



**CMU Connections Committee Presents:**

***Substance Abuse***

**by Ty Warczinsky and Chief Richard Ramereiz**



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MICHIGAN UNIVERSITY

# Today's Presenters



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Coalition Program**

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## Ponder This

- » In the chat box, share reasons why you think teens and adults abuse drugs.
- » If you asked them, what reasons would *they* give for using drugs?



# Presenter



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**Director, Gratiot County Substance Abuse  
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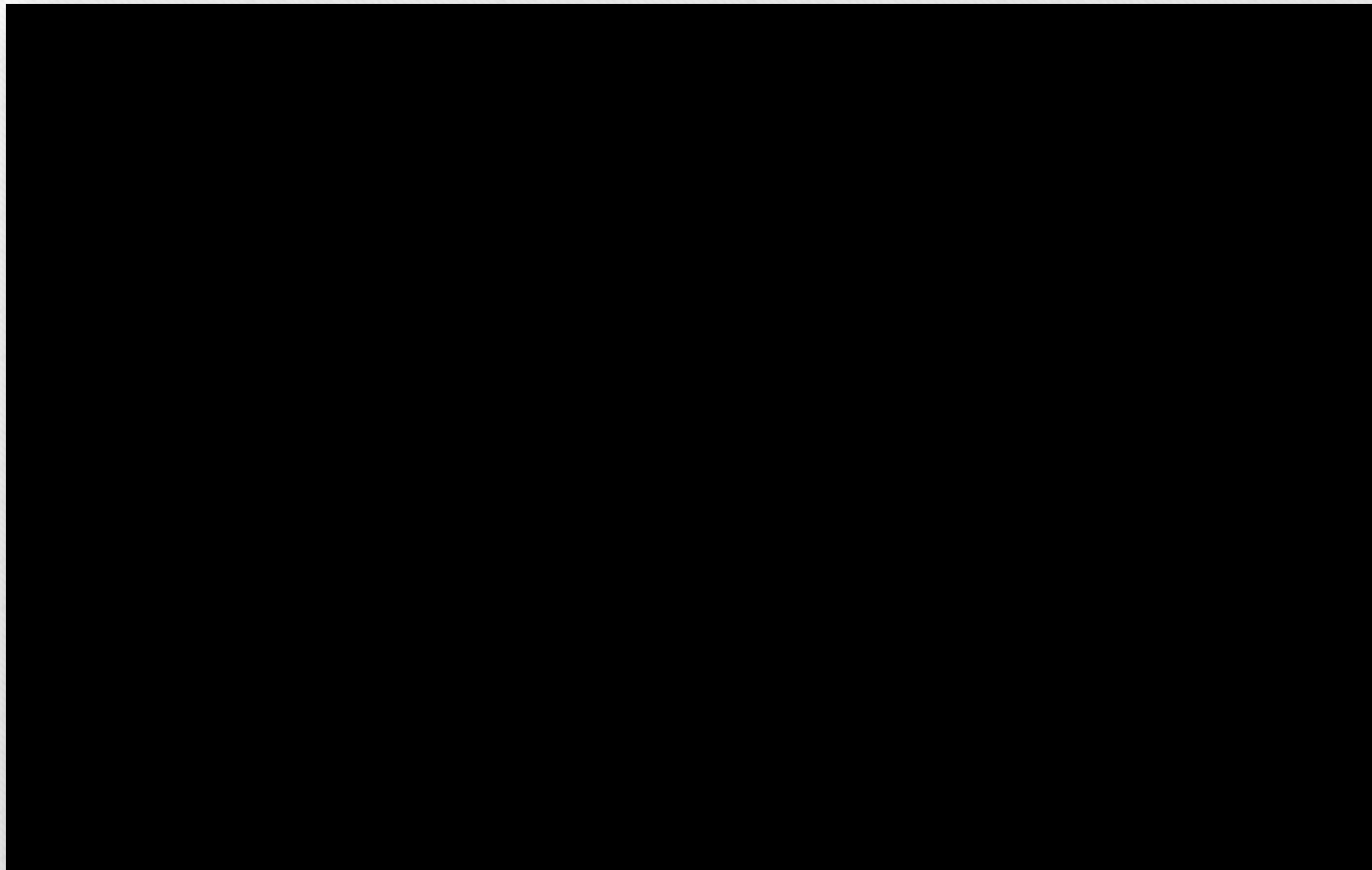
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Stress

