has created a buzz around it. Law enforcement officials are calling it "starter heroin." This drug is very cheap and ingested by snorting, producing feelings of euphoria, disorientation, sleepiness, and hunger. Withdrawal symptoms include headaches, muscle pains and spasms, chills and anxiety. It is highly addictive and has resulted in numerous teenage deaths.

Alcopops, or by the more recognizable names of *Mike's Hard Lemonade*, or *Smirnoff Ice*, among others, are alcoholic beverages that are sweet and reminiscent of juice and soda. Ads for these drinks are viewed by many as geared toward youth, and their popularity, while on the decline, is still a considerable problem. A new fad has emerged in Europe: **alcopops** in powdered form. The powder packets contain 4.8 percent of alcohol by volume, equivalent to one to one-and-a-half glasses of liquor. Just mix the powder into a bottle of cold water, and you have an alcoholic drink containing a sizeable amount of vodka or rum. Sales of these "**powdered alcopops**" are still illegal to anyone underage, but Internet sales help make it possible.

While newspapers, television news, and rallies usually focus on the enormous problems of alcohol, marijuana, Ice, and cocaine, there are other real threats that are lesser known or less "threatening" that often get overlooked.

The most popular of these "overlooked" drugs goes by the name of **Salvia Divinorum**. This legal herb from the mint family resembles sage and is grown primarily in California and Hawaii.

Originally used by Mazatec Indians for traditional healing ceremonies, this hallucinogen has made its way to the U.S. and is causing detrimental long and short term consequences to its consumers. The plant is usually ingested by chewing and swallowing the fresh leaves or smoking the dried leaves, and users commonly refer to the experience as "highly spiritual and out-of-body experience." With hallucinogenic effects lasting less than one hour, the short-term effects of memory loss, body sweats, psychotic thoughts and unconsciousness and long-term effects of depression and schizophrenia hardly seem worth it.



Another plant that is ingested by chewing on the leaves is the plant called **Khat**. Users have said that it produces a "liberation from space and time." **Khat** is illegal and is known for its strong likelihood for dependency. Originating in Eastern Africa and the Middle East, **Khat** was used as a religious drug. Today's usage is considered by many to be commonplace, similar to that of chewing tobacco. The drug has become increasingly popular in bigger cities on the mainland with East African populations. Because it is a stimulant, individuals usually experience delusions, insomnia, anorexia, breathing difficulties and increased blood pressure. Long time users have been known to have depression, chemical hepatitis and hernias caused by constipation.

One last plant that has been popular in Hawaii for years is the seed of the Betel Palm. The practice of chewing **Betel Nut** originated in Asian and Pacific Island cultures, and was done primarily at ceremonies and gatherings. This nut can be quite addictive and is said to "create a feeling of energy, appease hunger and assuage pain." The negative side effects of regular **Betel Nut** chewing are very similar to that of chewing tobacco. In recent studies it was found that chewers have a 25-30 times higher risk of developing oral cancer. Teeth and gums become stained red, and chewing can lead to the development of oral lesions, an increased risk of diabetes and mouth ulcers. Like **Salvia Divinorum**, **Betel Nut** is legal and the long-term risks are not well known.

With so many different drugs on the market it is hard to know where to focus your concerns. In summary, education and communication are our best tools for keeping our families and communities safe and healthy. For up-to-date information on drugs, useful websites, parenting skills, and prevention programs, please contact the R.A.D.A.R. Network- Prevention Resource Center (PRC) at (808) 545-3228 x 34. Or you can visit our website at www.drugfreehawaii.org.

Campaigns and Initiatives

"Drugs Are Not Child's Play" is the theme of the United Nations Office on Drugs and Crime (ONODC) 2006 international campaign. Although children are seldom the object of national and international studies, children of all ages are affected by drug abuse and illicit trafficking.

This campaign is an effort to increase public awareness about the destructive power of drugs and society's responsibility to care for the well-being of children.

Visit the ONODC website at: www.unodc.org, to get downloadable information for different audiences and for suggestions on how to get more active.



HAWAII STATE DEPARTMENT OF HEALTH
HEALTHY PEOPLE • HEALTHY COMMUNITIES • HEALTHY ISLANDS
Alcohol and Drug Abuse Division
through Federal Substance Abuse Prevention
and Treatment Block Grant Funds



Web Links

Boys & Girls Club

Celebrating three decades of serving youngsters in Hawaii

The Boys & Girls Club of Hawaii provides a safe place for Hawaii's young people in the critical after school hours between 2:00 p.m. and 7:00 p.m. We believe in helping youth of all backgrounds develop the qualities and values needed to become responsible citizens and leaders by offering programs and services through a safe and caring environment.

Our club has full-time, trained Youth Development Professionals, providing positive role models and mentors. Volunteers also provide key supplementary support in our five core program areas:

- Character and Leadership Development
- Education and Career Development
- Sports, Fitness and Recreation
- Health and Life Skills
- The Arts



Boys & Girls Club of Hawaii
Hale Pono Ewa Beach Clubhouse
91-884 Ft. Weaver Rd. Suite A
Ewa Beach, Hi 96706
<http://www.bgch.com>

Hale Pono Clubhouse

Upcoming Trainings

Adolescent Development

with Shannon Simonelli, Ph. D.

- Date:** November 1, 2006
- Location:** Tokai University Pacific Center, 2241 Kapiolani Blvd., 19th Fl. Conf. Room
- Time:** 9:00 a.m. – 4:30 p.m. (8:00a.m. registration)
- Contact:** Lilia Calivo, ADAD: 692-7522 (v) or 692-7524 (TTY) by Oct. 15, 2006

For more information on courses offered and accredited by the Department of Health, Alcohol and Drug Abuse Division (ADAD) please call (808) 692-7506, or visit their website: <http://www.state.hi.us/health/>

Newsletter published by the Coalition for a Drug-Free Hawaii

www.focusas.com/hawaii.html
Focus Adolescent Services

This website serves as a valuable Internet clearinghouse of information for teens and families. A national website with a section devoted to services in Hawaii, you can learn more about teen issues, and network resources on the site to find referrals to mental health services and supportive programs, as well as hotlines, helplines, factsheets, downloaded resources on a variety of topics, and parenting and self-help book reviews.

www.stopimpaireddriving.org
Stop Impaired Driving

The Impaired Driving Division at National Highway Traffic Safety Administration (NHTSA) seeks to work cooperatively to save lives, prevent injuries, and reduce traffic-related healthcare and economic costs resulting from impaired driving due to alcohol and other drugs. NHTSA collaborates with many criminal justice and community organizations to sponsor impaired driving campaigns such as You Drink & Drive. You Lose., Friends Don't Let Friends Drive Drunk and Zero Tolerance Means Zero Chances. Go to the website for national campaign information, statistics, success stories, and additional resources.

family.samhsa.gov
Keeping Youth Mentally Healthy & Drug Free

A Family Guide To Keeping Youth Mentally Healthy & Drug Free is a public education website developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) to communicate to parents and other caring adults about how they can help promote their child's mental health and reduce his or her risk for becoming involved with alcohol, tobacco, and illegal drugs. The site's six main sections relate directly to protective and risk factors, and give parents tips on how to improve communication with their children.



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