

# Index

- addiction, 68, 90, 95, 96, 178, 182–195
  - addiction psychiatrist, 222
  - addictive personality, 90, 96
  - behavioural, 5, 48, 95, 96, 182–195
  - family history, 32, 43, 52, 83, 206, 216, 224, 235, 236, 239
  - media concept, 8, 43, 47, 48, 90
- adolescence, 24–25, 26, 197
  - changes during, 26
  - definition, 24–25
  - growth of brain, 28
  - harmful effects of drugs, 25, 29
  - impulsivity and brain, 28, 61, 96
  - knowledge about drugs, 33, 41
  - normal behaviour or signs of drug use, 8, 64, 186
  - plasticity and brain, 27
  - see also* young people
- age, and drug misuse, 33, 47, 160, 165, 198
- Al-Anon, 231
- alcohol
  - cocaine and, 18, 64, 65, 67
  - drug conversation, 36–55, 190
  - harmfulness, 92
  - intoxication, 84, 109, 132, 201, 202
  - sedation, 99, 111, 112, 114, 126, 142, 144
- Alcoholics Anonymous, 223
- alcopops, 25
- amphetamines, 13, 62, 100, 102, 103–105, 120, 149, 202, 208, 211, 220, 236
- amyl nitrite (poppers), 141, 143
- antibiotics, as example, 6, 79, 80
- anxiety, 1, 19, 22, 32, 41, 62, 65, 66, 67, 73, 76, 84, 103, 104, 106, 109, 110, 112, 115, 116, 117, 118, 123, 126, 134, 135, 145, 152, 164, 165, 166, 167, 168, 178, 189, 190, 227, 228, 232
- attention-deficit hyperactivity disorder (ADHD), 23, 86, 104, 107
- attitudes, to drugs, 11
- autism spectrum disorder, 23
- axons, 57
- ‘bad trip’, 132, 134, 135, 138
- barbiturates, 13, 109, 110, 114, 116
- behavioural addiction, 5, 96, 182–195
- behaviour, drugs change, 9, 20, 62
- benzodiazepines, 13, 20, 63, 100, 109–113, 115, 116, 129, 144, 154, 169, 208, 212
- bladder damage, 33, 93, 142, 144, 145, 232
- blood tests, 207, 224
- brain, 3, 17, 26–29, 56–71, 82, 96, 98, 109, 131, 189, 238
  - addiction and dependence, 89–90
  - in adolescence, 26, 28–30
  - electrical signals, 58, 60, 61
  - harmful effects of drugs, 12, 25, 29
  - neural networks, 27, 28, 29, 58, 61
  - neurotoxicity, 82
  - neurotransmitters, 59, 60, 62–63, 64, 67, 106, 141
  - plasticity, 27
  - pleasure and drugs, 62–71
  - reached quickly if drug smoked or injected, 76, 78, 101, 102, 114, 121, 126, 203
- receptors, 124, 229, 230
- synapses, 58–60, 61, 62, 78
- ‘thinking’, 31, 32, 62, 92, 94, 96, 97, 103, 135, 166, 172, 193, 206
- tolerance, 19, 67, 70, 85, 93, 103, 111, 116, 140, 145, 183, 189, 216
- ‘bulking’, the drug, 80

- caffeine, 14, 15, 42, 78, 99, 102, 120
- cannabis, 1, 17, 18, 22, 32, 44, 75, 91, 93, 100, 119–130, 216, 236
  - case studies, 7, 10, 11, 18, 19, 21–23, 39–41, 50, 69–70, 91
  - dependence and genetics, 83
  - description, 31, 119, 179
  - drug paraphernalia, 201–203
  - drug tests, 4, 39, 65, 150, 205, 207–209, 210
  - how used, 10, 18, 19, 31, 32, 91, 122, 127, 129, 200, 216
  - as medicine, 122, 178–180
  - mental health, 72, 84
  - problems caused, 126–127
  - recovery, 217, 226, 232
  - skunk, 121
  - synthetic, 31, 32, 125–126
  - tetrahydrocannabinol, 120, 130, 178
  - types, 120, 123–124
- case studies, 4, 95, 219
- cannabis, 216
- cocaine, 65, 66, 70, 94, 106
  - dependence syndrome, 90, 150, 223
  - detection and patterns of use, 95, 194
  - dissociatives, 100, 139–146, 180
  - drug conversation, 36–55, 190
  - ecstasy, 1, 13, 16, 75, 76, 120, 199, 202
  - hallucinogen persisting perception disorder, 74, 76, 134
