

Hidden in Plain Sight

An interactive display to bring awareness of potentially risky behavior in young people.

Do you know what to look for?

Become educated on the latest substance use trends and signs. Learn how alcohol and other drugs can easily be hidden in a teenager's bedroom.

Toolkit for Families





HCHY IS

POSITIVE
CHANGE

BRINGING PEOPLE
TOGETHER

REDUCING
SUBSTANCE ABUSE

PROMOTING HEALTHY,
ACTIVE LIVING

HCHY mission is to increase healthy lifestyles choices, to help prevent substance use disorders, and to prevent substance use by underage persons in Marquette County through positive cultural and environmental changes.

Visit HCHY website at: <https://marquettehchy.org>



- A young person's brain grows and develops until around age 25. Legal drinking age is 21 for a reason.
- Alcohol, marijuana, tobacco and other drugs can seriously and negatively affect memory, learning, coordination, social skills, relationships, employment, driving and athletic performance.
- Genetics account for about 50% of serious, long-term problems. The other 50% is from early use, overuse, trauma, environment, culture, personality, and more.

Pitch In. Choose Health.
www.marquettehchy.org

Contents

Information Not to Miss	Pages 5-8
Drug Facts & Red Flags to look for	Pages 10-33
Getting Help & Sources	Pages 34-36

Small Talks Proven Effective

Small Talks are one powerful way to help prevent your kids from choosing to drink alcohol and use other harmful and addictive substances.



Find tips and tools for having good Small Talks with your kids at:

<https://www.dhs.wisconsin.gov/small-talks/>



WARNING!! STREET DRUGS

Street drugs today, including marijuana, may contain or be “laced” with powerful synthetic drugs that can cause death by overdose or trigger rapid addiction.

Synthetic drugs are made in a lab (often China) and imported illegally. They include pills, powders, and liquids that are added to other drugs like cannabis, cocaine and heroin.

FENTANYL—synthetic opioid and painkiller, 100 times stronger than morphine.

CARFENTANIL—synthetic opioid, painkiller. 100 times stronger than fentanyl and 10,000 times stronger than morphine.

ACETYL FENTANYL—synthetic opioid and painkiller estimated to be 15 times more potent than morphine, which is weaker than fentanyl but several times stronger than pure heroin.

NITAZENE or “ISO”—synthetic psychoactive opioid; 10-40 times strong than fentanyl.

STREET DRUGS ARE EXTREMELY DANGEROUS

Strips to test street drugs for fentanyl are available for free and without judgement from Marquette County Public Health, 428 Underwood Ave, Montello, WI, 608-297-3135.

Narcan and Naloxone to revive accidental overdose are also available there.

Consider having a supplies handy “just in case.”

Signs to Look For In Teens

Changes that can be related to alcohol or drug use:

School: consistently late, change in grades, issues with teachers, loss of interest in sports or other activities, a “new” group of friends

Home: disappearing money or asking for money loans, missing alcohol, missing prescription pills or cough medicine, odd containers, missing tin foil or spoons.

Appearance: bruises on arms or legs, poor hygiene

Habits: heavy use of air fresheners, cologne or perfume, always chewing gum or mints

Behaviors: mood changes, lack of interest in important relationships, avoids eye contact hostile, secretive, isolates in room, not coming home, unusually long periods of sleep or periods of sleeplessness.

Medication Disposal

Drug Drop boxes

Expired or unused, prescribed and over the counter medications are accepted at **5** locations in Marquette County. Medications collected will be properly disposed of, protecting from accidental use and/or intentional misuse.

Safely dispose of prescription drugs during normal business hours.

Put medications in plastic baggie or keep in original container and remove label or black out your name. No syringes

Endeavor Village Hall
400 S. Church St, Endeavor
Located in entry way

Montello City Hall
20 Underwood Ave, Montello
Located inside main entrance

Neshkoro Village Hall
322 S. Main Street, Neshkoro
Located inside

Oxford Village Hall
129 S. Franklin Street, Oxford
Located inside main entrance

Westfield Village Hall
129 E. Third Street, Westfield
Located in main entrance vestibule

Drug Facts & Red Flags

Alcohol Facts

Also known as: Booze, juice, brew, hooch, liquid courage

How it is used: Normally taken orally

Classes of drug:

Depressant—slows the function of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

Stimulant—alcohol can act as a stimulant in small doses and when first consumed but is primarily a depressant.