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## Rabbi Dr. Abraham Twerski On Responding To Stress





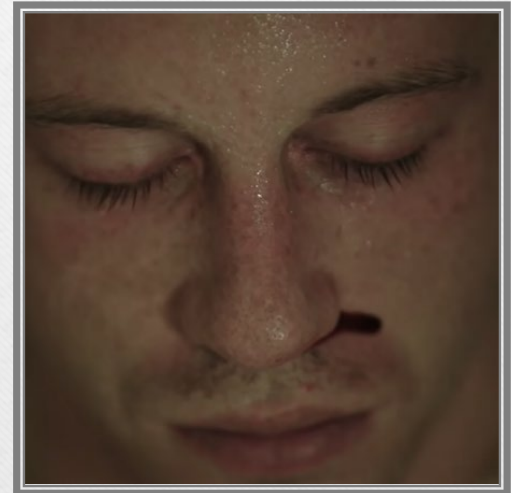
A close-up photograph of a hand holding a lit cigarette. The cigarette is held between the fingers, and a small flame is visible at the tip. The background is blurred, showing what appears to be a person's face in profile. The word "Addiction" is written in a white, serif font across the center of the image. A thin horizontal line is drawn below the text. The entire image is framed by a dark border.

# Addiction

# Addiction

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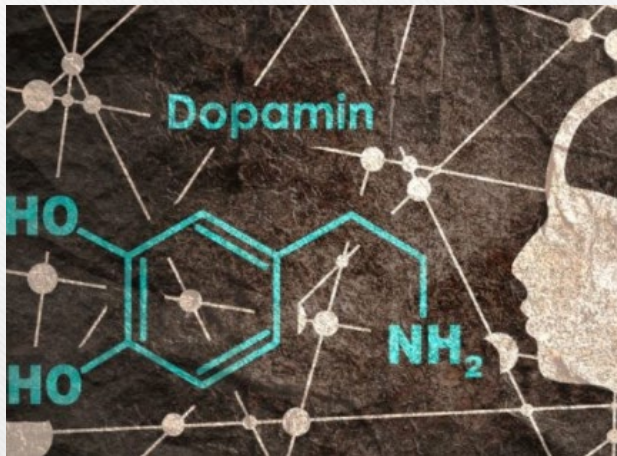
- 20% of population has a substance use disorder
- 90% of those with addiction started using before 18
- Addiction is the number one killer in the US
- Addiction can only be treated if it is found
- Water, Food and Dopamine
- Dopamine=Motivation
- Dopamine levels 40-100- 50 average





# Dopamine

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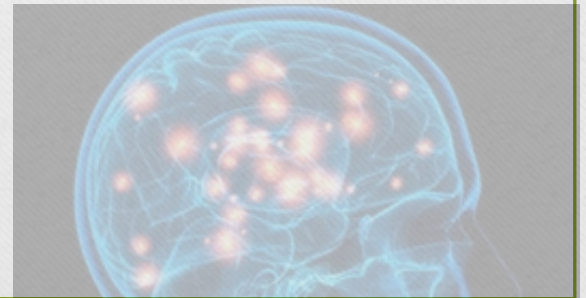


- Sex 92
- Food 94
- Nicotine 400
- Alcohol 620
- Heroin 1000
- Meth 1100

# Dopamine

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- Drugs impact dopamine levels
- Kills the nerves
- Fight against such high levels
- Individuals who are addicted have a difficult time creating dopamine normally
- People will kill for food and water; same with dopamine





# Dopamine

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- 3 days without water – Baseball
- 5 days without food – Softball
- No drugs for 30 days up to 2 years-Baseball field





