

Reading

- Forbidden drugs Second edition

The consequences of drug use

- Individuals reaction to a drug is based on factors such as:
  - Pharmacology of the drug
  - Purity
  - Presence or absence of contaminants
  - How it is taken
  - Metabolized and stored
  - Persons unique pre existing biological make up
  - Expectations , mood and personality
  - Physical and social environment in which experience happens
- Unpredictability of drug effects

Short term consequences

- No matter if the drug is legal or illegal it can still carry immediate risk
- Poisoning and accidental injuries are the commonest cause of death in teenagers
- Intoxication impact accidents on the roads or elsewhere and can accompany most crime
  - Alcohol is a factor in up to half of all head injuries and a third of accidental deaths, third of pedestrians killed on the roads are over the legal limit for driving
  - Alcohol is a factor on nearly half the occasions when the attacker is known to the victim and other drugs on a further 22%
  - A third of all adolescent suicides are intoxicated at the time
- Illegal drugs have immediate risks as they are manufactured, distributed and sold by criminals (decreased chance of quality)
- Accidental overdose can be caused by the drug not being purified
  - Can be contain toxic solvents from manufacturing etc, such as pesticides, fungi and bacteria
  - The diamorphine content in heroin on the street can vary between 5% - 80%, the death rates amongst 15-19 year olds since 1997 generally is increasing by 8% annually
  - Opioids and cocaine mortality rates are higher in men than women and are highest in mid to late twenties
- The intensity of the psychological effects of stimulants, hallucinogens, or rarely cannabis may prove overwhelming
- The street drug scene can influence violence and sexual exploitation
- Recreational drugs both legal and illegal can effect on:
  - Energy
  - Concentration
  - Mood
  - Physical health

	<ul style="list-style-type: none"> <li>○ Tension and disruption within families</li> <li>○ Confrontations or disappointments at school or workplace <ul style="list-style-type: none"> <li>■ Urine screen policies are implemented in some workplaces</li> </ul> </li> <li>● More than half a million unborn babies are exposed to illicit drugs</li> </ul>
Visible and invisible drug users	<ul style="list-style-type: none"> <li>● Majority of drug users never come to the attention of doctors, lawyers or policemen</li> <li>● Invisible to research</li> <li>● Cocaine is one of the most toxic and addictive of street drugs, only a small amount seek treatment or prosecuted</li> <li>● Users develop a routine which ensures that the drug remains just a part of their lives <ul style="list-style-type: none"> <li>○ Social drinkers limit consumption of alcohol to particular times as it may not fit society's rules or expectations</li> <li>○ These people have clear plans for the future, activities and interests and have control of their lives</li> <li>○ Wary of tolerance</li> <li>○ Identifying the 'hook' which can drag you into dependency</li> </ul> </li> <li>● Difficult to avoid getting hooked unless you rigorously restrict yourself to infrequent indulgence</li> <li>● Six patterns of cocaine <ul style="list-style-type: none"> <li>○ Initial high intake slowly diminishing to zero</li> <li>○ Slow and steady increase</li> <li>○ Stable consumption from beginning to end</li> <li>○ Escalation to high doses followed by a decline of similar speed</li> <li>○ Regular intermittent use</li> <li>○ Irregular intermittent use</li> </ul> </li> <li>● Invisible users show little to no concern about their drug use and don't ask for help or advice</li> </ul>
Longer-term consequences	<ul style="list-style-type: none"> <li>● Ordinary cigarettes are implicated in the deaths of more people in Britain than heroin, cocaine, alcohol, road accidents, HIV, murder and suicide all together</li> <li>● Controlled consumption of illegal drugs is much more common than regular, heavy or compulsive use</li> <li>● 10% who experiment with alcohol or illegal drugs will go on to develop problems with them in later stages</li> <li>● Starting at a young age is strongly associated with <ul style="list-style-type: none"> <li>○ emotional and physical problems</li> <li>○ Difficult family, social and sexual relationships</li> <li>○ Disruption of education and employment</li> </ul> </li> <li>● Strained parent and child relationships are more likely if the young person smokes cannabis, resulting in psychological effects.</li> <li>● School students who drink regularly may be affected by problems that influence the intake</li> </ul>

