

Illicit Drugs and Mental Health

A Presentation by Dr Des Corrigan

April 10th 2014

Methadone & Suboxone®

Synthetic narcotic analgesics
Which Replace Heroin
on opiate receptors
Long duration of action

Prevent withdrawal

Taken Orally/ Sublingually





Methadone Patients

66% may be using 'Benzos'

**High Risk Drinking
(40+ Units/week)**

Average of 4 Joints per day

30-50% may have Dual Diagnosis

ROSIE Study (NACD 2008)



Mental Health and Addiction Services and the Management of Dual Diagnosis in Ireland

Authors:

Liam MacGabhann

Alexandra Scheele

Triona Dunne

Dr Pamela Gallagher

Dr Pádraig MacNeela

Gerry Moore

Mark Philbin

November 2004

WAYS OF TAKING COCAINE

Chewing coca leaves.

Intranasal ('snorting') of Cocaine Powder.

Injection of Cocaine Powder and Heroin – "Speedball".

Smoking of cocaine base 'crack' or 'free base'.





Psycho-stimulants & Violence

Amphetamine ‘Speed’

Methamphetamine ‘Meth’, ‘Ice’, “Crystal”

Cocaine Powder, “Free-base” or ‘Crack’

Khat or Qat (East African Plant containing Cathinone)

All can cause Paranoid Delusions & Irrational Violence

THE ECSTASY GROUP OF DRUGS

MDMA

ECSTASY

● METHYLENEDIOSYMMETHAMPHETAMINE

- MDEA

'EVE'

- MDA

- MBDB

- 2CB





Side effects of Ecstasy

- Compared to alcohol, Ecstasy users more depressed by mid week.
- 83% of 469 users experienced mid week low-mood.
- 80% experienced concentration and/or memory problems.

EARLY WARNING NOTIFICATION

Tablets with dangerously high levels of MDMA



“Mortal Combat” tablets are particularly dangerous

THE FUNKY SKUNK

Best Place In Cork For Herbal Highs, Pipes, Bongs and Smoking Accessories.

Headshop

Clothing
Body Piercing

Wholesale

Market Orders

Contact



Adverse Effects of Synthetic Cannabinoids

- Seizures
- Irregular Heartbeat & High Blood Pressure
- Addiction
- Withdrawal symptoms
- Psychotic symptoms
- Agitation
- Hallucinations
- Suicides



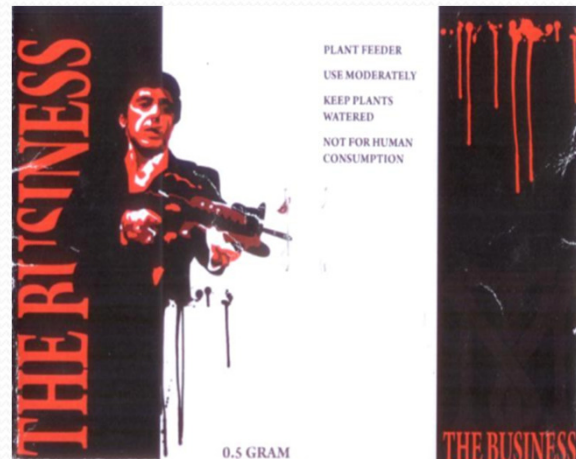
UNODC Global SMART Programme March 2013

Mephedrone

4-Methymethcathinone

➤ Also known as 4-MMC, “Meow-Meow”, “Bubbles”

