

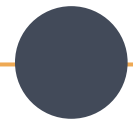
UNDERSTANDING THE EFFECTS OF DRUGS & ALCOHOL



ᐃᔭᔭᔭᔭᔭ ᓂᔭ" ᐃᐃᔭᔭᔭᔭ ᐃᔭᔭᔭᔭᔭ
DEPARTMENT OF JUSTICE AND CORRECTIONAL SERVICES
DEPARTEMENT DE JUSTICE ET SERVICES CORRECTIONNELS

PRESENTED BY: LOIS BLACKNED

CONTENTS



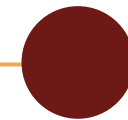
Alcohol

Slides 3-9



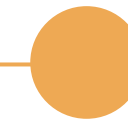
Crack & Cocaine

Slides 10-15



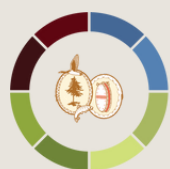
Cannabis

Slides 16-20



Opioids

Slides 21-24



ᐃᔭᔭᐃᔭᐃᔭ ᐅᔭᐃᔭᐃᔭ ᐃᔭᐃᔭᐃᔭ
DEPARTMENT OF JUSTICE AND CORRECTIONAL SERVICES
DEPARTEMENT DE JUSTICE ET SERVICES CORRECTIONNELS

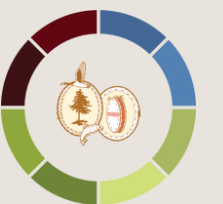
ALCOHOL

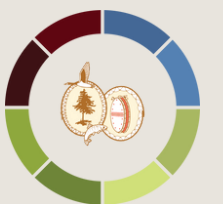
What is Alcohol?

- Lowers inhibitions and impairs coordination, motor skills and judgement.
- Acts as a depressant on the central nervous system
- 2 people can react completely differently to the same amount or type of alcohol

2 Types of Alcohol

1. Ethyl (ethanol) = beer, wine, spirits and liquor
2. Methyl (methanol) = various household and industrial products. Drinking these may cause blindness, nerve damage, seizures, coma and death from respiratory failure.





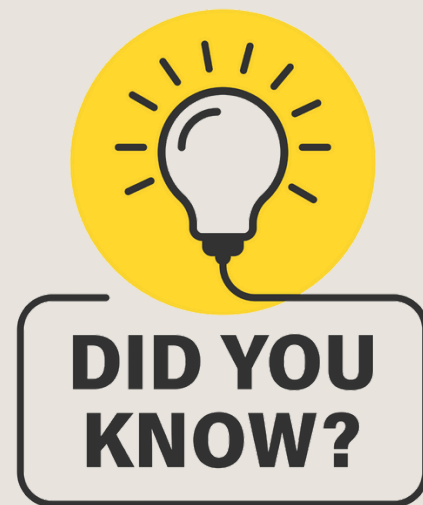
Effects of Alcohol

Short-term

- Flushed cheeks and skin
- **Drowsiness and dizziness**
- Loss of coordination
- Temporary and **false sense of well being**
- Slurred speech, altered vision and balance
- **Blackouts** (from a few hours to a few days, memory loss)
- **Hangover** (headache, nausea, shakiness)
- **Blues**

Long-term

- Stomach **ulcers**
- **Sexual problems**
- Liver disease (**cirrhosis**)
- Brain damage
- **Cancer**
- High blood pressure, stroke, and other **heart-related diseases**
- Permanent brain damage
- Alcohol **poisoning**

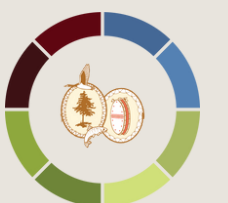


Did you know?

