



**Youth Substance
Abuse Program
(YSAP)**

SUBSTANCE AWARENESS GUIDE

**1:1 COUNSELLING SUPPORT FOR
PEOPLE 14-24 YEARS OLD**

**SERVING BRAMPTON, CALEDON,
MISSISSAUGA, TORONTO,
NORTH YORK & SCARBOROUGH**

WHAT WE DO:

We work with youth ages 14-24 that are looking for support with substance use. We provide:

- Assessment & Referral
- Individual counselling
- Harm Reduction supplies
- Educational workshops

YSAP is a self – referral program please contact us if you think you would like to talk to someone. All of our services are free and confidential.

Our Approach:

“Respect is at the root of the Harm Reduction philosophy; respecting the right of another human being to make choices is its goal. This philosophy assumes willingness to understand all human behavior as having a positive intent, however maladaptive it may appear to the observer. This philosophy allows staff to assist youth to make smarter, healthier, safer choices in their lives regardless of their stage of change”.

**source: YMCA of Greater Toronto “Teen Strategy” October 2006”*

CONTENTS:

<u>What We Do</u>	Page 2
<u>Classifications of Substances</u>	Page 3
<u>Harm Reduction Strategies</u>	Page 4
<u>Cannabis</u>	Page 5
<u>Alcohol</u>	Page 6
<u>Opiates</u>	Page 7
<u>Benzodiazepine</u>	Page 8
<u>GHB</u>	Page 9
<u>Cocaine/Crack Cocaine</u>	Page 10
<u>Methamphetamine</u>	Page 11
<u>MDMA</u>	Page 12
<u>Hallucinogens – Mushrooms / LSD / Ketamine</u>	Pages 13/14
<u>Resources</u>	Page 15
<u>Locations And Contact Information</u>	Page 16

All substance related information and harm reduction strategies were adopted from the following resources:

Canadian Centre on Substance Abuse - <http://www.ccsa.ca>

Centre for Addiction and Mental Health - www.camh.ca

Dance Safe - www.dancesafe.org

Erowid - www.erowid.org

TRIP! - www.trippproject.ca

Talk to Frank - www.talktofrank.com

DaFacts - www.dafacts.com

CLASSIFICATIONS OF SUBSTANCES:

Depressants (Downers):

Substances that slow down the functions of the central nervous system by decreasing blood pressure, respiration, and heart rate (Examples: Alcohol, GHB, Opiates, Sleep aids).

Stimulants (Uppers):

Substances that speed up or excite the central nervous system by increasing blood pressure, heart rate and may make you feel more alert and energetic. Stimulants decrease your appetite (Examples: caffeine, cocaine, crystal meth).

Hallucinogens:

Substances that distort the senses, perception and cognition. This may result in visual and/or auditory hallucinations (Examples: LSD (acid), magic mushrooms, PCP).

The effect of a substance is dependent on:

- Dosage and tolerance - how much is used and how often.
- Purity of the substance.
- How it is used (smoked, snorted, injected, etc).
- The person's mood.
- Environment (where someone is using and whom they are using with).
- Whether the individual is using any other substances or medications.

HARM REDUCTION STRATEGIES:

- Limiting the amount of substance used, avoiding mixing substances or choosing not to use
- If possible, eat a good meal at least three hours before a party. This reduces your chances of nausea.
- By drinking water you can stay hydrated and avoid heat stroke and heat exhaustion
- If you surround yourself with positive and trustworthy people, they might help ensure your safety and wellbeing.
- Please don't use drugs and drive. Plan ahead for your way home (taxi, bus, sober driver).
- If you tell your friends what substances you are taking and how much, they will be better equipped in an emergency with the necessary information to tell first responders.
- It is better to use a substance in an environment where you feel safe.
- If someone passes out, place the person on their side, with one arm extended above the head (recovery position).
- It is encouraged to seek medical attention if the person is unconscious and cannot be wakened, breathing is irregular and/or shallow, skin is clammy or pale, or there's blood in their vomit.
- Try to carry condoms and lube because you might make the choice to have sex while under the influence of a substance.
- It is always best to use new equipment to reduce Hep C, HIV and other infections.
- It is recommended to dispose used equipment in the safest way possible (ex: sharps container, return to a needle distribution program or in a glass bottle with a lid).
- Please call 9-1-1 if you suspect someone is experiencing an overdose.

