

# Contents

|               |                                                                                      |           |
|---------------|--------------------------------------------------------------------------------------|-----------|
| 1             | Introduction                                                                         | 11        |
| 2             | A Brief History of Drug Use and a Snapshot of the Current Drugs Situation in Britain | 16        |
| <b>Part I</b> |                                                                                      | <b>25</b> |
| 3             | Cannabis (Delta-9-Tetrahydrocannabinol)                                              | 27        |
| 4             | Stimulants                                                                           | 51        |
|               | Amphetamine (amphetamine sulphate)                                                   | 51        |
|               | Methylamphetamine (methylamphetamine hydrochloride)                                  | 64        |
|               | Cocaine (cocaine hydrochloride)                                                      | 73        |
|               | Crack and freebase cocaine                                                           | 86        |
| 5             | Hallucinogens                                                                        | 99        |
|               | LSD (lysergic acid diethylamide)                                                     | 99        |
|               | Ecstasy (methylenedioxymethamphetamine, MDMA)                                        | 112       |
|               | Ketamine (ketamine hydrochloride)                                                    | 124       |
|               | Hallucinogenic or magic mushrooms                                                    | 132       |
| 6             | Opiates                                                                              | 143       |
|               | Heroin (diamorphine)                                                                 | 143       |
|               | Methodone (methodone hydrochloride)                                                  | 157       |
| 7             | Volatile Substance Abuse: 'Sniffing'                                                 | 167       |
|               | Solvents                                                                             | 167       |
|               | Nitrites                                                                             | 181       |
| 8             | Tranquillisers and Sleeping Pills (Anxiolytics and Hypnotics)                        | 190       |

|                |                                                                                     |            |
|----------------|-------------------------------------------------------------------------------------|------------|
| 9              | Anabolic Steroids                                                                   | 202        |
| 10             | Over-the-counter and Prescription-only Medicines                                    | 214        |
| 11             | 'Date-rape' Drugs                                                                   | 224        |
|                | Rohypnol (flunitrazepam)                                                            | 225        |
|                | GHB (gamma-hydroxybutyrate)                                                         | 235        |
| <b>Part II</b> |                                                                                     | <b>245</b> |
| 12             | Signs and Symptoms of Substance Misuse:<br>Things you need to look out for          | 247        |
| 13             | Physical Evidence of Possible Drug<br>or Substance Use                              | 256        |
| 14             | Managing Drug-related Incidents                                                     | 264        |
| 15             | Common Reasons for Drug and Substance<br>Misuse, and Details of Available Treatment | 290        |
| 16             | The Language of Drug and Substance Abuse                                            | 299        |
| 17             | The Legalisation Debate                                                             | 317        |
|                | <i>Appendix 1 Formulation of a Substance Misuse Policy</i>                          | 325        |
|                | <i>Appendix 2 Useful Organisations</i>                                              | 327        |
|                | <i>Index</i>                                                                        | 331        |

## List of figures

|     |                                               |    |
|-----|-----------------------------------------------|----|
| 3.1 | Examples of cannabis in herbal and resin form | 31 |
| 3.2 | Cannabis joints                               | 37 |
| 3.3 | Home-made 'bong'                              | 39 |
| 3.4 | Carved wooden 'chillum' pipe                  | 40 |
| 3.5 | Toke can                                      | 41 |
| 3.6 | 'Lung' filled with smoke                      | 42 |
| 4.1 | Amphetamine with open and folded 'wrap'       | 56 |

|     |                                          |     |
|-----|------------------------------------------|-----|
| 4.2 | Lines of cocaine ready for 'snorting'    | 81  |
| 4.3 | Crack crystals and freebase cocaine      | 90  |
| 4.4 | Crack pipes                              | 93  |
| 5.1 | LSD 'trips' or 'tabs'                    | 104 |
| 5.2 | Ecstasy tablets                          | 116 |
| 5.3 | Dried magic mushrooms                    | 136 |
| 6.1 | Heroin powder forms                      | 148 |
| 6.2 | Injecting equipment                      | 150 |
| 6.3 | Heroin being drawn into a syringe        | 151 |
| 6.4 | Methadone mixture                        | 160 |
| 7.1 | Household solvents                       | 172 |
| 7.2 | Lighter gas being sprayed into the mouth | 174 |
| 7.3 | Liquid Gold poppers                      | 185 |
| 9.1 | Anabolic steroids                        | 207 |