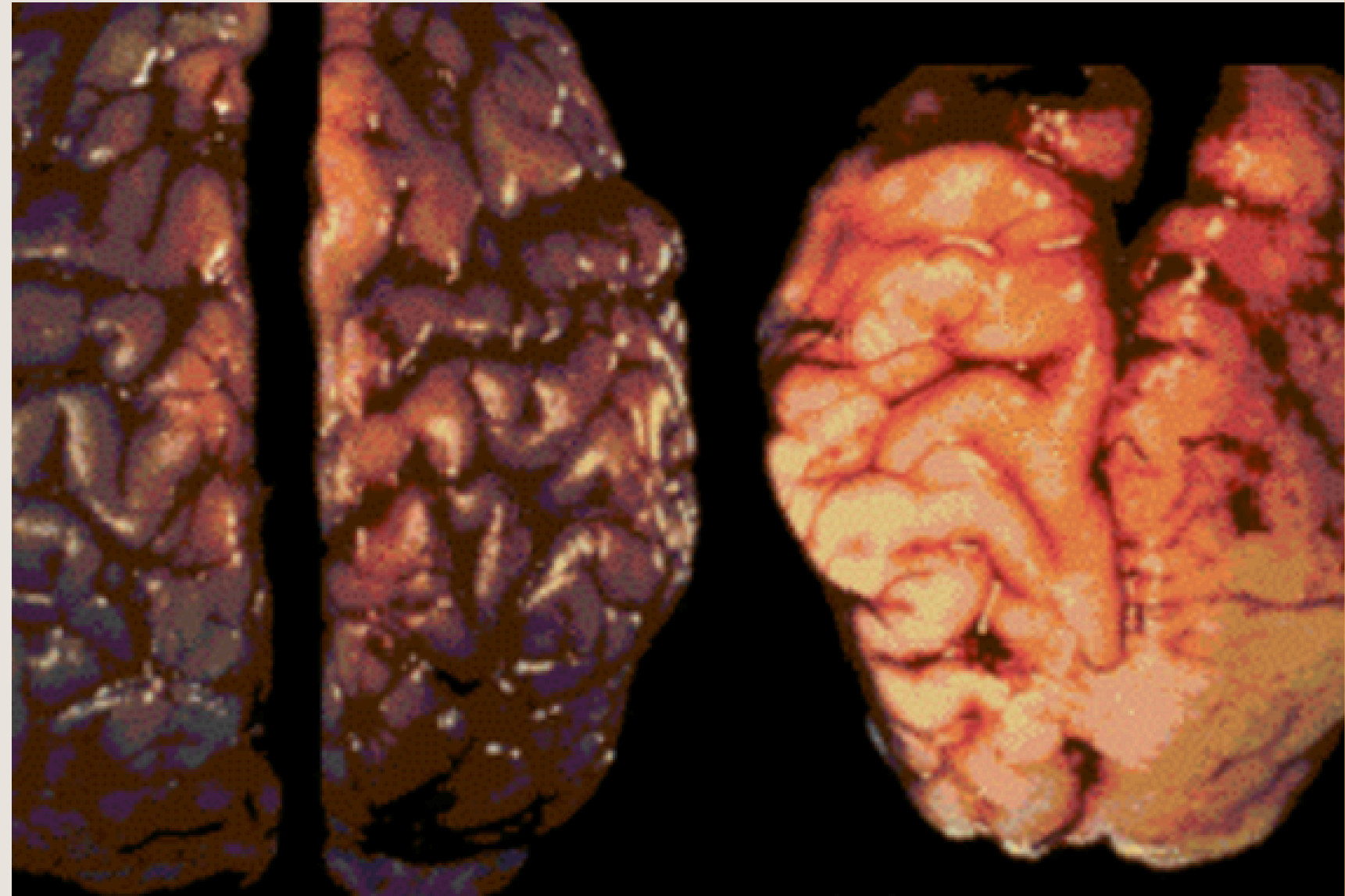
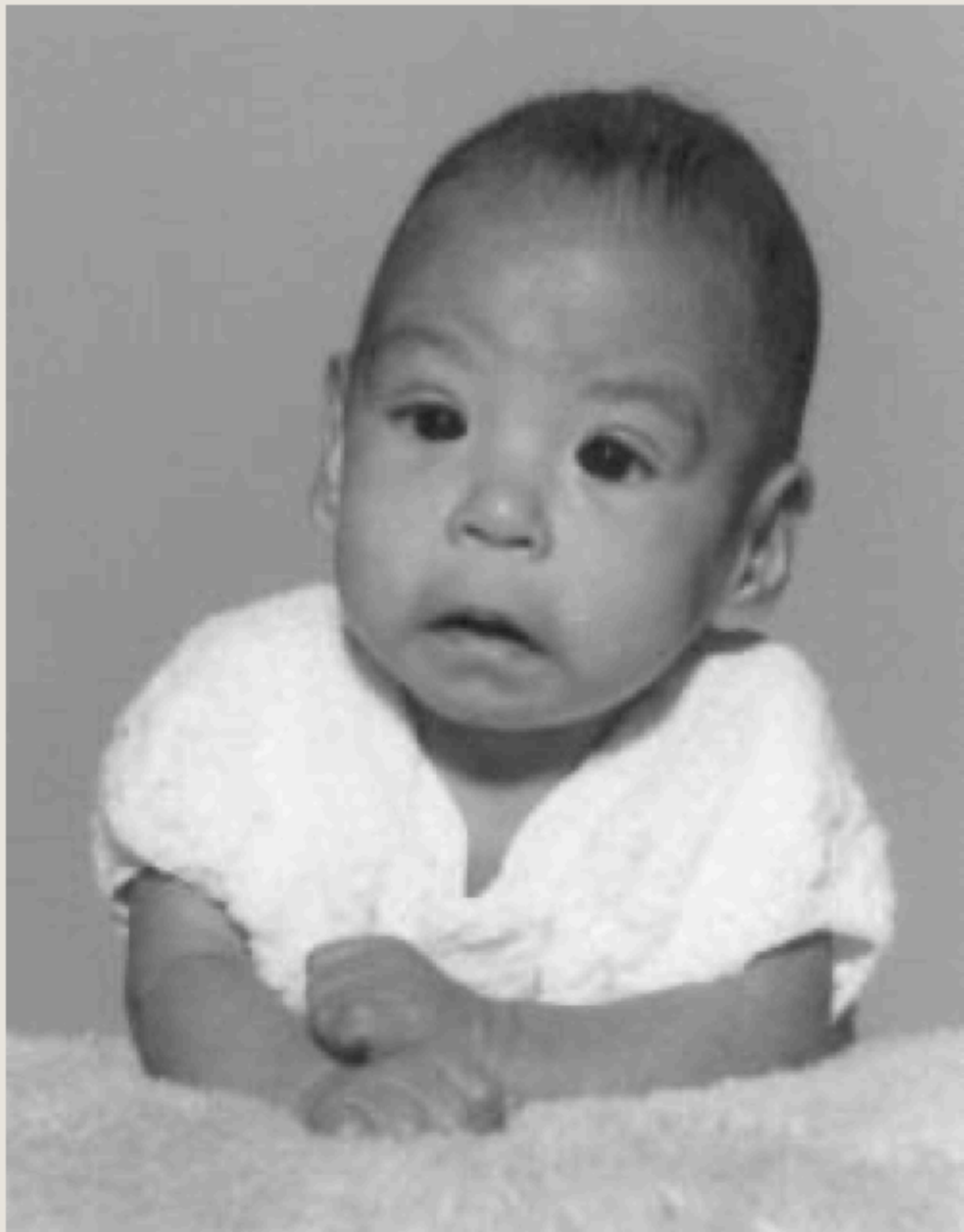
- **Binge drinking** can raise your alcohol tolerance level to the point where you may not feel intoxicated, when in fact you may be over the legal limit
- **Alcohol poisoning** is a serious and sometimes deadly result of drinking excessive amounts of alcohol
- Drinking alcohol while pregnant is very harmful to the developing baby. There is **no safe level of alcohol use while pregnant**. Drinking during your pregnancy puts you at risk for **miscarriage** or **still birth** as well as **premature labour** and delivery. The baby is at risk of being born with **Fetal Alcohol Spectrum Disorder** (FASD), deformities, and learning disabilities ...