  - hallucinogens, 13, 57, 100, 131–138
  - harmful use, 48, 90, 92, 95, 183, 206
  - motivation, 224, 226
  - recreational use, 91–93, 122
  - sedatives, 56, 63, 100, 108–113
  - social gain, 20–23
  - treatment and recovery, 221, 227–228
- chest pain, 67, 70, 73, 103, 106
- child abuse/neglect, 23, 84, 85
- child and adolescent mental health services (CAMHS), 221
- Classes A, B & C, illegal drugs, 13
- club drugs, 149
- cocaine, 226
  - alcohol and, 12, 18, 64, 65, 66–68
  - case studies, 18–20, 65
  - ‘chasing the high’, 70
  - chest pain, 70
  - crack, 13, 74, 101, 104, 115
  - drug tests, 207–214
  - euphoria, 16, 56, 64, 66, 67, 69, 70, 79, 94, 100, 102, 112, 115, 141, 142, 176, 220
    - pleasure and brain, 62–71
    - powdered, 10, 13, 80, 101, 103
- Cocaine Anonymous, 95, 223, 229, 242
- codeine, 13, 20, 62, 78, 100, 159, 164
- cognition, drugs change, 56, 63
- cognitive-behavioural therapy, 117, 190, 228
- combinations, of drugs, 18, 115, 127, 211
- confidentiality, 156, 223–224
- consciousness, drugs change level, 56, 62
- consumption diary, 219
- contamination, 7, 80, 152
- crack cocaine, 13, 74, 101, 104, 115
- crash or come-down, 66
- ‘cutting’ the drug, 80, 167
- death, 74, 81, 106, 110, 111, 114, 134, 142, 143, 144, 153, 154, 155, 170, 174
- dependence, 15, 78, 90, 93–97, 137
  - dependence syndrome, 90, 150, 223
- detoxification, 95, 118, 222, 228, 229
- genetics, 82–83, 236
- medical illness, 90
- pain medication, 20, 62, 88, 114, 145, 163, 164, 232
- sedatives, 56, 108–113, 115, 116, 164
- depression, 20, 71, 72, 73, 74, 84, 103, 104, 106, 116, 145, 164, 175, 180, 206, 220, 228, 232
- detection, of drug use, 196–214
  - child intoxicated or shows aftereffects, 65, 67, 201
  - child tells you, 167, 197, 198–203
  - drugs/drug paraphernalia found in room, 201–203
  - drug testing, 150, 205, 207–209, 212
  - how to detect, 14, 196–214
  - normal adolescent behaviour and signs of drug use, 197, 201
  - seek professional help if needed, 205–207, 212, 240
  - share your concerns, 203, 204
  - someone else tells you, 201

## 258 Index

- detection, of drug use (*cont.*)
  - talk to child, 4, 9, 37–42, 48, 196, 205, 206
  - talk to others, 205
  - what to do if you know or suspect, 203–207
- detoxification, medically assisted ('detox'), 95, 118, 222, 228, 229
- dexamfetamine (Adderall; Dexedrine), 107
- diazepam (Valium), 13, 20, 75, 109, 117, 118, 159, 164, 166, 167, 168
- dissociatives, 139, 142–143, 180
  - case study, 16–20
  - description, 139
  - effects of intoxication, 201, 202
  - how used, 141, 144
  - legal highs, 4, 105
  - problems caused, 144–146
- distortions, 131, 132, 134, 135, 136, 138, 140
- dopamine, 64, 66, 67, 106, 189
- dose taken, and harmful effects, 16, 70, 75, 79–81, 140
- drug conversation, 36–55, 98
  - alcohol, 48, 74, 174–178
  - awkward questions, 36, 40, 46
  - be consistent, 46
  - before child is exposed to drugs, 44, 238
  - best time to begin, 44
  - case studies, 39–40, 50, 52–54
  - dos and don'ts, 42–44
  - further conversations, 45
  - give information, 4, 5, 11, 27, 33, 34, 41, 48
  - how to start, 42–44
  - information influences choice, 41
  - not lecture, 42–44, 46
  - one parent or both, 45
  - parents are important, 3, 38–41
