

DESCRIPTION OF HEALTH RISKS ASSOCIATED WITH THE USE OF ILLICIT DRUGS AND ABUSE OF ALCOHOL

Controlled Substances - Uses & Effects

Classification	Drug Name	Common or Brand	Dependence	Potential	Acute Effects	Health Risks and Effects of Long-term Use*	Overdose Effects
			Physical	Psycho-logical			
ALCOHOL	Ethanol	Beer Wine Distilled Liquor	High High High	High High High	<ul style="list-style-type: none"> Lowered Inhibitions Impaired Judgement, Vision Loss of Motor Skills, Coordination Slurred Speech 	<ul style="list-style-type: none"> Hypertension Liver Damage Cardiovascular Disease Toxic Psychosis Neurologic Damage Addiction with Severe Withdrawal 	<ul style="list-style-type: none"> Coma Possible Death
NARCOTICS	¹ Opium Morphine Codeine ¹ Heroin Meperidine Other	² Paregoric, Dover S Power ² Morphine ² Tylenol W/Codeine, Robitussin Heroin ² Demerol, Pethadol ² Dilaudid, Lentine, Percodan	High High High High High High	High High High High High High	<ul style="list-style-type: none"> Euphoria, Drowsiness Respiratory Depression Constricted Pupils Nausea, Vomit Analgesia (Pain Relief) 	<ul style="list-style-type: none"> Loss of Appetite Constipation Risk of AIDS & Hepatitis from I.V. Drug Use 	<ul style="list-style-type: none"> Shallow Perspiration Clammy Skin Convulsions, Coma Possible Death May be Toxic if Mixed with Alcohol
DEPRESSANTS	Chloral Hydrate Barbiturates	² Noctec, Somnos ² Nembutal, Phonobarbitol, Seconal, Tuinol	Moderate High	Moderate High	<ul style="list-style-type: none"> Slurred Speech Disorientation Drunken Behavior Without the Odor of Alcohol Euphoria Lowered Inhibitions Loss of Motor Skills Blackouts Relaxation, Depression Hallucinations 	<ul style="list-style-type: none"> Addiction with Withdrawal Toxic Psychosis Weak, Rapid Pulse Hallucinations Nausea Seizures Insomnia Anxiety Tremors Dizziness Loss of Peripheral Vision 	<ul style="list-style-type: none"> Shallow Respiration Cold, Clammy Skin Blackout Coma Possible Death May be Toxic if mixed with Alcohol
	Gamma Hydroxybutric Acid	Date Rape Drug, Liquid Ecstasy, Cherrymeth,	Moderate-High	High			
	Gamma Butyrolactone Glutethimide Ketamine Methaqualone Tranquilizers	GBL ² Doriden Special K, K ² Optimil, Parest, Quaalude, Sopor ² Equanil, Valium, Tranxene Serax, Xanax, Rohyphal, Dalmane, Dormate, Placidyl, Valmid	Unknown High Unknown High Moderate	Unknown High Unknown High High			
STIMULANTS	¹ Cocaine ¹ Amphetamine	Cocaine Hydrochloride ² Benzedrine, Biphphetamine, Desoxyrn, Dexedrine ² Precludin ² Ritalin ¹ Cylert, Didrex, Pre-Sate, Sanorex, Voranil Ecstasy, MDMA	Possible Possible	High High	<ul style="list-style-type: none"> Feeling of Well-Being Excitation, Euphoria Increased Alertness Increased Blood Pressure, Pulse Insomnia, Appetite Loss 	<ul style="list-style-type: none"> Delusions, Hallucinations (Toxic Psychosis) Possible Organ/Tissue Damage 	<ul style="list-style-type: none"> Agitation Temperature Increase Hallucinations Convulsions Heart Attack, Stroke High Blood Pressure Loss of Consciousness Seizures
	Phenmetrazine Methylphenidate Other		Possible Possible Possible	High High High			
	Methylenedioxy-methamphetamine		Low	High			
HALLUCINO-GENICS	¹ LSD ¹ Mescaline ¹ Psilocybin ¹ MDA ¹ PCP	Acid, Lysergic Acid Peyote, Peyote Buttons, Mescalitor Magic Mushrooms, Shrooms Angel Dust, Crystal, Cernylan (Veterinary)	Low Low Low Unknown Unknown	Unknown Unknown Unknown Unknown Unknown	<ul style="list-style-type: none"> Dilated Pupils Increased Blood Pressure, Pulse Delusions/Hallucinations Distorted Perception of Time, Space, and Reality 	<ul style="list-style-type: none"> Hallucinogens, Especially LSD, may Intensify Existing Psychosis Possible Violent Behavior 	<ul style="list-style-type: none"> Intense Bad Trips Psychosis Possible Sudden Death
	Airplane Glue Lighter Fluid Aerosols Spray Paints Paint Thinner Gasoline Poppers	Active Ingredient: Toluene Active Ingredient: Naphalene Active Ingred.: Chloropourocarbon Active Ingred.: Petroleum Distillate Active Ingred.: Petroleum Distillate Active Ingred.: Petroleum Distillate Active Ingred.: Amyl/butyl Nitrite	Unknown Unknown Unknown Unknown Unknown Unknown	Unknown Unknown Unknown Unknown Unknown			
CANNABIS	¹ Marijuana ¹ Hashish ¹ Hash Oil	Grass, Pot, Weed, Dope Hash	Low Low Low	Moderate Moderate Moderate	<ul style="list-style-type: none"> Tachycardia, Reddened Eyes Euphoria, Profound Humor Altered Time/Space Perception Short-Term Memory Loss Increased Appetite 	<ul style="list-style-type: none"> Cardiovascular Damage as with Smoking Tobacco 	<ul style="list-style-type: none"> Insomnia, Hyperactivity Panic Attacks, Paranoia Possible Toxic Reaction if Treated w/other Chemicals
TOBACCO	Nicotine	Cigarettes Cigars	Moderate Moderate	High High	<ul style="list-style-type: none"> Relaxation Stimulation 	<ul style="list-style-type: none"> Cardiovascular Disease Respiratory Illness 	<ul style="list-style-type: none"> Possible Death at very High Dosage Levels

