The new face of heroin can be twelve years old, stylish and smart. The new face of heroin addiction can be your son or your daughter. Be concerned. Be a parent. Learn everything you can about heroin. Knowledge is power.





a message from
Lapeer County Prosecutor
Byron Konschuh

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# Could Your Child Be Using Heroin?

**Help for Parents** 



# What to Do If You Suspect Your Child Is Using Heroin

- Don't panic, take action
- Monitor him/her closely
- Search his/her room and possessions for signs of use
- Confront him/her directly
- Challenge explanations that seem questionable
- Be supportive, not judgmental
- Take away driving privileges
- Get drug testing
- Prosecute theft involving the legal system can help
- Get professional help right away

# How Well-Meaning Parents Can Enable Addiction

- Being in denial
- Providing money
- Providing access to a vehicle
- Allowing him/her to skip school or work
- Covering for him/her
- Failing to report crimes
- Lying to police to avoid prosecution

### **How to Support Recovery**

- Set limits and enforce them
- Prevent driving
- Take away cell phones
- Take away cash
- Lock up prescription drugs
- Be involved in treatment
- Be involved in his/her life



# **FOR INFORMATION & HELP**

Lapeer County Health Dept.
AICC Substance Abuse Services

(810) 667-0234 http://lchd.lapeer.org

Lapeer County CMH ACCESS Screening Center (888) 225-4447

**L.A.D.S. Drug Testing** (810) 664-5247

# **Families Against Narcotics**

www.FamiliesAgainstNarcotics.org (810) 667-0119 Families Anonymous (810) 667-8910

# Center for Substance Abuse Treatment

www.findtreatment.samhsa.gov (800) 662-4357

# Understanding Heroin Addiction



#### What is Heroin?

Heroin is a highly addictive and rapidly acting opiate, a drug derived from opium. Opium is a naturally occurring substance that is extracted from the seedpod of the opium poppy plant. Heroin is made from morphine, a principal component of opium.

#### What does It Look Like?

The appearance of heroin varies dramatically. In the United States, heroin is generally a powder, ranging from white or off-white to a dirty brown color. Usually, the purer the heroin the lighter the color, because variations in color are caused by impurities. Black tar heroin, however, is black in color and sticky like tar or hard to the touch.

Heroin is commonly packaged in plastic, like the corner of a sandwich bag, or folded in small pieces of coated paper.

#### Who Uses Heroin?

People of all ages and lifestyles use heroin. According to the DEA, about 1.2% of the population reports heroin use during their lifetime. Heroin use among young adults is a particular problem. Additionally, nearly 2% of high school seniors in the United States have tried heroin — nearly half of those by injection — according to the University of Michigan's Monitoring the Future Survey.

People who use heroin often begin with alcohol, marijuana or other recreational drugs. Others try heroin because of addiction to a prescription opiate like Vicodin.

#### **How is Heroin Abused?**

Heroin is injected, snorted, or smoked. New or young users often begin snorting or smoking but move to injection because it is a more "efficient" means of administering the drug, i.e. it provides a stronger, more immediate effect with the same or smaller quantity. Objects associated with heroin use include syringes, tourniquets like shoe laces, straws, lighters, and burned spoons or foil.





#### What are the Risks?

All heroin users — not just those who inject the drug — risk becoming addicted. In fact, many people become addicted after just one use. Over time, users' bodies build up a tolerance to heroin and therefore need increasingly larger doses to achieve the same effect. Eventually, heroin use stops producing feelings of pleasure at all; instead, users must keep taking heroin just to feel and function normally. Addicts who stop using heroin experience terrible withdrawal symptoms, including muscle and bone pain, and vomiting.

Those who inject drugs expose themselves to additional risks, including human immunodeficiency virus (HIV), hepatitis B and C, and other blood-borne viruses. Chronic injection can also cause scarred or collapsed veins, infection of the heart lining and valves, abscesses, pneumonia, tuberculosis, and liver and kidney disease.

Both new and experienced users risk overdosing on heroin because the purity commonly ranges from 10% to 80%, and it is impossible to know the purity of heroin before using it. Heroin is also dangerous because it may be mixed, or laced, with other toxic substances. Heroin overdose, which can result from snorting, smoking or injection, can cause slow and shallow breathing, convulsions, coma, and even death.

## **Warning Signs of Heroin Addiction**

- Personality changes
- Money problems
- Missing money/ possessions
- Different friends
- Distancing self from family
- Weight loss
- Changes at school/work

## **Physical Signs of Heroin Use**

- Constricted pupils
- Droopy eyes
- Flushed skin
- Dry mouth
- Nausea/vomiting
- Itching
- Drowsiness/nodding off
- Slowed breathing and heartbeat

## Signs of Withdrawal

- Restlessness and insomnia
- Bone pain and leg cramps
- Diarrhea/vomiting
- Watery eyes/runny nose
- Chills/shaking
- Convulsions
- Slowed or slurred speech

### **Street Terms for Heroin**

Big H H

Black tar Hell dust Boy Horse Capital H Junk

China white Mexican horse

Chiva Mud
Dead on arrival Poppy
Diesel Raw
Dog food Smack
Dope Thunder
Eighth Train

Good H White junk