# Dangers of Drug Abuse

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- Increases in blood pressure or heart rate
- Damage to the brain and other organs
- Accidental overdose/poisonings
- Physical dependence
- Addiction
- Breathing problems
- Seizures
- Death
- Increase Anxiety

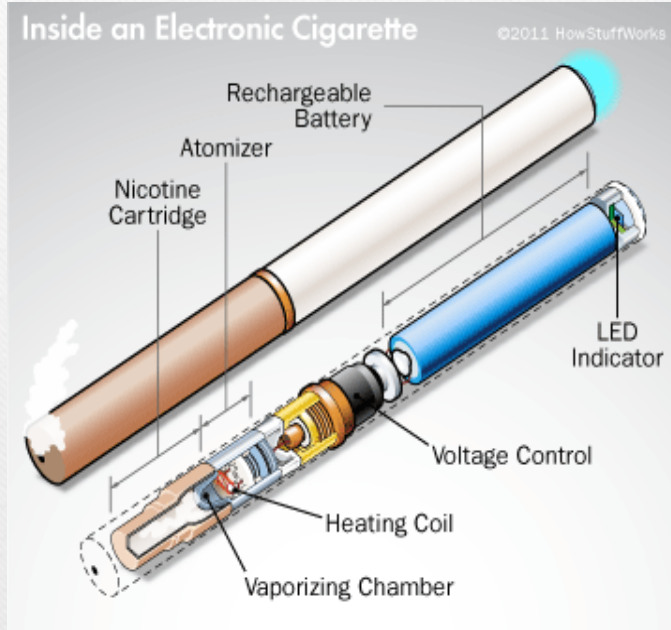


What Would You Do?





# Electronic Cigarettes



- Allows user to inhale aerosol containing nicotine and/or other substances.
- Disposable or rechargeable and/or refillable.
- Contain a cartridge filled with liquid nicotine, flavorings and glycerin or propylene glycol.
- When coil heats, it converts the contents of the cartridge into aerosol.

# Electronic cigarettes can be used for more than e-juice...

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- 1 in 3 youth have used marijuana with the JUUL device
- Hash oils can reach 95% pure THC, the psychoactive component in marijuana. High concentrations could cause side effects like temporary psychosis.

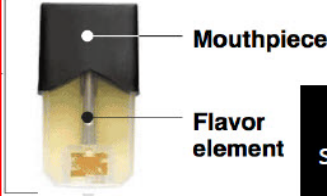
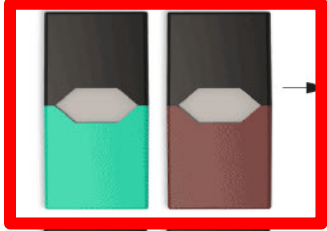




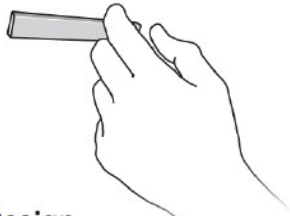
# JUUL

## JUUL flavor pods

The juice-flavored pods contain 50 milligrams of nicotine, roughly equivalent to a pack of cigarettes.

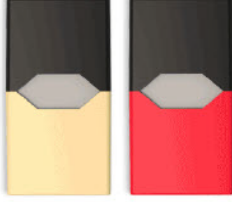


JUUL Lab's mission is to eliminate cigarette smoking by offering existing adult smokers with a better alternative to combustible cigarettes



## Design

The design of the e-cigarette is about the same size as a cigarette and weighs a couple of grams.

