

## Adderall

Adderall is a central nervous system stimulant containing a mixture of four different amphetamine salts — Dextroamphetamine Saccharate, Amphetamine Aspartate, Dextroamphetamine Sulfate, and Amphetamine Sulfate — that is used to treat Attention Deficit Hyperactivity Disorder (ADHD), which is characterized by symptoms including inattention, hyperactivity and impulsivity. Dopamine plays an important role in feelings of reward, while norepinephrine increases heart rate, blood pressure and breathing—ultimately affecting your attention and alertness. As a result, Adderall can help you feel more awake and motivated when taken as prescribed.

Adderall is intended for use for specific conditions and can cause undesirable or dangerous effects when misused. In fact, given to its high potential for misuse, Adderall is classified as a Schedule II drug, which means the drug has some medically acceptable uses, but with high potential for misuse and/or addiction. Throughout the 2000s and 2010s in the United States, Adderall became a popular “study drug,” misused by high-school and college students to manage intensive workloads and to enable long study and work sessions. The increase in its use in this fashion occurred simultaneously with the trend in increasing ADHD diagnoses, which began in the mid-1990s and continued into the 2020s. In 2020, 5.1 million people aged 12 or older misused prescription stimulants such as Adderall

### Adderall: Addiction VS Dependency

Due to the drug’s chemical composition, an Adderall dependency is a natural and expected physiological response. An individual with an Adderall dependency has a physical dependence (even if they take the drug as prescribed), but not a psychological addiction wherein they misuse the drug to achieve a ‘high.’ Physically, the chemicals may affect the brain in a way that makes it hard for the individual to stop taking Adderall; however, they will not obsess over or crave it mentally and will merely require a physician’s help in tapering off the drug.

An Adderall addiction is characterized by a person’s physical or mental dependency on the drug, as well as certain behaviors. These individuals are unable to function when they discontinue Adderall and will do whatever they can to obtain more of the drug. Their major goal is taking the drug. They frequently run out of their prescription early because they take more than the recommended amount, leaving them in Adderall withdrawal, which motivates them to obtain more of the substance.

**Figure 20. Legitimate Adderall Tablets (Top) and Counterfeit Tablets (Bottom) Containing Methamphetamine**



*Source: Northwest High Intensity Drug Trafficking Area*

# Side Effects of Adderall


Chronic Adderall misuse, especially at high doses, may cause different unwanted health effects, and in some cases, these effects can lead to serious medical complications.

The most common side effects of Adderall include:

- Headache.
- Insomnia.
- Loss of appetite.
- Weight loss.
- Nausea.
- Diarrhea.
- Anxiety.
- Agitation.
- Dizziness.
- Rapid heart rate.
- Fatigue or weakness.

The long-term effects and effectiveness of Adderall have not been well studied. There is some indication that effects like headache, appetite loss, and upset stomach may continue with long-term Adderall or other prescription stimulant use, but more research is needed in this area.

### Serious Side Effects Adderall Use



- Hypertension
- Fast heartbeat
- Insomnia
- Appetite suppression
- Overdose
- Heart attack
- Stroke
- Headache
- Constipation
- Mood swings
- Abdominal pain
- Depression
- Sexual dysfunction
- Psychosis
- Kidney disease
- Seizures
- Muscle weakness
- Panic attacks

## The Brain and Adderall

Once dependence develops, a person may experience withdrawal if they abruptly stop or cut back their use of the drug. Adderall withdrawal symptoms can include:

- Depressed mood.
- Fatigue.
- Sleep problems, such as sleeping too much (hypersomnia) or sleeping too little (insomnia).
- Vivid, unpleasant dreams.
- Increased appetite.
- Slowdown of mental and physical activity (e.g., trouble concentrating).
- Agitation, restlessness, and irritability.

In rare cases, prescription stimulants like Adderall can cause symptoms of psychosis and mania (e.g., hallucinations, delusional thinking, or paranoia), and may also exacerbate pre-existing mental health conditions, such as bipolar and other psychotic disorders



# Benzodiazepines

Benzodiazepines are depressants that produce sedation and hypnosis, relieve anxiety and muscle spasms, and reduce seizures, it does this by making the nervous system less active. Your nervous system uses chemical and electrical signals to send and relay messages throughout your body. The chemical signals, known as neurotransmitters, can attach to cells with the right receptors. Benzodiazepines tell your brain to release a neurotransmitter, gamma-aminobutyric acid (GABA). This neurotransmitter has a specific job: It makes your nervous system less active.

Benzodiazepines are only legally available through prescription. Many users maintain their drug supply by getting prescriptions from several doctors, forging prescriptions, or buying them illicitly. Alprazolam and clonazepam are the two most frequently encountered benzodiazepines on the illicit market. In 2021, 1.4 percent of people aged 12 and older (3.9 million people) misused prescription benzodiazepines in the last year, with the largest percentage of users between the ages of 18 to 25.

Side effects of misusing Benzodiazepines:

- Drowsiness
- Weakness
- Blurred vision
- Slurred speech
- Lack of coordination
- Difficulty breathing
- Coma

Benzodiazepines are rarely the sole drug of misuse and usually is combined with other drugs (mainly opioids) to increase the effects. Combining opioids and benzodiazepines can increase risk of overdose because both types of drugs can cause sedation and suppress breathing—the cause of overdose fatality—in addition to impairing cognitive functions.