Symptoms of Alcohol Poisoning

- **Confusion**
- Vomiting
- Seizures
- Slow or irregular breathing
- Blue-tinged skin/pale skin
- Unconsciousness/passing out



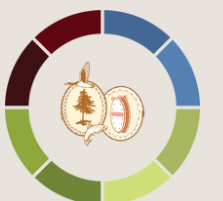
Alcohol During Pregnancy



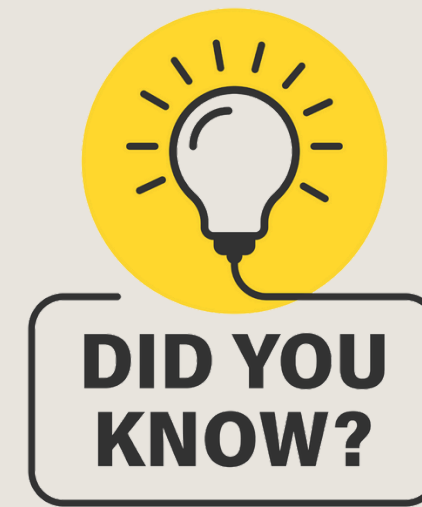
Normal child's brain on the **left**

FAS child's brain on the **right**

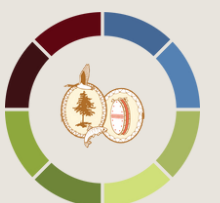
FASD is up to 100 times more prevalent in Indigenous communities than the rest of Canada

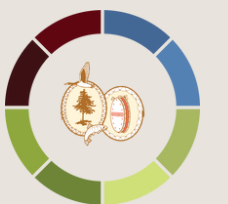


Did you know?



