

DRUGS in SHIRE



INTRODUCTIONS



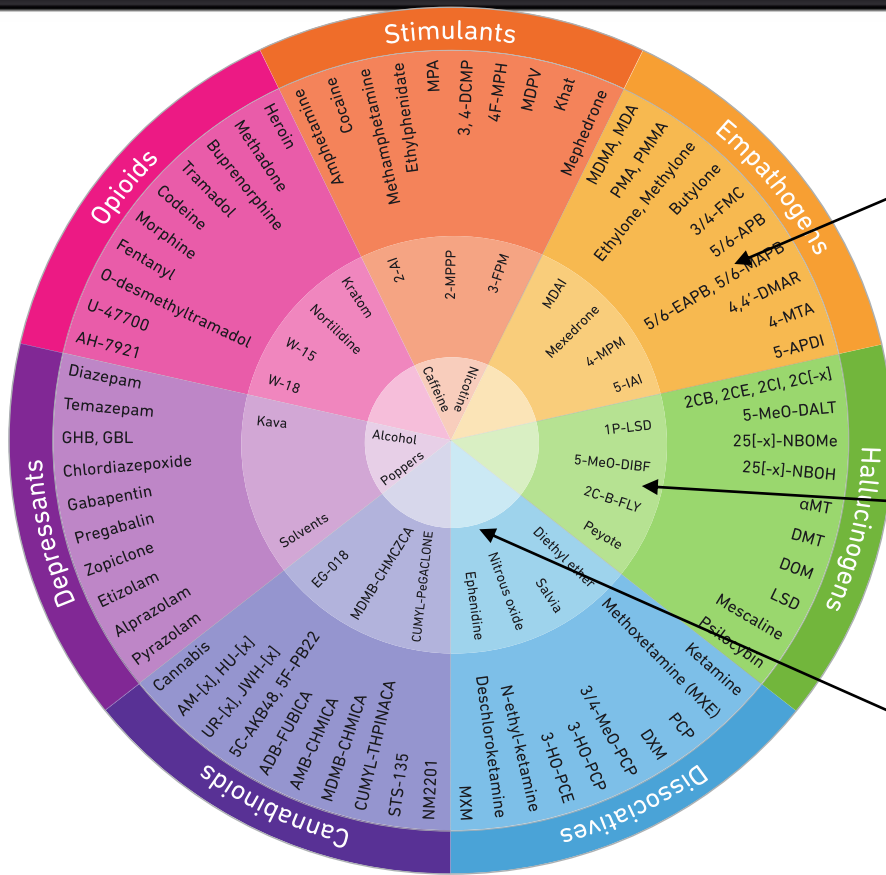
- Carol Muir – Project Manager (Community Justice –Alcohol & Drugs & DRD Co-ordinator)
- PS Adam Mellis, Sergeant Police Scotland – Harm Reduction –Aberdeenshire Responsive Intervention Engagement Service (Aries)
- PC Mhairi Meston, Police Scotland, Banchory Police Office

Drugs were generally split into three groups:



- Stimulants - such as Cocaine, Crack-Cocaine and Amphetamine
- Depressants - such as Alcohol, Heroin, Benzodiazepines and Volatile Substances (e.g. Solvents)
- Hallucinogens - LSD, 'Magic' Mushrooms

TYPES OF DRUGS



Outer Ring
Controlled under the Misuse of Drugs Act 1971 or The Human Medicines Regulations 2012

Middle Ring
Controlled under Psychoactive substances Act 2017

Inner Ring
Legal (some controls in place)