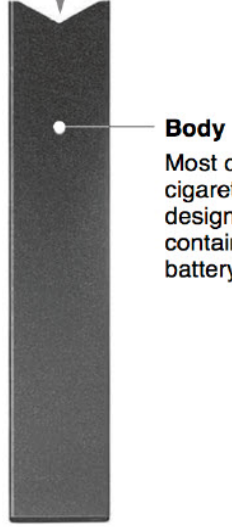


**Charging dock**  
It looks like a USB thumb drive



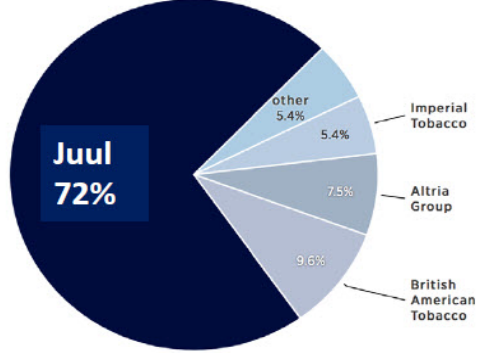
## USB charging dock

The battery is charged by dropping the body on a magnetic USB adapter. It takes an hour to fully charge and will last up to 200 puffs, a full day of regular use.



## Juul dominates the U.S. e-cigarette market

Juul Labs represented 72.2 percent of dollar market share in the four-week period ended Aug. 11 2018, according to Nielsen data.



Source: Wells Fargo



SOURCE: [juulvapor.com](http://juulvapor.com)

JAMES ABUNDIS / GLOBE STAFF





800 puffs  
Price Range- \$5-\$8

# Tank

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- This product was very popular when e-cigarettes first hit the market.
- E-juice required
- Very heavy compared to the new generation products
- Price Range--\$30-\$40







Suorin Drop



Khree UFO



Suorin Air



SMOK Rolo Badge



# PUFFiT



# Zig Zag 335



# “Trendy” Products





# Health Concerns: Reported Impacts to FDA

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- Skin Disorders  
(contact dermatitis)
- Oral Health  
(mucosal lesions)
- Death
- Disorientation
- Seizure
- Lung Injury





# Latest Outbreak Information

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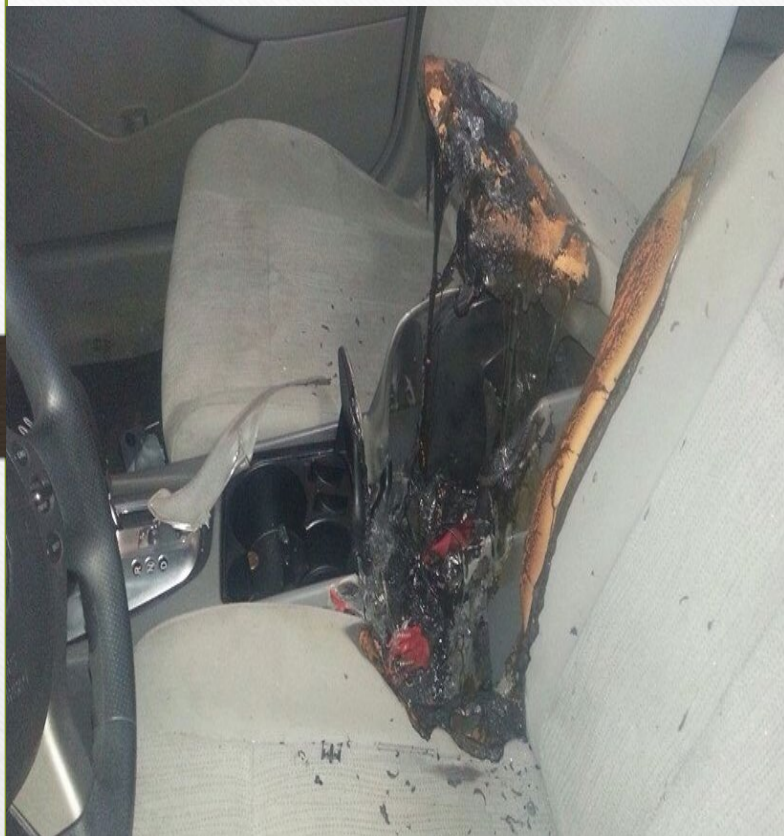
- As of February 18, 2020:
  - 2,807 cases of e-cigarette, or vaping, product use associated lung injury (EVALI) have been reported to CDC from 50 states, the District of Columbia, and 2 U.S. territories (Puerto Rico and U.S. Virgin Islands)
  - 68 deaths confirmed in 29 states and District of Columbia
  - In Michigan: 75 identified cases, 4 deaths

