

## **DRUG ABUSE / DEPENDENCY**

**If a person shows any of the following symptoms, it does not necessarily mean they are using drugs. Some of these behaviors could be caused by normal stress, or they may be symptoms of depression, mental or physical illness.**

The key to detecting possible drug use, is looking for CHANGES in physical appearance, personality, attitude or behavior.

### **Marijuana**

- Rapid, loud talking and bursts of laughter in early stages of intoxication
- Sleepy or stuporous in the later stages
- Forgetfulness in conversation
- Inflammation in whites of eyes; pupils unlikely to be dilated
- Odor similar to burnt rope on clothing or breath
- Tendency to drive slowly - below speed limit
- Distorted sense of time passage - tendency to overestimate time intervals
- Use or possession of paraphernalia including roach clip, packs of rolling papers, pipes or bongs

### **Stimulants (Crack, Powdered Cocaine, Methamphetamine)**

- Dilated pupils (when large amounts are taken)
- Dry mouth and nose, bad breath, frequent lip licking
- Excessive activity, difficulty sitting still, lack of interest in food or sleep
- Irritable, argumentative, nervous
- Talkative, but conversation often lacks continuity; changes subjects rapidly
- Runny nose, cold or chronic sinus/nasal problems, nose bleeds
- Use or possession of paraphernalia including small spoons, razor blades, mirror, little bottles of white powder and plastic, glass or metal straws

### **Depressants (Methaqualone, Valium, Phenobarbital, Xanax)**

- Symptoms of alcohol intoxication with no alcohol odor on breath (remember that depressants are frequently used with alcohol)
- Lack of facial expression or animation
- Flat affect
- Flaccid appearance
- Slurred speech

### **Narcotics** (Opium, Heroin, Dilaudid, Methadone)

- Lethargy, drowsiness
- Constricted pupils fail to respond to light
- Redness and raw nostrils from inhaling heroin in powder form
- Scars (tracks) on inner arms or other parts of body, from needle injections
- Use or possession of paraphernalia, including syringes, bent spoons, bottle caps, eye droppers, rubber tubing, cotton and needles
- Slurred speech

### **Inhalants** (Opium, Heroin, Dilaudid, Methadone)

- Substance odor on breath and clothes
- Runny nose
- Watering eyes
- Drowsiness or unconsciousness
- Poor muscle control
- Prefers group activity to being alone
- Presence of bags or rags containing dry plastic cement or other solvent at home, in locker at school or at work
- Discarded whipped cream, spray paint or similar chargers (users of nitrous oxide)
- Small bottles labeled "incense" (users of butyl nitrite)

### **Hallucinogens** (LSD, Peyote, Psilocybin, Mushrooms, PCP)

- Extremely dilated pupils
- Warm skin, excessive perspiration and body odor
- Distorted sense of sight, hearing, touch; distorted image of self and time perception
- Mood and behavior changes, the extent depending on emotional state of the user and environmental conditions
- Unpredictable flashback episodes even long after withdrawal (although these are rare)

### **PCP** (Angel Dust)

- Unpredictable behavior; mood may swing from passiveness to violence for no apparent reason
- Symptoms of intoxication
- Disorientation; agitation and violence if exposed to excessive sensory stimulation
- Fear, terror
- Rigid muscles
- Strange gait
- Deadened sensory perception (may experience severe injuries while appearing not to notice)
- Pupils may appear dilated
- Mask like facial appearance

- Floating pupils, appear to follow a moving object
- Comatose (unresponsive) if large amount consumed. Eyes may be open or closed

[www.addictions.org/signs.htm](http://www.addictions.org/signs.htm)

[www.nida.nih.gov/drugabuse.html](http://www.nida.nih.gov/drugabuse.html)

***For a complete list of all NCAA banned substances go to:***

[http://www1.ncaa.org/membership/ed\\_outreach/health-safety/drug\\_testing/banned\\_drug\\_classes.pdf](http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/banned_drug_classes.pdf)

