

Alcohol and other drugs

International School Utrecht



Our mission is to have impact on mental health and wellbeing.

What words come up when you think about drugs?

A word cloud visualization of responses to the question "What words come up when you think about drugs?". The words are arranged in a circular pattern, with the most prominent words in the center and smaller words towards the edges. The background is a soft-focus landscape of mountains and trees.

Words included in the word cloud:

- addictive
- scary
- addiction
- danger
- gateway
- delinquent
- risky
- seductive
- weakness
- lack of control
- fun
- party
- unknown
- criminality
- scared
- illigal
- ilegal
- bad
- chemicals
- dangerous
- medication
- illegal
- uncertain future
- unhealthy
- high
- harddrugs
- dark
- lsd

What causes the effect of a drug?

mindset numbing
chemical place were you are
altered states chemical dose
répétition brain chemicals too much true
chemical reaction abuse impact on brain
substance
neurological stimulants body
no controle scary attitude

Zinberg

Zinberg



Zinberg

SUBSTANCE

- Drug
- Dose
- Method of Administration

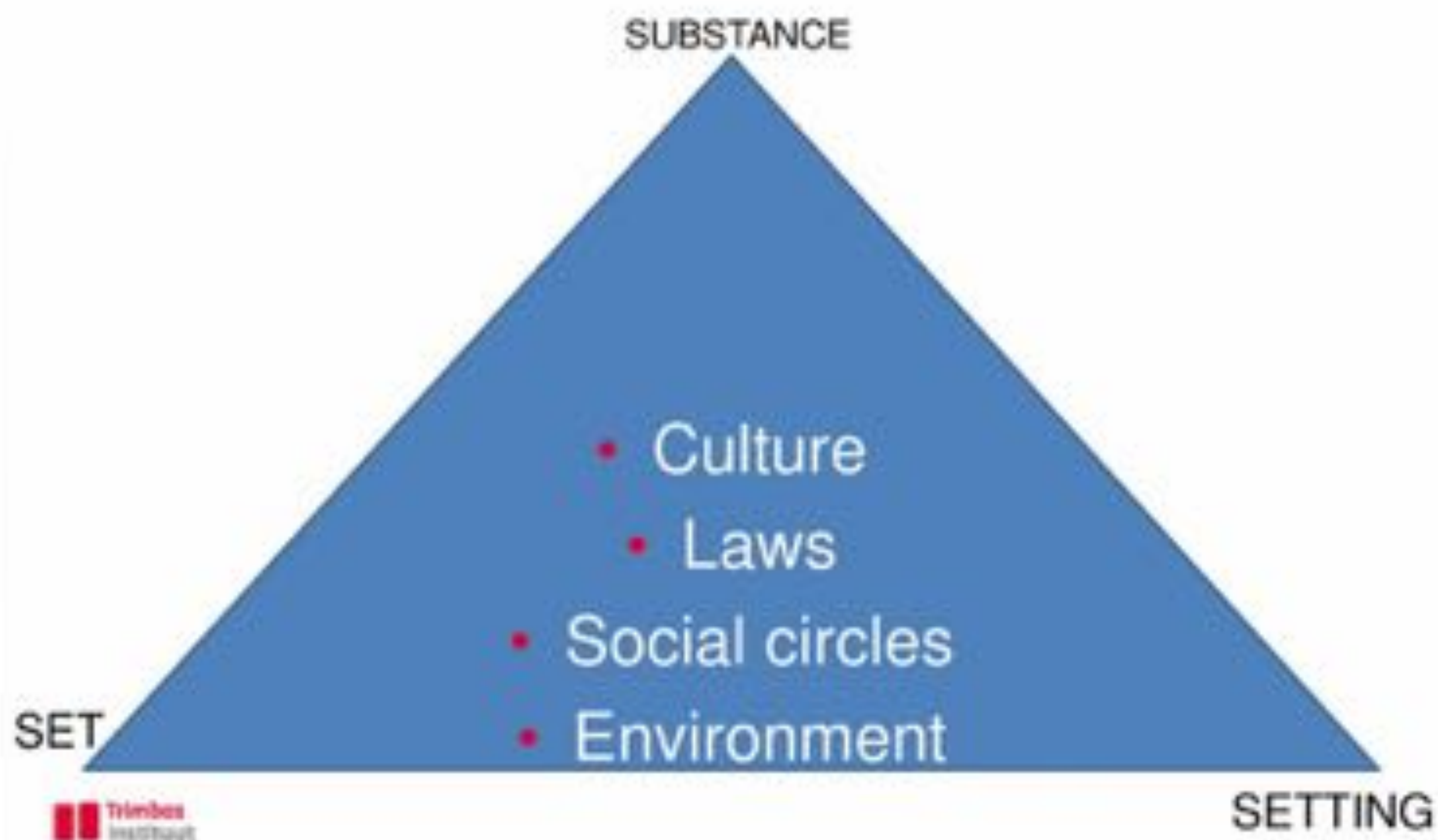
Zinberg

SUBSTANCE

- Genes
- Thoughts
- Beliefs
- Education
- Upbringing
- Expectations
- Prior Experiences

SET

Zinberg



Zinberg

SUBSTANCE

- What can you influence?

SET

SETTING

Zinberg

SUBSTANCE

- What do they know?
 - Risks
 - Effects
- What do they expect?
- What do they see?
- Genetics
- Upbringing



