COMMONLY ABUSED DRUGS

PRINCIPLES OF EFFECTIVE TREATMENT

1. Addiction is a complex but treatable disease that affects brain function and behavior.
2. No single treatment is appropriate for everyone.
3. Treatment needs to be readily available.
4. Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.
5. Remaining in treatment for an adequate period of time is critical.
6. Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug abuse treatment.
7. Medications are an important component of treatment for many patients, especially when combined with counseling and other behavioral therapies.
8. An individual's treatment and services plan must be assessed continually and modified as necessary to ensure that it meets his or her changing needs.
9. Many drug-addicted individuals also have other mental disorders.
10. Medically assisted detoxification is only the first stage of addiction treatment and by itself will not cure long-term drug use or misuse.
11. Treatment does not need to be voluntary to be effective.
12. Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
13. Treatment programs should test patients for potential for abuse or dependence.

The Drug Enforcement Administration (DEA) schedule for each drug is listed in the table below.

COCAINE

DESCRIPTION
A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America.

INHALANTS

DESCRIPTION
Snorted, smoked, injected.

LSD

DESCRIPTION
A hallucinogen manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. LSD is an abbreviation of the scientific name ‘lysergic acid diethylamide’.

MDMA (ECSTASY/MOLLY)

DESCRIPTION
A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name 3,4-methylenedioxymethamphetamine.

For more information, see the DEA’s Ecstasy/Molly Research Report.

www.drugabuse.gov/researchers

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### METHAMPHETAMINE

**DESCRIPTION**
An extremely addictive stimulant amphetamine drug. For more information, see the Methamphetamine Research Report.

**POSSIBLE HEALTH EFFECTS**
- Increased wakefulness and physical activity; decreased appetite; increased heart rate; low blood pressure; temperature; irregular heartbeat.
- Knee pain; chewing; drooling; loss of balance; dizziness; violence; suicides; coma, and death.

**LONG-TERM**
- Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching.

**DEA SCHEDULE**
I, II

**SHORT-TERM**
- Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure.
- Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia; agitation; hallucinations; violent behavior; sweating; nausea, vomiting; insomnia; irritability; diziness; depression; panic attacks; reduced motor control; cloudy thinking.

**POSITIVE BEHAVIORAL THERAPIES**
- Mobile medical application: reSET®
- The Matrix model
- Cognitive-behavioral therapy (CBT)
- Contingency management, or motivational incentives
- Motivational Enhancement Therapy (MET)
- Behavioral treatments geared to teens
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**TREATMENT OPTIONS**
- Cognitive-behavioral therapy (CBT)
- Contingency management, or motivational incentives
- The Matrix model
- 12-Step facilitation therapy
- Mobile medical application: nSOFT®

## PCP

**DESCRIPTION**
A dissociative drug developed as an intravenous anesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. PCP is an abbreviation of the scientific name, phencyclidine.

**POSSIBLE HEALTH EFFECTS**
- Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety.
- Low doses: slight increase in breathing rate; increased blood pressure and heart rate; altered breathing: face redness and weight loss; problems with memory.
- High doses: nausea; vomiting; flicking up and down of the eyes; shaking; loss of balance; dizziness; violence; suicides; coma, and death.

**DEA SCHEDULE**
I

**LONG-TERM**
- Memory loss; problems with speech and thinking; loss of appetite, anxiety.
- Death
- Greatly increased risk of cancer, especially lung cancer when smoked and oral caners when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia

**TREATMENT OPTIONS**
- Cognitive-behavioral therapy (CBT)
- Contingency management, or motivational incentives
- The Matrix model
- 12-Step facilitation therapy
- Mobile medical application: nSOFT®

## SYNTHETIC CANNABINOIDS

**DESCRIPTION**
A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes mistakenly called "synthetic marijuana" and marketed as a "natural," "safe" legal alternative to marijuana.

**POSSIBLE HEALTH EFFECTS**
- More research is needed to find out if behavioral therapies can be used to treat synthetic cannabinoid addiction.

**DEA SCHEDULE**
I, II

**LONG-TERM**
- Depression, anxiety, tiredness. Headaches, increased appetite, irritability, depression, sleeplessness, drug addiction, learning and behavior problems, low birth weight, learning and behavior problems.

**TREATMENT OPTIONS**
- Cognitive-behavioral therapy (CBT)
- Self-help materials
- Mobile medical application: nSOFT®

## SYNTHETIC CATHINONES ("BATH SALTS")

**DESCRIPTION**
An emerging family of drugs containing one or more synthetic chemicals related to cathinone, a stimulant found naturally in the khat plant. Examples of such chemicals include Ephedrine, Metamphet, and 3,4-methylenedioxypiperonal (MDPP).

**POSSIBLE HEALTH EFFECTS**
- Plant grown for its leaves, which are dried and formulated before use. For more information, see the Tobacco/Nicotine Research Report.

**DEA SCHEDULE**
I

**LONG-TERM**
- Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. It is produced by the fermentation of yeast, grains, and starches.

**TREATMENT OPTIONS**
- Cognitive-behavioral therapy (CBT)
- 12-Step facilitation therapy
- Mobile medical application: nSOFT®

## TOBACCO

**DESCRIPTION**
Any smoking product containing one or more tobacco-related substances.

**POSSIBLE HEALTH EFFECTS**
- Tobacco/Nicotine Research Report.

**DEA SCHEDULE**
I

**LONG-TERM**
- Pregnancy-related: fetal alcohol spectrum disorders (FASD)
- Injuries and risky behavior, including drunk driving and inappropriate sexual behavior; impaired judgment, coordination, and reflexes; impaired speech, memory problems.

**TREATMENT OPTIONS**
- Cognitive-behavioral therapy (CBT)
- Self-help materials
- Mobile medical application: nSOFT®

## ALCOHOL

**DESCRIPTION**
Any drinking product containing one or more alcoholic substances.

**POSSIBLE HEALTH EFFECTS**
- The NIDA website, www.drugabuse.gov, has information on a variety of drugs and related information.
- Some publications, including these charts, are available in print, free of charge.

**TREATMENT OPTIONS**
- Cognitive-behavioral therapy (CBT)
- Self-help materials
- Mobile medical application: nSOFT®

## ADDITIONAL RESOURCES
- Substance Abuse and Mental Health Services Administration (SAMHSA) website: http://www.samhsa.gov/Strategies
- The Patient Referral Program on the American Academy of Addiction Psychiatry website: http://www.aap.org/patient-resources
- The Surgeon General’s Report on Alcohol, Drugs, and Health: https://addiction.samhsa.gov
- For clinical train information, go to www.clinicaltrials.gov