CANNABIS

(Weed, Marijuana, Pot, Ganja, Kush, Hash, Shatter or Poppers)



What is it? How is it used?

- Tetrahydrocannabinol (THC) is the main psychoactive ingredient in the cannabis plant that produces the high and has hallucinogenic, stimulant and depressant properties.
 - Marijuana is the leaves, stems and buds of cannabis, which can be dry or sticky.
 - Hash is concentrated cannabis resin found as soft and flexible or hard brown pieces.
 - Hash oil is liquid cannabis resin sold in small vials, various black, brown, green and transparent colours.
 - Commonly smoked, can be ingested orally.
 - Contains harmful chemicals also found in cigarettes.
 - Can be used medicinally when prescribed by a doctor.
- Relaxation, reduced coordination and reflexes.
 - Bloodshot eyes, dry mouth and throat.
 - Altered perceptions and increased awareness of senses.
 - Difficulty in listening effectively, retaining information, and problem solving.
 - Affects concentration.
 - Reduced nausea, increased appetite

Long Term Effects may include:

- Sleep disruptions.
- Respiratory problems.
- Impaired or reduced short-term memory.
- Increased anxiety.
- Physical and psychological dependence.
- There is a correlation between earlier onset of mental health issues and marijuana use at an earlier age.

Short Term Effects may include:

- THC is absorbed quickly into body fat and is then released very slowly back in the blood. It can take at least one month for THC to fully leave the body.
- When it is smoked, the effect is almost immediate and may last a couple of hours depending on how much is taken.
- When swallowed, the effect is felt in about an hour and lasts longer than when it is smoked.

Harm Reduction Strategies

- You can reduce your risk of health consequences and dependence by not adding tobacco.
- Using a vaporizer if available.
- Cleaning your equipment.
- When using edibles, effects can take up to an hour to be felt.
- Do not drive while high.

ALCOHOL



What is it? How is it used?

- Alcohol is a depressant made by fermenting fruits, vegetables or grains.
- Comes in a variety of forms including beer, wine, liquor and non-palatable alcohol (ex: hand sanitizer, mouth wash, rubbing alcohol).

Short Terms Effects may include:

- Effects are usually felt within 15-30 minutes and can last for up to 5 hours with a hangover experience lasting between 1 to 36 hours.
- Reduced feelings of anxiety and inhibitions (feel less reserved, more sociable)
- Impaired coordination (clumsiness, slower reflexes, slurred speech and drowsiness)
- Behaviour and attitude changes may include: greater risk taking, potential aggression, potential feelings of depression, impacts on decision-making ability.

Long Term Effects may include:

- Liver disease.
- Gastritis, esophagitis, pancreatitis.
- Heart problems & stroke.
- High blood pressure.
- Brain and/or nerve damage.
- Cancer.
- Withdrawal effects include: nausea, sweating, shakiness, and anxiety.

Signs of Alcohol Poisoning

- Loss of consciousness or inability to wake up.
- Slow or irregular breathing.
- Weak and rapid pulse.
- Vomiting.
- Seizure.
- Cool damp skin and low body temperature.
- Blue or purple colour inside the lining of the lip and nail beds.

Harm Reduction Strategies

- On average your body should be able to process one standard drink in 1 – 1.5 hours.
- Standard drink sizes;
 - 341 ml (12 oz) bottle of 5% beer
 - 142 ml (5 oz) glass of 12% wine
 - 43 ml (1.5 oz) of 40% liquor
- Mixing energy drinks and alcohol increases your risk of overdose as the caffeine and other stimulants can trick you into thinking you're more sober than you actually are.
- Do not leave your drink unattended – something may be slipped into it.
- Mixing or open your own drink.
- Alternating between alcohol and non-alcoholic drinks can reduce the risk of alcohol poisoning.

OPIATES

(Opium, Heroin, Morphine, Methadone, Percocet, OxyCodone, Codeine, Fentanyl)



What is it? How is it used?

- Opioids are depressants and can be naturally occurring, semi-synthetic and synthetic.
- Prescription opioids may come in tablets, patches, capsules, syrups or solutions.
- Opium looks like dark brown chunks or powder.
- Heroin can be a white, light and/or dark brown powder or chunks.
- Lean (sizzurp) is made by mixing liquid codeine, Sprite and Jolly-Ranchers.
- Individuals may swallow, snort, smoke or inject these substances.