How to drugs affect the body

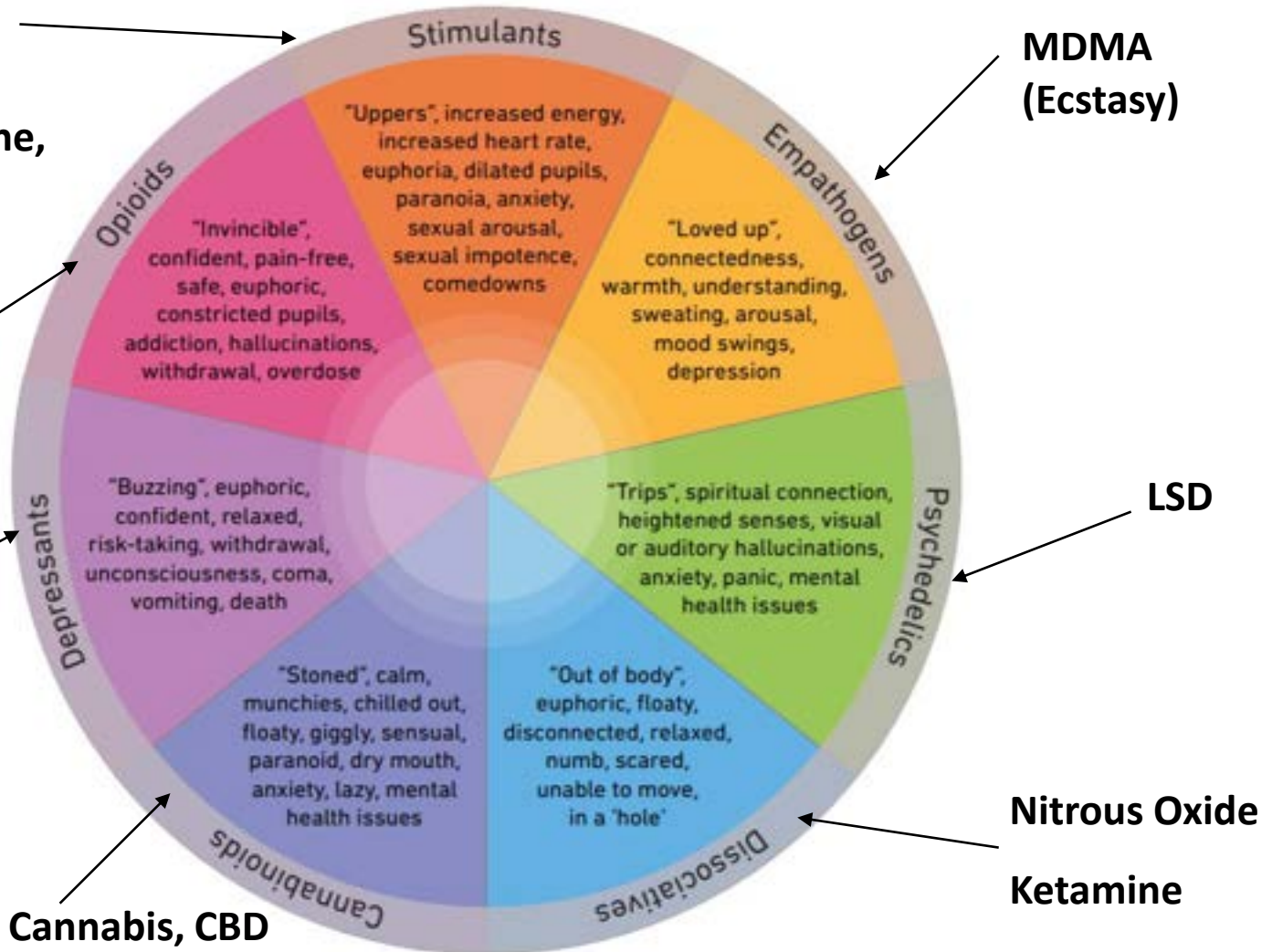


**Caffeine, Nicotine,
Amphetamine,
Ritalin, Mephedrone,
Cocaine**

Heroin

**Alcohol
Benzos
GHB/GBL
Gabapentin
Pregabalin**

Cannabis, CBD



Cannabis



Cannabis



- Weed, ganja, green, grass, pot, bud, hash, resin, shatter, edibles, pollen, squidgy black, soapbar, skunk
- Misuse of Drugs Act (1971) - Class B
- Drug Wheel category - Cannabinoids
- Depressant/Downer
- £20 – 1/8th – July 22 England £22 - skunk
- 3 main types, herbal, resin, skunk
- smoked in spliffs, pipes, bongs, and buckets
- active ingredient THC, tetrahydrocannabinol
- stoned, relaxed, giggly, 'munchies', paranoid, forgetful, lazy, hallucinations (skunk)
- risks addiction to nicotine, burns, viruses, lung problems, mental health problems



Cannabis

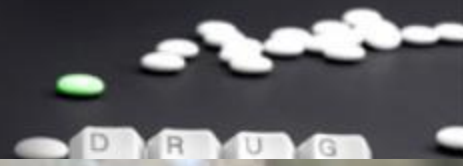
- ✱ The THC content in herbal cannabis has doubled in the last decade
- ✱ High THC content has a stronger correlation to the onset of mental health issues
- ✱ In the UK cannabis is commonly smoked with tobacco which causes greater health harms and has a link to mental health issues
- ✱ Increasing array of cannabis products available
- ✱ Edibles – can have a stronger psychedelic effect and more likely to cause panic or anxiety response



