Chris Herren

The Game Has Changed
DRUGS
ALCOHOL
AND
TOBACCO
What is a DRUG?
Any chemical substance that causes a change in the mind or body.
Methods of Administration

Orally, Contact, Snorting, Inhaling, Injecting.

LEGAL OR ILLEGAL

What makes a drug “ILLEGAL”???

If the “Bad” of the drug outweighs the “Good” the drug causes to self, society and family… the drug would be “ILLEGAL”

For further information:

YouTube – “Hooked” Illegal drugs and How They got That Way
LEGAL DRUGS
(Medicine)

• Prescriptions: Doctors give the patient permission to purchase a drug and has advised them on how to take the drug.

• Over the Counter: (OTC) Safe enough for purchase and use by anyone without a doctors permission.
TERMINOLOGY

- **Drug Abuse**: Using any drug for reasons other than the medical use.
- **Drug Misuse**: Using legal drugs other than the way it was intended.
- **Chief Effect**: The physical/mental change for which a drug is taken.
- **Side Effect**: Any different, unknown, or undesirable reaction to a drug.
- **Tolerance**: The body develops a resistance to the drug. More is needed for the same effects.
- **Withdrawal**: Physical symptoms when use is discontinued.
STAGES OF DRUG ABUSE

- **Experimental**: User is curious about the effect
- **Occasional**: Associate drug with social events or certain people
- **Regular Use**: Take the drug to feel the effect (Psychological Dependence)
- **Addiction**: Abuses to avoid discomfort and withdrawal (Physical Dependence)
How does addiction happen?

@Wait21org

TRUE HAPPINESS IS NATURAL, NOT ARTIFICIAL

#Wait21

"It requires bravery to do something no one else around you is doing."
~Amber Heard

BE AN EXAMPLE YOU NEVER KNOW WHO YOU MAY END UP INSPIRING
Drug Categories
Based on effect

• Stimulants- Speed up body processes
• Depressants- Slows down body processes
• Hallucinogens- Distort reality
• Narcotics- Painkillers derived from Opiates
• Steroids- Rebuild Muscles
• Designer Drugs- Synthetic Drugs...Raves, stimulant/hallucinogens
• Inhalants- Household cleaners
Psychological Dependence

Emotional need for a drug. Brain tells you to take more of the drug

Physical Dependence

Addiction: The body relies upon the drug for normal functioning

The Basketball Diaries
Alcohol 101

The Truth About Alcohol
Types of Alcohol

- Ethanol
- Methanol
- Denatured
PROOF

The amount of alcohol in hard liquor

- Proof is 2x’s the percentage of alcohol
- OR the Proof is ½ the amount of alcohol
- If this is 88 Proof... what is the percentage of alcohol???
- 44% alcohol
DO DRINK......... DON'T DRINK

Left side of the room.
Brainstorm reasons people drink alcohol..
What is the appeal?

Right side of the room.
Brainstorm reasons people DO NOT drink alcohol.
Which of the following contains the most alcohol?
A drink is a drink is a drink

- Regular beer: 12 oz
- Malt liquor: 8-9 oz (in 12-oz glass)
- Table wine: 5 oz
- Fortified wine: 3-4 oz
- Cordial: 2-3 oz
- Brandy: 1.5 oz
- 80-proof spirits: 1.5 oz
• The ONLY thing that will reduce the level of alcohol in your blood is **TIME**.

• It takes the liver **1 hour** to process .5oz (ounces) of pure alcohol.

• This will eliminate .02% of alcohol in your blood.

• 1 drink per hour or .5oz of pure alcohol per hour is the oxidation rate.
Cirrhosis

• The liver breaks down fats, that’s its job. Alcohol keeps the liver from breaking down the fats as well as it should. This causes fats to collect in the liver. The combination of excess fat and alcohol causes the liver cells to die. Scar tissue forms in the liver and it starts to fail.

• This is Cirrhosis!

• Liver Video
Prescription Addiction

We will be reading the article
"Good Teens Turned Drug Addicts"

While reading the article, follow the timeline to map how Brittany became addicted.

The Truth About Prescription Drugs
Understanding prescription pain medicine and heroin.

- Opiates are derivatives of the Opium Poppy Plant
- Laudanum was a alcohol/opium based drug developed to treat pain.
- 1850s: **Morphine** was developed. Widely used during The Civil War. Many soldiers were addicted. The “solution” was to create a less addictive substitute—**Codeine**.
- 1874: As addiction continued to grow, experiments continued to find a lesser addictive drug. Scientists created **Heroin**, which turned out to be more addictive than Codeine.
- 1937: Yet another “non-addictive” substitute is made—drug now known as **Methadone**.
Timeline Continued...