Short Term Effects may include:

- Relief from pain.
- Pleasure, drowsiness, relaxation, a sense of calmness.
- Difficulty concentrating and pin-point pupils.
- Nausea and vomiting.
- With higher doses these effects are more intense, last longer and increase the risk for overdose.

Long Term Effects may include:

- Physical dependence and severe withdrawal symptoms (restlessness, feeling weak, stomach cramps, diarrhea, muscle spasms, chills, feeling irritable and generally “dope sick”).

- Anxiety, insomnia and strong cravings for opiates.
- May experience rapid buildup of tolerance and dependence.
- Constipation, itching, sweating and dry mouth.
- Irregular menstrual cycles

Harm Reduction Strategies

- Consider using smaller quantity of new material to determine potency and reduce the risk of overdose – especially important after a period of no-use.
- Planning days or periods of no-use helps avoid unpleasant withdrawal symptoms and the development of dependence.
- Mixing Opiates with other depressants drastically increases likelihood of overdose.
- Using new equipment reduces the risk of Hep C, HIV and other infections.
- Naloxone can save lives. Get connected with training and supplies to prevent overdose deaths.



BENZODIAZEPINE

(Benzos, tranks, Xanax, roofies, Valium, Ativan, clonazepam)



What is it? How is it used?

- A prescription substance, usually in the form of a tablet, which is used mainly to relieve anxiety and to help people sleep.
- Medicinally it is recommended for short term use or occasional use.
- It is a depressant taken orally which affects the activity in certain parts of the brain .

Short Term Effects May Include:

- When taken orally, the high may be felt within 30-40 minutes or within 2 – 4 hours, depending on the type taken and effects last for several hours.
- Feelings of calmness, sleep inducing.
- Relief from insomnia and severe states of emotional distress.
- Drowsiness, loss of coordination, loss of balance.
- In high dosages, confusion, disorientation, amnesia, depression, dizziness and – extremely rare – agitation and hallucinations.
- In large amounts it may cause loss of consciousness or result in death.

Long Term Effects May Include:

- Impaired memory, anxiety and depression, personality change, lack of motivation.
- Feeling emotionally numb.
- When taken regularly or at high dosages, the risk of addiction/dependency increases significantly.

Harm Reduction Strategies

- Avoid mixing with alcohol, opiates and any other downers to decrease risk of overdose.
- Long term regular use should be reduced gradually with medical supervision
- Try to be aware of the type of Benzo you are taking because they have different potency and characteristics (ex: some are time released).
- Benzos work best when taken orally; snorting or injecting should be avoided.
- It is safer to know and trust your source

GHB

(Liquid G, G)



What is it? How is it used?

- Gamma hydroxybutyrate is a depressant.
- Usually a colorless, odourless, slightly salty liquid sold in bottles or vials, sometimes sold in capsule and powder form.
- A teaspoon or a capful is usually a common dose.
- This substance is commonly referred to as a “date rape drug”.

Short Term Effects may include:

- Effects are usually felt within ten minutes to one hour and can last for up to 7 hours when taken orally
- Increased relaxation, feeling more sociable
- Sense of pleasure

Higher doses may produce

- Dizziness, loss of coordination, sleepiness
- Vomiting
- Loss of consciousness
- Overdose results can result in a temporary or permanent coma
- Mixing GHB with alcohol or other downers can lead to respiratory failure or death

Long Term Effects may include:

- Insomnia
- Anxiety
- Physical & psychological dependency
- Withdrawal symptoms can include tremors, seizures, paranoia and delirium

Harm Reduction Strategies:

- Potency and cap sizes vary. It may be safer to start with half of a suggested dose.
- G can look just like a bottle of water. Consider adding food colouring to your bottle or marking your bottle in some way.
- Avoid mixing with alcohol, benzos, opiates and any other downers



COCAINE/ CRACK COCAINE

(coke, snow, crack, candy, rock, blow, Charlie, freebase)



What is it? How is it used?