Physical effects: Small amounts can help a person feel more relaxed or less anxious. Large amounts can cause greater changes in the brain, respiratory depression, coma, addiction and death.

Long-term effects: Possible addiction, chronic diseases such as heart disease, liver disease, cancer, high blood pressure, dementia.

Red Flags to Look For

Everyday items teens may use to either conceal or mask alcohol .

Flasks—

Hair brushes

Tampons

Lotion bottles

Umbrellas



Contains Alcohol—

Baking extracts

Hand sanitizers

Over-the-counter medications



Tobacco/Nicotine Facts

Also known as: Chew, Snuff, Vape Pen, Cigs, E-cigs, Smokes, JUUL, Coffin sticks

How it is used: Tobacco is smoked in the form of cigarettes, cigars, pipes, and e-cigarettes (electronic nicotine device), or chewed, dipped or sniffed.

Class of drug: Stimulant—raises physical or nervous activity or energy in the body.

Physical effects: Increase heart rate, raise blood pressure, suppress appetite

Long-term effects: Heart disease, stroke, emphysema (breakdown of lung tissue), and many types of cancer — including lung, throat, stomach, and bladder cancer. People who smoke also have an increased risk of infections like bronchitis and pneumonia.

Red Flags to Look For

Tobacco products and paraphernalia teens may have.

Related Items —

Lighters

Cigarette butts

Chewing tobacco tins

Cigarette packs



Electronic Nicotine Device Related Items—

Vials of e-liquid, charging devices, electronic cigarette pens (e-cigs), vaping devices

E-cigarettes or vapes come in all shapes and sizes.



Vaping Facts

“Vaping” — inhaling and exhaling aerosol or vapor which is produced by an e-cigarette or similar device. This is not water vapor, but ultrafine particles that damage lungs. The vapor **contains nicotine and varying amounts of toxic chemicals and metals**. Heating the vapor produces more harmful ultrafine particles.

What it looks like: E-cigarettes come in a wide variety of shapes and sizes; mini (often called cig-a-like), mid-size, vape pens, vape pod systems like JUUL, e-hookahs, e-cigars, advanced personal vaporizers or mods; even ones shaped to look like pens and USB drives.

Effects: Health experts report serious lung damage in people who vape, which is linked to heart and respiratory diseases and cancer (American Lung Association). Vaping can also cause long-term lung scarring known as “popcorn lung.”

Nicotine crosses into the brain which puts young people at a high risk of nicotine addiction. Until about age 25, the brain is still growing. Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. **Adolescents get addicted more easily than adults** because addiction is a form of learning. The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs.

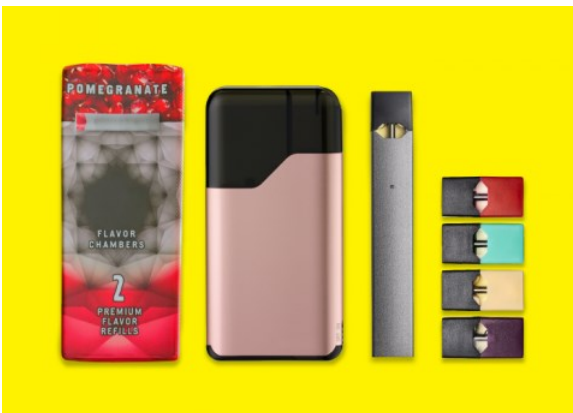
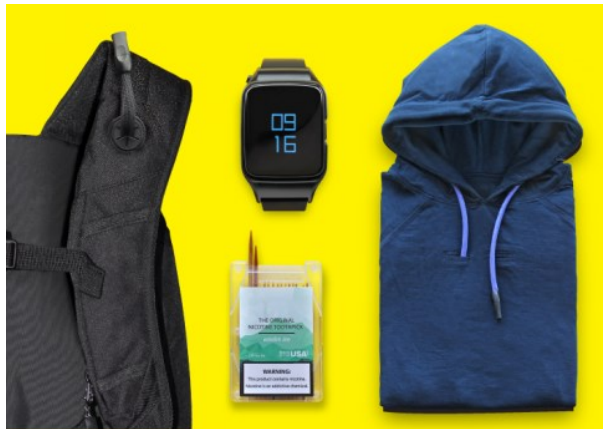
*If you hear or see terms such as: carts, dab, honey, 710 (This number spells OIL when held upside down and refers to marijuana concentrates), these refer to pre-filled containers of cannabis oil or concentrate designed for use with an e-cigarette or vape. This is not an all inclusive list and **there are always new and upcoming products and terms**.