- Charge
- Blow
- The Business
- Diablo XXX
- Magic
- Wildcat



BATH SALTS





Mephedrone

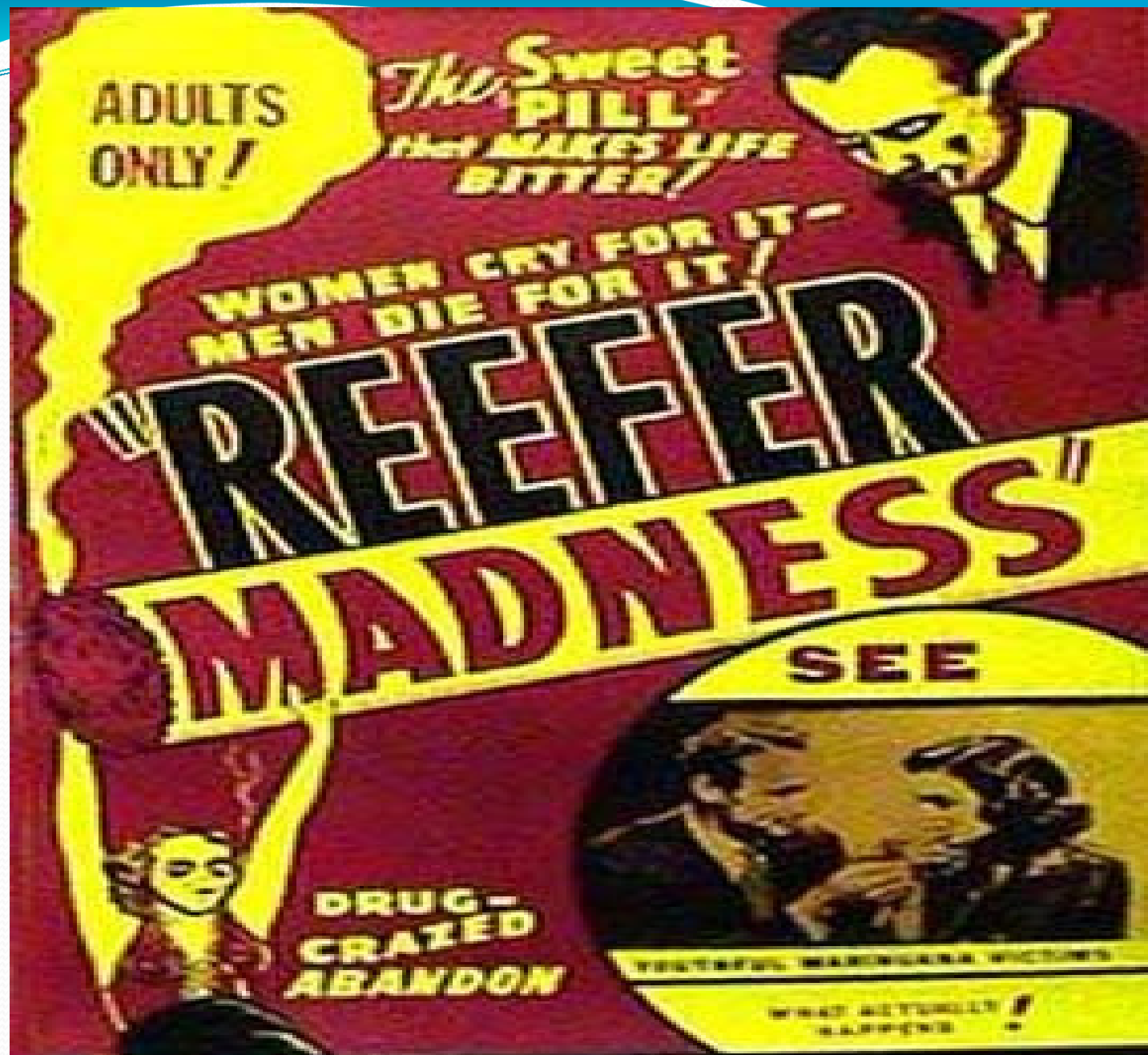
4-Methymethcathinone

- Also known as “Snow Blow”, “Meow-Meow”, “Bubbles”
- Stimulant & empathogen
- Compulsive redosing
- Hyperthermia
- Palpitations, racing heart
- Jaw clenching & grinding teeth
- Serious vasoconstriction
- Anxiety & paranoia
- Deaths (42 in UK, at least 4 from IRL)