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D R U G

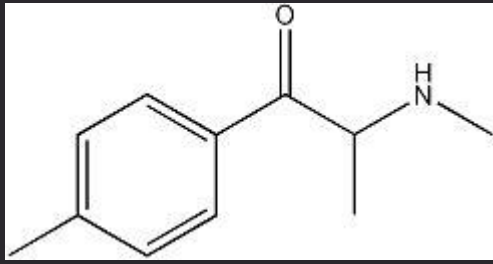




Mephedrone



Meph, meow, meow-meow, m-cat, plant food,
drone, bubbles, Kat



Mephedrone



- Mephedrone first began to appear in the drugs market from around 2006 onwards
- It is a short acting stimulant drug from the cathinone family of drugs
- Pharmacologically related to cathinone – an alkaloid found in the ‘khat’ plant (*Catha Edulis*) that has a long history of human use
- Mephedrone (4-methylmethcathinone -4-MMC) was originally marketed online as a plant fertiliser or ‘research chemical’

4-MMC – not fit for human consumption



There were concerns about the safety of the drug and the hype around it in the media that led to it being classified as a Class B drug in 2010



Before this it was legally sold as a plant food or bath salts

Long Term Harm



- As it is such a recent addition to the drug scene no long-term studies have been conducted
- Many users report a strong desire to continue taking it (craving) so it is possible that mephedrone could be psychologically addictive, on a par with cocaine and crack
- It may be too early to say whether it is physically addictive or not
- We don't know if mephedrone can cause specific damage to your heart, liver, brain or central nervous system
- Basically, it's not yet known what long-term harm might be caused by mephedrone
- The only way to avoid the potential risks is **not to use mephedrone**

Amphetamine



Amphetamine



- ▶ amph, billy, uppers, whizz, speed, sulphate, phet
- ▶ class b
- ▶ Off White, yellow or pinkish powder or paste
- ▶ £15 bag (1gm) – (£10 locally at the mo)
- ▶ stimulant
- ▶ Usually snorted, bombed (swallowed in rizla), dabbed, diluted in juice or injected
- ▶ Speeds up heart rate and breathing, suppresses appetite, give energy, confident, stops need to sleep
- ▶ risks depression, 'comedown', sleep deprivation, strain on heart, mental health problems, anxiety, sleep problems

Amphetamine



Effects

- Effects of speed, when snorted, can take up to 30 minutes to appear and can last for 4-8 hours. After-effects may be felt for up to 12 hours.
- Speed may make you feel energetic and confident. It also increases your heart rate and breathing. People taking it may experience a strong urge to re-dose as well as increased alertness, concentration, motivation and sex drive and a decreased appetite and desire to sleep.
- Other effects include jaw clenching, restlessness, aggression and paranoia.

Amphetamine



Risks

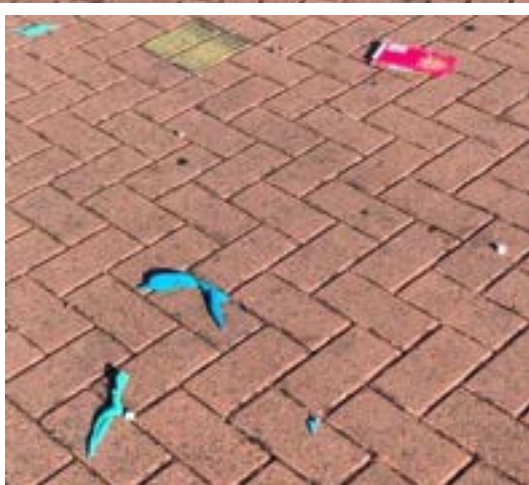
- People taking amphetamines can feel a need to re-dose often which will lead to increased health damage and increased risk of dependence.
- May increase over-confidence, aggression, sexual arousal, paranoia, decrease desire for sleep and reduce appetite.
- Speed can affect your sleeping pattern which can have a huge impact on your mental wellbeing
- Detection time – 1-4 days in urine

Nitrous Oxide



Found recently on main road outside Whitehills

Ballooning



Nitrous Oxide



Other names

Nitrous, NOS, laughing gas, gas, nangs, whippets, balloons, N₂O

Appearance

A colourless, slightly sweet smelling gas sold in small silver canisters or large medical grade canisters usually dispensed into a balloon from a "cracker" or dispenser

Drugs Wheel Category

Dissociatives - Inhalable gas used in anaesthesia. Also used as a propellant for whipped cream. Inhalation can cause euphoria and hallucinations; enhances other psychedelics

Legality

Psychoactive Substances.