**WARNING!!!**

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**GRAPHIC CONTENT  
AHEAD!**





# Safety Concerns

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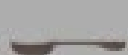
- Explosions
  - Charger danger
  - Fires
  - Poisoning
  - Hazardous Waste & Litter
- <https://no-smoke.org/wp-content/uploads/pdf/E-Cigarette-Explosions-and-Fires.pdf>



Just a few drops of liquid nicotine could result in a **trip to the ER**



Lethality depends on the **weight** of the child and the **concentration** of the liquid nicotine



Ingesting less than **1/4 of a teaspoon** of 1.8% concentrated liquid nicotine can be fatal to a 50 pound child



Nicotine is an **acute toxin**



Liquid nicotine can be harmful if **swallowed** or **absorbed** through the **skin**

**Symptoms include:**

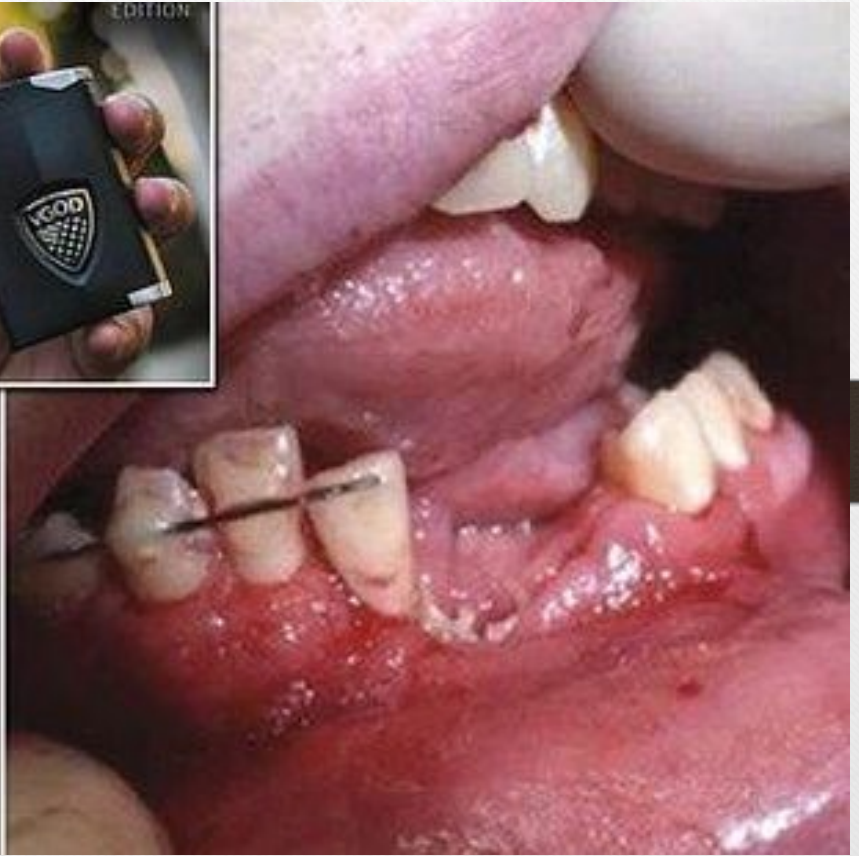
Nausea  
Vomiting  
Increased heart rate  
Increased blood pressure  
Seizures  
Death



**POISON**  
**Help**  
**1-800-222-1222**











# The Power of Hope





# Questions?



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# What Do You Think?

In the chat box, list the most common street drugs that plague your community.





