



IN THIS ISSUE.....

Even One Strong Drink May Impair

WI Rape Law Changed to Include Alcohol as Factor

More Middle Aged Americans Dying from Overdose

Painkillers Becoming More Popular Than Marijuana

Trooper Encounters Driver Impaired on Salvia

Internet Offers 'How To' For Drug Use

New Youth & Alcohol Coordinator at OTS

Mushroom Study Shows Positive Effects

Liquor Shots sold in Pocket Packs

DAWN Reports ER Mentions of DXM

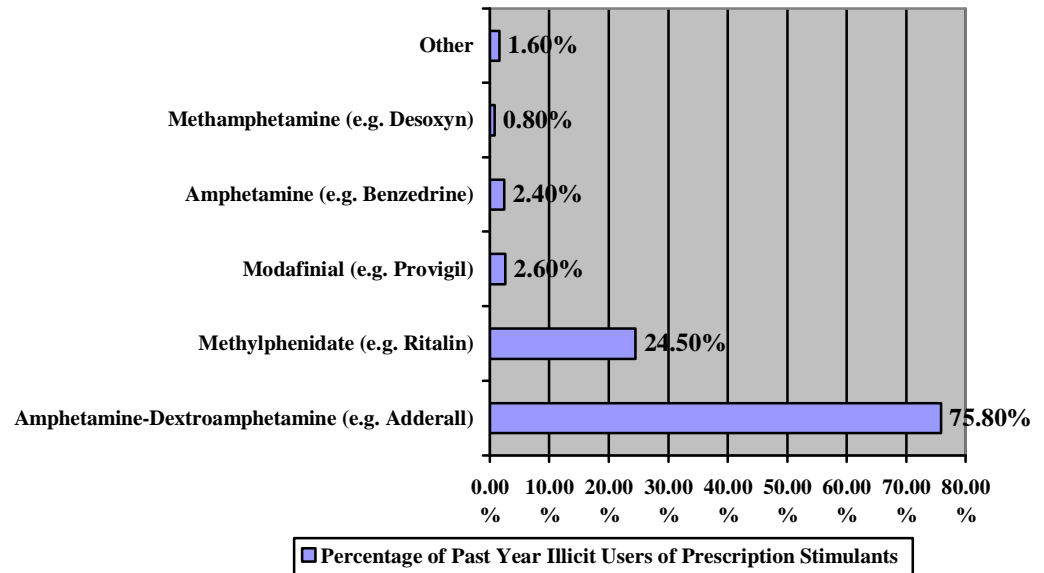
SNARE the Drug Impaired

THE OFFICIAL NEWSLETTER OF THE MINNESOTA DRE
DECEMBER 2006

COLLEGE STUDENTS WHO ILLICITLY USE PRESCRIPTION STIMULANTS FAVOR ADDERALL

College students who misuse prescription are three times more likely to report using amphetamine-dextroamphetamine (e.g. *Adderall*) than methylphenidate (e.g. *Ritalin*), according to a survey of undergraduate students at a large midwestern university.*

Of the 5.9% of undergraduate who reported using prescription stimulants not prescribed for them at least once in the past year, three-fourths reported taking amphetamine-dextroamphetamine while one-fourth reported methylphenidate use.



Previous research has found that college students believe *Adderall* is preferred over other stimulant medications because it is easily accessible, causes fewer emotional ups and downs, and is believed to work better overall. The authors suggest that “studies that rely solely on methylphenidate as an indicator for illicit use of prescription stimulants may underestimate the prevalence of this form of drug abuse.”

*The web based survey was conducted at a large Mid-Western university in January and February 2005.

Source: CESAR FAX www.cesar.umd.edu

EVEN ONE STRONG DRINK MAY IMPAIR JUDGMENT

(HealthDay News) -- A study involving a chest-thumping gorilla comes with a serious message: People who think they can handle just one drink after work and still drive home safely may want to think again.

A new study found that, despite blood readings suggesting participants had reached just half the legal intoxication limit, those participants still suffered significant visual impairment after only one drink.

In the study, researchers from the University of Washington, Seattle, studied the theory of "inattention blindness," wherein an individual fails to notice an unanticipated yet prominent object -- in this case, a gorilla -- in their field of vision while concentrating on another task or object.

