



# Substance Misuse

HAMPSHIRE AND ISLE OF WIGHT YOUTH COMMISSION



- ▶ Who are we?
- ▶ What are we doing today?
- ▶ Boundaries...



# Hampshire and Isle of Wight Youth Commission

- Enables 14 – 25 year olds to **support, challenge and inform** the work of their PCC



# Our Priorities



MENTAL  
HEALTH



CYBER  
SAFETY



HATE  
CRIME



UNHEALTHY  
RELATIONSHIPS



# Match those Substances!



Match the Name of the Drug to...

- ▶ What it looks like...
- ▶ Its slang names...
- ▶ How it's used...
- ▶ Its effects and risks...
- ▶ Its Legal status...

# Ketamine



- ▶ K; Special K; Vitamin K
- ▶ Orally; Snorted; Injected
- ▶ Euphoria; Mental/Body High; Loss of Sensory Perceptions; Hallucinations; Ataxia; Confusion; K-Hole; Paranoia; Depersonalisation; Depression of Heart Rate
- ▶ Class B





# MDMA

- ▶ Ecstasy; E; X; Beans; Mandy; Molly; Disco Pills
- ▶ Orally; Snorted; Smoked
- ▶ Euphoria; Stimulation; Increased Awareness and Appreciation; Decreased Appetite; Bruxia; Hallucinations; Dilated Pupils; Insomnia; Dehydration; Hyponatremia; Depression (Come-Down); Inappropriate and/or Unintended Bonding
- ▶ Class A



# Psilocybin Mushrooms

- ▶ Shrooms; Magic Mushrooms; Liberty Cap
- ▶ Orally
- ▶ Euphoria; Alteration of Psyche; Hallucinations; Sensitivity; Dilated Pupils; Stomach Cramps; Paranoia; Anxiety; Precipitate or Exacerbate Latent or Existing Mental Disorders
- ▶ Class A



© Talk to FRANK





# Cocaine

- ▶ Coke; Crack; Blow; Snow; Charlie; Chang
- ▶ Orally; Smoked; Snorted; Injected
- ▶ Euphoria; Confidence; Mental and Physical Stimulation; Numbness; Increased Heart Rate; Insomnia; Paranoia; Anger; Erectile Dysfunction; Tachycardia; Destruction of the Septum
- ▶ Class A



# Heroin

- ▶ Dope; Junk; Smack; H; Henry
- ▶ Smoked; Snorted; Injected
- ▶ Euphoria; Relaxation; Sedation; Nausea; Vomiting; Constipation; Dizziness; Blackouts; Respiratory and Cardiac Arrest
- ▶ Class A



# LSD

- ▶ Acid; L; Tabs; Blotter; Lucy
- ▶ Orally
- ▶ Euphoria; Mental and Physical Stimulation; Creative Thinking; Increased Awareness and Appreciation; Pupil Dilation; Hallucinations; Lack of Control over Body Sensations; Anxiety; Nausea; Insomnia; Paranoia; PTSD-style Flashbacks
- ▶ Class A



# Mephedrone

- ▶ M-Cat; Drone; Meow Meow; Bubbles
- ▶ Orally; Snorted; Injected
- ▶ Euphoria; Sociability; Decreased Appetite; Pupil Dilation; Heart Palpitations; Unable to Control Body Temperature Regulation; Bruxia
- ▶ Class B



# Cannabis

- ▶ Marijuana; Pot; Weed; Grass; Mary Jane; Skunk; Chronic
- ▶ Smoked; Orally
- ▶ Relaxation; Pain Relief; Euphoria; Increased Appetite; Blood-Shot Eyes; Dry Mouth; Paranoia; Panic Attacks; Precipitate or Exacerbate Latent or Existing Mental Disorders
- ▶ Class B