SET

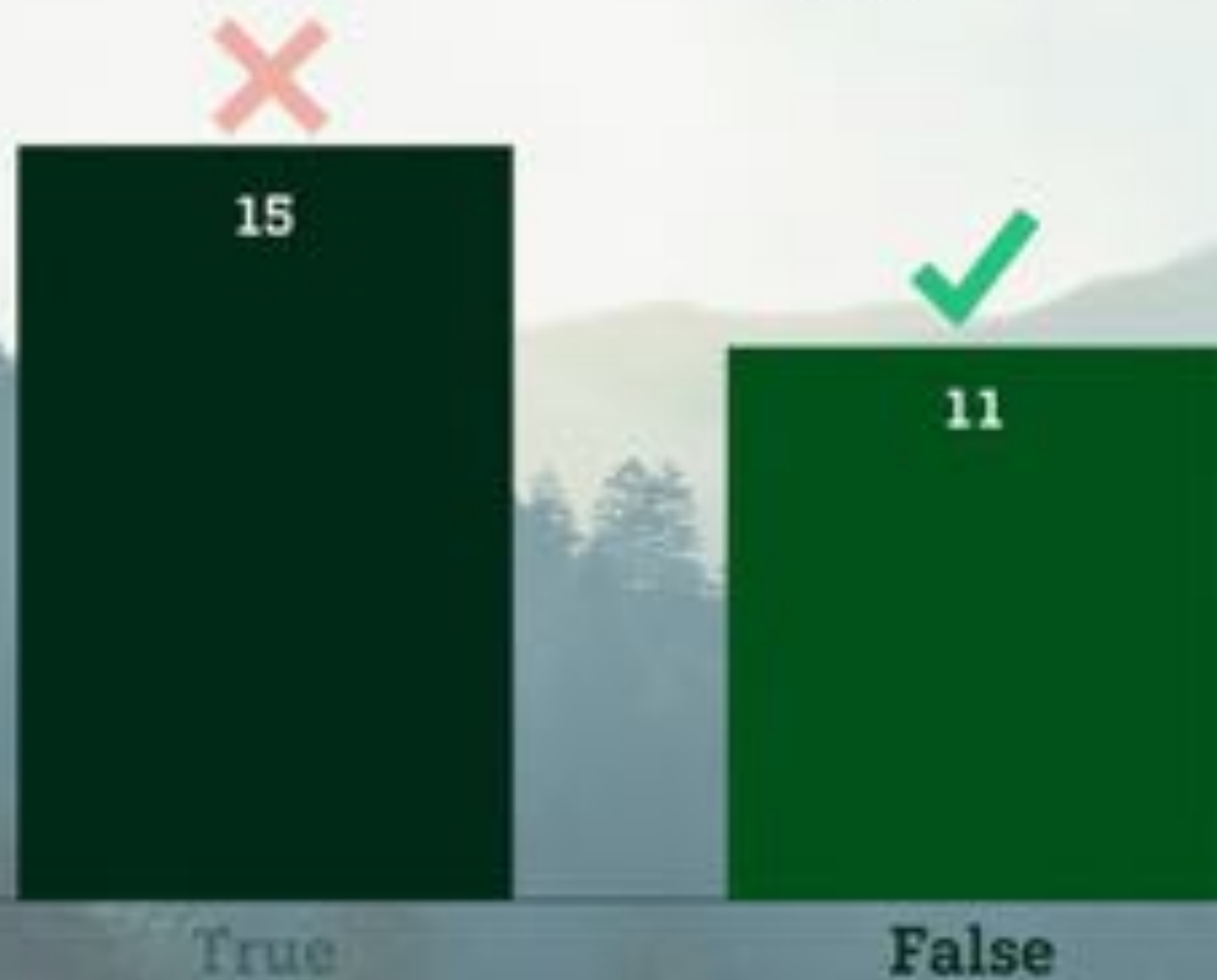
- What can you influence?

Zinberg

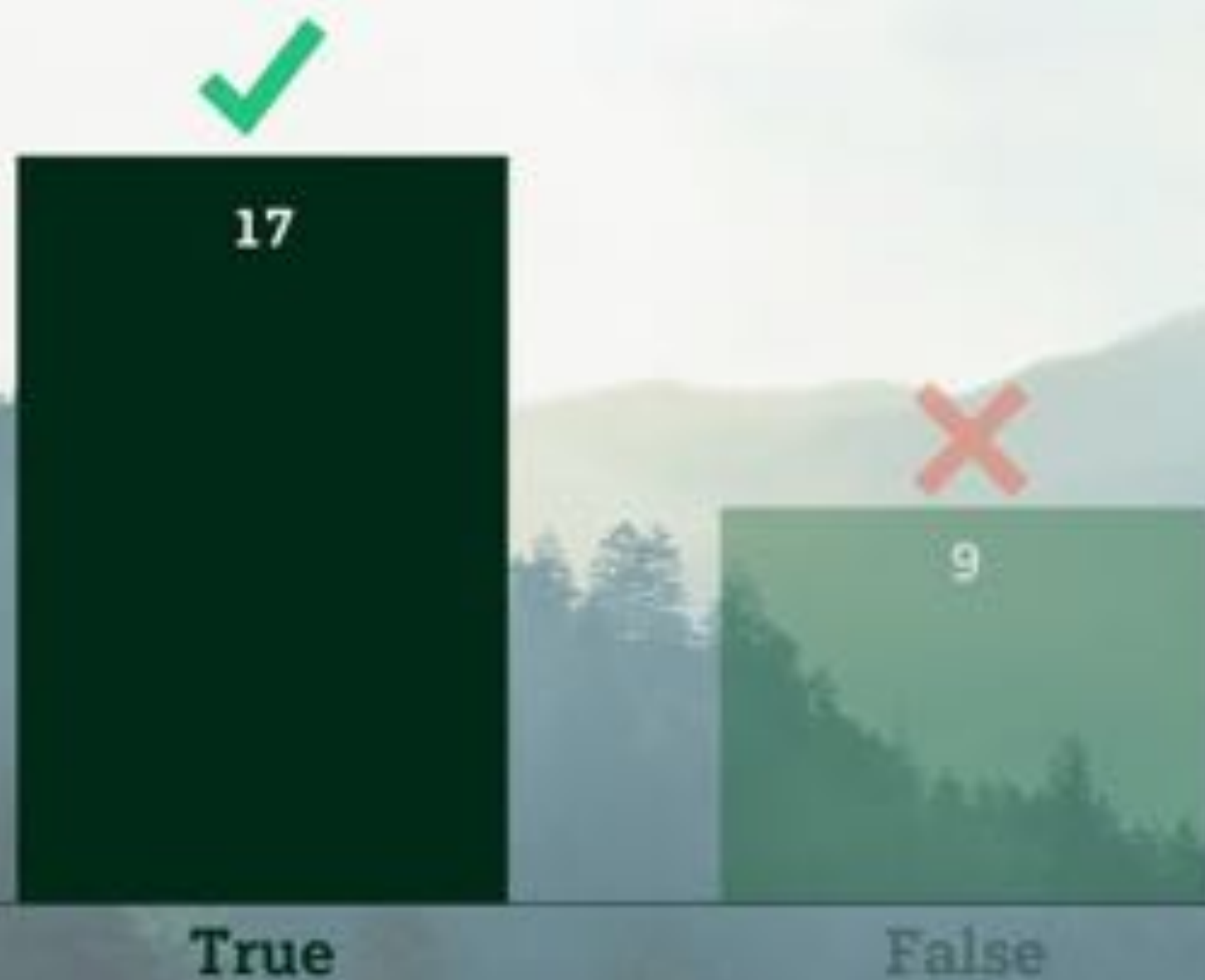


Alcohol

Mixing drinks makes you more drunk than drinking the same amount of one type of drink