- It is a stimulant.
- Fine white or off white powder extracted from the leaves of the coca plant.
- Crack cocaine is created from powdered cocaine by mixing it with other ingredients. This produces white, off white or whitish-brown rocks.
- Powder cocaine is snorted or injected into the blood stream and crack is usually smoked or can be converted back into an injectable form.

Short Term Effects may include:

- When Smoked – short, intense peaks that last about 3-5 minutes.
- When Snorted- less intense high (effects lasting closer to 15-30 minutes).
- Increased alertness, energy levels, confidence and pleasurable feelings.
- Increased heart rate, breathing, blood pressure and sweating.
- Dilated pupils.
- Decreased appetite.
- Hypertension, seizure, heart attack, stroke.
- Anxiety, paranoia, irritability, aggression.

Long Term Effects may include:

- Insomnia.
- Weight loss.
- Aggressive, hostile & erratic behaviour.
- Induced psychosis (appear as a mental illness similar to schizophrenia, creating paranoid feelings and hallucinations).
- Withdrawal symptoms could include irritability, mood swings, tiredness & depression.

Harm Reduction Strategies:

- Try to avoid mixing cocaine and alcohol as it increases and prolongs stress on the heart and liver.
- Learn the symptoms of psychosis (feeling aggressive, suspicious, targeted, etc.) and don't hesitate to see a doctor if the symptoms don't go away.
- Be extra careful if you're considering using another substance to come down – mixing uppers and downers can mask symptoms and dramatically increase risk of overdose.
- If snorting cocaine – avoid sharing bills/straws and alternate nostrils.
- If injecting cocaine – avoid sharing injection equipment (spoons, filters, needles).
- If smoking crack – avoid sharing equipment and use Pyrex glass pipes with a brass screen.

METHAM- PHETAMINE

(crystal, crystal meth,
speed, glass, Tina)



What is it? How is it used?

- Is a Synthetic stimulant.
- Odourless, white or off white, bitter tasting powder – both coarse and fine.
- Can come as pills, capsules and larger crystal fragments which look like glass.
- Individuals can swallow, smoke, snort and inject this substance.

Short Term Effects may include:

- When snorted the effects come on gradually and peak after 15-30 minutes.
- When injected the effects are felt immediately and more intensely.
- Releases high levels of dopamine: euphoria and increased confidence.
- Increases energy and decreases appetite.
- Stronger emotions, anxiety, paranoia, aggression, confusion and irritability.
- Visual and/or auditory hallucinations.
- Physical symptoms may include muscles spasms, chest pain, vomiting, and diarrhea.
- Intense, pleasurable and euphoric high.
- Can potential lead to drug induced psychosis.

Long Term Effects may include:

- Irreversible harm such as irregular heartbeat, or stroke.
- Continued dopamine release can reduce the amount of dopamine that is available. May lead to depression and progressive loss of control of the central nervous system and over body movement.
- May experience paranoid feelings, hallucinations and/or psychosis.
- Chronic use may blacken and/or rot the teeth.
- Chronic use can lead to significant unhealthy weight loss.

Harm Reduction Strategies:

- Learn the symptoms of psychosis (feeling aggressive, suspicious, targeted, etc. especially after a binge) and don't hesitate to see a doctor if symptoms don't go away.
- Be extra careful if you're considering using another substance to come down – mixing uppers and downers can mask symptoms and increase risk of overdose.
- If snorting meth – avoid sharing bills/straws and alternate nostrils.
- If injecting meth – avoid sharing injection equipment (spoons, filters, needles).
- If smoking meth – avoid sharing equipment and use Pyrex glass pipes with a brass screen.

MDMA

(Ecstasy, E, Molly, MDMA, X, XTC, M)



What is it? How is it used?

- It is a stimulant that acts like a hallucinogen.
- Commonly combined with other substances (i.e. caffeine, meth, cocaine, bath salts, ephedrine, and other amphetamines).
- In its pure form, it is a brownish/white crystal usually seen in capsule form or loose powder.
- Commonly sold as small multi-coloured pills stamped with various designs and logos.
- It is usually taken orally or in powder form can be snorted.

Short Term Effects may include:

- Effects are usually felt within 20 to 60 minutes.
- Peak effects within 60 to 120 minutes; subside after 3 to 5 hours.
- The release of the brain chemical serotonin.
- Enhanced sensations, feelings of pleasure and euphoria, sometimes anxiety.
- Increased heart rate, temperature, and blood pressure.
- Loss of appetite, nausea and vomiting.
- Overheating, sweating and dehydration.