  - praise child, 21, 49
  - prevention, 86, 188, 222, 228, 239
  - right approach, 51–54
  - set the scene, 45
  - time for questions, 48
  - to talk is good, 41
  - when suspect child is using drugs, 203–207
  - wrong approach, 49–51
- drug education, 38, 44
- drug paraphernalia, 201–203, 204
- drug services, 206, 210, 221, 222
- drug testing, 205, 207–214
  - accuracy, 208, 213
  - blood tests, 207, 224
  - cheating a test, 209–210, 214
  - child refuses to be tested, 209
  - commercial tests, 207, 208
  - hair tests, 208–209, 211
  - how often, 210, 219
  - measure recent or long-term use, 9, 174, 176, 208–214
  - practicalities and pitfalls, 209
  - saliva tests, 207, 209, 210, 212
  - second test, 212
  - single-drug tests, 209
  - synthetics, 149–161
  - urine tests, 209, 210, 212
  - what to do if positive, 26, 65, 212
  - which drugs to test for, 211
- drug types, 42, 98–147
- ecstasy (MDMA), 1, 10, 16, 17, 25, 43, 75, 76, 93, 104
  - case studies, 17–20
  - electronic dance music scene, 10
  - hallucinogen persisting perception disorder, 74, 76, 134
- education, about drugs, 38, 44
- euphoria, 16, 64, 66, 67, 102
  - cocaine, 1, 10, 12, 13, 56, 66, 67, 79, 115, 141, 142, 176, 220
  - ketamine, 13, 22, 33, 63, 72, 85, 92, 93, 100, 139–140, 141, 144, 147, 164, 202
  - nitrous oxide, 13, 100, 139, 140, 141, 203
  - stimulants, 10, 56, 62, 64, 73, 100, 101, 104, 106, 153
- excitatory neurotransmitters, 60, 63
- family (Appendix), 22, 26, 32, 39, 40, 43, 44, 45, 52, 53, 73, 83, 88, 90, 167, 193, 205, 206, 210, 216, 222, 223, 224, 226, 231, 234, 235, 239, 240
- family history, 44, 226
- frontal lobes, 28, 57, 63

- gabapentin, 112, 115–118
- gambling, pathological, 5, 48, 83, 90, 95, 96, 182, 184, 191–194, 243
- genetics, 32, 43, 82–83, 225
- hair tests, 208–209
- hallucinations, 6, 100, 104, 106, 120, 126, 130, 131, 132, 134, 135, 136, 137, 139, 147, 180
- hallucinogen persisting perception disorder (HPPD), 74, 76, 134
- hallucinogens, 57, 76, 131–138, 201
  - ‘bad trip,’ 134
  - case study, 74–76
  - description, 131–132
  - effects of intoxication, 132, 134
  - flashbacks, 227
  - how used, 133
  - problems caused, 134–138
  - synthetic, 100, 133, 137, 149, 202
  - types, 132–133
- harmful effects, 77, 184
  - in adolescence, 25
  - amount of drug taken, 74, 78–81
  - brain and, 12
  - controls and harm, 12, 122, 189, 219
  - drug-related factors and vulnerability, 78–82, 83
  - genetics, 82–83
  - harmful use, 48, 90, 92–93
  - how drug is used, 42, 56, 58, 231, 238
  - how long drug is used, 77, 81, 212
  - idiosyncratic drug reaction, 74
  - immediate (acute) or delayed, 73
  - (chronic) harm, 74
  - individual vulnerability, 76, 77
  - mental health, 84–86, 233
  - person-related factors and, 82–89
  - vulnerability, 235
  - physical harm, 20, 72–73
  - physical health, 77, 82, 88, 91, 233
  - psychological harm, 20, 73, 91
  - social harm, 73, 91
  - social health, 88–89, 233
  - synthetics, 153
  - type of drug, 77, 78
  - vulnerability, 76, 77, 82, 83, 235
  - wider harms, 73
- head shops, 105
- heart attack, 18, 67, 71, 77, 103, 106, 108
- heroin, 12, 74, 78, 81, 83, 114, 115, 154, 155, 208, 230
  - drug testing, 161, 207–214
  - harmful effects, 12