	<ul style="list-style-type: none"> <li>○ Relationships</li> <li>○ Personal difficulties</li> <li>○ Sexual regrets</li> <li>○ Acts of delinquency</li> <li>● Drugs used quietly</li> </ul>
Outcome of long term 'hard' drug use	<ul style="list-style-type: none"> <li>● Statistics on heroin use can only focus on visible users. Invisible users are running their lives more efficiently otherwise they would have become visible</li> <li>● Injecting habits have changed due to the treat of HIV infection <ul style="list-style-type: none"> <li>○ A very common way of bridging the virus through sharing equipment</li> <li>○ 6% of injectors in UK</li> <li>○ 70% of injectors in Spain and Italy</li> </ul> </li> <li>● Other diseases spread through IDU (injecting drug use) are hepatitis B and hepatitis C, sexually transmitted diseases are commoner.</li> </ul>
Influences upon the outcome of dependent drug use	<ul style="list-style-type: none"> <li>● Number one impact on the duration of addiction careers</li> <li>● Factors leading people to treatment <ul style="list-style-type: none"> <li>○ Health or legal problems</li> <li>○ Pressure from family</li> <li>○ Boredom with the long process</li> <li>○ Risk of obtaining black market supplies</li> </ul> </li> <li>● Short term <ul style="list-style-type: none"> <li>○ Detoxification</li> <li>○ Relapse can occur due to social pressures, in the afternoon or evening and around other users, craving, interpersonal conflicts, unpleasant mood, environmental conditions and reduction of staff support</li> </ul> </li> <li>● Long term <ul style="list-style-type: none"> <li>○ Relates to the length of time spent in treatment</li> <li>○ Predicting the outcome of the patient is difficult</li> <li>○ Weak indicators of unfavourable prognosis <ul style="list-style-type: none"> <li>■ Psychiatric illness</li> <li>■ Poor pre addiction social stability</li> <li>■ Employment history</li> <li>■ Educational attainment</li> <li>■ Heavy involvement in the drug culture</li> <li>■ Having a drug user partner</li> <li>■ History of serious crime</li> <li>■ Heavy alcohol use before or during treatment</li> <li>■ Inability to maintain long term relationships.</li> </ul> </li> </ul> </li> </ul>

## LECTURE ONE

<p>What are drugs?</p>	<ul style="list-style-type: none"> <li>● Oxford english dictionary definition             <ul style="list-style-type: none"> <li>○ A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body</li> </ul> </li> <li>● Includes illicit drugs, legal recreational drugs, and legal but regulated pharmaceutical drugs that aren't recreational at all</li> <li>● Drugs are chemicals that alter, block or mimic chemical reactions in the brain. This causes an alteration of the body's normal processes causing physical or mental changes</li> <li>● Yet some drugs blur the definition between drugs and foods. Whether a drug is considered bad and is prohibited depends on the culture of the society in a particular historical period</li> <li>● Legality and illegality is structured socially and historically and not by the rank of danger or harm</li> </ul>
<p>Addiction</p>	<ul style="list-style-type: none"> <li>● Addiction (not as straightforward)             <ul style="list-style-type: none"> <li>○ Dependence but can be to a certain degree</li> <li>○ Adaptation to your environment</li> <li>○ Barriers created by isolating drug addicts away from society</li> <li>○ The opposite of addiction is connection</li> </ul> </li> <li>● The comedown or hangover which may show the downs to drug use</li> <li>● Social context of drug use shapes addiction</li> <li>● Not just a neurological process</li> <li>● Reducing normal human pleasure response conditioning to addiction</li> </ul>
<p>Culture</p>	<ul style="list-style-type: none"> <li>● System of shared ideas, rules and meanings that underlie and are expressed in the ways that humans live</li> <li>● Socio-cultural</li> <li>● What is normal and abnormal ?</li> <li>● Drug using sub cultures relating to the wider culture</li> <li>● Organisation of difference</li> </ul>
<p>Ethnography</p>	<ul style="list-style-type: none"> <li>● The things we write and what we do</li> <li>● A process of observing, recording and describing another people's way of life through intimate participation the community being studied</li> <li>● Observation over a period of time, to understand the diversity</li> <li>● Anthropologists who take the drugs they are studying</li> </ul>
<p>Zinberg's theory of drug use</p>	<ul style="list-style-type: none"> <li>● The effect of using a drug is far more than just the make-up of the drug it is an interaction</li> <li>● Complex interaction between , drug, person taking drug and society</li> <li>● Drug             <ul style="list-style-type: none"> <li>○ The pharmacological action of the substance itself</li> </ul> </li> <li>● Set</li> </ul>

	<ul style="list-style-type: none"> <li>○ The attitude of the person at time of use, including his or her personality structure, and what they 'expect' the drug to do</li> <li>○ Individual attitudes are significantly influenced by social values and social expectations</li> <li>● Setting <ul style="list-style-type: none"> <li>○ The influence of the physical and social setting in which use occurs</li> <li>○ 2 dimensions <ul style="list-style-type: none"> <li>■ Social sanctions</li> <li>■ Social rituals</li> </ul> </li> </ul> </li> </ul>
Criminological understanding of deviance	<ul style="list-style-type: none"> <li>● All societies have moral boundaries that separate members from non member, this enhances group identity</li> <li>● Society needs deviance to mark moral boundaries</li> <li>● Society develops ways of ensuring a steady supply of deviants, like prison to continue to show the moral boundaries</li> <li>● So we can define what society is</li> <li>● Not intended to stop drug use or help those who are addicted</li> </ul>
Nyaope	<ul style="list-style-type: none"> <li>● Mixture of low grade heroin , cannabis etc</li> <li>● Company found as a street drug in South Africa</li> <li>● Containing many mixtures and combinations</li> <li>● Drugs require a supporting culture</li> <li>● Smoke to have no fear of consequence</li> </ul>