



Types of Substances

The following is a list of some of the most common types of alcohol, tobacco, and other drugs (ATODs):

Alcohol

Alcohol is an addictive depressant. It can cause dizziness and talkativeness. Drinking large quantities for many years can lead to permanent damage to the brain and liver.

Bath Salts

Bath salts refer to an emerging family of drugs containing a stimulant. They are typically found as white or brown powder. Bath salts can cause paranoia, hallucinations, and psychotic, and violent behavior. They are taken orally, inhaled, or injected.

Cocaine

Cocaine is a drug made from coca plant leaves. It is a very addictive stimulant that affects the brain. It causes a rise in body temperature, heart rate, and blood pressure. It also causes the inability to sleep or eat.

Crack Cocaine

Crack cocaine is made from powdered cocaine. It is processed and broken or cut into "rocks."

Crystal Meth

Crystal meth is a form of methamphetamine that is often referred to as ice or glass. It is extremely addictive.

DMT

A synthetic drug producing a hallucinogenic experience that is short-lived but intense. Physical effects include an increased heart rate, seizures, agitation, and hypertension. At high doses, cardiac and respiratory arrest have occurred.

DXM

Dextromethorphan is a cough-suppressing ingredient found in cold medicine. It can cause confusion, dizziness, blurred vision, slurred speech, rapid heartbeat, drowsiness, and disorientation.

Ecstasy

Ecstasy, also called MDMA, is a synthetic drug with hallucinogenic properties. It can cause teeth clenching, loss of inhibitions, chills, and/or sweating. It can also increase heart rates and blood pressure. Ecstasy use can interfere with memory. Another form of MDMA called "Molly" is becoming more popular. While Ecstasy is typically combined with meth or caffeine, "Molly" is considered to have a higher level of purity. "Molly," short for molecule, comes in powder or crystal form.

GHB

This depressant is referred to as a "date rape" drug because it can be put into liquid and not detected. It causes sweating, tremors, nausea, confusion, lower heart rate, and blood pressure. This can be fatal in high doses.

Heroin

Heroin is a highly addictive depressant. It affects the brain's pleasure systems and gets in the way of feeling pain. Users can have slurred speech, droopy eyelids, impaired night vision, vomiting, and constipation. Withdrawal is very painful and comes with many symptoms.

Inhalants

Inhalants are household products that are sniffed to get high. There are hundreds of household products that can be used as inhalants. Inhalant users experience symptoms similar to being drunk. Users may have slurred speech and be uncoordinated, dizzy, and confused. They may lose weight and have weak muscles. Abusers can also die.

Ketamine

Ketamine is a veterinary medicine used as an anesthetic, but it is now used by humans as a recreational drug. It acts as an anesthetic, causing temporary memory loss and loss of motor control. It also suppresses pain. It has been used in sexual assaults and can cause convulsions, flashbacks, coma, and even death.

LSD

LSD, also known as "acid," is odorless, colorless, and is usually taken orally. Often it is added to absorbent paper. It is divided into small, decorated squares of one dose each. Physical effects include dilated pupils and increased body temperature, heart rate, and blood pressure. Users may sweat, not eat or sleep, and have tremors. Some users experience severe, terrifying thoughts and a fear of insanity and death.

Marijuana

Marijuana is the most commonly used illegal drug. Street names include grass, pot, and weed. Modern marijuana strains are stronger, which make it more dangerous to use than it was in the past. Use can cause problems with memory, learning, thinking, problem-solving, coordination, increased heart rate, anxiety, and panic attacks. A regular user may have the same lung problems as tobacco smokers. Tar and carbon monoxide from smoking marijuana is three to five times greater than that found in tobacco.

Mescaline

Mescaline is a hallucinogen taken from the peyote cactus but also produced synthetically. It causes disorientation and hallucinations and increases heart rate, blood pressure, and body temperature.

Methamphetamine

Methamphetamine is a highly addictive stimulant that affects the central nervous system. It is usually shortened to just "meth." Meth use can cause insomnia, decreased appetite, euphoria, and increased body temperature. It also causes convulsions, anxiety, paranoia, and aggressiveness. Its use can result in death.

Mushrooms

Mushrooms are hallucinogens that cause different levels of effects on the user. Mushrooms cause hallucinations, disorientation, confusion, and aggression.

Opioid

Opioids are a class of drugs, which include the illegal drug, heroin, synthetic opioids such as fentanyl, and prescription pain relievers such as oxycodone, hydrocodone codeine, and morphine. Opioids can be very addictive. Prescription opioids should only be used under the careful watch of a doctor.

Oxycontin®

Oxycontin® is a prescription narcotic used as a painkiller. It contains oxycodone. Taken without a prescription, it can be very dangerous. Often used as a substitute for heroin, it causes nausea, confusion, breathing difficulty, and possibly loss of consciousness and coma.

PCP

PCP is a hallucinogen, which is very dangerous. It has similar effects as LSD. PCP causes illusions, hallucinations, blurred vision, and convulsions. PCP can cause effects that imitate schizophrenia, and it is also known for its bad trips.

Rohypnol

Rohypnol is a powerful sedative. It was once a common “date rape” drug, but GHB seems to be more widely used now. It can cause symptoms similar to alcohol, including blackouts, memory loss, disorientation, nausea, lack of motor coordination, and difficulty speaking.

Steroids

Steroids are drugs used by athletes and others as a performance enhancer because they promote muscle growth. Its use causes premature baldness, mood swings, paranoia, nausea, vomiting, and joint aches. The risk of developing heart problems and some cancers is increased.

Tobacco

Nicotine, the main drug in tobacco, is one of the most used drugs in the United States. Nicotine is highly addictive. It is both a stimulant and sedative. Cigarette smoke has dozens of gasses (mainly carbon monoxide) and tar. Tar exposes users to higher rates of lung cancer, emphysema, and bronchial disorders. Carbon monoxide increases the chance of cardiovascular diseases. The Environmental Protection Agency has concluded that secondhand smoke causes lung cancer in adults. It also greatly increases the risk of sudden infant death and respiratory illnesses in children.