



## Marijuana

The THC content in marijuana has gone from 3.74% in the marijuana of the past to approximately 10% today. Using marijuana affects learning, memory, coordination, and judgment. Smoking marijuana can cause an increased heart rate, respiratory problems, and an increase in mental health problems.

Studies have shown that people who use marijuana have lower school performance and lower overall life satisfaction. Not all young people who choose to use marijuana will go on to use other drugs, however, they are more likely to do so. Marijuana is **ADDICTIVE**.

## SIGNS OF ADDICTION

Dramatically changing moods

Social withdrawal or new group of friends

Loss of interest in sports or hobbies

Change in eating, sleeping, or personal hygiene habits

Consistently late or absent from school/work

## WHO TO CALL

Emergency 911

Trempealeau County Sheriff's Office 715-538-4351 (nonemergency number)

Trempealeau County Human Services 715-538-2311 ext. 290

Suicide Prevention Lifeline 800-273-TALK

## Heroin

Heroin is an opioid drug made from morphine, a natural substance taken from the seed pod of the Asian opium poppy plant. People use heroin by injecting, snorting, or smoking.

- Nearly 80% of Americans using heroin reported misusing prescription opioids prior to using heroin.
- Heroin is a cheap and easily accessible alternative to opioids.
- At least 75% of those who try heroin will use it again and addiction happens quickly
- Signs of heroin use include the following: inability to concentrate, nod off during the day, new friendships replace old ones, ditch school, falling grades, secretive, loss of interest in hobbies/pastimes, weight loss, and trying to hide their eyes, bruises, etc.
- Cigarette filters cut in half, syringe caps, burnt pieces of foil, and burnt spoons are items to look for that could signal heroin use.
- Heroin can be mixed with fentanyl which is 50-100 times more potent than heroin and can result in overdose



Trempealeau  
County  
Sheriff's  
Office



## Ingredients used to make methamphetamine

### Effects of meth

The short term effects of meth include wakefulness (not eat/sleep for days), increased energy (risky behaviors), increased breathing, heart rate, blood pressure, and body temperature, and chemical burns. Long term effects include extreme weight loss, "meth mouth" (extreme tooth decay), anxiety, insomnia, violent/psychotic behavior, and permanent brain damage.

### K2 SPICE

Synthetic cannabinoids (K2 or Spice) are not one drug. Hundreds of different synthetic cannabinoid chemicals are manufactured and sprayed on dried plant material or sold as liquids to be inhaled in products like e-cigarettes or other vaping devices. New cannabinoid chemicals with unknown health risks are available each year. Synthetic cannabinoid products are unsafe, and the health effects from using them can be unpredictable, harmful, and even life threatening

### Methamphetamine

"Meth" is a white, odorless, bitter, crystalline powder, when ingested (dissolved, snorted, injected, smoked) affects the brains pleasure centers creating a rush.

### Signs of meth addiction

Possession of drug paraphernalia such as glass pipes, burnt spoons, cutoff straws, or needles.

Burn marks on fingers or mouth

Obsessively picking at hair or skin

Changes in physical appearance such as unhealthy weight loss

Strange sleep patterns and excessive sweating

Twitching, facial tics, animated or exaggerated mannerisms



### Prescription Drug Abuse

Most of the increase in drug-related deaths in Wisconsin is due to misuse of prescription drugs. Prescription drug abuse includes taking the medication in a way that was not prescribed, taking someone else's medication, taking too many pills at a time, combining pills with alcohol or other drugs, crushing pills into powder and snorting or injecting them, or taking prescription painkillers for the sole purpose of feeling good or getting high.

The rate of prescription pain killer overdose increased 260% among those ages 12-25 and 4 out of 10 teens believe that prescription drugs are less addictive than street drugs. More than 70% of people who abuse prescription drugs get them through friends or relatives.

Parents can be proactive by asking their healthcare providers for non-narcotic alternatives if prescribed for your child and have a conversation with your child about drugs. NEVER share your opioid or narcotic painkillers, LOCK up your prescription medications, and SAFELY dispose of unused or unwanted prescription. The Trempealeau County Sheriff's Department has a drop box located in the Trempealeau County Courthouse for unused medications.