- Jaw-clenching and eye-twitching.
- Come down or crash may include exhaustion and feelings of depression.

Long Term Effects may include:

- Serotonin loss (feels like chronic depression)
- Psychological dependence
- Anxiety & panic attacks

Harm Reduction Strategies:

- It is important to stay hydrated – aim for a water bottle each hour, or a little more if dancing or out in the summer heat.
- Using a testing kit can determine what is in your MDMA.
- Taking pills orally takes longer for the high to hit you than with other methods, – give your body time to fully absorb it before deciding to take more.
- When buying from a new source or a new batch, starting with ½ or 1/3 of a pill will help you determine potency.
- If snorting – avoid sharing bills/straws.

HALLUCINOGENS

MUSHROOMS/ LSD



MUSHROOMS

(magic mushrooms, shrooms, psilocybin)

What is it? How is it Used?

- Mushrooms are often dried then mixed with food, eaten raw or used in beverages like tea.

Effects may include:

- Effects can begin within 30 – 60 minutes and may peak around 90 – 120 minutes; the entire experience may last 4 – 6 hours.
- Low doses: feelings of relaxation, happiness, and enhance sense of taste, touch, smell, sound, vision.
- Higher doses: enhanced senses, both visual and psychological hallucinations and delusions.
- May also bring on levels of high anxiety, paranoia and unpredictable behaviour.

LSD

(acid, tabs, microdots, hits)

What is it? How is it used?

- It's a semi-synthetic substance derived from lysergic acid.
- Taken orally in the form of squares of LSD-soaked paper ("blotters"), miniature powdered pellets ("microdots") or gelatin chips ("window pane").

Effects may include:

- Effects can be felt within 30-90 minutes, reach a plateau after about 1-2 hours, with repeated peaks of intensity; the entire experience can last upwards of 8 to 12 hours
- Visual and auditory hallucinations.
- Synesthesia – 'mixing' of the senses—ex: feel like you 'hear' colours or 'smell' sounds.
- Some delusions and hallucinations may increase the risk of injury or an accidental death.
- Dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors.
- Users may experience flashback of their trip later in life without using

Harm Reduction Strategies:

- It is better to use in an environment where you feel safe and ideally with someone you trust and/or a sober sitter.
- If you are feeling anxious, overly tired, stressed, angry, or sad, avoid using to reduce the risk of a bad trip.
- Be prepared with familiar or comforting objects or people nearby in case you have a bad trip.

HALLUCINOGENS

KETAMINE



KETAMINE

(K, special K, vitamin K, cat tranquilizer)

What is it? How is it used?

- It is a hallucinogen with dissociative anesthetic properties used medically in veterinary medicine.
- Either in liquid form or powder.
- Usually snorted, can also be injected intramuscularly.

Short Term Effects may include:

- The onset can be felt after 20 minutes and can last for up to 1 hour.
- Low doses produce a “K-Land” (mellow, colorful “wonder world”).
- Higher doses produce a “K-Hole,” (an “out of body” or “near-death” experience).
- Reduced sensations in the body.
- Floating feeling (feeling like the mind and body have been separated).
- Changes in perception (how people see and hear things) and/or hallucinations.
- Users can ‘trip’ for up to an hour and after-effects may be felt for a few hours.

Long Terms Effects may include:

- Confusion
- Panic attacks
- Depression
- Worsening or exaggerating existing mental health issues
- Serious bladder problems (increased urination, loss of bladder control, difficult and painful urination, passing blood in the urine)

Harm Reduction Strategies:

- If snorting Ketamine – avoid sharing bills/straws.
- If injecting Ketamine – avoid sharing injection equipment (spoons, filters, needles).
- When buying from a new source or a new batch, starting with $\frac{1}{2}$ or $\frac{1}{3}$ of a dose will help you determine potency.
- It is safer to use in an environment where you feel safe and ideally with someone you trust and/or a sober sitter.
- Avoid mixing with alcohol, benzos, opiates and any other downers.