• Around the 1990’s there was an influx from drug companies developing and physicians prescribing new synthetic painkillers/narcotics.
• Prescription painkillers are **Synthetic Opiates**. *(synthetic=man-made)*
• The term **Opiate** means derived (comes from) from Opium.
• The term **Opioids** refers to the entire family of opiates, natural or synthetic. *(the terms are interchangeable)*
• When someone is addicted to an opioid they can spend $80 on one pill (hit). An addict usually needs 5–6 pills a day to feel “normal”. How much is that?
• Heroin is much cheaper and may cost an addict $150–200/day to feel “normal”.
ABUSE OF PRESCRIPTION PAIN MEDICATIONS RISKS HEROIN USE

In 2010 almost 1 in 20 adolescents and adults – 12 million people – used prescription pain medication when it was not prescribed for them or only for the feeling it caused. While many believe these drugs are not dangerous because they can be prescribed by a doctor, abuse often leads to dependence. And eventually, for some, pain medication abuse leads to heroin.

1 IN 15 PEOPLE WHO TAKE NON MEDICAL PRESCRIPTION PAIN RELIEVERS WILL TRY HEROIN WITHIN 10 YEARS.

Number of People Who Abused or were Dependent on Pain Medications and Percentage of Them that Use Heroin

- 2004: 1.4 million (5%)
- 2010: 1.9 million (14%)

Heroin users are 3X as likely to be dependent

14% of non medical prescription pain reliever users are dependent
54% of heroin users are dependent.

Heroin Emergency Room Admissions Are Increasing

- 2005: 260K
- 2008: 230K
- 2011: 200K
Prescription Painkillers

Common Names

- OxyContin
- Oxycodone
- Percocet
- Demerol
- Darvocet
- Loratab
- Hydrocodone
- Dilaudid
- Fentanyl
- Opana
- Vicodin
- Codeine
NICOTINE & TOBACCO
According to repeated nationwide surveys, 

More Doctors Smoke CAMELS than any other cigarette!

Doctors in every branch of medicine were asked, “What cigarette do you smoke?” The brand named most was Camel!

You’ll enjoy Camels for the same reasons so many doctors smoke them. Camels burn cool, rich smoke, pack after pack, and a far or unsmoked by any other cigarette.

Make this a testable test—Smoke only Camels for 30 days and see how well Camels please your taste. How will they wait on your throat as your steady smoke. You’ll soon see property cigarette can be!

THE DOCTORS’ CHOICE IS AMERICA’S CHOICE!

For 30 days, test Camels in your “T-Zone” (T for Throat, T for Taste).
Before you scold me, Mom... maybe you'd better light up a Marlboro.

Yes, you need never feel over-smoked... that's the Miracle of Marlboro!

Gee, Mommy, you sure enjoy your Marlboro.

Yes, you need never feel over-smoked... that's the Miracle of Marlboro!
I'M SENDING CHESTERFIELDS to all my friends. That's the merriest Christmas any smoker can have—Chesterfield mildness plus no unpleasant after-taste

Ronald Reagan

see RONALD REAGAN starring in “HONG KONG” a Pines-Thomas Paramount Production Color by Technicolor

CHESTERFIELD

Buy the beautiful Christmas-card carton

The report concluded...

- A cause of lung cancer and laryngeal cancer in men
- A probable cause of lung cancer in women
- The most important cause of chronic bronchitis

These laws—

Required a health warning on cigarette packages

Banned cigarette advertising in the broadcasting media

Called for an annual report on the health consequences of smoking
The Future Of Labels...

In 2010, the FDA, The Food and Drug Administration, revealed 36 images to be placed on cigarette packs starting in 2012.
A U.S. appeals court ruled on Friday that cigarette companies do not need to comply with new federal rules requiring their products to show graphic warning images, such as of a man exhaling smoke through a hole in his throat.

The 2-1 decision by a court in Washington, D.C., contradicts a ruling in a similar case by another court in March, setting up the possibility that the U.S. Supreme Court will weigh in on the dispute.

The court's majority found the label requirement from the U.S. Food and Drug Administration violated corporate speech requirements.

