



BELLEVILLE AREA CARES COALITION

AODA PREVENTION NEWSLETTER

K2/Spice (Synthetic Marijuana)

In 2008, the first reports of K2/Spice appeared in the United States. K2/Spice is a mix of herbs (shredded plant material) and laboratory-made chemicals with mind-altering effects). Spice is usually smoked by rolling it in papers and sometimes people mix it with regular Marijuana. Others have reported putting it in herbal teas for drinking or using K2 as liquids to use in e-cigs.

What are the chemicals that are in Spice?

You can't know for sure. Even when the DEA figures it out and makes the chemicals illegal, the Spice makers just start using different chemicals in their product. There seems to be an endless supply of nasty chemicals that they can put into these products.

While some people may compare it to regular marijuana, the effects are sometimes very different from it, and often much stronger. Spice is most often labeled "not for human consumption" and disguised as incense. Sellers of the drug try to lead people to believe it is "natural" and therefore harmless, but it is neither. In fact, the actual effects of spice can be unpredictable and, in some cases, severe or cause death.

K2/Spice Statistics

- 2014: 177 different synthetic cannabinoids were reported
- 2016: There were over 2,695 calls made to the poison control centers for harmful exposure to Spice
- 2011: Over 29,000 ER visits were linked to Spice
 - 30% of these visits involved females
 - 70% involved males
- 78% of ER visits were among adolescents and young adults ages 12-29

Common Street Names:

Spice, K2, Blaze, RedX Dawn, Paradise, Demon, Black Magic, Spike, Mr. Nice Guy, Ninja, Zohai, Dream, Genie, Sence, Smoke, Skunk, Serenity, Yucatan, Fire, and Crazy Clown

SYNTHETIC CANNABINOIDS (K2/SPICE)
UNPREDICTABLE DANGER

K2/SPICE IS **NOT** MARIJUANA

It's often called *synthetic marijuana* or *fake weed* because some of its chemicals are like those in marijuana. The effects can be unpredictable and in some cases, severe or even life-threatening.

Shredded, dried plant material + Man-made chemicals = A "natural" drug? **Not even close.**

For more information, visit:
drugabuse.gov/publications/drugfacts/synthetic-cannabinoids

Effects of K2/Spice

People who use synthetic cannabinoid report some effects similar to those produced by marijuana:

- Relaxation
- Elevated Mood
- Altered Perception (changes in awareness of objects and conditions)
- Psychosis (feeling detached from reality)

Additionally, people who have had bad reaction to Spice report symptoms like:

- Fast heart rate
- Throwing up
- Extreme anxiety or nervousness
- Hallucinations (seeing or hearing things that aren't there)
- Feeling confused
- Violent behavior
- Suicidal thoughts