Red Flags to Look For



Many e-cigarettes come in slick shapes, fun colors, and can look like fidget-spinners and other small toys.

Vaping products disguised as everyday item.



It's easy to mistake tobacco products for everyday objects like makeup compacts, USB drives, or writing pens.

Methamphetamine Facts

Also known as: Crank, meth, crystal, speed, chalk, ice, glass, yaba.

How it is used: Taken orally, smoked, snorted, or dissolved in water or alcohol and then injected into vein or rectum.

Class of drug: Stimulant

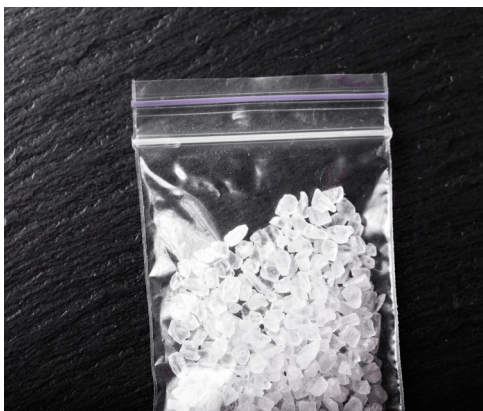
Short-term effects: Increased energy, rapid breathing, increased blood pressure, dilated pupils, increased pulse rate, insomnia, sweating, headaches, blurred vision, loss of appetite, jerky body movement, crank bugs (skin sores from scratching a feeling of “bugs” under the skin), and sudden death

Long-term effects: Stroke, death, organ failure, extreme weight loss, psychosis, dental problems and sores and scabs on the skin and face.

Withdrawal symptoms: “Meth mouth” (severe tooth decay and gum disease), shaking and tremors, fever, chills, nausea, hypertension, heart palpitations, respiratory failure, brain damage.

What it looks like—

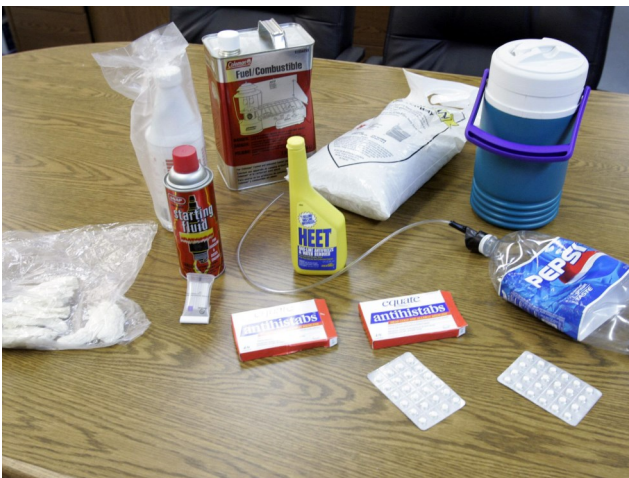
Regular meth is usually pills or white powder. Crystal Meth looks like clear or whitish rocks.



Red Flags to Look For

Related items— needles, burnt or bent spoons, tin foil, burnt tin foil, rolled up dollar bills, pen casings, razor blades, burnt light bulbs, lighters, glass pipes, syringes, and other everyday items.

Signs to look for— skin infections, loss of appetite, dilated pupils, scratching, mania (super high energy) followed by a “crash” for 1-3 days, headaches, blurred vision, sweating.



Marijuana Facts

Also known as: weed, pot, grass, bud, dope, mary jane, wax, ganja, hash, cannabis, THC

How it is used:

Smoked—can be smoked in hand-rolled joints or blunts, or in various pipes or water pipes (bongs)

Vaporized—can be concentrated into a resin that can be smoked in e-cigarettes or vape pens.

Ingested—can be eaten in foods, gummies, candies, baked goods or consumed in a tea

Class of drug: Stimulant AND Depressant

Addiction: 1 in 10 adults who use marijuana can get addicted. Chances go up to 1 in 6 if used before age 18.

Physical effects (signs to look for): Increased heart rate, bloodshot eyes, dry mouth and throat, increased appetite, stays in body longer than alcohol. impaired basic motor coordination

Long-term effects: Damage to the tissue of the lungs if smoked, negative effect on adolescents' brain development, increased possibility of addiction with young or persistent use.