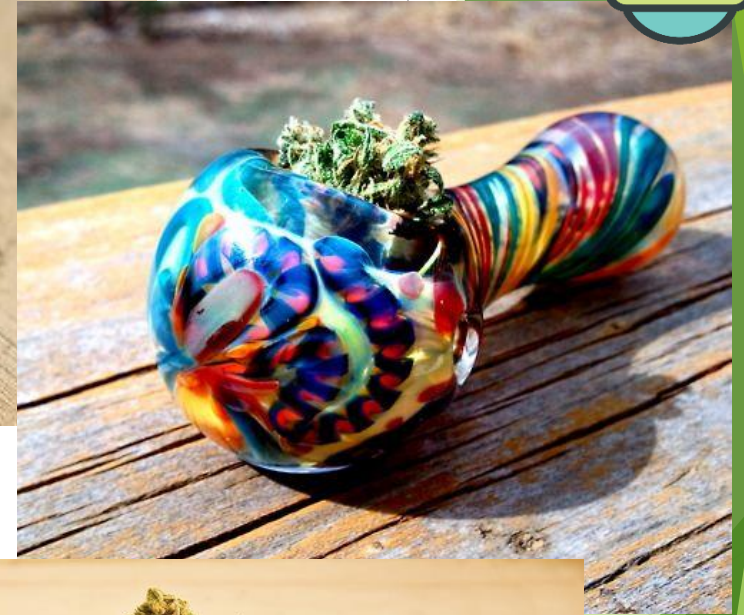


# The Law...



Class	Possession	Supply
A	7	Life
B	5	14
C	2	14







# Myth Busting!



- ▶ Cannabis is safe to use because it's a natural plant.
- ▶ Cannabis is the least harmful of all illegal drugs

**FALSE**

**FALSE**

# Myth Busting! (cont)



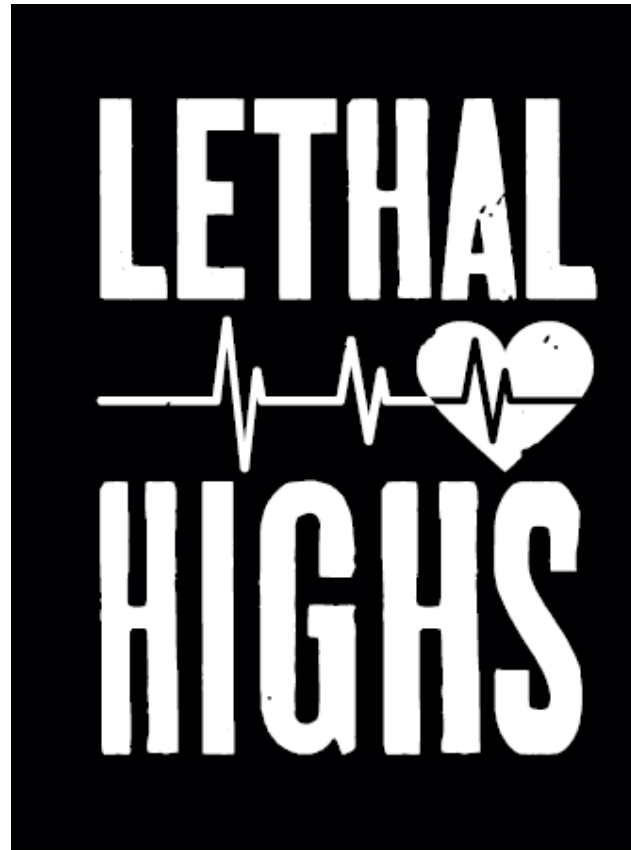
▶ You cannot get addicted to Cannabis.

**FALSE**

▶ Cannabis is a gateway drug.

▶ Effects





**#LethalHighs**

**#NotSoLegal**

**#StillLethal**



# ? ? ? ? ? Quiz ? ? ? ? ?

# 1. What else are 'legal highs' known as?

- ▶ *New Psychoactive Substances*
- ▶ *Novel Psychoactive Substances*
- ▶ *Research Chemicals*
- ▶ *Designer Drugs*
- ▶ *Herbal Highs*





## 2. What is a NPS?

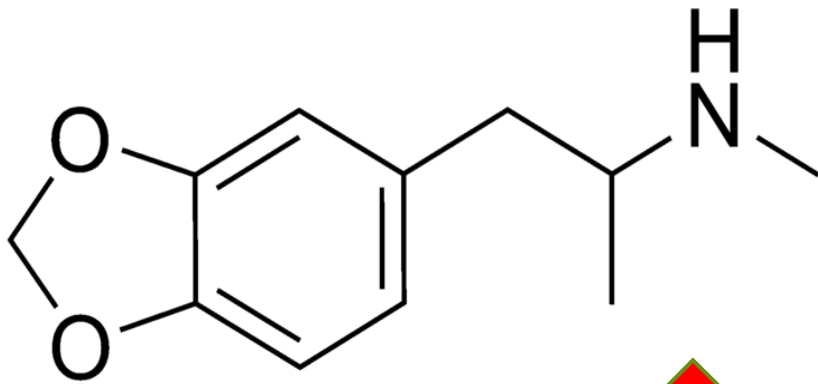
*A substance that mimic the effects of popular illegal drugs,*