Nitrous oxide is legal to buy and sell in the UK for "legitimate uses" such as medicine and dentistry and catering, however it is illegal to sell if it is intended to produce a "psychoactive effect". Selling it with balloons could be evidence of psychoactive use

Nitrous Oxide



How it's taken

Gas from cartridges is released into party balloons using a 'cracker', 'charger' or other dispenser. The gas is then inhaled through the mouth from the balloon.

Effects

- Nitrous oxide is a dissociative drug with anaesthetic and psychedelic properties
- The effects will come on within seconds of inhaling the gas
- The effects of nitrous oxide can cause a change in perceptions. Music may sound clearer and colours can appear more vivid
- People can experience euphoria, relaxation and creative thinking as well as an altered perception of time, dizziness, light-headedness, headaches and confusion
- The effects usually last for around 5-15 minutes and for this reason you may hear it being referred to as 'hippy crack' in the media. The effects and risks are not similar to crack in any way other than the fact they are short-lived and you may feel a strong urge to re-dose
- Excessive and prolonged use of nitrous oxide is linked to nerve damage which can affect motor control and coordination.

Ketamine

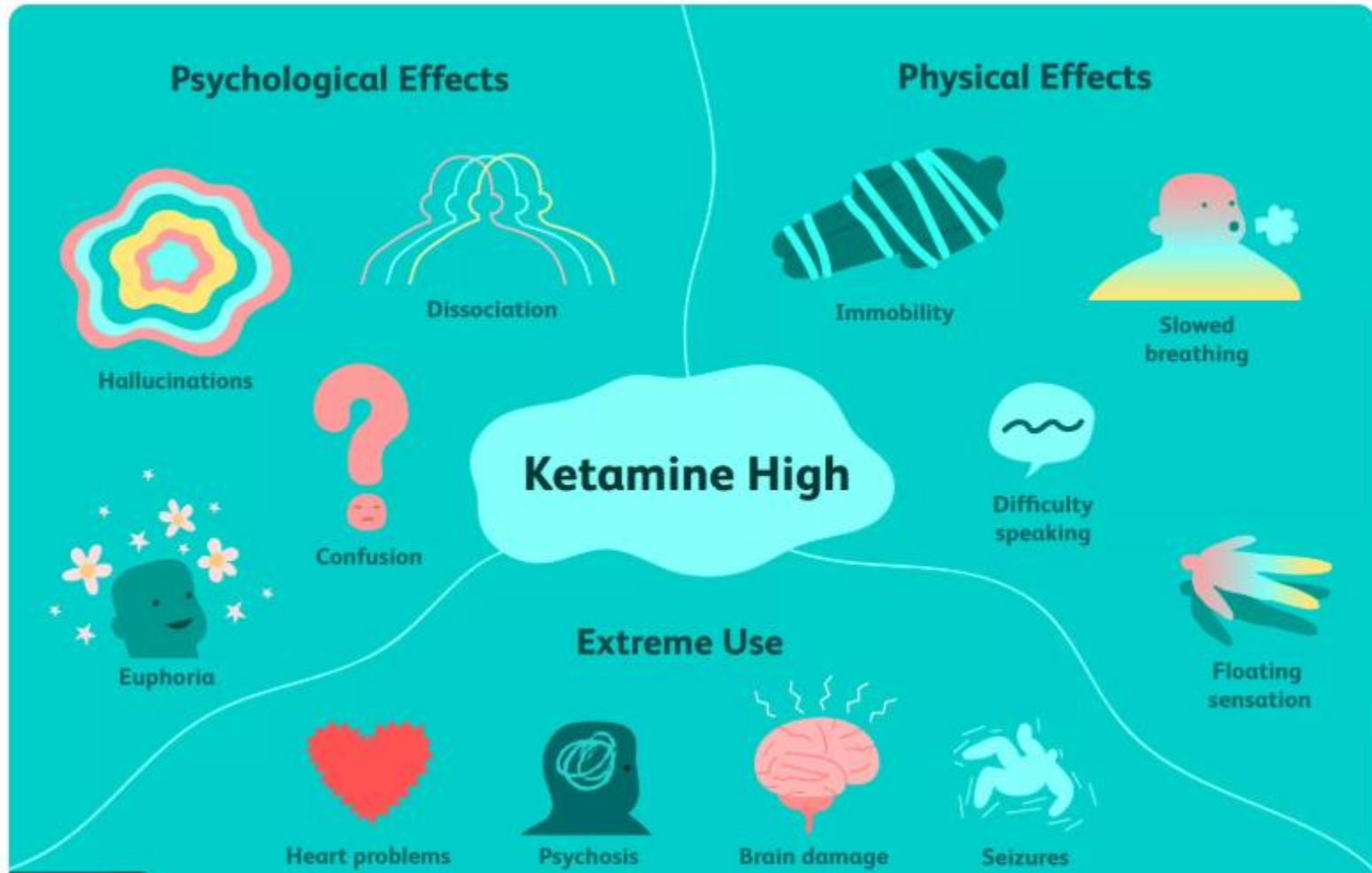
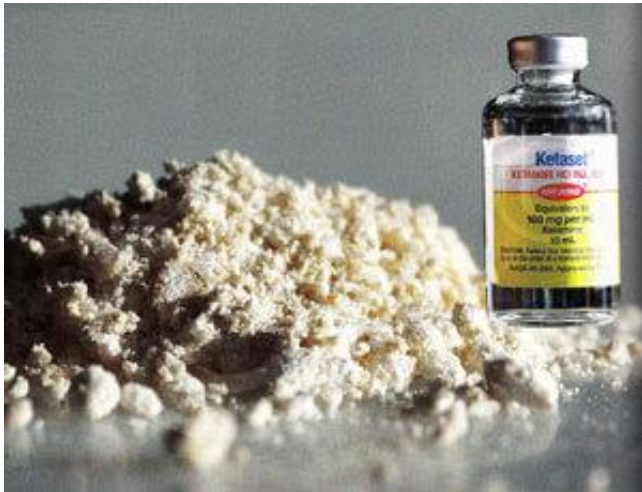