# Presenter



**Richard J. Ramereiz Jr.**

**Chief of Police,  
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# EMERGING DRUG TRENDS

## CRYSTAL METH





## METH VS CRYSTAL METH – WHAT'S THE DIFFERENCE?

- METH IS A STIMULANT THAT DIRECTLY AFFECTS THE CENTRAL NERVOUS SYSTEM, INFLUENCING BRAIN CHEMICALS RESPONSIBLE FOR BRAIN OVERACTIVITY.
- ICE, OR CRYSTAL METH, IS THE PUREST AND MOST POTENT VERSION OF METHAMPHETAMINE, USUALLY IN THE FORM OF CRYSTALLINE ROCKS.



# CRYSTAL METH

- CRYSTAL METH IS A HIGHLY ADDICTIVE, ILLEGAL STIMULANT DRUG THAT HAS A LONG-LASTING EUPHORIC EFFECT.
- KNOWN INFORMALLY AS METH, ICE, OR GLASS, IT RESEMBLES SHINY "ROCKS" OR FRAGMENTS OF GLASS OF VARYING SIZES. IT IS KNOWN MORE FORMALLY AS CRYSTAL METHAMPHETAMINE.
- THE DRUG IS AN ODORLESS, COLORLESS FORM OF D-METHAMPHETAMINE, A SYNTHETIC PSYCHOSTIMULANT.



# WHERE IS CRYSTAL METH COMING FROM?

- THE MAJORITY OF CRYSTAL METH FOUND HERE CAME FROM MEXICO
- MANUFACTURED IN MEXICO
- MULED TO “SOURCE” CITIES
- DISTRIBUTED FROM “SOURCE” CITIES

## Methamphetamine Transportation Routes

- Primary
- Secondary
- Tertiary

Source: National Drug Intelligence Center analysis of National Seizure System data; federal, state and local law enforcement reporting.



CRYSTAL METH



# FAST FACTS ON CRYSTAL METH

01

Crystal meth is one form of the drug methamphetamine.

02

It increases dopamine production in the brain and has similar effects to cocaine.

03

It is highly addictive, and long-term use can lead to verbal problems and impaired motor skills.

04

Sometimes known as ice, it can be smoked in pipes, snorted, injected, swallowed, or ingested rectally.



# FAST FACTS ON CRYSTAL METH

Some people prefer crystal meth to other illicit drugs because the sense of euphoria it gives can last for up to 12 hours. This is a much longer duration than cocaine, a drug with similar effects.

People with depression may choose to take crystal meth for its mood-enhancing properties.

Others may be attracted by the increased libido and sexual pleasure often associated with this drug.



# EFFECTS - BRAIN

- BOOSTS THE RELEASE OF DOPAMINE – (MOTOR FUNCTION, MOTIVATION, REWARD, AND HOW THE BRAIN EXPERIENCES AND INTERPRETS PLEASURE.
- RUSH OF DOPAMINE GIVES SENSE OF EUPHORIA
- SEVERELY AFFECT THE STRUCTURE AND FUNCTION OF BRAIN AREAS LINKED TO EMOTION AND MEMORY



# EFFECTS – BODY

- ACNE – ITCHY SKIN
- ANOREXIA
- BLURRED VISION
- DILATED PUPILS
- HIGH BODY TEMPERATURE
- PROFUSE SWEATING
- RAPID BREATHING
- RESTLESSNESS – TWITCHING – TREMORS
- RAPID HEARTBEAT – PALPITATIONS
- HEADACHE
- HIGH BLOOD PRESSURE
- PALE SKIN



# • EFFECTS ON THE BODY CONT...

- BURNS ON LIPS & FINGERS
- METH MOUTH
- OPEN SORES ON SKIN
- HAIR LOSS
- LACK OF HYGIENE
- INJECTION MARKS  
(TRACK MARKS)
- SWOLLEN OR INFLAMED EYES
- SUDDEN WEIGHT LOSS
- ONLY WEARS LONG SLEEVES



Photo via Science Source.