A hangover is a form of an alcohol overdose

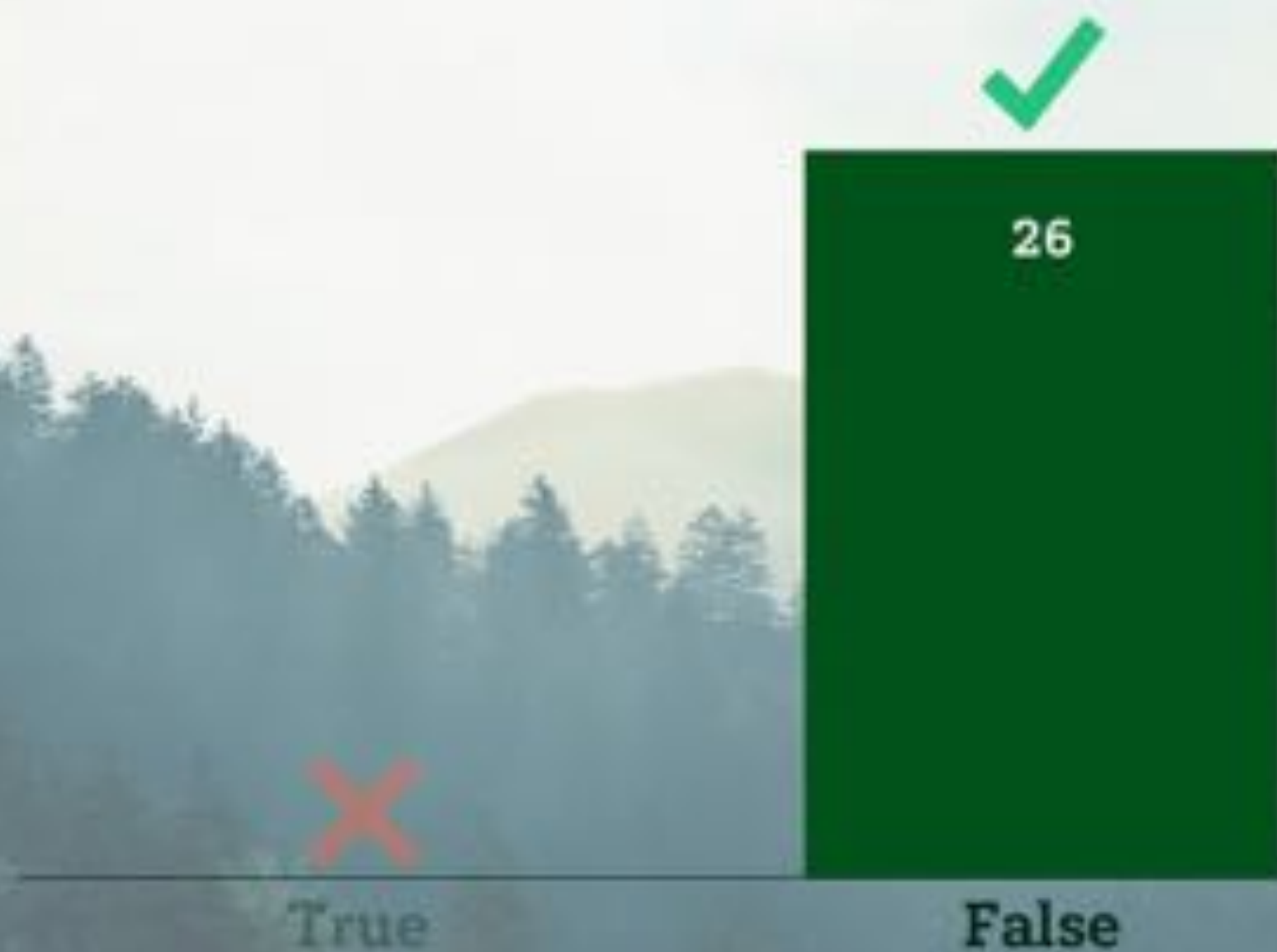


If you want to become sober you can



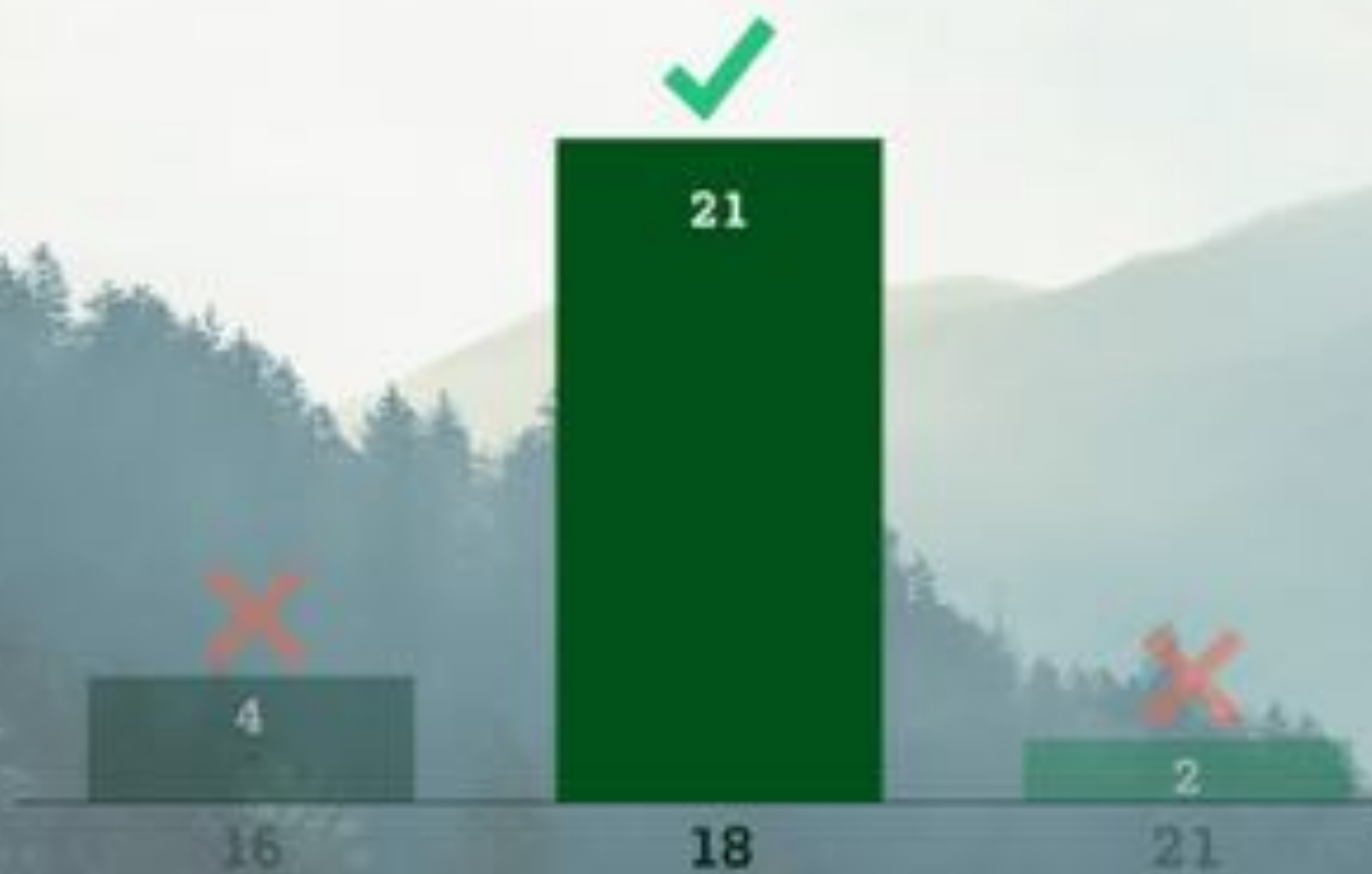
Alcohol helps you sleep better

Mentimeter



26

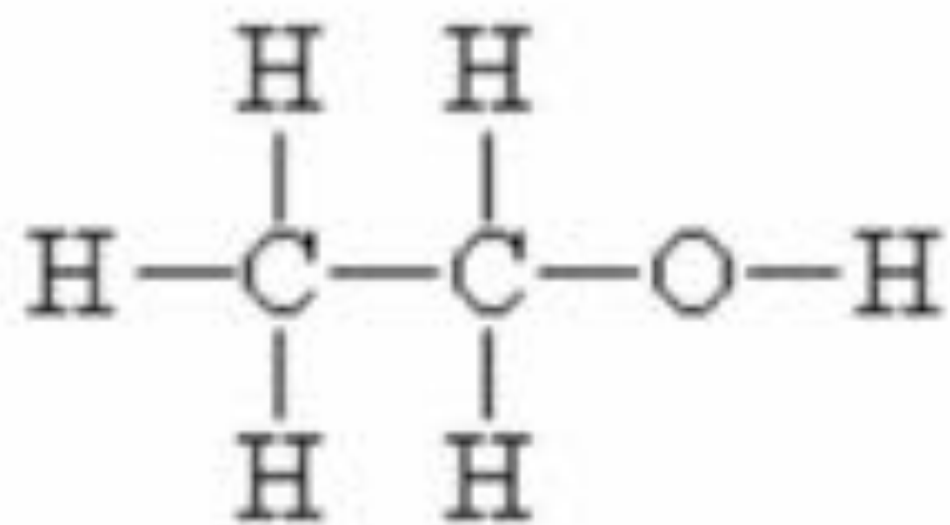
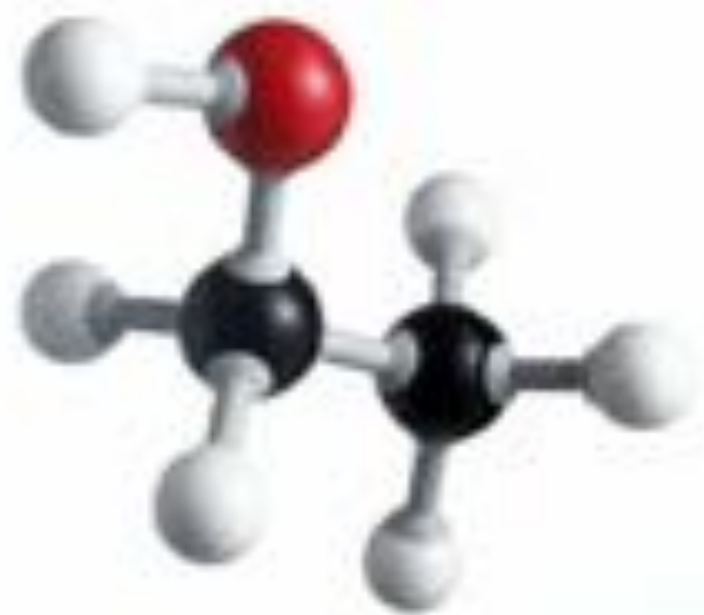
At what age are you allowed to buy alcohol in the Netherlands?



Alcohol



Alcohol



Alcohol Physical

- Reaction time goes down
- Loss of well coordinated movement
- Heart rate and respiration go up, then down
- Tunnel vision
- Nausea and vomiting
- Dehydration
- Relaxation

Alcohol Psychological

- Intensification of feelings
- Inability to process sensory and social information
- Disinhibition
- Relaxation
- Pro-social behaviour
- Self-confidence
- Aggression
- Confusion
- Black outs and memory loss
- Emotional lability

Alcohol Characteristics

- Red eyes
- Slurred speech
- Alcohol smell
- Unbalanced walking/drunk walking
- Disinhibited behaviour

Alcohol Risks

- Mouth and throat
- Stomach
- Liver
- Heart and blood vessels
- Brain
- Alcohol related diseases (korsakov, cancer, liver cirrhosis)
- For children/teens: 4+ drinks -> coma