Illustration by JR Bee, Verywell

Ketamine



Ketamine is a dissociative anaesthetic developed in the early 1960s and used in human and veterinary medicine. The drug is primarily used for anaesthesia.



Ketamine



- Common names include Cat Tranquilizer, Cat Valium, Jet K, Kit Kat, Purple, Special K, Special La Coke, Super Acid, Super K and Vitamin K.
- Ketamine comes in a clear liquid or a white/off-white powder. Powdered ketamine is typically packaged in small glass vials, plastic bags, capsules or paper/aluminium foil folds.
- The amnesia qualities of ketamine can leave the user unaware of what happened. For this reason, ketamine is often used to incapacitate victims prior to sexual assault.
- One way to think about this is that the k hole is a state between intoxication and a coma
- Detection time – 1-5 days in urine

Benzodiazepines

Actual pills seized in Grampian



Benzodiazepines - Benzos



- Benzos, vallies, blues, diazepam, downers, moggies,
- Misuse of Drugs Act (1971) - Class C
- Drug Wheel category - Depressants/Downer
- 50p a tablet (Current from loon at Turra Coo)
- Xanax - Edinburgh July 22 - £1-50 per pill
- Diazepam – 10mg pill £5 July 22 –Scotland
- Valium 5mg pill Edinburgh -0.10 May 22
- Illegal if not prescribed
- Drunk like feeling, confident, energy to start, drowsy, slurring speech, staggering, fall asleep
- Risks of overdose with alcohol, dependency
- Tolerance develops quickly which can lead to people using more over time, increasing the risk of dependence and overdose

Taking benzos?



STRONG DRUGS ARE IN CIRCULATION - BE CAREFUL

Pills sold as 'diazepam' or 'vallies' may not contain only (or any) diazepam. Test your drugs if you can.

Purity and strength can vary widely between pills from the same batch/ packet, even if they look the same. Take a test dose, dose low and go slow.

Be aware that benzos stay in your body for a few days, sometimes weeks after use so the drug may be active long after the effects have worn off.

Avoid mixing with other drugs. Combining downers (e.g. alcohol, heroin, methadone, diazepam, etizolam, gabapentin) is **EXTREMELY RISKY**.