Mental effects: Intensified perception of sounds, altered perception of time, heightened sensory perception, impaired abilities to plan, organize, solve problems, make decisions, remember, and control emotions and behavior.

Red Flags to Look For

WARNING: Cannabis products are far more potent (powerful) than 10-50 years ago. A small amount will likely deliver an unexpected and possibly overwhelming dose.

Items that cover odor—mints, candies, gum, air fresheners, colognes or perfumes, incense

Related items—things to smoke with including lighters, rolling papers, tins or containers, apple cores, charred soda cans, pipes, water pipes (bongs), hookahs, one-hitters, grinders.

Packages that look just like candy or gummies. Small bags of leaves. Cookies, brownies, bakery.

Social items—things with marijuana leaves or 4/20 or 420 on them such as magazines, posters, movies, key chains, necklaces, bracelets, clothing, hats, shoes, socks, backpacks, playing cards, games, water bottles, and more.



Inhalant Facts

Also known as: Laughing gas, whippets, huffing, sniffing, rush, gluey, chroming, poppers, snappers

How it is used:

- Inhaled through nose or mouth
- Huffing inhalant-soaked rag stuffed in mouth
- Inhaling from balloon with nitrous oxide
- Sniffing or snorting from a container or dispenser
- Inhaling fumes from substances in a bag

Classes of drug: Stimulate, Depressant, Psychoactive

Short-term effects: Slight stimulation, feeling less inhibition, loss of consciousness, damages sections of brain controlling thinking, moving, seeing, slurred speech, loss of coordination, euphoria, dizziness

Long-term effects: Long term use may cause damage to nervous system and organs, liver and kidney damage. Sudden sniffing death may occur from suffocation or asphyxiation.

Withdrawal Symptoms: Headache, dizziness, anxiety, weight gain, coughing, irritability

Red Flags to Look For

Inhalants can be various products easily purchased and found in the home or workplace.

Aerosol cans— Watch for excessive amounts of empty containers. Products that disappear or are used up very quickly or hidden.



Related items — Heavily saturated rags, paper or plastic bags



DXM Facts

Also known as:

DXM is short for the word Dextromethorphan which is an ingredient listed on product labels. Other names: CCC, poor man's PCP, robo, skittles, triple C.

How it is used: By drinking cough syrup or swallowing tablets, capsules, or powder

Class of drug: Psychoactive

Short-term effects: Over-excitability, lethargy, loss of coordination, slurred speech, sweating, hypertension, involuntary spasmodic movement of the eyeballs, irregular heartbeat, increased body temperature

Long-term effects: High doses of DXM with alcohol or other drugs, including antidepressants, can cause death

Withdrawal symptoms: Restlessness, body aches, insomnia, vomiting, cold flashes, diarrhea

Red Flags to Look For

DXM can be purchased at almost any pharmacy or supermarket. Users seek out products with the highest concentration of the drug from among all the OTC cough and cold remedies that contain it. Teens can use everyday items to either hide or mask the abuse of cough syrup.



Excessive Use— Watch for excessive use of cough syrup or supplies that run low quickly.



Related — A drink made with DXM is known as Purple Drank, Lean, or Sizzurp.

It is made by combining:

- Prescription-strength cough medicine
- Soft drinks
- Fruit-flavored hard candy



Prescription Pill Facts

How it is used: Taken orally, crushed and snorted, crushed, heated and smoked, or dissolved in water and injected

Classes of drug:

Painkillers: *Vicodin, Tylenol with Codeine, OxyContin, Percocet, Gabapentin.* Also known as: captain cody, cody, sizzurp, lean, syrup, schoolboy, doors & fours, loads, oxy, oxycotton, oxycet, hillbilly heroin, percs, gabbies, johnnies.