*With stimulant or mood-altering properties,*

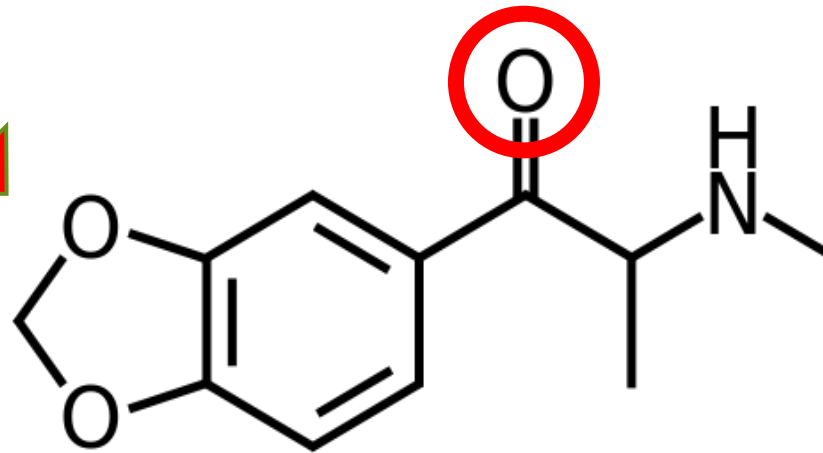
*Whose sale or use , is not covered under the Misuse of Drugs Act 1971*



# Compound Change



MDMA



Methytlone

### 3. NPS are safe to use (T/F)



# Why are they so unsafe...?

## Cannabis

### Short Term:

- Relaxation and Stress Reduction
- Bloodshot Eyes
- Coughing
- Severe Anxiety and Paranoia

### Long Term:

- Addiction
- Exacerbate Mental Disorders

## Spice



4. NPS contain the same ingredients whenever and wherever you buy them from... (T/F)

**FALSE**





5. Name a substance for every letter of the alphabet...





6. Synthetic cannabinoids like spice have the highest A&E admission rate than any other drug... (T/F)



## 7. Are NPS actually legal?

- ▶ Possession is legal unless the police think you intend to give them to anyone else (regardless whether money is exchanged or not)
- ▶ Supply or intent to supply is punishable by up to 7 years in prison
- ▶ It is illegal to buy them over the internet, even if it is from another country
- ▶ They often contain illegal substances, and if this is found the prison sentence can be even longer
- ▶ However, in a prison or youth offending institute it is still illegal to possess any of these substances



**WILLING TO DICE**



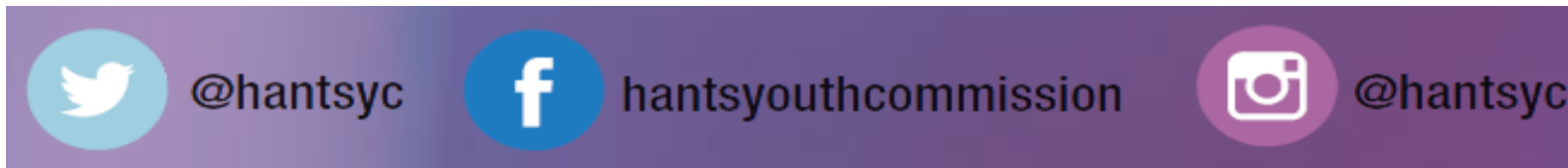
**WITH YOUR LIFE?**



# What's your view?

- ▶ Tell us on Facebook, Instagram and Twitter
- ▶ Raise your hand for your most important priority.

Follow us!





- ▶ Drug and alcohol treatment service for young people in Hampshire.
- ▶ They will assess the impact of drugs has on your life, and work to reduce this.
- ▶ **Confidential!**
- ▶ Flexibility, we meet young people where they are most comfortable.
- ▶ Catch22's helpline: 0845 459 9405.



# For more information

- ▶ [whynotfindout.org](http://whynotfindout.org)
- ▶ [talktofrank.com/drug/legal-highs](http://talktofrank.com/drug/legal-highs) (good A-Z)
- ▶ [facebook.com/legalhighsawareness](https://facebook.com/legalhighsawareness)
- ▶ [Strangemolecules.org.uk](http://Strangemolecules.org.uk)
- ▶ [Angelusfoundation.com](http://Angelusfoundation.com)
- ▶ [Hampshire-pcc.gov.uk](http://Hampshire-pcc.gov.uk)





Any Questions?