Alcohol and the teenage brain

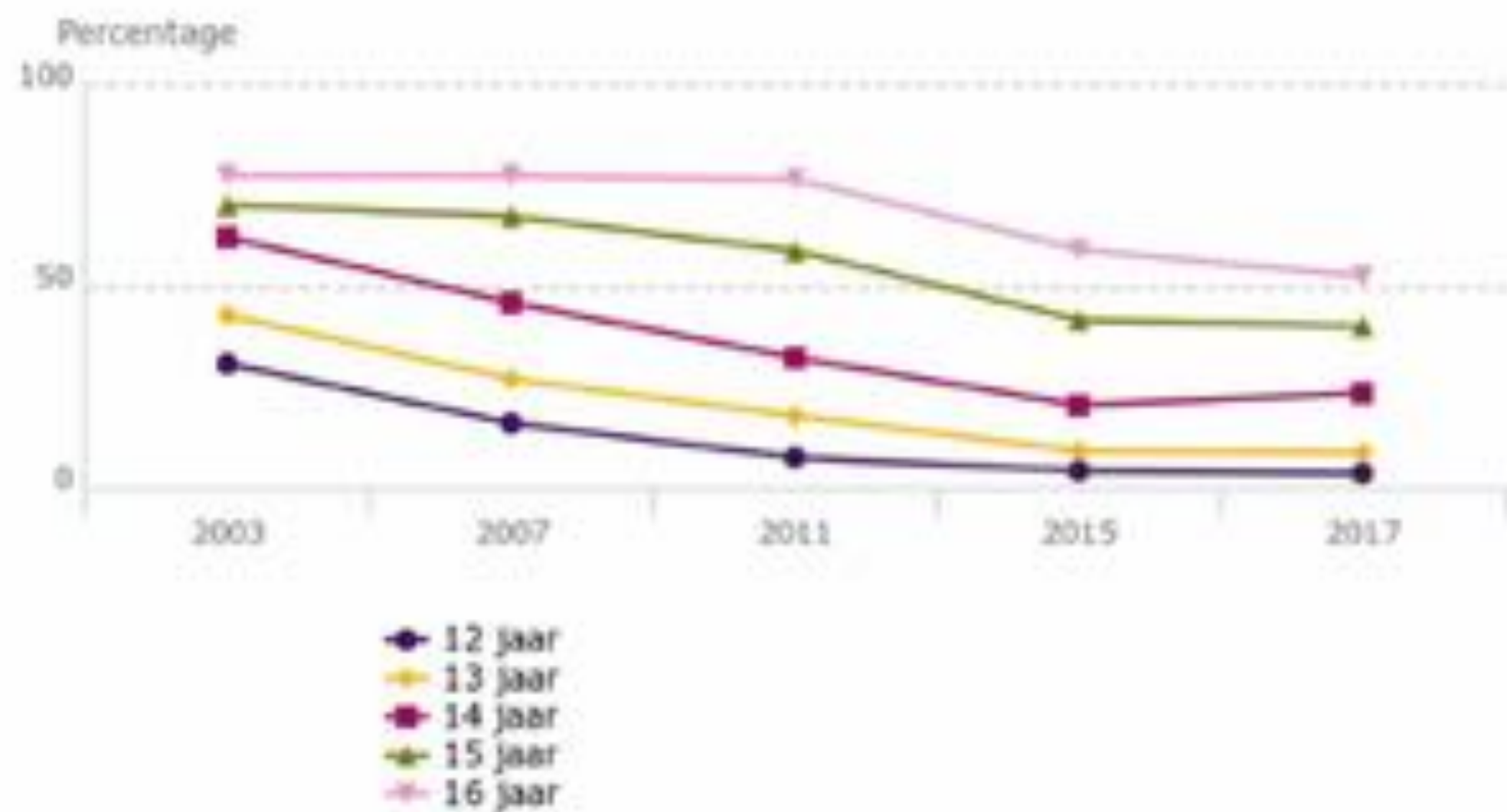
- Higher tolerance for negative effects
 - Drinking
- High learning capacity: positive and negative
- Early onset of heavy drinking correlates with higher chance of addiction later in life

Alcohol and the teenage brain

- Binge drinking = 4 – 6 drinks in one occasion
- 2 - 4 times a month
- Boys: attention span (10%)
- Girls: interpreting visual input/spatial functioning
- All: memory and thinking

