



# **Substance misuse**

Lina Yordanova

# Youth Commission of Hampshire and Isle of Wight

---

Youth Commission of Hampshire  
and Isle of Wight

*Who are we?*

*What do we do?*





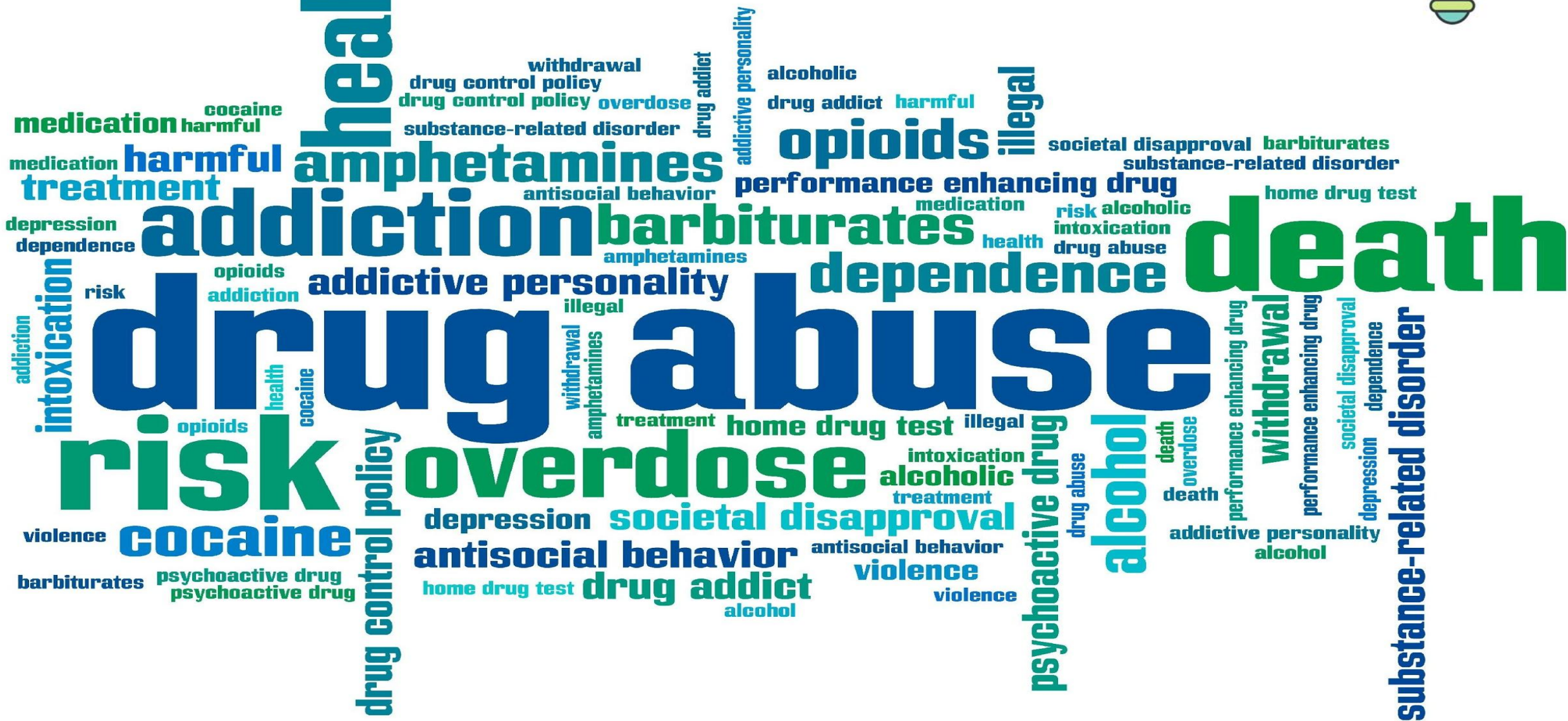
# Substance misuse

- What do you think is a substance misuse?

- **Substance misuse** is the harmful use of **substances** (like drugs and alcohol) for non-medical purposes. The term “**substance misuse**” often refers to illegal drugs. However, legal **substances** can also be **misused**, such as alcohol, prescription medications, caffeine, nicotine and volatile **substances** (e.g. petrol, glue, paint).









# Alcohol – also known as ‘ethanol’



- A colourless volatile flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating constituent.
- Alcohol works as a depressant and when combined with a stimulant (drugs) it can cause anything from nausea to heart failure.

- The two substances compete with each other, trying to slow the nervous system/brain and speed it at the same time, putting your central nervous system under great pressure.

- **Causes:**

**Coronary heart disease**

**Liver Damage**

**Brain damage**

**Mental health**

**Rush behaviour**

**Malnutrition**







# NPS – New Psychoactive Substances

- Drugs that are designed to replicate the effects of illegal substances like cannabis, cocaine and ecstasy etc.
- NPS can cause serious problems to mental health such as **hallucinations**, **paranoia**, **anxiety**, **mood swings**. Risks of NPS can include reduced inhibitions, **drowsiness**, excited or paranoid states, **coma**, **seizures** and **death**. As with most other substances, risks are increased if used with **alcohol** or other drugs.