- 41% of drivers who were killed on the road had consumed alcohol
- The majority of them had more than 150 mg of alcohol per 100 ml of blood (concentration of 0.15) in their system.





How?

- Alcohol will take
 - Our family allowance
 - Our rent money
 - Our food money
 - Our parents away from their children
 - Our cupboards empty nothing inside to eat
- Alcohol
 - Breaks up families
 - Destroys a child's happy home
 - Destroy the people inside out

You might have a problem if

- you need to use alcohol to socialize
- you binge drink = 3 or more alcoholic beverages in one sitting.
- you find that your alcohol intake has increased
- you drink alcohol as a coping mechanism to deal with issues
- your behaviour changes negatively while you are under the influence of alcohol
- your use of alcohol affects relationships with friends and loved ones
- your use of alcohol affects your job



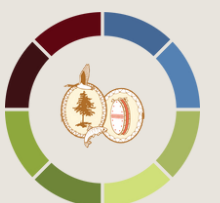
Alcohol
harms families

The King of All Nations

I'm known as the king of all nations
Because I can make you do things for me at my command when I enter your body
I can make you hit your wife
I can make you hit your children
I can make you hit your best friend
I can make you rape any woman
I can make you sexually assault young females and males
I can make you steal money from your relatives and friends or wife and children
I can make you feel strong and smart
I can make you stay up all night and make you sleep all day
I can make you sleep with any person I choose and have sex
I can make you forget your culture
I can make you sick in the morning and yet you need me enter your body again
I make you bow to me and take all my wishes and commands
As long as I am your king, you can't see the real life.
You have no freedom: you are my slave with huge chain around your neck. I hold the chain on the other hand

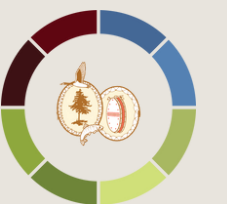
Signed, Mr. Alcohol

By Jimmy George (Whapmagoostui)



CRACK & COCAINE

upper
coke
rock
blow ice
flake
snow





Cocaine

- Made from leaves of the **South American coca plant**
- Paste formed from plant is purified into a **white powder**
- On the street, pure cocaine is **often mixed** with sugar, cornstarch or talcum powder
- **“Freebase”** is a chemically altered pure form of cocaine that can be smoked

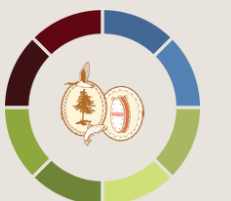
Crack Cocaine

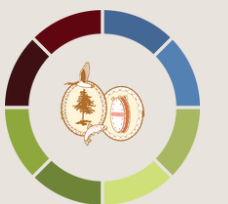
- Made by mixing cocaine with **baking soda**
- Can be **inhaled** through a pipe or smoked in other ways
- Produces a very **intense brief addictive high followed by a severe low**
- Crack looks like **whitish yellowish clumps** called “rocks”

What's the difference?



2 people can react completely differently to the same drug
in the same amounts





Effects of Cocaine



Short-term use

- Temporary feeling of wellbeing
- Increased alertness and high energy
- Decreased appetite
- Anxiety and agitation
- High blood pressure / rapid heart beat
- Increased sweating / rapid shallow breathing
- Erratic / violent behaviour
- Twitching, hallucinations, and blurred vision
- Headaches, chest pains, and muscle spasms
- Nausea / fever

Long-term use

- Dependence / addiction
- Depression, restlessness, agitation, nervousness
- Sleeping, eating, sexual problems
- Dramatic mood swings
- Delusions, hallucinations, paranoia
- Irregular heartbeat / high blood pressure
- Memory problems
- Stuffed or bleeding nose (from snorting)
- Holes in the tissue barrier between nostrils
- Increased risk for Hepatitis C and HIV through unprotected sex and sharing needles
- Throat and lung irritations
- Greater personal problems and difficulties