Alcohol is also typically mixed with Benzodiazepines. Mixing benzodiazepines and alcohol amplifies the depressive effects of both drugs, becoming much more dangerous. The dangers of mixing benzos and alcohol include:

- Mood swings
- Vomiting
- Irregular breathing
- Memory loss and blackouts
- Organ failure (liver disease, heart disease)



# Natural High

With warmer weather around the corner, this time of year is a perfect opportunity to practice ways to produce a Natural High. A Natural High is an activity that has the ability to boost feel-good chemicals in your brain known as endorphins without the use of drugs. Endorphins are chemicals in the brain that are released in order to help cope with pain and stress. The release of endorphins causes some very real physical sensations in the body similar to an artificial "high," which is similar to the effect of drugs and alcohol.

Natural effects of endorphins, also known as a "runner's high," include:

- Euphoria
- Feeling elated
- Elevated heart rate
- Intense pleasure
- Changes in blood pressure
- Racing thoughts



## Ways to Experience a Natural High

- **Playing a Sport:** The National Institute on Drug Abuse (NIDA) is supporting research into how exercise (including team sports) contributes to overall wellbeing and may serve to prevent substance abuse and addiction. This is because exercise helps to stimulate the reward pathway in the brain, increasing mood-elevating neurochemicals that produce euphoria.
- **Savor a Good Meal:** Coupling a well-prepared, tasty meal with the company of loved ones and family members increases the opportunity to feel first-hand how to get high naturally.
- **Listen to Music:** Music can wipe away negative thinking, elevate mood, produce feelings of overall wellbeing, and drive a sense of euphoria that's completely natural.
- **Tickle the Funny Bone:** The health benefits of laughter are well-known, based on a large body of research into the healing effects, both physiological and psychological, of laughing. Besides, laughing out loud feels really good.
- **Meditation:** Meditation is another activity that releases endorphins while also stimulating the production of dopamine, serotonin, and melatonin in the body. Even just ten minutes of meditation each day can leave you feeling calm, happy, and relaxed
- **Vanilla or lavender:** Aromatherapy with vanilla and lavender has been linked to the production of endorphins and these two pleasant scents also come with a host of other great benefits. Lavender is a naturally calming scent and it can help you overcome insomnia in recovery by helping you get a good night's rest. Vanilla may be the most average and boring scent, but it has been shown to elevate feelings of happiness, joy, and relaxation.
- **Volunteering:** A study published by the National Institutes of Health found that volunteering produces something known as a "helper's high" because the act of helping others activates the brain's pleasure centers and triggers a release of endorphins.

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F	G	H	N	M	B	V	C	X	L	Z	A	S	P	I	C	N	I	C	S	D	F	G	P	O	I	U	Y	T	Q
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J	K	L	P	O	I	U	Y	S	N	A	P	D	R	A	G	O	N	Y	L	T	R	E	W	Q	A	V	T	Y	U
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R	H	G	B	F	D	S	P	E	T	U	N	I	A	A	X	C	V	B	N	M	P	L	K	S	J	H	G	F	D
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Z	C	V	B	N	M	A	S	D	F	G	B	A	B	Y	S	B	R	E	A	T	H	G	H	J	K	L	P	O	I
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AIM	BUDS	FAMILY	IRIS	PICNIC	SWEETPEA
ANALYSIS	BUGS	FLOWERS	JUNE	RAINY	TAURUS
APRIL	COMPOSURE	FOOL	LADYBUG	RELIEF	TULIP
BABYSBREATH	CROCUS	GARDEN	LILY	ROBIN	UNDERGROUND
BEEES	DAFFODIL	GRASS	MAY	ROSE	QUEEN ANNES
BLACKEYED	DAISY	GREEN	MARCH	SHOWERS	LACE
SUSAN	DIAMOND	GROWTH	MUD	SNAPDRAGON	
BLOOM	EARTH	HEATHER	PASSOVER	STRESS	
BLOSSOM	EASTER	HYDRANGEA	PETUNIA	SUNFOLWER	
BULBS					





Belleville is a small community southwest of Madison in Dane and Green Counties. Belleville is a special place to visit because of its natural beauty, recreational activities and friendly people and atmosphere. Belleville is a great community for families seeking a solid educational system along with the natural amenities of the community.

The Belleville Area Cares Coalition came into existence following a town hall meeting in April of 2014.



**We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles**

**More information can be found at : <https://www.bellevillewicare.org/>**

**BACC meetings are held on the 4th Tuesday of each month at 4:45 pm in the Belleville Village Hall.**

#### **BACC Mission Statement**

***“The mission of Belleville’s Area Cares Coalition is to promote a healthy community for youth and young adults, free of alcohol and other drug abuse.”***

***The Belleville Area Cares Coalition works to develop, implement and support environmental strategies to reduce substance abuse.***

***We believe by working together, we can nurture social and environmental changes to make the Belleville area a safer and healthier place, brightening the future of our children, youth and families.***

#### **HOW CAN YOU HELP?**

The BAAC asks you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the Belleville area.