# E- cigarettes and Anabolic Steroids

## • **Electronic Cigarettes:**

These devices do not burn tobacco. Instead, they have cartridges filled with nicotine and other chemicals. The e-cigarette heats the liquid chemicals into a vapor or steam that a person inhales, which is why using these is often called "vaping".

Alternative tobacco products contain harmful chemicals and toxins that have health risks. The chemicals and toxins may cause serious health problems, including cancer. Because of the risks, the US Food and Drug Administration (FDA) started regulating these products in 2016.

### Risks of:

- Cancer and heart diseases

## • **Anabolic Steroids:**

Anabolic steroids are synthetic, or human-made, variations of the male sex hormone testosterone. The most common use of anabolic steroids is to boost sports performance, but they can be a risk to long-term health.

### Risks:

- Severe acne, oily skin and hair.
- Hair loss.
- Liver disease, such as liver tumors and cysts.
- Kidney disease.
- Heart disease, such as heart attack and stroke.
- Altered mood, irritability, increased aggression, depression or suicidal tendencies.





# Cannabis

- Cannabis, also known as marijuana among other names, is a psychoactive drug from the Cannabis plant used for medical or recreational purposes.
- One of the most used substances on international basis.
- Causes:

CD if mixed with tobacco

Mental health issues

Psychosis

Rash behaviour





# LSD – acid, trips

- Lysergic acid diethylamide, also known as acid, is a hallucinogenic drug. Effects typically include altered thoughts, feelings, and awareness of one's surroundings. Many users see or hear things that do not exist. Dilated pupils, increased blood pressure, and increased body temperature are typical.
- Damages and causes:  
Mental health  
Psychosis



# Cocaine

- Cocaine, also known as coke, is a strong stimulant mostly used as a recreational drug. It is commonly snorted, inhaled as smoke, or dissolved and injected into a vein. Mental effects may include loss of contact with reality, an intense feeling of happiness, or agitation.
- One of the most damaging illicit drugs in terms of health impacts, risks of:

Mental health damage

Overdose

Acute heart





# Ecstasy (MDMA, MDA)

- 3,4-Methylenedioxymethamphetamine, commonly known as ecstasy, is a psychoactive drug primarily used as a recreational drug.
- Risks of:
  - Hyperthermia
  - Mental health issues
  - Damage to serotonin



# Heroin

- Heroin, also known as diamorphine among other names, is an opioid most commonly used as a recreational drug for its euphoric effects.
- **The systems of the body that are damaged by heroin abuse include:**

Lungs

Heart

Brain

Intestines

Kidneys





# Ketamine

- Ketamine (ketamine hydrochloride) is an anaesthetic and analgesic (pain killer).
- **Ketamine** is a white/transparent when pure, and often sold as a powder of tiny crystals. It is often crushed into a fine powder so it can be snorted up the nose.

- **Risks:**

Respiratory depression

Tachycardia - “dramatic increase in heart rate”

Aggressive behaviour

Amnesia

Numbness, weakness and confusion



# Psilocybin mushrooms – ‘magic mushrooms’

- Psilocybin or magic mushrooms are naturally occurring and are consumed for their hallucinogenic effects. They belong to a group of drugs known as psychedelics, because of the changes experienced to perception, mood and thought. The key ingredient found in magic mushrooms is psilocybin.

- **Risks of:**

**Toxicity from overdose**

**Mental health issues**





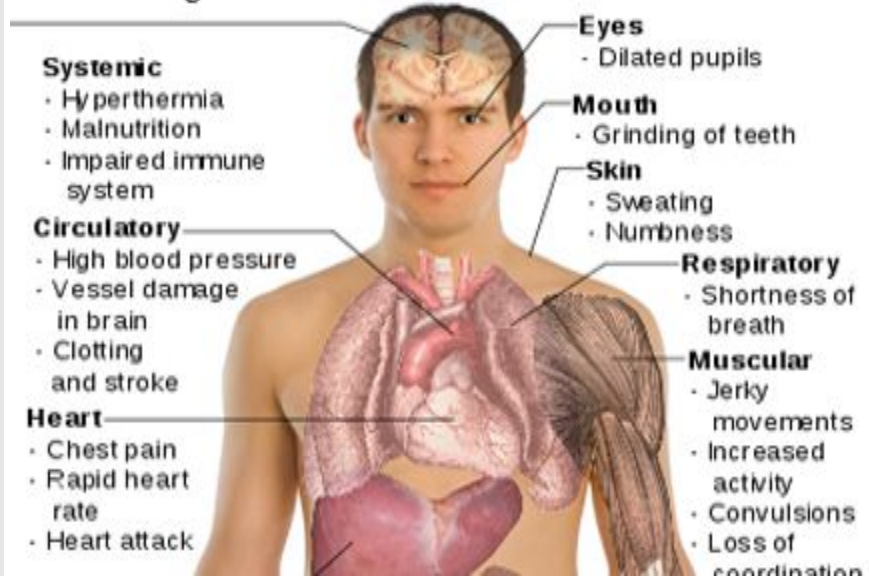
# How does substance misuse and addiction affect wellbeing?