RESOURCES

Kids Help Phone (24/7)	800-668-6868
Telehealth	866-797-0000
LGBTQ 2Q Youth Line	800-268-9688
DART - drug & Alcohol Registry of Treatment	800-565-8603
Directory of Community Services	211
Central Detox (24/7)	866-366-9513
Youth Link	416-967-1773
Alcoholics Anonymous (AA) 24/7	1-877-404-5591
Narcotics Anonymous (NA)	1-888-811-3887416-236-8956
Alateen	1-888-425-2666/416-410-3809
Al-Anon (for families/friends)	416-410-3809
Distress Line	416-408-4357
Trip Project	www.tripproject.ca
GTA Residential Withdrawal Management -Central Access	1-866-366-9513

PEEL RESOURCES

Mississauga YMCA	
Employment Resource Centre	905-276-9322
Family Services of :	
Peel Mississauga	905-270-2250
Brampton	905-453-7890
Distress Centre Peel	905-278-7208
Crisis Support Peel Mobile Team	905-278-9036
Peel Children's Centre	
Main Office	905-795-3500
Crisis Line.....	416-410-8615
Peel Works Needle Exchange Program	647-225-1623
Hope - Sexual Assault Rape Crisis Line	
24 hour crisis line	905-273-94421-800-810-0180905-792-0821
Our Place Peel Shelter	905-238-1383
Brampton Civic Hospital - Child & Adolescent Mental Health Clinic	905-453-1160

Sexual Health Info Line and Clinics ...	905-799-7700
Withdrawal Management Centre (Detox)	905-456-3500

SCARBOROUGH RESOURCES

www.tsh.to	
East Metro Youth Services	416-438-3697
Mobile Crisis for Scarborough/East York (24/7)	416-495-2891
Youth Link	416-967-1773

TORONTO RESOURCES

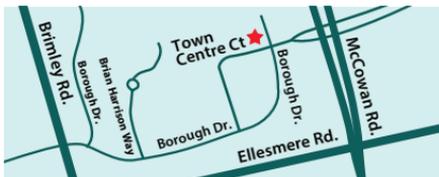
Youth Employment Services	416-504-5516
Bad Date Line	416-765-6009
Toronto Public Health	416-338-7600
Daily Bread Food Bank	416-203-0050
Justice for Children and Youth	416-920-1633
Metro Addiction Assessment Referral Service (MAARS)	416-599-1448
The Works - Needle Exchanges	416-392-0520
Shelter Referral Centre	1-877-338-3398
Mobile Crisis	
Gerstein Centre	416-929-5200
Youthdale	416-363-9990
Aboriginal Crisis Intervention Team.....	416-531-7127
Toronto Distress Line	416-408-4357
Mobile Crisis for North York	416-498-0043
Toronto Rape Crisis Centre	416-597-8808
Access CAMH	416-535-8501
Residential Withdrawal Management	416-864-5040
Anishnawbe 24/7 Mental Health Crisis Management Service	16-891-8606
Assaulted Women's Hotline	416-863-0511
York Support Services Network	1-855-310-2673

YMCA YOUTH SUBSTANCE ABUSE PROGRAM LOCATIONS AND CONTACT INFORMATION



Toronto – Central

7 Vanauley Street, Toronto, ON M5T 2V9
416-603-6366



Toronto – Scarborough

230 Town Centre Court, Scarborough,
ON M1P 4Y7 - 416-296-9907 ext. 401



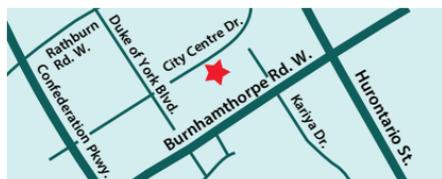
Toronto – North York

4580 Dufferin St., Suite 200, North York,
ON M3H 5Y2 - 416-635-9622 ext. 256



Brampton/Caledon

1100 Central Park Drive, Brampton, ON
L6S 2C9 - 905-276-9322 ext. 31216



Mississauga

151 City Centre Drive, Suite 800
Mississauga, ON L5B 1M7
905-276-9322 ext. 31216

OUR MISSION: The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

OUR VISION:

Our communities will be home to the healthiest children, teens and young adults.

OUR VALUES: The YMCA of Greater Toronto is guided by values that influence our actions and the decisions we make: Caring, Health, Honesty, Inclusiveness, Respect and Responsibility.

Your YMCA's charitable registration number is:
11939 7080 RR0001