* Alcohol and other drug use during pregnancy increases risk of physical harm to fetus

² Psychoactive drug effects refer to use at a greater than prescribed therapeutic dosage level

¹ Additional risk of harm from toxic impurities in street drugs

Drug and Alcohol Abuse Treatment Resources and Clinical Services for MC Employees

MC CARES Employee Assistance Program
guidanceresources.com
1-844-236-2668
TDD: 1-800-697-0353

Montgomery College Web ID: MCC

Available 24 hours a day, 7 days per week (Free to college employees with benefits)

Montgomery County Department of Health and Human Services
Behavioral Health – Addiction Services
255 Rockville Pike
Suite 145
Rockville, MD 20850
240-777-1770

<https://www3.montgomerycountymd.gov/311/SolutionView.aspx?>

NATIONAL HOTLINES and RESOURCES

American Addiction Centers
1-866-477-8626

<https://americanaddictioncenters.org/rehab-guide/free/>

Hotlines for Substance Use and Addiction
Information and Referral 24 Hours
1-866-934-4173

<https://vantagepointrecovery.com/national-resources-on-addiction-to-drugs-and-alcohol>

NA 24 Hour Helpline
1-800-317-3222 (DC and MD)
National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Suicidepreventionlifeline.org

National Treatment Referral
1-800-662-HELP (4357)

National Institute on Drug Abuse (NIDA)
301-443-6441
<https://www.drugabuse.gov/>

National Institute on Alcohol Abuse and Alcoholism (NIAAA)
301-443-3860
www.niaaa.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)
Treatment Facility Locator
<https://www.samhsa.gov/find-treatment>

LOCAL RESOURCES

Adventist Behavioral Health
14901 Broschart Rd.
Rockville, MD 20850
301-251-4500

<https://www.adventisthealthcare.com/locations/profile/shady-grove-medical-center-mental-health-inpatient/>

Adventist Healthcare White Oak Medical Center
11890 Healing Way
Silver Spring, MD 20904
240-637-4000

**Offers 24/7 crisis intervention services*

<https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/>

Another Way Inc.
1363 Holton Lane
Takoma Park, MD 20912
301-434-2622

Addictiontreatmentsystems.com/another-way

Avery House (Group)
14705 Avery Rd.
Rockville, MD 20853
301-762-4651 (Women/children)
301-762-5613 (Intermediate care)
301-279-8828 (Combined care)

Bilingual Counseling Center
11236 Triangle Lane
Wheaton, MD 20902
<http://bilingualcounselingcenter.com/>
301-942-7821

Crisis Center
1301 Piccard Dr.
Rockville, MD 20850
240-777-4000
Available 24 hours a day, 7 days per week
<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>

Counseling Plus, Inc.
8561 Fenton St.
Silver Spring, MD 20910
301-565-9001

Family Health Center Psychological Services
6 Montgomery Village Ave.
Suite 400
Gaithersburg, MD 20879
<http://www.fhcenter.com/>
301-963-7222

Hannah's Aftercare and Rehab
1201 Millgrove Rd.
Silver Spring, MD 20910
<http://www.hannahs.aftercare.faithweb.com/index.html>
301-384-1615 and 301-476-9474

Journeys Adult Program
402 Hungerford Dr.
Rockville, MD 20850
301-294-4015

Kolmac Clinic
8561 Fenton St.
Suite 250
Silver Spring, MD 20910
888-331-5251
<https://www.kolmac.com/>

EveryMind
1000 Twinbrook Parkway
Rockville, MD 20851
301-424-0656
<https://www.every-mind.org/>

Metro Counseling Inc.
15719 Crabbs Branch Way
Rockville, MD 20855
301-670-6161
<https://directory.addicted.org/metro-counseling-services-inc>

Montgomery General Hospital
Addiction and Mental Health Center
18101 Prince Philip Dr.
Olney, MD 20832
www.medstarmontgomery.org
301-774-8882

Montgomery Recovery Services
14636 Rothgeb Dr.
Rockville, MD 20850
www.montgomeryrecovery.com
301-762-5300

Narcotics Anonymous
Group for Narcotics Abusers
800-317-3222 DC and MD
www.na.org

New Beginnings at Potomac Valley
Nursing and Wellness Center
1235 Potomac Valley Rd.
Rockville, MD 20850
www.potomacvalley.com
301-762-0700

OACES Corp. Rehab Facility
416 Hungerford Dr.
Suite 209
Rockville, MD 20850
301-762-1383

Outpatient Behavioral Health Services
6001 Montrose Rd.
Rockville MD 20852
301-896-2036

Prince George's County
Cheverly Health Center
3003 Hospital Dr.
Cheverly, MD 20785
301-583-5920

SELF-HELP GROUPS

Alcoholics Anonymous AA
202-966-9115 (DC, MD, VA)
<https://www.aa.org/>
In-person, on-line, and phone meetings available

Al-Anon / AlaTeen (Support group for families of alcoholics)
202-635-2023, MD and DC
703-534-4357 Northern VA
www.al-anon.org

SMART Recovery
<https://www.smartrecovery.org/>

Free State Regional Service Center of NA
217 N. Warwick Avenue
Baltimore, MD 21223
Tel: 410-566-4022
www.freestatena.org