Depressants: *Klonopin, Valium, Xanax.* Also known as: downers, downs, barbs, benzos, reds, red birds, phennies, tooies, yellows, yellow jackets, candy, sleeping pills, tranks, xanies

Stimulants: *Adderall, Ritalin.* Also known as: uppers, bennies, black beauties, crosses, hearts, truck drivers, JIF, MPH, r-ball, skippy, the smart drug, vitamin R

Effects:

Painkillers: lack of energy, inability to concentrate, nausea, decreased motor skills, death

Depressants: slowed breathing and heart rate, confusion, death

Stimulants: tremors, sweating, irregular heartbeat, dangerously high body temperatures, and the potential for seizures or heart failure

Withdrawal Symptoms:

Painkillers: restlessness, muscle and bone pain, insomnia

Depressants: anxiety, insomnia, nausea, seizures

Stimulants: mood changes, sleep and appetite disturbances

When prescribed for you by a doctor, these medications can be incredibly beneficial. But when taken without a prescription or not as directed – they can become dangerous and addictive. At too high a dose, or when combined with alcohol or other drugs, many prescription drugs can also become deadly.

Red Flags to Look For

Many everyday items may indicate the use of prescription drugs by teens.

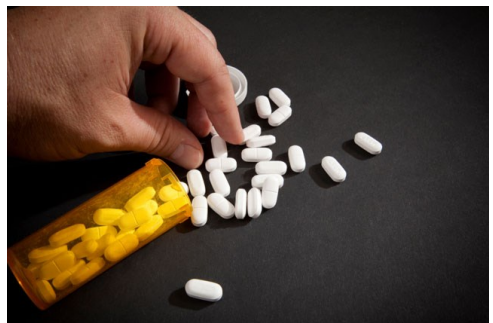
Related items used for sniffing and/or smoking —

Pen cases with ink cartridge missing, credit card or ID card with residue, razors, straws, rolled up dollar bills, lighter, burned or unburned burned spoon.



Other items —

Unmarked pills in a baggie or elsewhere, prescription pill bottles



Heroin Facts

Also known as: Smack, brown sugar, black tar, big H, China white, horse, junk, skag, skunk white horse

How it is used: Injected, inhaled, smoked

Class of drug: Narcotic/Opioid—highly addictive

Short-term effects: A “rush” or surge of pleasure or euphoria, dry mouth, warm flushing of the skin, clouded mental function, nausea/vomiting, a back-and-forth state of being conscious and semiconscious

Long-term effects: Insomnia, collapsed veins for people who inject the drug, abscesses, mental disorders, infection of the heart, risk of hepatitis or HIV from injection equipment

Withdrawal symptoms: Restlessness, severe muscle and bone pain, sleep problems, diarrhea and vomiting, cold flashes

Red Flags to Look For

There are many everyday items that may indicate young people are using heroin.



Related items — Needles or syringes, pipe, small burned or dirty spoon, small plastic baggies, aluminum foil with burn marks, missing belts or shoelaces.



Cocaine & Crack Facts

Also known as: Coke, blow, snow, crack, rocks, candy

How it is used:

- Snorted
- Dissolved in water and injected
- Crack cocaine is smoked

Class of drug: Stimulant

Short-term Effects: increased blood pressure and heart rate, dilated pupils, insomnia, and loss of appetite

Long-term effects: Paranoia, heart attacks, respiratory failure, seizures, mood disturbances, death

Withdrawal symptoms: Difficulty concentrating, fatigue, depression or anxiety, physical symptoms such as chills, muscle aches and tremors

Red Flags to Look For

What does it look like?

Cocaine is usually a white, crystalline powder

Cocaine base (crack) looks like small, irregularly shaped chunks (or “rocks”) of a whitish solid.



Related items—

Cocaine-Needles, burnt or bent spoons, rolled up dollar bills, pen cartridges, razor blades, tin foil

Crack: Pipes, burnt tin foil, lighters



Psychedelics Facts

Also known as: mushrooms, shrooms, ayahuasca, ketamine LSD, acid, MOMA (molly, mandy), ecstasy, PCP, DMX, DMT, hallucinogens

How it is used: ingested, typically in pill or liquid form, added to a liquid, or could be small, square, colorful film or paper (blotter sheet) that melts on your tongue (LSD, acid). See page about DMX in this booklet, too.

Class of drug: Psychoactive, hallucinogens

Short-term effects: increased heart rate, confusing or blurring of senses (hearing colors or visualizing sounds), altered perception of time, dilated pupils, paranoia, trance-like states.

Long-term effects: persistent psychosis or perception disorders, memory loss, anxiety, depression.

Withdrawal symptoms: nausea, anxiety, headaches, decreased concentration, irritability, agitation, tremor, sleep disturbances, dysphoria and depression.

Red Flags to Look For

Related items: vials of liquid, plastic bags and bottles of pills, powder (sometimes colored), unusual looking “candy,” paper squares with designs, dried mushrooms.