## How do Track Marks Look?

- Look like fresh bruising
- Cracked skin around the wound
- Skin infections are usually present
- Veins around the injection site are darker



# METH MOUTH

- REGULAR USERS OF CRYSTAL METH HAVE A SIGNIFICANT RISK OF LOSING THEIR TEETH THROUGH SEVERE DECAY. THIS IS KNOWN AS METH MOUTH.
- ONE REASON IS THAT METHAMPHETAMINE CONTAINS ACID INGREDIENTS THAT ARE BAD FOR THE TEETH. ILLICIT PRODUCTS MAY INCLUDE DRAIN CLEANER, BATTERY ACID, AND HYDROCHLORIC ACID.
- THERE ARE OTHER REASONS FOR THE PREVALENCE OF METH MOUTH AMONG THOSE THAT USE CRYSTAL METH.
  - FREQUENTLY GRIND & CLENCH THEIR TEETH
  - DRY MOUTH – REDUCED LEVELS OF SALIVA
  - CRAVE SUGARY DRINKS
  - ORAL HYGIENE NEGLECT



# SIDE EFFECTS



# SIDE EFFECTS





# SIDE EFFECTS



**METH MOUTH**

**DECAY FROM USING METH**

2.9.98



CRYSTAL METH PRODUCES FEELINGS OF EUPHORIA FOR UP TO 12 HOURS, AND USERS CRAVE ITS POWERFUL EFFECT AGAIN AND AGAIN.

HOWEVER, AFTER SEVERAL USES, THE SAME DOSE DOES NOT HAVE THE SAME EFFECT AS IT FIRST DID.

A TOLERANCE DEVELOPS, AND USERS NEED MORE OF THE DRUG TO ACHIEVE THE SAME EFFECT.

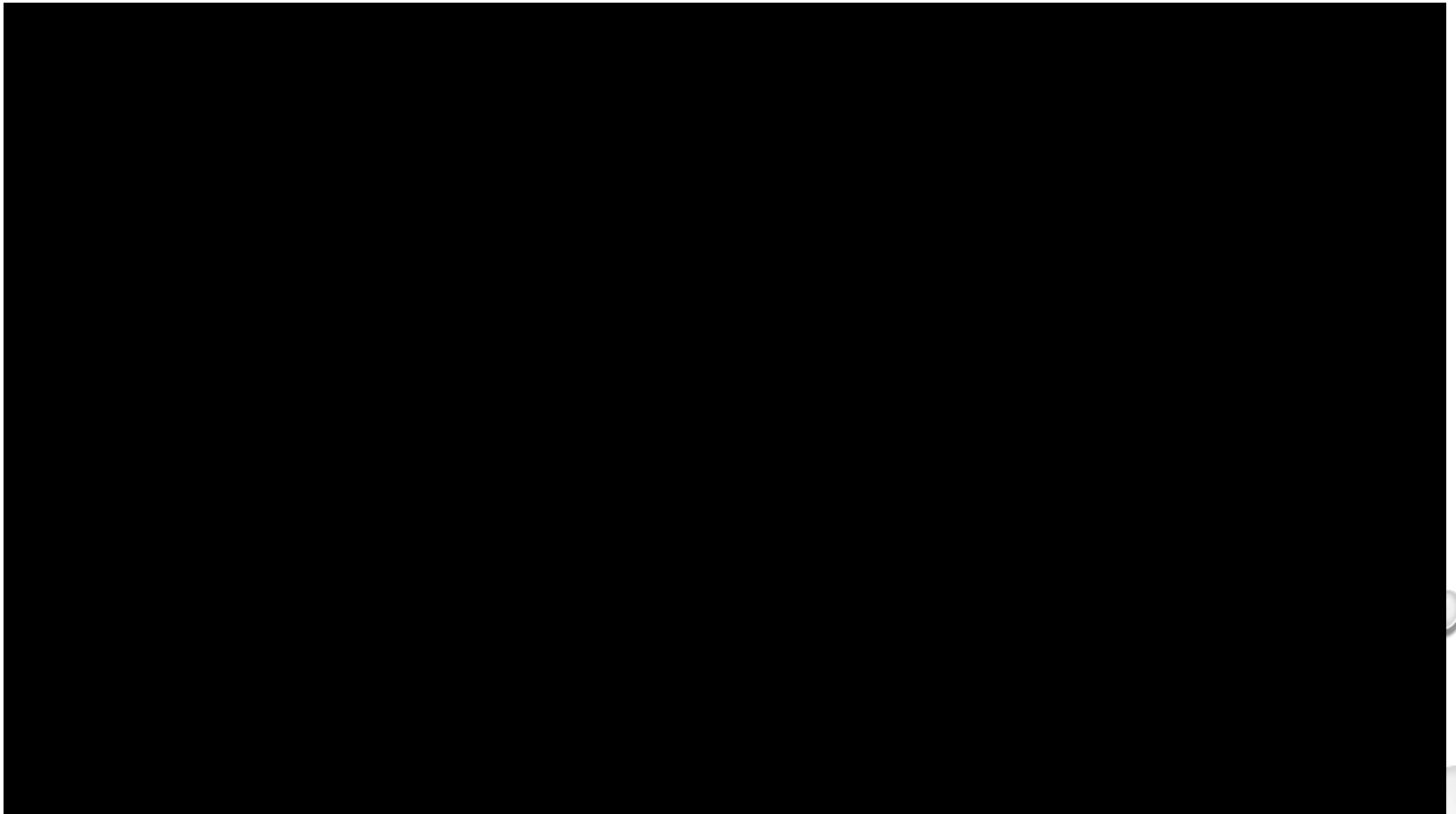
THE "HIGH" IS ALL THAT MATTERS TO AN ADDICT