To Summarise

The Drugs are “new” but not different to existing drugs

- Online Headshops offer for sale Drugs which **mimic**
- LSD/Magic Mushrooms - **Salvia**
- Cocaine - **Cathinones(Meow-Meow)**
- Ecstasy - **Cathinones**
- Cannabis Drugs- **Spice –Type Herbal mixes**



Cannabis & Mental Health

Risk Factors

- Genetic susceptibility (11x Risk)
- Childhood Trauma (21 x Risk)
- Age of first use – 15 years -4.5 x Risk
- Length of use
- Amount used
- Type of Cannabis used (Skunk/Weed)

Child & Adolescent Mental Team Study in North Dublin

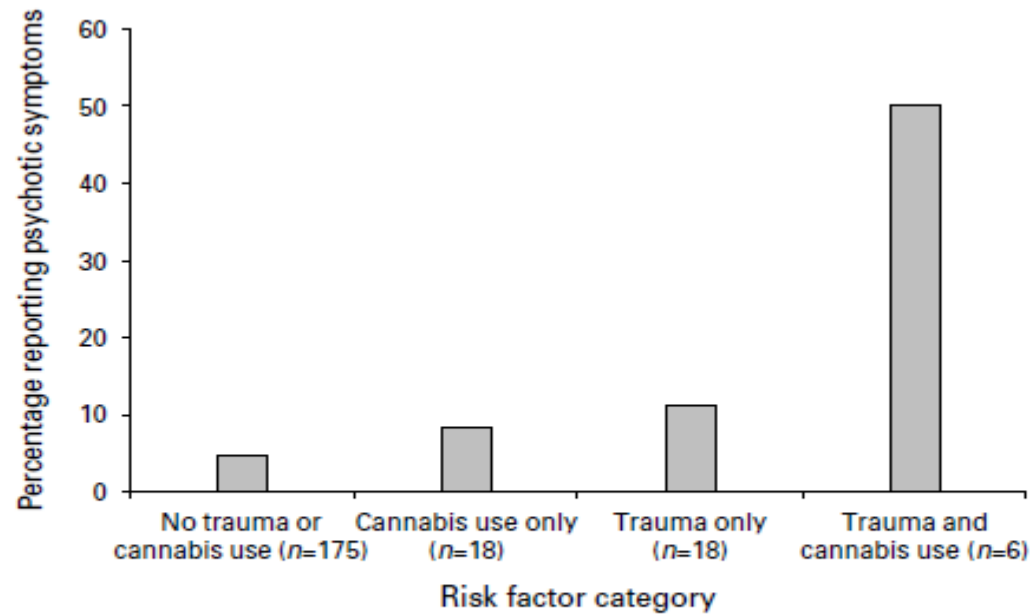


Fig. 1. Percentage of adolescents with psychotic symptoms (■) in each risk exposure category.

Harley et al. Psychol Med. 2010; 40: 1627-1634



The Complexity of Cannabis

500 different Chemicals in Cannabis plants

70 Cannabinoids – affect brain in different & contradictory ways

Most relevant:

THC – Euphoriant/ Psychotogenic

CBD – Anti-Anxiety/Anti-psychotic

**THC/CBD Ratio influences effects of Cannabis
Drugs**

THC / CBD RATIO IN CANNABIS PLANTS IS DOWN TO GENETICS

FIBRE/HEMP TYPE



**CBD ONLY
TRACE THC**

DRUG TYPE



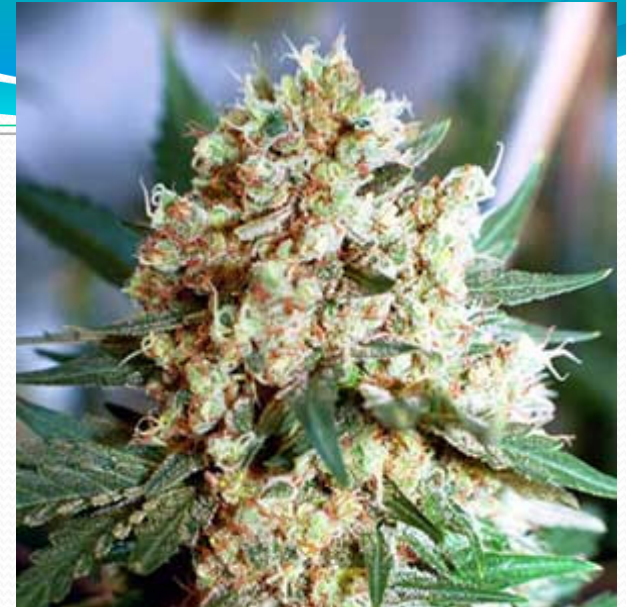
**THC ONLY
NO CBD**

**INTERMEDIATE (HASH)
TYPE**

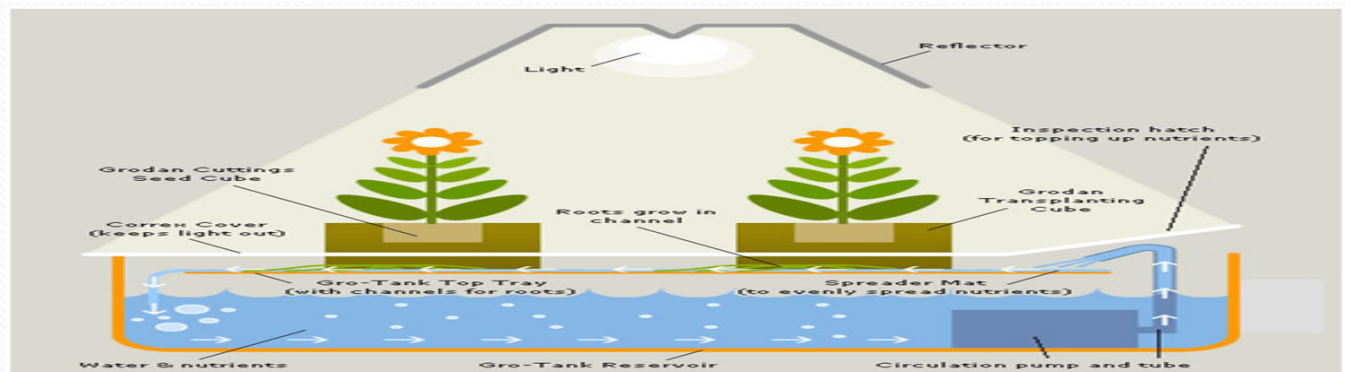


**EQUAL AMOUNTS OF
THC & CBD**

High THC-Content Cannabis & Headshops



1. Sale of Skunk-type seeds
2. Advice on Sinsemilla Technique – Only Female plants grown
3. Sale of Hydroponics & Intense Lighting





SKUNK or WEED

Home-Grown or from Grow Houses

- Huge Increase in level of THC (16-30%)
- No CBD to counterbalance THC
- Increases Learning & Memory problems
- Increases Addiction risks
- Increases Mental Health risks

HASH Contains both THC & CBD



Skunk-Type Cannabis & Psychosis

- Use for 5 years – 2 x risk
- Daily use - 6 x risk
- Compared to Hash (**THC & CBD**) smoking controls
- Skunk (**THC only**) use - 7 x risk
- Daily Skunk use - 12 x risk
- Di Forti et al . Br. J. Psychiatry 2009



Cannabis & Depression

- Evidence not as conclusive
- Use more frequent in Bipolar Disorder
- Induces manic symptoms in BD
- Daily use in young women 5x reports of depression & anxiety
- Females more likely to report suicidal thoughts



Cannabis & Mental Health

“There is now sufficient evidence to warn young people that using cannabis could increase their risk of developing a psychotic illness later in life”.

Moore *etal*

The Lancet 2007; 370: 319-28



THE QUESTION IS WHO GIVES
THE WARNING ?