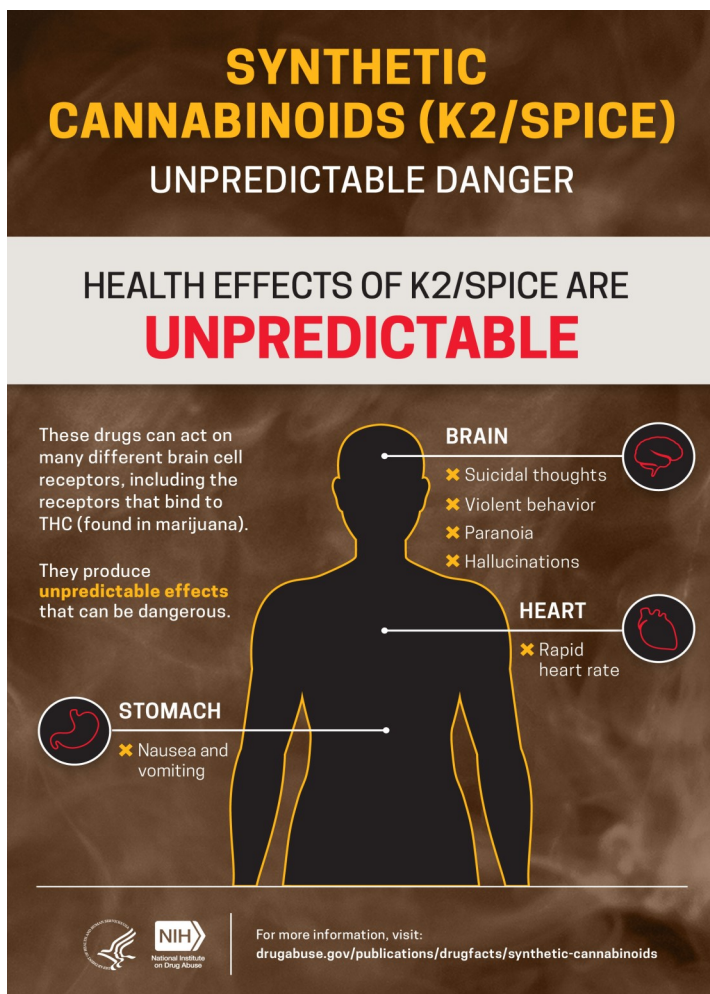
Since Spice is still relatively new the long term effects of this substance have yet to be fully realized by professionals. Many of the symptoms listed above have been reported by those who have tried spice in the past.

Can you overdose on Spice?

K2/Spice and the Brain



Research is only just beginning to measure how Spice affects the brain. What is known is that the chemicals found in Spice attach to the same nerve cell receptors as THC, the main mind-altering ingredients in marijuana. Some of the chemicals in Spice, however, attach to those receptors more strongly than THC, which could lead to much stronger effects. Additionally, there are many chemicals that remain unidentified in products sold as Spice and it is therefore not clear how they may affect the user. It is important to remember that chemicals are often being changed as the makers of Spice often alter them to avoid drug laws, which have to target certain chemicals.



SYNTHETIC CANNABINOIDS (K2/SPICE)
UNPREDICTABLE DANGER

HEALTH EFFECTS OF K2/SPICE ARE
UNPREDICTABLE

These drugs can act on many different brain cell receptors, including the receptors that bind to THC (found in marijuana).

They produce **unpredictable effects** that can be dangerous.

BRAIN

- ✗ Suicidal thoughts
- ✗ Violent behavior
- ✗ Paranoia
- ✗ Hallucinations

HEART

- ✗ Rapid heart rate

STOMACH

- ✗ Nausea and vomiting

For more information, visit:
drugabuse.gov/publications/drugfacts/synthetic-cannabinoids

NIH
National Institute on Drug Abuse

Kratom

Mitragyna speciosa also known as Kratom is a tree that grows naturally in Thailand, Malaysia, Indonesia, and Papua New Guinea. Kratom was at one point referred to as a medicinal herb in Thai pharmacopoeias for the treatment of stomachaches, severe diarrhea and opium withdrawal. Others had used it to treat diabetes, pain, cough, and different parasites. However several doctors warn that Kratom may have serious side effects and could become addictive. Because of this research, several states in the US have banned kratom products and it's considered a controlled substance now in Thailand, Malaysia and several other countries.



How is Kratom taken?

Since Kratom is an herb derived from tree leaves, it can be taken in many different ways. Most often when people purchase kratom commercially, they buy it in a powder form. This powder can then be stirred into drinks or placed into capsule form and consumed. Kratom tea is also becoming a popular way to consume the product.



Kratom
Not Your Average
Herbal Supplement

Kratom and the Brain

The two main compounds in Kratom leaves, mitragynine, and 7-hydroxymitragynine, interact with opioid receptors in the brain. These compounds produce sedative effects when consumed in large doses and stimulant effects when consumed in small doses. Doctors believe that Kratom attaches itself to the same parts of a nerve cell as opioid painkillers and, as such, causes similar effects in the brain. Since Kratom is still relatively new to the market, there hasn't been any adequate studies done to understand the long-term effects Kratom could have on the brain.