What does it look like?



LSD powder



Ecstasy tablets



Psilocybin mushroom



LSD blotter sheet



LSD capsules



LSD powder

Tianeptine Facts

Also known as: Gas station heroin. Brand names include ZaZa, Tianna Red, Neptune's Fix, Stablon, Tatinol, and Coaxil.

What it is: Tianeptine is a highly addictive antidepressant and opioid—it is not approved for use in the U.S., but it can be bought online or at gas stations and small stores. Sold as pills or powder.

Labeling: It can be labeled as a dietary supplement to enhance cognition and stabilize mood, or to help with pain, decrease appetite and increase sexual performance.

How it is used: When taken in small doses, tianeptine may help with symptoms of anxiety, depression and irritable bowel syndrome. However, misuse can lead to taking larger doses and dependence. When taken at higher doses, tianeptine can cause a high or a feeling of euphoria and be fatal. Some people take tianeptine with opioids, alcohol or other drugs to heighten the effects. Mixing these substances may lead to increased heart rate, lowered blood pressure, seizures and cardiac arrest. People with a history of substance misuse are at a higher risk of misusing tianeptine. Tianeptine is sometimes misused to self-treat withdrawal symptoms from alcohol and other substances.

Side effects Tianeptine can have side effects, even when taken at lower doses. These may include: Abdominal pain, Bad dreams, Constipation, Dizziness, Drowsiness, Dry mouth, Headache, Nausea.

Withdrawal symptoms may start right away and are similar to those of opioid withdrawal and may include Agitation, Anxiety. Chills and trembling. Depression. Muscle pain, Sweating.

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/tianeptine-is-safe-use-possible/art-20562252>

Red Flags to Look For

Examples of over-the counter items available in Wisconsin. Look for colorful small bottle or packets that contain pills or powder.



Getting Help & Sources

Getting Help

CALL OR TEXT 988. MENTAL HEALTH HELPLINE

24-HOUR MENTAL HEALTH AND ALCOHOL/OTHER DRUGS CRISIS LINE 1-888-552-6642

Marquette County Clinical Services - serves only residents of Marquette County who have a Medical Assistance card or no insurance. Helps you recover from addictions or address mental health and behavioral health problems. 480 Underwood Avenue, Montello 608-297-3181

AA, NA meetings locations and schedules 608-297-3181 or email tkufahl@co.marquette.wi.us

Aspen Family Counseling 2639 New Pinery Rd, Suite 1, Portage, WI (608) 742-5020

Compass Counseling 1508 New Pinery Rd., Portage, WI (608) 745-4900

Family Health/La Clinica 400 S Townline Rd., Wautoma, WI (920) 787-5514

Harbor Recovery Center Portage, WI 608-697-7163
www.TheHarborRecoveryCenter.com

Northland Community Services 161 Spring St., Westfield, WI (608) 296-2139 www.northlandcommunityservices.com

Pauquette Center two locations: 2901 Hunters Trail, Portage, WI (608) 742-5518 and 302 W. Lake St., Friendship, WI 608-474-4355

Transitions Behavioral Health, LLC 317 DeWitt St., Portage, WI 53901 (608) 745-1751

GET MORE AT MARQUETTEHCHY.ORG under “Resources”

Alcoholics Anonymous in Southern WI www.aa.org

Alcoholics Anonymous Grapevine www.aagrapevine.org

Al-Anon meetings in Wisconsin www.area61afg.org

Families Anonymous support groups or online meetings www.FamiliesAnonymous.org

Email famanon@FamiliesAnonymous.org or call 847-294-5877

Sources

Above the Influence. Partnership for Drug-Free Kids. Retrieved from <https://abovetheinfluence.com/>

Dose of Reality Campaign. Wisconsin Department of Justice. Retrieved from <https://doseofrealitywi.gov/>

Get Smart About Drugs. Retrieved from <https://www.getsmartaboutdrugs.gov/>

Foundation for a Drug-Free World. Retrieved from <https://www.drugfreeworld.org/>

National Institute on Drug Abuse for Teens. NIDA For Teens. Retrieved from <https://teens.drugabuse.gov/>

Nemours Kids Health. Retrieved from <https://Kidshealth.org>

The Conversation. Retrieved from <https://theconversation.com>

United States Drug Enforcement Administration (DEA). Retrieved from <https://DEA.gov>