Continued on Page 4

WISCONSIN RAPE LAW CHANGED TO INCLUDE ALCOHOL AS FACTOR

A Wisconsin law pertaining to rape has been revised to include alcohol as a date-rape drug that could be an aggravating factor in sexual assaults. Until this change, Wisconsin was the only State to exclude alcohol as a potential legal intoxicant in rape cases, according to the Wisconsin State Journal. Under the revised Wisconsin law, which took effect in June, victims who are very drunk during a sexual encounter can be judged incapable of giving consent. Prior to the change, a victim who had been drinking had to be unconscious to be deemed incapable of consenting to sex. The law defines sexual contact with a person incapable of consent because they are under the influence of an intoxicant as second-degree sexual assault. The offense is a Class C felony punishable by a fine up to \$100,000 and a prison sentence of up to 25 years. Jill Groblewski of the Wisconsin Coalition Against Sexual Assault says "Alcohol is the No. 1 date-rape drug, and we've felt strongly that our statutes should reflect that reality. The change in legislation allows prosecutors to hold offenders accountable who use alcohol to facilitate a sexual assault."

MORE MIDDLE-AGE AMERICANS DYING FROM DRUG OVERDOSE

Even as federal officials tout progress in cutting teen drug use, more middle-aged Americans are dying of drug overdoses, experts say.

The Psychiatric Times reported in its April 2006 issue that the typical addict is likely to be in their mid-30s to mid-50s, but that prevention programs often overlook Baby Boomers.

"There is a generational bias going on," said sociologist Mike Males, Ph.D., of the University of California at Santa Cruz. "Of 3,700 drug deaths in California during 2003, only 51 were [in people] under the age of 20."

The Drug Addiction Help Line reported that the typical overdose victim in 2005 was age 43, compared to 32 in 1985 and 22 in 1970. The Drug Abuse Warning Network (DAWN) reported that more than half of overdose deaths in 2003 were among 35-to-54-year-olds.

The trend toward older addicts dying holds true in Washington, D.C., said Erin Artigiani, deputy director for policy at the Center for Substance Abuse at the University of Maryland in College Park. "We don't usually see many people under 21," she said. "Mostly, it's the older users -- those with the longest history of drug use, and who are using harder drugs."

Continued on Page 5

PRESCRIPTION PAINKILLERS BECOMING MORE POPULAR THAN MARIJUANA

Marijuana has long been the most popular illicit drug in the U.S., but federal researchers say that there are now more new recreational users of prescription painkillers than new pot smokers.

The Substance Abuse and Mental Health Services Administration (SAMHSA) reported Oct. 27 that a new study, "Misuse of Prescription Drugs: Data from the 2002, 2003 and 2004 National Surveys on Drug Use and Health," found that misuse of prescription drugs has become the second-biggest illicit-drug problem behind marijuana use.

The study estimated that about 2.7 million people ages 12 and older first misused prescription drugs each year, compared to an estimated 2.1 million new users of marijuana. Nonmedical use of prescription drugs was highest among 18- to 25-year-olds, followed by 12- to 17-year-olds. Drugs like hydrocodone, including Vicodin, were especially popular, as were oxycodone-based drugs like OxyContin and Percocet.

"While marijuana continues to be the most commonly used illicit drug, the misuse of prescription drugs is clearly a growing national concern that requires action from multiple segments of our society," said Assistant Surgeon General Eric Broderick, SAMHSA's acting deputy administrator.

"We know that 70 to 80 percent of those 12 years or older said they got their drugs from a friend or relative and, very likely, those came from the family medicine cabinet. Only 4.3 percent got the pain relievers from a drug dealer or other stranger, and only 0.8 percent reported buying the drug on the Internet. Parents and other caregivers should store their prescription drugs carefully and dispose of any unused drugs before they can fall into the wrong hands."

*Source: Join Together Online
www.jointogether.org*

TROOPER ENCOUNTERS DRIVER IMPAIRED ON SALVIA

The following facts are excerpted from a DWI arrest by Trooper Mike Gensmer in July 2006. An article on Salvia was included in the March 2006 edition of this newsletter. An archived copy of can be viewed in the 'News' section at www.mspta.com/dre

I responded to a one vehicle crash at 494 just north of Bailey Road. I noticed empty beer cans throughout the vehicle. The occupants of the vehicle were carefree and none of them really knew what had happened. The vehicle hit 3 retaining walls in the construction zone.