In higher doses, Kratom has an opiate like effect because it does, in fact, bond to opiate receptors in the brain.

Kratom's effect on the Body

- Kratom produces opioid- and stimulant-like effects:
 - People who use kratom report both stimulant-like effects (increased energy, alertness and rapid heart rate) and effects that are similar to opioids and sedatives (relaxation, pain relief and confusion).
- Adverse effects range from mild to severe:
 - Some people who use kratom have reported mild side effects, such as nausea, constipation, dizziness and drowsiness.
 - Serious adverse effects include mental and neurological symptoms (confusion, tremors and seizures), heart and lung problems (high blood pressure and slow breathing), gastrointestinal problems (nausea and vomiting) and liver problems.
- Long-term health effects are not well understood.
 - Because kratom research is relatively new compared to more widely used drugs, there is little evidence to determine how kratom use may affect someone over time.
 - Some case reports suggest regular, long-term, kratom use in large amounts may be associated with serious liver problems
- Drug interactions may influence effects:
 - Case reports suggest using kratom in combination with other drugs (sometimes called polysubstance use) may produce severe adverse effects, such as liver problems or even death



Kratom Withdrawals:

Studies suggest that individuals may experience mild to moderate withdrawal symptoms when they stop regular kratom use and that withdrawals are different for everyone. In one study, individuals who have developed moderate to severe kratom dependence, commonly experienced withdrawal symptoms, including:

- Loss of appetite
- Nausea/Vomiting
- Cravings
- Tremors
- Sadness/Depressed mood
- And more!

Legality of Kratom

Currently Kratom is not federally regulated.

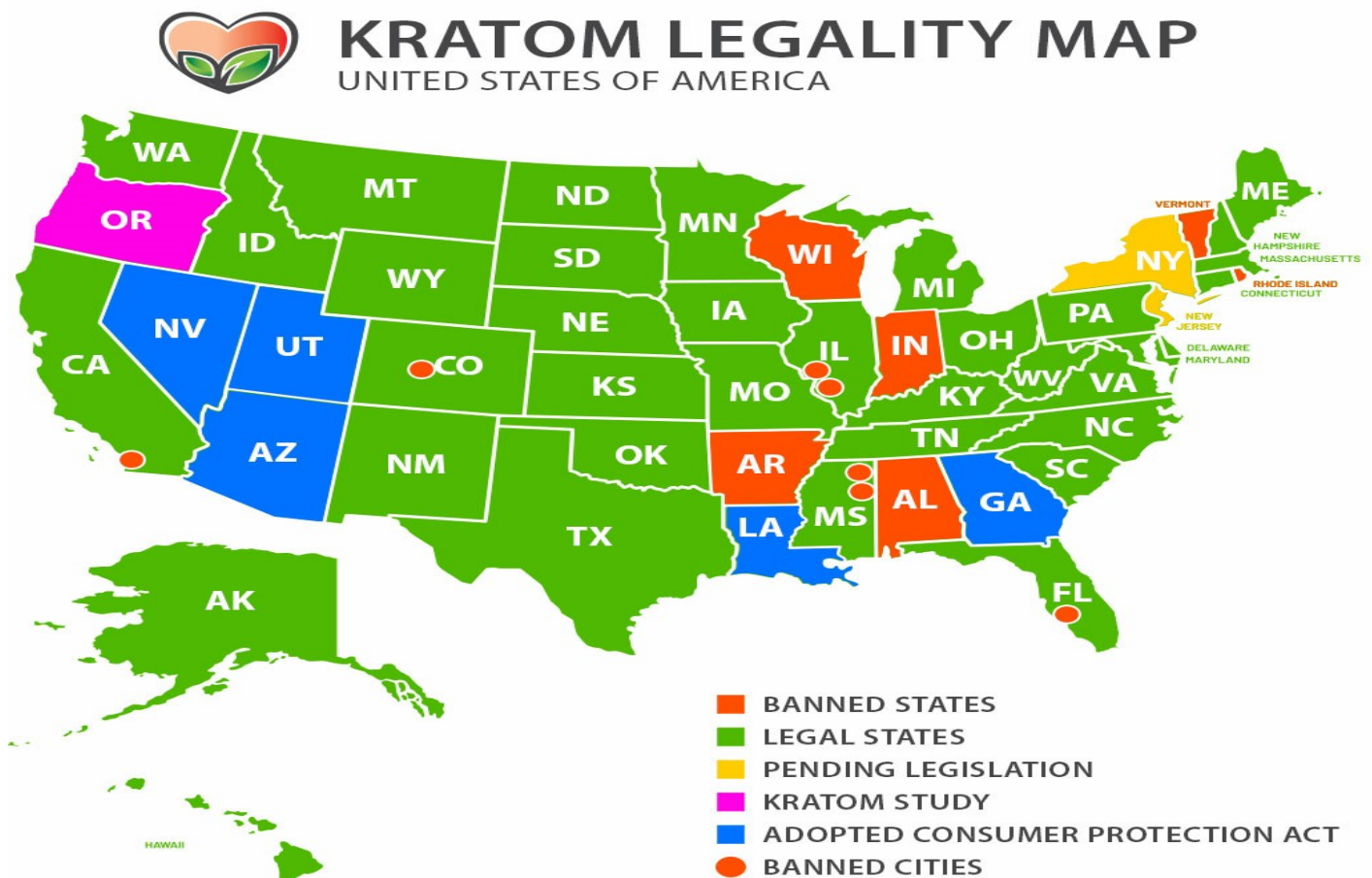
What does that mean?