LOOK AFTER YOURSELF AND YOUR MATES

Signs of a downer overdose:

- Unconsciousness
- Severe nausea and vomiting
- Fitting
- Difficulty breathing
- Snoring
- Blue/pale tingeing of knees, hands and lips

Get help in an emergency:

- Call **999**
- If unconscious, put the person in the recovery position, or onto their side
- If they stop breathing perform CPR (give chest compressions and rescue breaths)
- If they have taken opioids (e.g. heroin, methadone), or you are in doubt over what they have taken, give naloxone

Cocaine



Coca Plant



Cocaine



- Cocaine powder (Charlie, Ching, coke, council, fishscale, flake, prop, snow)
- Misuse of Drugs Act (1971) – Class A
- Drug Wheel category -stimulants
- £40-80 per gram –drought in 2020 –rocketed to £250 per gram
- Cocaine is a stimulant drug made from the leaves of the coca plant which is mainly found in South America snorted
- Cocaine powder - white, pearly powder
- Cocaine is a central nervous system stimulant which means it increases your heart rate and breathing, sense of well being, alert, confident , cocky, lasts 20 -30 minutes
- Risks, need to re-dose, cost, damage to nose, heart problems, tired, depressed, risk taking, restlessness, aggression, paranoia, arrogance and over-confidence



Cocaine & the heart



- Cocaine is particularly harmful to the heart
- It increases heart rate and blood pressure and disrupts the heart's electrical signals, causing it to beat rapidly or erratically
- It also causes the muscles of the heart to thicken and the blood vessels to stiffen and constrict, making it more difficult to circulate blood normally
- It can cause cardiac enlargement and can cause a heart attack
- Cocaine use can be fatal and can cause health problems in the healthiest of people. Risks are further increased for those with a pre-existing health condition, those who are mixing drugs and those who are taking it frequently and/or in large amounts
- Cardiac enlargement is often seen as a secondary cause of death in Aberdeenshire DRD's

Crack Cocaine



Crack Cocaine



- Base, rock, stones, wash, white
- Misuse of Drugs Act (1971) – Class A
- Drug Wheel category –stimulants
- £10 – 20 per rock (0.25g) -2016
- Crack cocaine – white/yellow rocks made from powder cocaine
- Crack is a smokable form of cocaine. It is an intense, short acting drug produced by ‘cooking’ the cocaine in water and baking soda to produce crystals or small rocks around the size of a peanut
- Freebase’ cocaine is a crystal-like powder. It is less common than powder cocaine and crack. Freebase is made by adding ammonia and ether to a cocaine/water solution, rather than baking soda.
- Intense shorter high, feeling of energy, reduced appetite, reduced anxiety, chatty and energetic, can be used to bring user up from the down of other drugs
- Lung and heart problems, dependency, nerve endings firing, skin picking, weight loss, general health poor, links to violence

