

IDENTIFYING **SIGNS** OF SUBSTANCE ABUSE

1. **SIGNS OF ALCOHOL ABUSE**

-Breath smells of alcohol, clumsiness/difficulty walking, poor judgment, eyes unusually bright, slurred speech, grouchiness, illogical talk, sleeps late, hidden bottles or cans, extra-ordinary use of mints/mouthwash/garlic, rambling/drawn out speech, headaches, nausea, signs of hangover, disinterest in breakfast

2. **SIGNS OF PRESCRIPTION DRUG ABUSE (Depressant)**

-Appears drunk, slurred speech, stumbling gate, droopy eyes, un-warranted sleep episodes (i.e. fall asleep at dinner, etc), listlessness, bottles of prescription medicines/pills/blister packs

3. **SIGNS OF HEROIN** — white to dark brown powder or tar-like (Opiate/Narcotic)

-Pinpoint pupils, needle marks in arms, wear long-sleeves even in hot weather to cover arms, very pale, sweaty and thirsty, itchy/scratches a lot, nose appears raw/red, empty Ziploc baggies (may have residue or had pills), folded up pieces of paper/matchboxes/cigarette packs/pill bottles all used for storage, discarded syringes, hidden spoons with burn marks at bottom and spoons may also be bent, may doze off at inappropriate times, very sick one day (cold symptoms, cramps, diarrhea, upset stomach) and then perfectly fine next day

4. **SIGNS OF COCAINE ABUSE (Opiate/Narcotic & Stimulant)**

-Constantly sniffing, glassy eyes, very large pupils and may hide them with sunglasses, nose appears raw/red, may have needle marks in arms/behind knees/ankles, may wear long-sleeve shirts in warm weather to hide arms, scabs/burns on mouth or on finger/arms, scabs on arms/face/legs from picking, teeth that are weak/broken, loss of weight, erratic/irritable/restless/anxious behavior, trouble sitting still or relaxing, long periods of no sleep, tend to move fast and often repeating the same action for hours (cleaning, fixing something), rambling talk often jumping from one topic to the next, constantly licking lips and/or thirsty, may have no appetite, grouchiness, illogical with burn marks at the tiny holes, little baggies with white powder or crystal residue, glass pipes/pipes with a bulb at the end/steel pipe/antenna broken with small pieces of brillo pad in them, syringes, very powerful butane lighters with a strong jet flame.

5. SIGNS OF METHAMPHETAMINE / SPEED ABUSE (Stimulant)

-Erratic behavior, broken teeth, weight loss, may sweat profusely, scabs on arms/face/legs, sleeps late after no sleep, may stay awake for days, absent from daily work/routine, broken glass/light bulbs, empty plastic baggies, increase in energy, decrease in appetite, after “rush” effects can last 6-8 hours, dilated pupils, rapid/darting eyes, skin lesions and frequent sores that take long time to heal, fidgety behavior, may repeatedly perform same task over and over, rambling conversation, frustration/can't seem to focus, dangerous sexual promiscuity

6. SIGNS OF MARIJUANA ABUSE (Cannabis)

-Bloodshot eyes, loud talking, dazed appearance, slurred speech, suddenly very hungry, illogical talk, sleeps late, blank stare or expressionless appearance, dry lips or “cotton mouth”, strong odor of burnt rope or grass on person/clothes, lack of emotion or motivation (whatever attitude), may go into fits of laughter when nothing to laugh about, putting clothes into wash immediately upon returning home, taking quick shower before being around others, suddenly very hungry (munchies), rolling papers, “blunt” cigars, bongos/pvc piping, larger bags with leafy residue/seeds, small or “designer” pipes, refrain/shun conversation and face-to-face meetings, behavior is dramatic change from previous experiences

7. SIGNS OF LSD AND HALLUCINOGENS ABUSE

-Glassy eyes, possibly very large pupils, blank/vacant stare, sweating/salivating, flushed skin, daydreaming/inattentive, inappropriate and extended interest in common objects and/or food, staring for extended time at object or body part and viewing from different angles, may have unusual interest in body parts such as a finger or hand, conversations tend to be like a “head trip”, hallucinations, anxiety for no apparent reason, empty or full bottles of cold medicine

8. SIGNS OF INHALANT ABUSE (GLUES, AEROSOLS, VAPORS – DUSTING)

-Watery eyes, impaired vision/memory/thought, secretions from nose or rashes around nose/mouth, headaches/nausea, appearance of intoxication, drowsiness, poor muscle control, changes in appetite, anxiety, irritability, unusual number of spray cans in trash or around

9. SIGNS OF ANABOLIC STEROID ABUSE

-for guys: baldness, development of breasts, painful erections, shrinkage of testicles, loss of function of testicles, infertility, increased risk of prostate cancer
-for girls: growth of facial and body hair, deepened voice, breast reduction, enlarged clitoris, menstrual irregularities
-for both: acne, jaundice (yellowing of skin), swelling/fluid retention, stunted growth (close the growth plates in the long bones and permanently stunt their growth), increase in bad cholesterol levels, decrease in good cholesterol levels, mood swings, depression when in withdrawal that can lead to suicide, increase in feelings of hostility, increase in aggressive behavior, increase risk of liver cancer/heart attacks