I spoke with the 19 year old driver. He denied drinking any alcohol. He was very excited, talkative and carefree. His speech was rapid. His pupils were dilated. He was given a PBT with a result of .077 AC. The subject stated that he wasn't drunk. He stated that he just took a hit of Salvia and that it caused him to black out. He did not even remember crashing.

I arrested the subject for DWI. Upon searching the vehicle, I located two glass pipes with burned marijuana residue and a dugout with a small amount of marijuana.



The subject stated that he was prescribed the following medications: Adderall, Lexapro and Xanax. He stated that he only took his Adderall that day.

The subject displayed visible body and eye tremors. The subject's pulse rate was high (116/116/120 bpm) and his temperature was high (99.9 degrees). His eyes were dilated under room and direct light. He displayed hippus in both eyes under direct light.

He stated that he did not smoke any marijuana that day and that he only drank alcohol and smoked a hit of Salvia. He stated that he took a hit of Salvia while crossing the Wakota Bridge and then passed out with ¼ mile of driving. He did not know what the intended affects of Salvia were prior to using the substance.

INTERNET OFFERS HOW-TO'S FOR DRUG USE

Want to learn how to smoke the fentanyl found in a pain patch, or get high using cough syrup containing dextromethorphan (DXM)? Some people do, and they're turning to the Internet to get the step-by-step instructions they need, the Chicago Tribune reported.

A drug user named Shiva recently detailed online how she tapped six used fentanyl patches she found in the garbage after her grandmother died, pricking them with a needle, pressing out the gel and smoking it. "When I follow these simple steps, I feel warm and nice and forget my problems and worries," she wrote. "But if I take too much, I'll feel itching all over my body and will be unable to go to the toilet. It is very addictive."

Other users spoke of chewing, sucking, eating, or snorting the patches or gel. A simple Google search yields advice on "crushing, separating, purifying and chemically altering specific formulations to allow changes in dosage, route of administration and time course of effects," according to researcher Edward Cone, a toxicologist at ConeChem Research in Maryland and a consultant to the pharmaceutical industry.

"I just touched the tip of the iceberg in my review," said Cone. "Nothing parallels this phenomenon. The amount of information now available is staggering." Cone's study was published in the June 2006 (Drug Formulation and Abuse Liability) issue of the journal *Drug and Alcohol Dependence*.

EVEN ONE STRONG DRINK MAY IMPAIR JUDGMENT (continued)

To determine the effect of inattention blindness on subjects who had been drinking, study participants were given 10 minutes to drink a beverage. The drink may or may not have been alcoholic, and the participants were not told whether or not their beverage contained alcohol.

After finishing their drinks, participants watched a 25-second video clip featuring six people playing ball. They were asked to count the number of times the ball was passed between players.

In the middle of the video, a person in a gorilla suit walked past the players on the screen, beat on its chest and then walked out of the image. The gorilla was in the scene for more than one-third of the entire video.

Participants who tested as "mildly intoxicated" were twice as likely to say they didn't see the gorilla, compared to participants who were less drunk. The findings could have serious implications for driving while mildly intoxicated, the researchers said.

"We rely on our ability to perceive a multitude of information when we drive (speed limit, road signs, other cars, etc.). If even a mild dose of alcohol compromises our ability to take in some of this information -- in other words, limits our attention span -- then it seems likely that our driving ability may also be compromised," study author Dr. Seema Clifasefi said in a prepared statement.

For example, she said, "If you've had one drink, you may be so focused on paying attention to your speed so as not to get pulled over, that you completely miss seeing the pedestrian that walks directly in front of your car."

The study was published in the journal *Applied Cognitive Psychology*.

NEW UNDERAGE ALCOHOL USE PREVENTION COORDINATOR AT THE OFFICE OF TRAFFIC SAFETY

Welcome to Dawn Olson who is the new coordinator of the Enforcing Underage Drinking Laws (EUDL) program at the Department of Public Safety. This is the position that Sharon Johnson had until she retired in July. You can reach Dawn by e-mail at dawn.m.olson@state.mn.us or by phone at 651-201-7067.

MUSHROOM STUDY SHOWS SOME POSITIVE EFFECTS OF HALLUCINOGENS

A group of well-educated middle-aged test subjects reported mostly positive changes in attitudes and behavior after consuming controlled doses of psilocybin, the hallucinogenic compounds found in "magic" mushrooms, the Wall Street Journal reported.