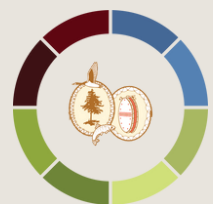
COCAINE

- Effects of cocaine can last **five minutes to two hours**
- Coming down or “crashing” will make you feel depressed, irritable or anxious
- There is **no known safe level** of cocaine consumption for pregnant women - risks include premature labor, miscarriage, stillbirth, sudden infant death syndrome, brain damage, deformation, respiratory problems

CRACK

- Large amounts can result in **violent outbursts**, twitching, auditory and visual **hallucinations**, **memory / attention loss**
- Overdose can cause **seizures**, strokes, heart attacks, kidney failure, coma and **death**

The Facts Crack & Cocaine



Alcohol & drugs hurt our children

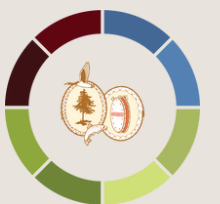
It shows up at school

- The child acts out
- Becomes aggressive
- Doesn't want to do any work

Outside of school

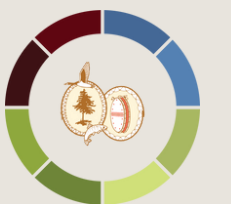
- Gets into trouble with the law
- Sniffing and other drugs
- The cycle will start once more

WE NEED TO **BREAK THE CYCLE** TODAY



My name is cocaine, call me coke for short.
 I entered this country without a passport.
 Ever since then I've made lots of scum rich.
 Some have been murdered, or found in a ditch.
 I'm more valued than diamonds, more treasured than gold.
 Use me just once, and you too will be sold.
 I'll make a schoolboy forget his books.
 I'll make a beauty queen forget her looks.
 I'll take a renowned speaker and make him a bore.
 I'll take your mother and make her a whore.
 I'll make a teacher forget how to teach.
 I'll make a preacher not want to preach.
 I'll take all your rent money or you'll be evicted.

I'll murder your babies, or they'll be addicted.
 I'll make you rob, steal and kill.
 When you're under my power you will have no will.
 Remember, my friend. My name is BIG "C"
 If you try me one time you may never be free.
 I've destroyed many actors.
 Politicians and heroes.
 I've decreased bank accounts from millions to zero.
 I'll make shootings and stabbing a common affair
 Once I take charge you won't have a prayer.
 Now that you and me, what will you do?
 Listen to me and please listen well when you ride with cocaine your
 headed for.
 HELL