It means that no government body checks or guarantees the quality and safety of Kratom products that are purchased within the US, both in-person and online. In 2017, the Drug Enforcement Agency wanted to classify Kratom as a Schedule I controlled substance. However, advocate groups like the American Kratom Association, as well as thousands kratom supporters came together and presented the DEA with a petition with over 145,000 signatures. And with over 6,000 letters being sent to the White House voicing opposition of making Kratom illegal, the DEA never went forward with a nationwide ban.

While legal at the federal level, several states have chose to ban the substance, making it illegal to sell, possess, grow, or use it (Wisconsin is one of those states). However recently, Wisconsin did try to legalize Kratom statewide, however due to opposition from the public and others, the bill never passed in the legislation. Some other places have passed the Kratom Consumer Protection Act (KCPA). There are several things that are included in this bill, including age restrictions (you have to be over 18 to purchase), disclose if any food items contain kratom, prohibits kratom from being mixed with an illicit drug, and it must be properly labeled.

So, why isn't Kratom legal everywhere?

Despite the medicinal use in some areas of the world, Kratom is widely recognized as being addictive. The Food and Drug Administration (FDA) has found no evidence that Kratom has any therapeutic benefits, further damaging the substance's credibility as a medicinal product. There is still a lot of research that needs to be completed in order to see the effects that this leaf can have on an individual.



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S	D	F	G	S	U	N	S	H	I	N	E	A	S	D	F	G	H	J	K	L	P	O	I	U	Y	T	R	E	W

Alcohol	Blueberry	Graduation	Outdoor Movie	Softball
Apple	Camping	Grape	Papaya	Strawberry
Backpacking	Canoeing	Hammock	PICADA	Summer
Banana	Cottage	Ice Cream	Picnic	Sunglasses
Barbecue	Father's Day	Kiwi	Pool	Sunshine
Baseball	Fentanyl	Lemon	Raspberry	Swimming
Beach	Festivals	Lemonade	Resort	Swimsuit
Biking	Fireflies	Lime	Sailing	Therapy
Blackberry	Friends	Olin Avenue	Sandals	Vacation
Blue Skies	Gardening	Orange	Shorts	Watermelon

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.