  - how used, 8, 74–76, 163
  - methadone, 13, 111, 208, 211, 228, 230
  - overdose, 81, 114
- idiosyncratic drug reaction, 74
- impulsivity, 28, 29, 61, 86, 90, 96
- inactive ingredients, 80
- information (Appendix), 4, 5, 27, 33–35, 41
  - about synthetics, 149, 153
  - adolescents, 30
  - at school, 21, 22, 37, 87
  - drug conversation, 37, 41
  - influences choice, 41
  - internet, 156, 184
  - prevention and, 188, 239
- inhalants, 141, 143, 145
- inhibitory neurotransmitters, 60
- injection, of drugs, 78, 79, 101, 102, 103, 105, 106, 114, 115, 141, 203, 230
- insomnia, 67, 73, 103, 104, 106, 109, 110, 112, 113, 123, 126, 178, 189, 211
- internet, 4, 31, 32, 35, 156, 157, 158, 167, 184, 195, 210
  - dark web, 158
  - deep web, 157
  - information about drugs, 3, 33, 34, 35, 53, 160
  - online drug markets, 158–159
  - online pharmacies, 159–160
  - rise of synthetics, 148–161
  - surface web, 157
- intoxication, 23, 84, 87, 109, 132, 134, 142, 147, 150, 181, 201, 202
- K cramps, 142, 144
- ketamine, 13, 22, 63, 72, 85, 92, 93, 100, 139–140, 141, 144, 145, 164, 202, 232
- khat, 13, 102, 105
- K hole, 140

## 260 Index

- legal highs, 4, 105
- legislation, and drugs, 15, 149
- lobes, 28, 57, 63
- lysergic acid diethylamide (LSD; acid),  
13, 62, 100, 131, 132, 133, 135, 136,  
137, 178, 202
- magic mushrooms, 13, 100, 131, 132, 133,  
135, 164, 202
- maintenance therapy, 230
- management, of drug use, 20
- manufacture, of illegal drugs, 7, 8, 9, 10,  
12, 14, 25, 39, 43, 48, 49, 81, 122,  
125, 130, 149, 152, 154, 156, 159,  
163, 165, 168, 175, 178, 213, 230
- medications, 6
  - blocking medications, 230
  - cannabis as, 119–130
  - dose, 17, 70, 76, 79–81
  - maintenance medications, 228, 230
  - online pharmacies, 159–160, 168–169
  - opioids, 62, 81, 111, 113, 114, 153–155
  - pharmacological treatment, 227–228
  - safety testing, 150, 152
  - stimulants, 10, 18, 56, 64, 78, 100,  
101–107, 153, 164, 202, 211
- mental health, 23, 72, 77, 84, 85, 92, 123,  
124, 127, 135, 136, 164, 175, 180,  
189, 190, 192, 195, 206, 221, 222,  
226, 228, 232, 234, 244
- Mentor-ADEPIS, 222, 223
- mephedrone, 13, 105, 202
- methadone, 13, 111, 208, 211, 228, 230
- methoxetamine ('mexxy'), 13, 33, 34, 139
- methylphenidate (Ritalin; Concerta), 13,  
107, 164
- Monitoring the Future project (USA),  
9, 11
- mood, drugs change, 56, 61, 62, 186, 190,  
198, 201
- mortality, 2, 13, 27, 41, 86, 95, 166, 187,  
223
- motivation, and drug use, 123, 224, 226,  
240
- mystery white powder, 101, 139, 202
- Narcotics Anonymous, 223, 228, 231, 242
- neural networks, 27, 28, 29, 58, 61, 63
- neurons, 28, 57, 58, 59, 61, 63
- neurotoxicity, 82
- neurotransmitters, 59, 60, 61, 62, 63, 64,  
67, 106, 141
- nitrous oxide (laughing gas), 13, 100, 139,  
140, 141, 144, 145, 146, 147, 164,  
202, 203
- novel psychoactive substances, 149, 160,  
202, 209, 214, 230
- novelty-seeking, 28, 29
- occipital lobes, 57
- opiates, 109, 111, 113, 114
- opioids, 20, 62, 81, 88, 100, 109, 111, 113,  
114, 115, 120, 153–155, 164, 169,  
178, 209, 211, 212, 228, 229, 230,  
242
- out-of-body experiences, 6, 16, 100, 147
- overdose, 15, 52, 73, 78, 81, 106, 110,  
111, 113, 114, 116, 154, 155, 183,  
213, 230
- packaging, of drugs, 156, 167, 174, 202