Trend in alcoholgebruik in de afgelopen maand door jongeren

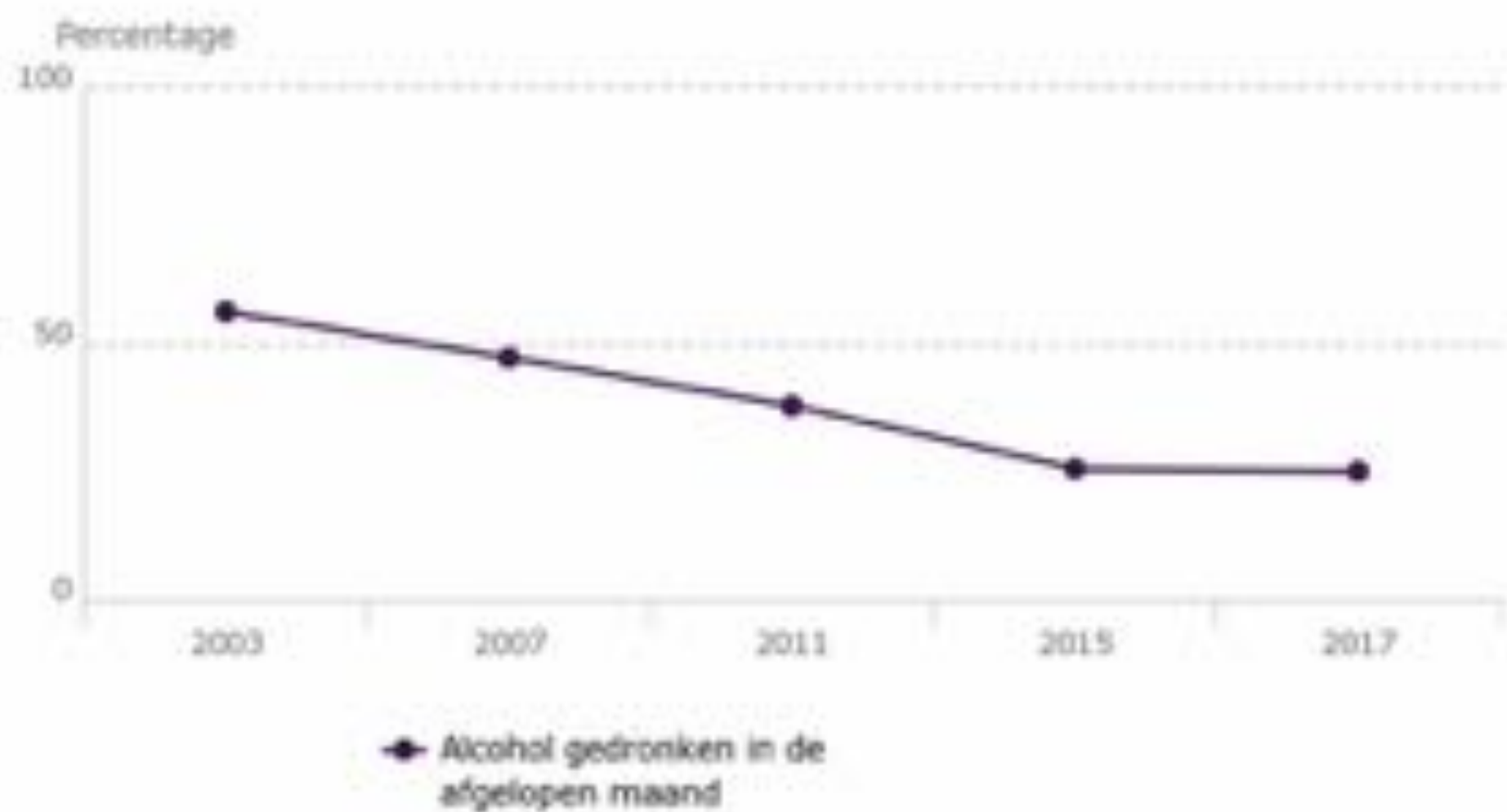
Scholieren 12 t/m 16 jaar



www.mentimeter.nl

Trend in alcoholgebruik in de afgelopen maand door jongeren

Scholieren 12 t/m 16 jaar



www.staatsvns.nl

My child is allowed to drink alcohol at home

Mentimeter



No



Yes, when 16 or older



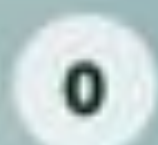
Yes, when 18 or older



Yes, on special occasions, one drink



Yes, every weekend



Yes, whenever they want

Cannabis



Cannabis



Cannabis

- THC
- CBD and CBN
- Over twenty other cannabinoids

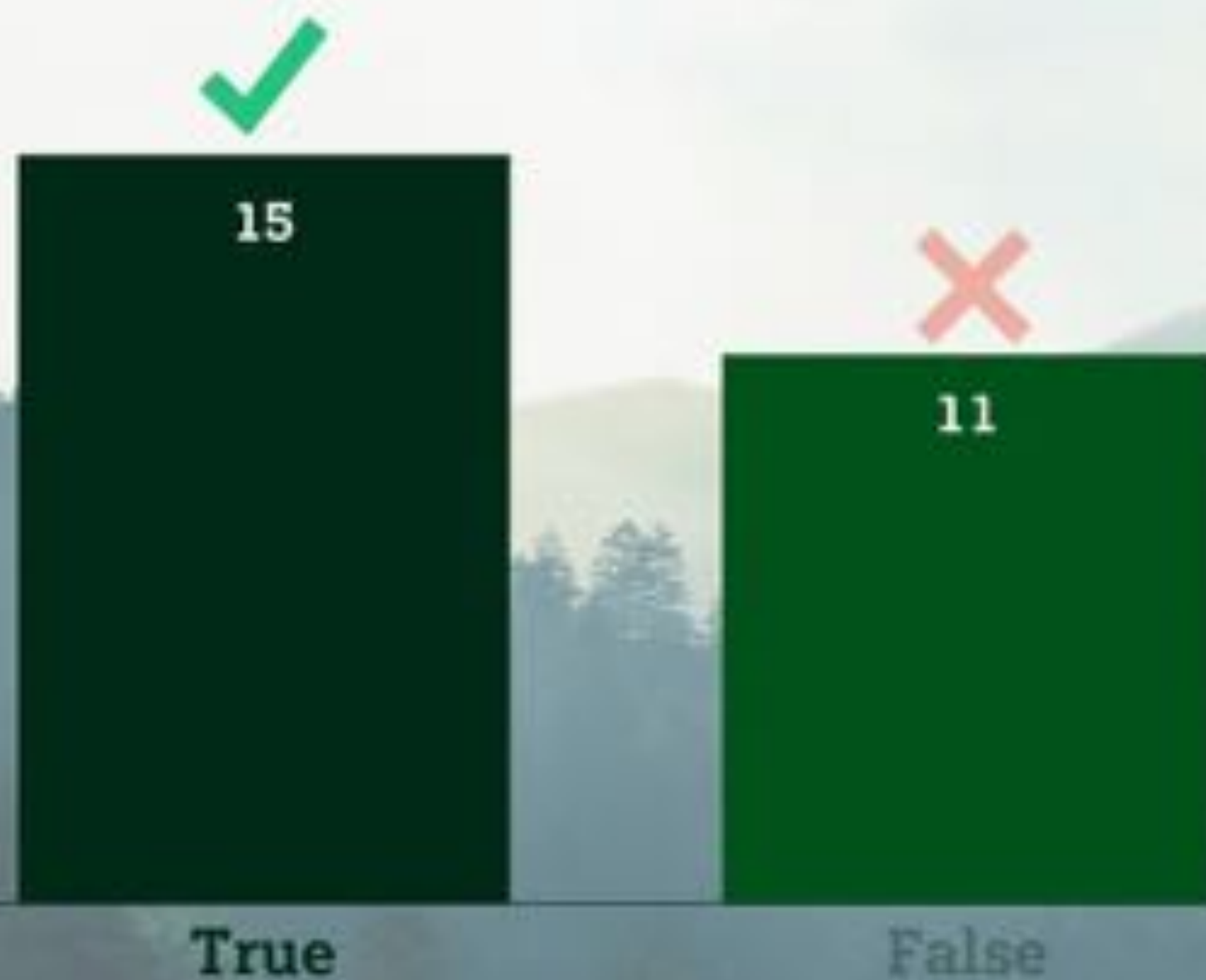
Cannabis

- Intensification of feelings and sensations
- Uncontrollable laughter
- Relaxation (mental and physical)
- Reaction time ↓
- Hunger ↑ (munchies)
- Altered way of thinking (creativity)

