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

• METHYLENEDIOXYMETHAMPHETAMINE

• 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.
“Mortal Combat” tablets are particularly dangerous.
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-Methmethcathinone

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

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

Di Forti et al Neuroscience & Biobehavioural Reviews 2011
Child & Adolescent Mental Team Study in North Dublin

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

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
<table>
<thead>
<tr>
<th>FIBRE/HEMP TYPE</th>
<th>DRUG TYPE</th>
<th>INTERMEDIATE (HASH) TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBD ONLY TRACE THC</td>
<td>THC ONLY NO CBD</td>
<td>EQUAL AMOUNTS OF THC &amp; CBD</td>
</tr>
</tbody>
</table>

THC / CBD RATIO IN CANNABIS PLANTS IS DOWN TO GENETICS
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

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 et al
The Lancet 2007; 370: 319-28
THE QUESTION IS WHO GIVES THE WARNING?