"This case raises novel questions about the scope of the government's authority to force the manufacturer of a product to go beyond making purely factual and accurate commercial disclosures and undermine its own economic interest -- in this case, by making 'every single pack of cigarettes in the country mini billboard' for the government's anti-smoking message," wrote Judge Janice Rogers Brown of the U.S. Court of Appeals for the District of Columbia Circuit.

The FDA "has not provided a shred of evidence" showing that the graphic labels would reduce smoking, Brown added.

Her opinion largely echoed the complaints of five cigarette companies, including Lorillard Inc and Reynolds American Inc, that challenged the rules.

The FDA has argued the images of rotting teeth and diseased lungs are accurate and necessary to warn consumers -- especially teenagers -- about the risks of smoking.
Placement of images on a pack of cigarettes
Some Proposed Images

WARNING: Cigarettes are addictive.
WARNING!

CIGARETTES ARE ADDICTIVE.
WARNING
SMOKING CAN KILL YOU.
WARNING: Cigarettes cause cancer.
WARNING
TOBACCO SMOKE CAN HARM YOUR CHILDREN.
WARNING: Tobacco smoke causes fatal lung disease in nonsmokers.
WARNING: Tobacco smoke causes fatal lung disease in nonsmokers.
WARNING: Cigarettes cause strokes and heart disease.

WARNING: Tobacco smoke can harm your children.
WARNING: Cigarettes cause cancer.
WARNING
SMOKING DURING PREGNANCY CAN HARM YOUR BABY.
WARNING: Cigarettes cause fatal lung disease.
About 15 billion cigarettes are sold daily or 10 million every minute
Cigarettes cause more than 1 in 5 American deaths
Smoking is hard on the heart and lungs
90% of men, and 80% of women who have lung cancer the main cause is by cigarette smoking. Coronary heart disease is the leading cause of death in the U.S. and the leading cause of death caused by smoking.
SMOKELESS TOBACCO

Chewing tobacco and snuff contain 28 cancer causing agents (carcinogens)

Smokeless tobacco causes oral cancer, esophageal cancer, and pancreatic cancer

Using smokeless tobacco may also cause heart disease, gum disease, and oral lesions other than cancer, such as leukoplakia (pre-cancerous sores)

* Next slide has graphic image
ANTI-SMOKING ADS
Images may be disturbing
Within 20 minutes of quitting

- **20 Minutes After Quitting**
  Your heart rate drops.

- **12 hours After Quitting**
  Carbon monoxide level in your blood drops to normal.

- **2 Weeks to 3 Months After Quitting**
  Your heart attack risk begins to drop.  
  Your lung function begins to improve.

- **1 to 9 Months After Quitting**
  Your coughing and shortness of breath decrease.

- **1 Year After Quitting**
  Your added risk of coronary heart disease is half that of a smoker’s.

- **5 Years After Quitting**
  Your stroke risk is reduced to that of a nonsmoker’s 5-15 years after quitting.

- **10 Years After Quitting**
  Your lung cancer death rate is about half that of a smoker’s.  
  Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

- **15 Years After Quitting**
  Your risk of coronary heart disease is back to that of a nonsmoker’s.
FACT #158 Sunburns can cause wrinkles; so can cigarettes.

FACT #153 There's hydrogen cyanide in rat poison. The same stuff is in cigarette smoke.

FACT #191 Toluene is found in cigarette smoke. Toluene is also found in explosives.

FACT #6 Cadmium is found in cigarettes. Cadmium is also found in batteries. It is estimated that in 2012, 203,544 Americans will be diagnosed with lung cancer attributable to smoking.
FACES OF METH

MULTNOMAH COUNTY SHERIFF'S OFFICE

OREGON, US
What Methamphetamines Do..

• Methamphetamine increases the release and blocks the reuptake of the brain chemical dopamine, leading to high levels of the chemical in the brain—a common mechanism of action for most drugs of abuse.
• Dopamine is involved in reward, motivation, the experience of pleasure, and motor function.
• Methamphetamine’s ability to release dopamine rapidly in reward regions of the brain produces the intense euphoria, or “rush,” that many users feel after snorting, smoking, or injecting the drug.
What do you think would happen when the user stops doing the drug?
Patrick

2005 © "Faces of Meth"

2.5 years later
Links to videos:

Chris Herron- The game has changed: https://www.youtube.com/watch?v=gAZ9aL30qOI

How does addiction happen? https://www.youtube.com/watch?v=PTdaNj5zOE

The Truth About Alcohol: http://www.drugfreeworld.org/real-life-stories/alcohol.html
The video is about 8:00 long- “Watch the Documentary”

Video is located on the side of the article.