MDMA -Ecstasy



MDMA -Ecstasy



Thunderdome
7.8 x 5.2 mm
63 mg MDMA



Triangle
10.2 x 4.1 mm
98 mg MDEA



Lips
8.1 x 5.4 mm
61 mg MDMA



Killers
9.1 x 4.3 mm
136 mg MDMA
+ caffeine



Number One
8.2 x 4.8 mm
56 mg MDMA



Blue Star
8.7 x 5.4 mm
11 mg amphetamine
+ trace caffeine



Clover Leaf
7 x 6 x 4.8 mm
46 mg MDMA
+ 19 mg MDEA



Sunrise
9.1 x 4.6 mm
129 mg MDEA



Diamond
12.7 x 7.3 x 4.5 mm
102 mg MDEA



Twins
9.2 x 4.2 mm
79 mg MDMA



Mercedes
8.6 x 5.2 mm
12 mg amphetamine
+ trace caffeine



Micro
3.8 x 1.7 mm
LSD



Dove
9.2 x 3.0 mm
67 mg MDMA
+ 31 mg MDEA



Euro
9.2 x 2.8 mm
57 mg MDMA



Red Playboy
9.1 x 3.2 mm
27 mg amphetamine
+ trace caffeine



Dolphin
9.2 x 3.6 mm
26 mg MDEA
+ 5 mg MDMA



TNT
10.1 x 3.4 mm
55 mg MBDB



Triangle
10.1 x 4.3 mm
107 mg MDEA



Pyramid
10.1 x 4.6 mm
medicine called
Neo-Cibalgin



CD
8.1 x 4.0 mm
9 mg amphetamine
+ trace caffeine



Apple
9.2 x 3.7 mm
42 mg MDMA
trace caffeine



E-mail
4.5 x 6.5 mm
71 mg MDMA



One Two Five
9.1 x 2.6 mm
41 mg MDMA



Dove
9.1 x 3.0 mm
18 mg amphetamine
+ trace caffeine



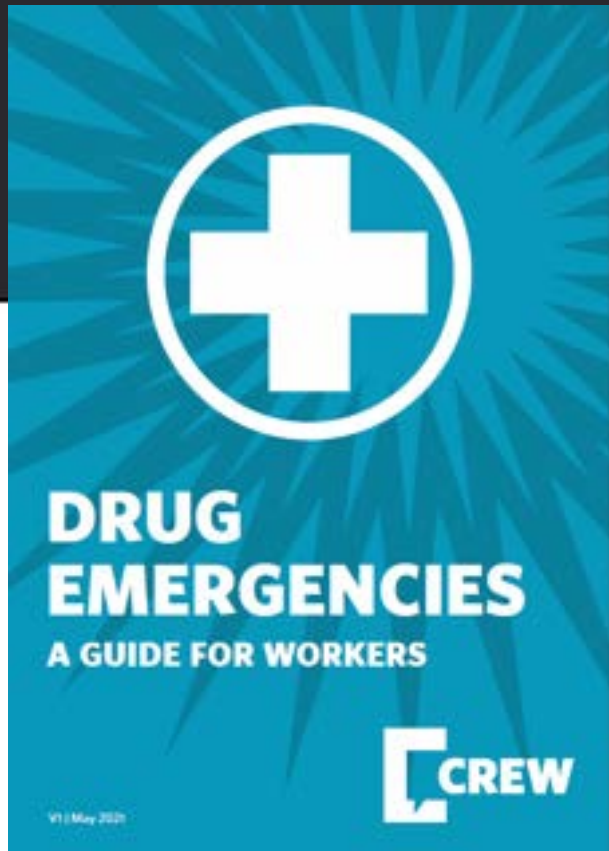
Adidas
8.7 x 9.3 mm
8 mg amphetamine
+ trace caffeine



MDMA -Ecstasy



- Sometimes the name Ecstasy is used to refer to the pill form and MDMA is used to refer to the powder
- Pure MDMA is a white powder/sometimes crystals: Mandy, madman, molly (in North America), MD
- Pills: e, doves, eccies, or pills may be named by the logo on the front of the tablet
- Misuse of Drugs Act (1971) – Class A.
- Drug Wheel category –Empathogens (with stimulant properties)
- £5 – 15 (2016)
- Active ingredient – methylene-dioxy-methamphetamine
- Feel alert, chatty, euphoric, colours, sounds and emotions intensified, hallucinations, more connected to music, dancing all night, jaw clenching, dilated pupils, increased body temperature, blood pressure and heart rate
- Comedown may feel anxious, depressed and tired, liver kidney problems, difficulty urinating, death from dehydrations or too much water salt depletion



Overdose!



- Early signs of stimulant overdose include:
- Sudden rise in body temperature
- Flushed face
- Hot, dry skin but no sweating
- Muscle cramps and stiffness in the arms and legs

Mephedrone, like all stimulants-type drugs increases heart rate, blood pressure and body temperature. Taken to excess they can cause overdose and convulsions

Talking about substance use

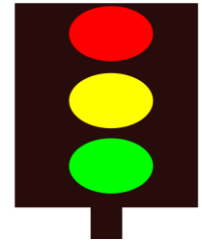


The worst time to say anything is when you're angry

TIPS



- Don't force it (traffic lights)
- Use 'open' questions
- Listen with an open mind
- Don't exaggerate be honest
- Show you care by having boundaries
- Follow through with consequences/promises
- Allow natural consequences
- Don't use your biggest hammer right away
- Lead by example(sorry!)



Drug Gangs are exploiting vulnerable people in **YOUR** area

They prey on vulnerable people.

They take over peoples' homes.

They are violent , cruel and abuse people.

They make vulnerable peoples' life a misery.

This could be your neighbours...or YOU.

SAFEGUARDING COMMUNITIES



COMMUNITY SAFETY
for Aberdeenshire

The Buchan Corner – spreading South



- **Currently in the Northeast of Scotland we have an issue with “County Lines”**
- **Where Serious Organised Crime Groups (SOCG’s) travel north to our coastal towns to sell illicit drugs, usually class A drugs (mainly Crack Cocaine and Heroin)**
- **Here in Northeast Scotland, we have OCG’s from mainly Liverpool, London and Birmingham**
- **They use a branded phone line to sell their drugs.**

DEFINITION OF CHILD CRIMINAL EXPLOITATION



Child Criminal Exploitation is when a child or young person is **befriended** and **abused**, taken advantage of, **groomed** and **controlled** for a criminal purpose'

CHILD CRIMINAL EXPLOITATION

WHO IS AFFECTED?