# THE ADDICTION NIGHTMARE CONTINUES

- IF A PERSON DOES QUIT,
  - SYSTEM WILL BE FREE OF DRUG AFTER 2-3 DAYS, **HOWEVER**
  - PSYCHOLOGICAL SYMPTOMS WILL CONTINUE
  - CRYSTAL METH CHANGES THE USERS BRAIN CHEMISTRY
  - PSYCHOLOGICAL SYMPTOMS CAN LAST FOR DAYS OR WEEKS
- CHANGES INCLUDE
  - AGITATION AND ANXIETY
  - SEVERE DEPRESSION
  - FATIGUE & INSOMNIA
  - PSYCHOSIS

DL Downer Suga Boom Boom







**Chasing Dragons** – term used in the drug world.

The user is attempting to get the same high achieved the 1<sup>st</sup> time they got high.

You will never achieve that same high so you're chasing something that doesn't  
exist,  
like a dragon.

Chasing Dragons = Chasing a high that doesn't exist.

The problem with Chasing Dragons is that you will use more drugs, harder drugs,  
or a mixture of drugs to find that original high.

This leads to addiction.





# HOPE

## RESOURCES TO HELP THOSE ADDICTED

- MICHIGAN STATE POLICE ANGEL PROGRAM
  - ALLOWS INDIVIDUALS STRUGGLING WITH A SUBSTANCE USE DISORDER (SUD) TO WALK INTO A MICHIGAN STATE POLICE POST DURING REGULAR BUSINESS HOURS TO ASK FOR ASSISTANCE.
  - PARTICIPANTS ARE GUIDED THROUGH A PROFESSIONAL SUBSTANCE ABUSE ASSESSMENT AND INTAKE PROCESS TO ENSURE PROPER PLACEMENT INTO TREATMENT.
  - AN “ANGEL” VOLUNTEER FROM THE LOCAL COMMUNITY WILL RESPOND TO THE POST TO SUPPORT THE INDIVIDUAL DURING THE INTAKE PROCESS AND TO PROVIDE TRANSPORTATION TO THE APPROPRIATE TREATMENT FACILITY.
  - ALL MICHIGAN STATE POLICE POSTS THROUGHOUT THE STATE ARE CURRENTLY PARTICIPATING IN THE ANGEL PROGRAM.

THANK YOU FOR YOUR TIME

**RICHARD J. RAMEREIZ JR.**

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# Survey Time



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# Discussion



# Thank You!

Next session will be on February 23, 2022.



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