Substance misuse and addiction can have short and long-term effects on your:

- Physical health – e.g. nausea, sleep problems, weight gain/ loss, infections, accidents, chronic disease
- Mental health – e.g. depression, anxiety, paranoia, psychosis
- Unhealthy relationships – e.g. arguments, relationship breakdowns
- Work and financial situation – e.g. job loss, debt, unemployment, criminal problems



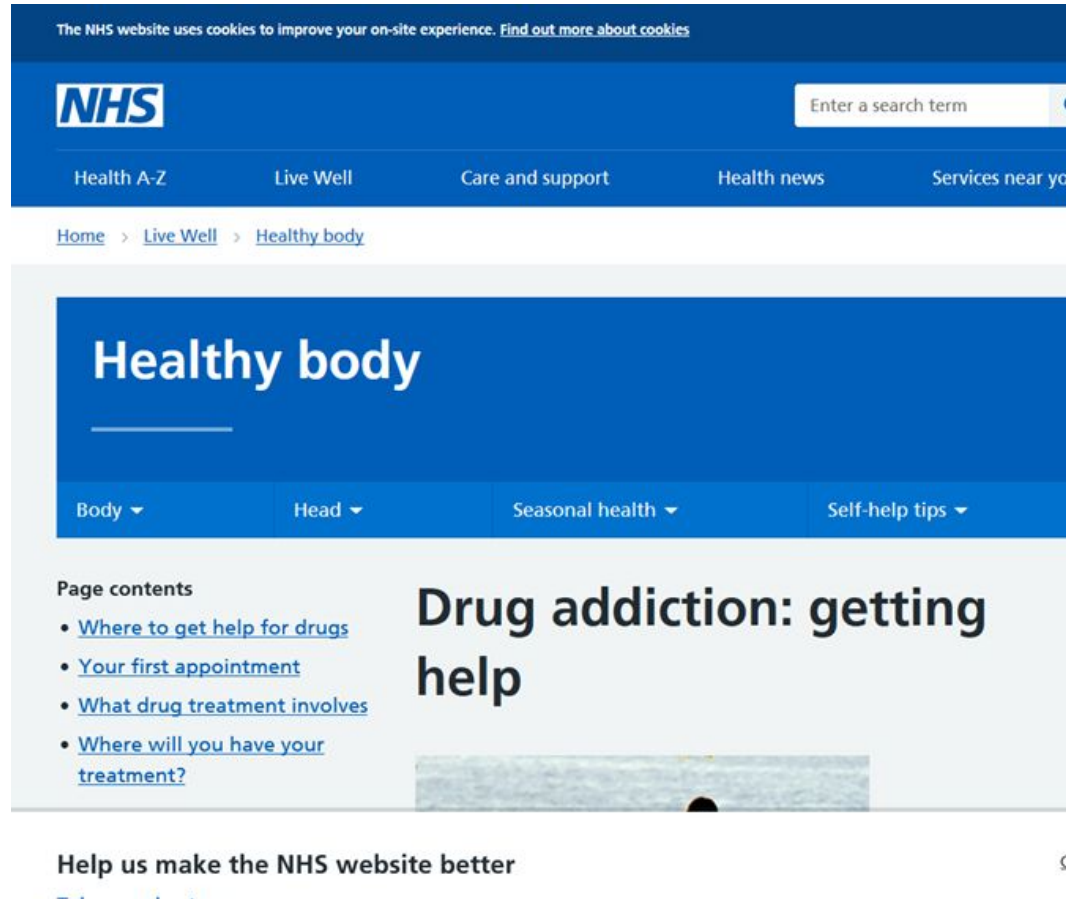
## Negative Effects of Substance Abuse



10 Years of Meth Use



# How you can help:



## NHS

- Could always start through GP, or:
- approach your local drug treatment service yourself.
- Visit the Frank website  
<https://www.talktofrank.com/get-help/find-support-near-you>
- If you're having trouble finding the right sort of help, call the Frank drugs helpline on 0300 123 6600. They can talk you through all your options.
- Talking therapies, Treatment with medicines, Detoxification, Self-help projects and Reducing harm projects provided.

## Other sources:

SupportLine Telephone Helpline: 01708 765200

email [info@supportline.org.uk](mailto:info@supportline.org.uk)

Provides emotional support and keeps details of local agencies providing help and support for all issues relating to Drugs.



# Substance misuse perceptions and life stories:

- [https://www.youtube.com/watch?v=P\\_Y9DcIMGxMs](https://www.youtube.com/watch?v=P_Y9DcIMGxMs) – TEDtalk
- [https://www.youtube.com/watch?v=4T1F1UfXf\\_8](https://www.youtube.com/watch?v=4T1F1UfXf_8) - Connor's addiction (a young person's experience)



It's not about addiction.  
It's about connection.



~ Create happiness naturally.