ANY SOCIAL
BACKGROUND

ANY GENDER

KNOWN OR UNKNOWN
TO SERVICES

ANY PERSON
UNDER 18

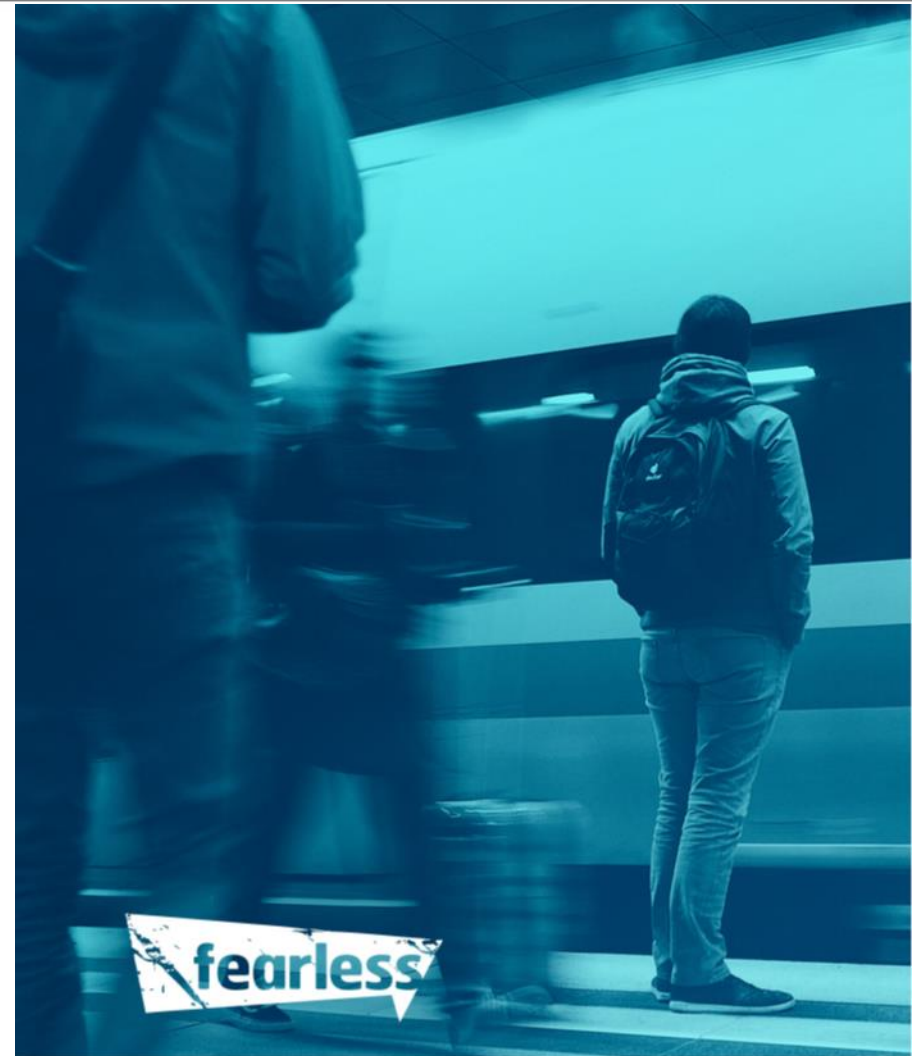
ANY EDUCATION
BACKGROUND

ANY
ETHNICITY

ANY RELIGION

Signs of exploitation...

- Going missing from school or home
- Travelling alone to places far away from home
- Lots of money/new clothes/new phones
- More calls or texts than usual
- Hanging about with older folk – controlling
- Unexplained injuries
- Seem scared or unusually reserved
- Bragging or cocky
- Self harming/weight loss





REMEMBER: NOT ALL YOUNG PEOPLE WILL SHOW OBVIOUS SIGNS OF EXPLOITATION

IF **YOU** THINK SOMETHING ISN'T QUITE RIGHT – **HIGHLIGHT IT TO A PROFESSIONAL**

REMEMBER: NOT ALL YOUTHS WILL UNDERSTAND THEY ARE BEING EXPLOITED AND THE RISKS

Support



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HELPLINE: 08080 10 10 11



**Scottish Families Affected
by Alcohol & Drugs**

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