Cannabis use leads to permanent memory loss and brain damage



Cannabis can make you psychotic



Cannabis is addictive



18

True



10

False

Cannabis - Risks

- Memory impairment
- Nausea and/or vomiting
- Paranoia
- Derealisation
- Fear and/or panic
- Passing out

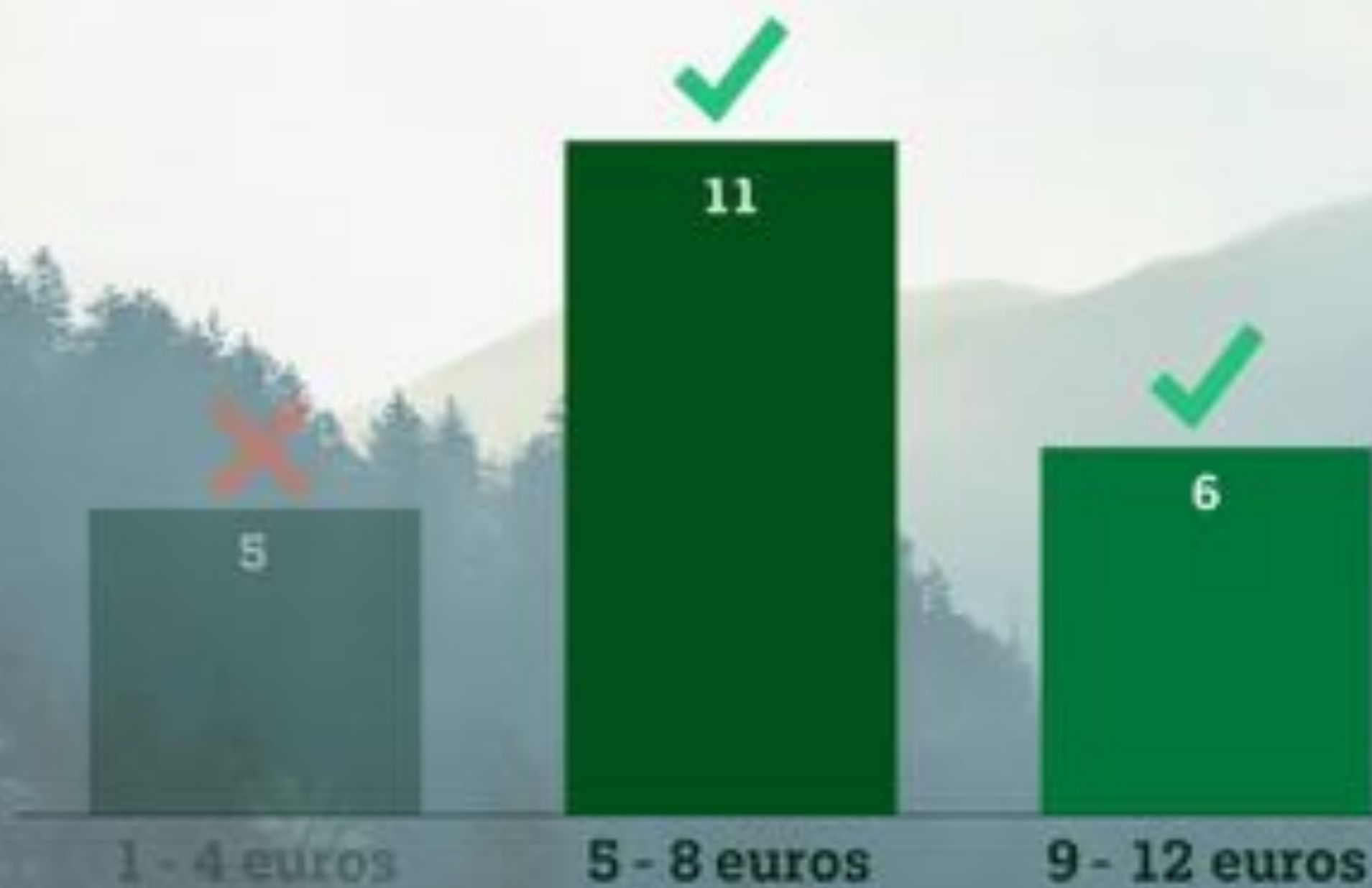
Cannabis - Risks

- Addiction
- Psychosis
- Depression
- Loss of motivation
- Lungs

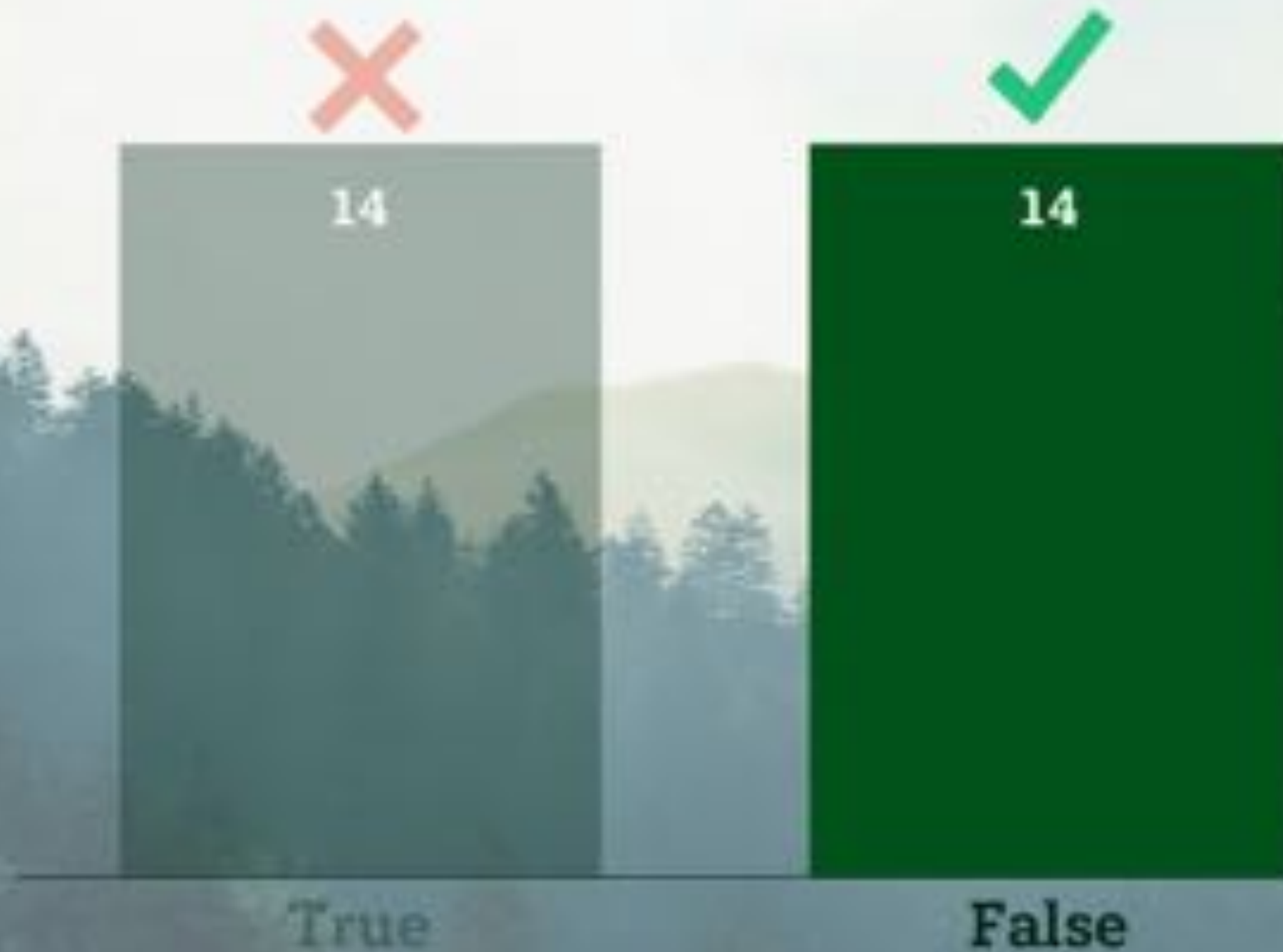
Cannabis - Characteristics

- Red eyes
- Smell of cannabis
- Difficulty focusing
- Scared/paranoid/difficulty to connect

What is the cost of a gram of weed or hash in the coffeeshop?



Cannabis is legal in the Netherlands



Drug use is legal in the Netherlands



What is the most popular drug under teenagers in the Netherlands?

A word cloud of drug names in various sizes and orientations, set against a background of a misty mountain range. The words are in shades of green and black. The largest word is 'alcohol'. Other prominent words include 'weed', 'cannabis', 'ecstasy', 'laughing gas', 'cigarette', 'helium', 'hash', 'pot', 'mixed drinks', 'cocaine', 'aspirin', 'lachgas', 'xc', 'beer', 'hashj', 'ectasy', and 'canabis'.

alcohol
weed
cannabis
ecstasy
laughing gas
cigarette
helium
hash
pot
mixed drinks
cocaine
aspirin
lachgas
xc
beer
hashj
ectasy
canabis

Drugs

- Legal: use
- Illegal: possession, distribution, production, and preparation

Drug use in teenagers

TABEL 6.2 Cannabis-, XTC- en lachgasgebruik naar sekse en leeftijd (% voortgezet onderwijs n=6718)

	Voortgezet onderwijs							
	Totaal VO			Leeftijd ^a				
	J	M ^b	Tot	12 jaar	13 jaar	14 jaar	15 jaar	16 jaar
Cannabis								
ooit in het leven	11,5	6,8*	9,2	0,3	1,5	6,8	16,4	23,5
laatste maand	6,4	3,0*	4,7	0,1	0,7	3,2	8,9	12,1
XTC								
ooit in het leven	1,3	0,6*	1,0	0,2	0,2	0,9	1,5	2,2