Johns Hopkins researchers said that the drug generated feelings of joy, peace and harmony -- as well as distance from reality -- among the 36 participants, two-thirds of whom called the experience one of the top five in their lives. Positive effects lasted up to two months.

On the other hand, 30 percent of the 36 volunteers experienced darker "trips" full of fear and paranoia. Trained monitors helped the test subjects through these experiences, but noted that such episodes could be dangerous in a less-controlled environment.

Psilocybin mushrooms have been used in many cultures as part of religious ceremonies, and former National Institute on Drug Abuse (NIDA) head Charles Schuster said the research "renews interest in a fascinating and potentially useful class of psychotropic agents." NIDA cosponsored the study but also warned against the dangers of eating psilocybin mushrooms, noting the potential for psychosis, paranoia, and anxiety.

Roland Griffiths, who headed the research team, also warned against interpreting the results as a green light for consuming the mushrooms. "We don't know all their dark sides," he said. "I wouldn't in any way want to underestimate the potential risks."

The study was one of the first conducted on hallucinogenic mushrooms since the early 1960s. The findings were published in the journal Psychopharmacology.

LIQUOR SHOTS SOLD IN POCKET PACKS

A company called Pocket Shot is marketing single-serve liquor shots in flexible lined pouches, touting their "grab and go" convenience. The Pocket Shot is packaged to resemble a miniature, soft-sided bottle. Each contains 50 ml of 80-proof liquor. Varieties include bourbon whiskey, rum, vodka, gin, and tequila.

The company said the packaging was designed to "address the need for convenience in today's highly mobile lifestyle." "The pouch combines the appeal of the traditional airplane bottle with the benefits of flexible packaging - - freshness, touchability, recyclability, shelf stability and 'stuffability' -- so the product has universal modality," according to Power Shot.

"We're not just selling alcohol, we're providing a fun and functional way to break out of the bottle that fits with an active and on-the-go lifestyle," said company founder and CEO Jarrold Bachmann. Power Shot is currently being sold in California.



DAWN REPORT: EMERGENCY DEPARTMENT VISITS INVOLVING DEXTROMETHORPHAN

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Office of Applied Studies (OAS) has released a report on Dextromethorphan

Dextromethorphan (DXM) is approved by the Food and Drug Administration and is a cough suppressant found in many over-the-counter cough and cold remedies. Dextromethorphan is generally safe when taken in recommended doses but in large amounts can cause dangerous side effects.

According to SAMHSA's Drug Abuse Warning Network (DAWN) for 2004, an estimated 12,584 emergency department visits (0.7% of all drug related emergency department visits) involved pharmaceuticals containing dextromethorphan.



The rate of emergency department visits resulting from nonmedical use of dextromethorphan for those aged 12 to 20 was 7.1 visits per 100,000 population compared with 2.6 visits or fewer per 100,000 for other age groups.

Emergency department patients aged 12 to 20 accounted for almost half (48%) of all the emergency department visits resulting from nonmedical use of dextromethorphan.

The rates of DAWN emergency department visits resulting from any type of use of dextromethorphan among those aged 12 to 20 was 10.3 per 100,000 population compared with 4.3 visits per 100,000 for the population overall.

Alcohol was implicated in about a third (36%) of the DAWN emergency department visits involving nonmedical use of dextromethorphan for those aged 18 to 20 and in 13% of visits for those aged 12 to 17.

The full report can be viewed at: <http://oas.samhsa.gov/DAWN/dextromethorphan.cfm>

MIDDLE-AGE AMERICANS DYING FROM OVERDOSE (continued)

Older drug users also predominate in emergency-room visits, according to DAWN data. "I'm surprised the numbers have escaped attention this long," said Males. "How did it get to the level it did with no notice? It's really a remarkable information breakdown. These numbers are not generally picked up in the popular press. People usually look for the heart-wrenching stories, the young person who lost his or her chance at life. Emergency-room doctors and counselors are well aware of the older sector of drug users."

Dr. Males said potent prescription painkillers like the widely abused OxyContin may be contributing to overdose deaths among older Americans. Cocaine and methamphetamines also are factors, although many overdose victims had used more than one substance.

Middle-aged Americans also have been involved in more crimes nationally, a trend that may have its roots in drug addiction.