CANNABIS

marijuana

hash

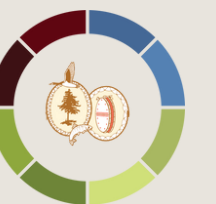
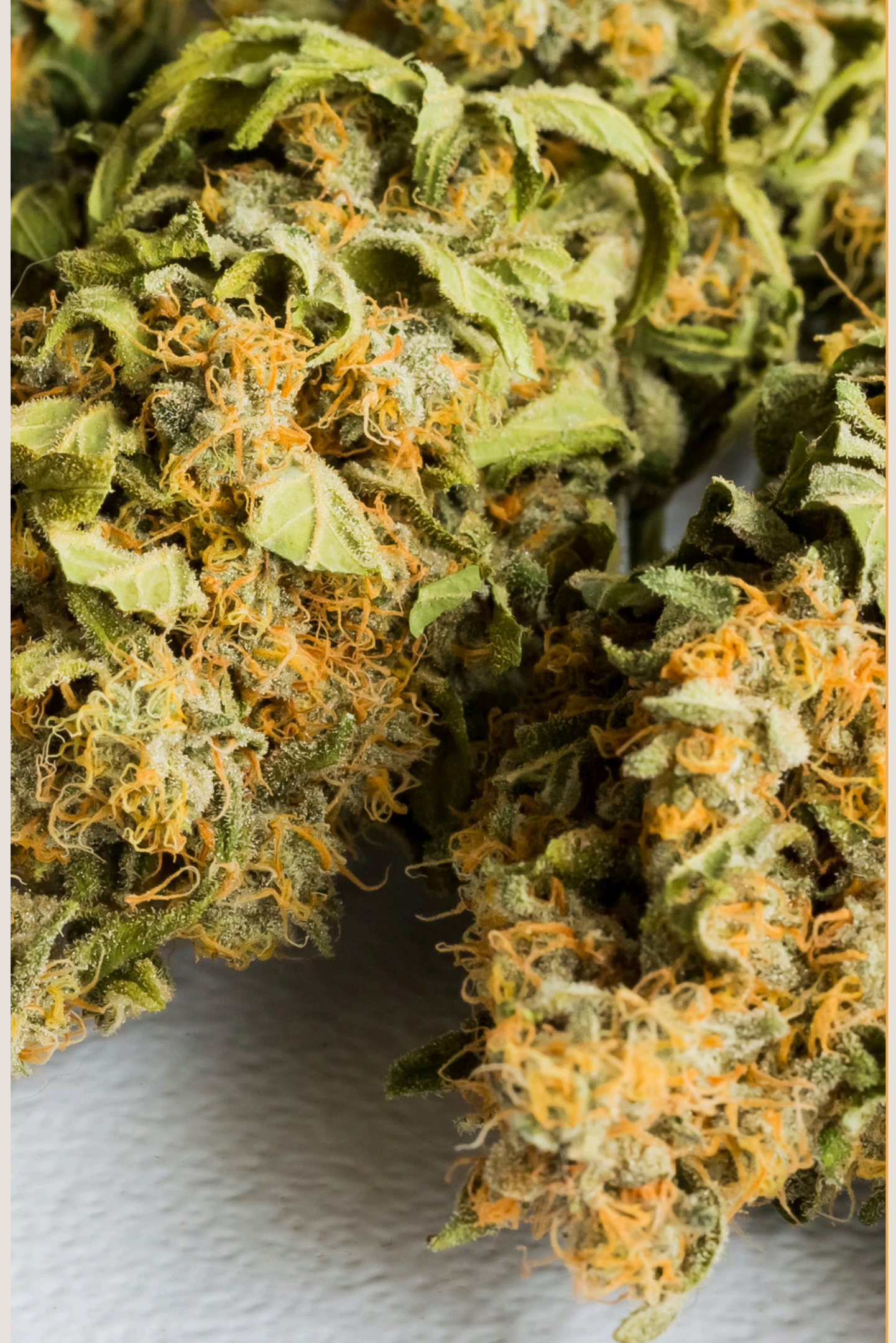
grass

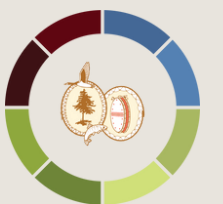
mary jane

pot

hashish

weed





Short-term

- Feeling high (**euphoria**)
- A sense of well-being & relaxation
- Heightened **sensory experiences** (sight, taste, smell, sound)



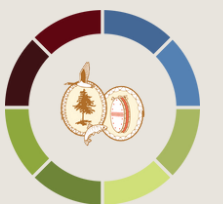
- **Confusion**
- **Impaired ability** to concentrate, react quickly
- **Anxiety**, fear or panic
- Sleepiness / **fatigue**
- Damaged blood vessels
- Decreased blood pressure / fainting
- Increased heart rate / increase risk of heart attack

Effects on Cannabis

Did you know?

Cannabis use can also result in **psychotic episodes**

- paranoia
- delusions
- hallucinations



Long-term

Decreased

- memory
- concentration
- intelligence (IQ)
- ability to think and make decisions



Risks to lung health

- bronchitis
- lung infections
- chronic (long-term) cough
- increased mucus buildup in the chest

Did you know?

Effects are worse when

- Using in **early** adolescence
- Using **frequently** over a long period of time

AND

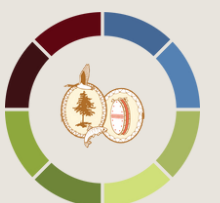
- Effects **can last months or longer** after stopping use of cannabis



Effects on Cannabis

Did you know?

- Smoking cannabis can cause an **artificial** state of **wellbeing** that can last 2–4 hours
- If cannabis is eaten rather than smoked, the high will develop more slowly but will last longer
- Chronic use of cannabis can cause **hallucinations** (seeing things that are not real)
- Within minutes of inhaling marijuana smoke, your **heart rate increases** and the blood vessels in your eyes expand making your eyes look red
- Smoking marijuana could increase your risk of developing **cancer** far more than smoking tobacco
- Marijuana smoke contains **50% to 70% more carcinogens than tobacco smoke**



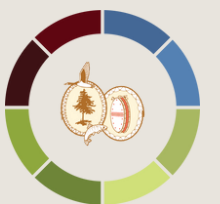
Did you know?