laatste maand	0,6	0,3	0,4	0,2	0,1	0,2	0,9	0,8
Lachgas								
ooit in het leven	10,2	8,5	9,4	3,5	5,4	8,4	13,9	16,9
laatste maand	3,0	2,1	2,5	0,5	1,4	2,7	4,6	3,9

Laughing gas (nitrous oxide, N₂O)

- Short and fleeting effect
- Dissociative
- Laughing
- Weird
- Intensification of sounds
- Mild hallucinations
- Dreamy state of mind
- Mild Euphoria

Laughing gas



Laughing gas Risks

- Dizziness
- Loss of coordination
- Loss of consciousness
- Headaches
- Confusion
- Fear
- Nausea
- Addiction (very uncommon!)
 - Vitamin B12 insufficiencies

Laughing gas Costs

- One 'hit' (patroon) costs between 0,30 and 0,60 Euro's
- Parties: E1 – 5 euro per hit
 - (E2-3 average)
- Wholesale
- Internet
- Marskramer/Blokker/Makro

MDMA (XTC)

- M, Molly, pill (pillen), XTC, ecstasy, E, X, Love/liefde
- Pill or crystal/powder



Costs:

E2 – 10 per pill

E25 – 50 per gram

MDMA (XTC)

- Prosocial behaviour
- Cuddling
- Love
- Intense euphoria
- Intensification of experience (touch, sounds, smells, tastes, conversations, movement, etc.)

MDMA (XTC) Physical

- Tense muscles
- Tense jaws (chewing, ice skating)
- Dilated pupils
- Sweating
- Difficulty to pee

MDMA (XTC) Acute Risks

- Hyperthermia
- Water intoxication
- High blood pressure/heart rate
- Epileptic attack
- Jammed jaw
- Fear and/or confusion
- Nausea
- Dizziness
- Blurry sight, involuntary eye movement
- Blue Monday, suicide Tuesday, 'Dinsdag Dip'
- Overdose: serotonin syndrome

MDMA (XTC)

Long term risks

- Brain damage?
- Changes in serotonin transporters
 - Memory
 - Sleep
 - Concentration
- Depression and/or anxiety
- DPS/DRS
- HPPD

Further reading

- www.drugsinfo.nl
- www.alcoholinfo.nl
- www.jellinek.nl/english
- 0900-1995 (alcohol and drugs)
- 0800-1995 (tobacco)

- **Don't Panic!**
A Parent's Guide To Understanding and Preventing Alcohol and Drug Abuse
– S. Peele, PhD