- pain, 20, 62, 67, 70, 73, 85, 88, 92, 103,  
106, 108, 112, 115, 123, 142, 144,  
154, 163, 164, 165, 178, 232
- panic attacks, 18, 19, 73, 117, 165, 166
- paranoia, 2, 31, 32, 67, 123, 126, 129,  
130, 206
- parents, 1, 2, 3, 4, 5, 9, 15, 21, 24, 29, 31,  
35, 36, 38–41, 45, 50, 128, 156, 166,  
186, 190–191, 201, 216
  - confidentiality, 156, 223–224
  - importance, 83, 191, 193
  - look after yourself, 240
  - used drugs themselves, 30, 38, 89
- parietal lobes, 57
- patterns, of drug use, 8, 9, 27, 70, 90, 92,  
93, 95, 131, 200, 208, 236
- peer groups, fitting in with, 21, 71, 89,  
90, 239
- personality traits, 96
- personal, social, health and economic  
(PSHE) education programmes,  
170
- physical health, 77, 82, 88, 127, 232, 233
- pleasure, and brain, 27, 62–71
  - brain regulates pleasure, 64

- chasing the high, 70
- crash or come-down, 66
- 'normal' pleasure, 68
- over-stimulation, 67
- reward pathway, 63, 64, 66, 67, 68, 70, 189
- reward system and drugs, 64–65, 70, 71, 183
- potency (drug's power), 78, 80, 127
- powder form, 10, 13, 80, 101, 103, 104, 105, 133, 139, 141, 202, 203
- pregabalin, 112, 115
- prevention, 71, 86, 152, 188, 222, 228, 239
- professional bodies (Appendix), 88, 154, 206, 207, 209, 222, 223, 224–229
- professional help, 205–207, 212, 234, 240
- psilocybin, 100, 132, 135, 137, 164, 178
- psychoactive drugs, 6–23, 64, 71, 73, 76, 82, 98, 119, 149, 178, 184, 229
  - age and drug misuse, 7, 23
  - alcohol, 15, 48, 64, 74, 86
  - cause change of feelings, 3, 16, 20, 23, 40, 63, 65, 66, 97, 99, 109, 139, 147, 220, 235
  - definition, 6, 11
  - law and, 14, 158, 169, 180
  - problematic effects, 182, 188, 189
  - reasons for use, 3, 90
- psychological therapy (talking therapy), 117, 118, 167, 222, 228, 235
- psychosis, 67, 71, 84, 103, 104, 106, 121, 123, 124, 126, 127, 130, 134, 150, 206
- puberty, 26, 28, 185, 187, 197–198, 204
- reasons for use, of drugs, 3, 90
- receptors, 59, 62, 64, 67, 70, 82, 109, 120
  - blockade, 228, 230
  - cannabinoid receptors, 120
  - genetics, 60, 62, 66, 70, 82, 109
  - opioid receptors, 230
  - pleasure, 62, 63, 64, 179
  - tolerance, 19, 67, 70, 85, 93, 116, 145
- recreational use, 90–91, 92, 122, 149, 180
- reduction, in drug misuse 6 relapse, 3, 7, 23
- research chemicals, 133, 136, 149
- reward pathway, 63–64, 66, 67, 68, 70, 189
- risk-taking, 29, 73, 110
- saliva tests, 207, 209, 211, 212, 214, 224
- school, drug education in, 38
- sedatives, 56, 63, 100, 108–118
  - case study, 116–118
  - combined with dissociatives, 139–146
  - combined with stimulants, 18, 56, 100, 102–105, 108, 149
  - description, 108
  - effects of intoxication, 84, 109, 202
  - how used, 63, 84, 115
  - neurotransmitters, 59, 60, 64, 141
  - problems caused, 110–112, 116–117
- synthetic, 56, 63, 100, 108, 114
- self-harm, 40, 85, 198, 206
- sensation seeking, 96
- serotonin, 62, 106, 133
- serotonin syndrome, 106
- services, treatment for drug users, 52, 54, 224, 235
- Shulgin, Alexander, PIHKAL: A Chemical Love Story, 132
- SMART recovery, 232, 242
- social deprivation, 89
- social gain, 21
- social health, 88, 232, 233, 240
- 'speedballing', 115
- stimulants, 10, 56, 100, 101–108
  - case study, 16–20