- 1** Your heart usually beats 70 – 80 times per minute? After smoking marijuana, your **heart rate increases an additional 20 to 50 beats per minute.** This causes **breathing difficulties** and can lead to brain damage.
- 2** Long-term use of marijuana can cause **anxiety, paranoia and panic attacks?**

YOU MIGHT HAVE A PROBLEM IF

- You become **preoccupied** by cannabis
- You have **difficulties remembering** things that just happened and you develop an inability to concentrate
- You **need cannabis** to maintain a general feeling of wellbeing or to regulate stress
- You usually only **hang out where cannabis is available** or with others who use it
- You experience **money problems** or set backs due to your cannabis addiction.



OPIOIDS

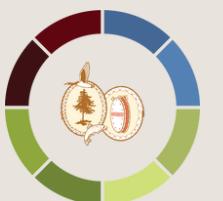
Drugs that derive from or mimic the substances found in the opium poppy plant

Pharmaceutical = by prescription

- Usually for relief of pain
 - Examples: Codeine, Fentanyl, Morphine, Oxycodone, Diacetylmorphine

Non-Pharmaceutical = prescription drugs used illegally OR drugs such as Heroin

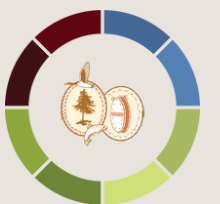
- Used for the “high” or euphoria they bring, and for relaxation
 - Examples: Same as above, but also including Heroin
- Can be “laced” with other drugs; users may be unaware the drug they are taking is laced with another
- Can be lethal, cause death



Did you know?



- 1** One form of non-pharmaceutical opioid is methamphetamine, commonly known as **SPEED, Crystal Meth, Crank, Meth, Ice, Glass, Go Fast, Fire, Crypto, Chalk**
- 2** Speed is a potent and addictive central nervous system **stimulant** - a white **odorless, bitter-tasting** powder that **easily dissolves** in water or alcohol
- 3** Methamphetimine is commonly used by **inhaling**/smoking, **swallowing**/ingesting, **snorting** through the nose, or **injection**
- 4** Snorting methamphetamine will lead to effects within **3 to 5 minutes**; oral ingestion takes 15 - 20 minutes





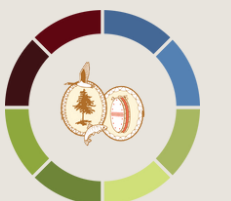
Effects of Speed

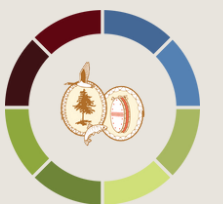
Immediate

- **increased activity**, body temperature
- wakefulness & **talkativeness**
- faster breathing & **rapid heart rate**
- increased **concentration**
- decreased **appetite**
- elevated **blood pressure**
- **increased sex drive**
- a sense of **wellbeing**
- **dilated pupils**

Longer-term effects

- **hyperactivity**
- **insomnia**
- **anorexia** (loss of appetite)
- **tremors** or “shakes”
- **increased nervousness, irritability, paranoia, confusion, anxiety, aggressiveness**





Effects of Fentanyl

Common

- **headache, dizziness, drowsiness**, pale skin, feeling weak or tired
- **Constipation, nausea**, vomiting, stomach pain
- **Sleep problems** (insomnia)
- **Swelling** of hands or feet
- Increased **sweating, or cold** feeling
- If using a fentanyl “patch”, **itchiness**, redness or a rash where the patch was worn

Call your Doctor

- **Slow heart rate**
- Sighing
- **Shallow breathing**
- **Severe drowsiness**, feeling like you might pass out
- **Confusion**, extreme fear, **unusual thoughts** or behaviours
- Low cortisol levels --> **nausea, vomiting, loss of appetite**, dizziness, worsening tiredness or weakness

NEED HELP?



WÎCHIHÎWÂUWIN HELPLINE

·ΔΓ"Δ·ΔΔΔΔ^ε

WIICHIHIIWAAUWIN

1-833-632-4357

- Visit your local **NNADAP** worker directly in his/her office at the clinic
- Contact your local **CMC**
- Your local doctors, nurses or community workers can also help you access NNADAP services
- Contact the **WÎCHIHÎWÂUWIN Helpline**. The helpline workers can help you connect with NNADAP workers in your community