  - combined with sedatives, 18, 56, 62, 100, 101, 102–105
  - depression, 71, 74, 106
  - description, 101, 102
  - drug tests, 16, 64, 73, 78, 102–105
  - effects of intoxication, 84, 202
  - 'high', 70, 102
  - how used, 102
  - as medications, 106–108
  - panic attacks, 73, 117, 165, 166
  - physical effects, 102
  - pleasure and, 68, 73, 179
  - problems caused, 106
  - synthetic, 57, 100, 101, 102, 106
  - striatum, 28
  - sub-cultures, 20
  - suicidal thinking, 206

- support and help organisations  
 (Appendix), 191, 194, 221, 223,  
 231, 232
- surveys, of illicit psychoactive drug  
 misuse, 7, 9, 11
  - annual survey of England & Wales by  
 UK government, 7, 9
  - Monitoring the Future project (USA),  
 9, 11
    - world's population, 7
    - young people, 9
- synaesthesia, 132
- synapses, 58–60, 62, 78, 207–214
- synaptic pruning, 28
- synthetics, 81, 103, 104, 142, 148–161, 220
  - cannabis, 31, 32, 100, 125–127, 164
  - dark web, 158
  - drug testing, 103, 110, 135, 149, 150,  
 153, 156
  - hallucinogens, 100, 133, 137, 149, 202
  - internet, 31, 156, 157, 158, 184
  - legal but not safe, 4, 20, 122, 162
  - mimic effects of 'traditional' drugs, 62,  
 80, 125, 149, 153, 161, 197, 201,  
 203
  - online drug markets, 158–159, 184
  - online pharmacies, 160, 168–169
  - rise of, 148–161
  - Silk Road, 158–159
  - to ban or not, 2
  - TOR (The Onion Router), 158
  - unregulated global drug trial, 153
- temporal lobes, 57
- tetrahydrocannabinol (THC), 120, 130, 178
- thalidomide, 152
- tolerance, 19, 67, 70, 71, 85, 93, 103, 111,  
 116, 123, 135, 140, 143, 145, 183,  
 189, 192, 216
- treatment and recovery, 8, 207, 215–237
  - 12-step approach, 223
  - abstinence or controlled use, 65, 219,  
 222, 223, 225, 229–230
  - assessment, 224–225
  - care plan, 224
  - confidentiality, 223
  - consumption diary, 219
  - definition of problem, 218–221
  - explore reasons for drug use, 226, 234
  - goal setting, 159–160
  - if treatment not successful, 52, 90, 112,  
 118, 168, 178, 190, 218, 222
  - immediate and short-term treatment  
 services, 67, 116, 126, 219, 222
  - insight into problems, 132, 215
  - patterns of drug use and, 90
  - pharmacological treatment, 90, 227,  
 228
  - psychological treatment (talking  
 therapies), 227
  - referral, 145, 222, 223
  - rehabilitation and recovery services,  
 221, 222
  - residential programmes, 95, 223
  - services, 207
  - social intervention, 227, 231–232
  - successful treatment, 27, 233
  - sustained recovery, 234–236
  - team of professionals, 168, 204, 226
  - test of level of control, 219–221
  - young people recover better than, 8–11  
 adults., 141, 233
- types, of drugs, 42, 146
- urine tests, 209, 212
- vicarious learning, 38
- volatile substances, 9
- whippets, 142, 203
- white powder, 101, 139, 202
- withdrawal symptoms, 71, 103, 110, 111,  
 123, 135, 142, 228, 229
- young people, 5, 8–12, 127, 171, 174,  
 184, 191, 221, 244 (*see also*  
 adolescence)
  - age and drug misuse, 9, 10, 50, 84, 160,  
 221
  - attitudes to drugs, 11
  - inhalants and younger users, 141, 145
  - reasons for drug misuse, 3
  - recover better than adults, 8–11
  - specialist drug services, 222
- Z-drugs, 109, 110, 113
- zolpidem, 110, 113
- zopiclone, 110, 113