



PARTNERS IN CRIME PREVENTION

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DRUGS—CURRENT TRENDS IN SNOHOMISH COUNTY

Drugs are always a concern for police agencies. Many drugs, such as heroin, marijuana, cocaine, and designer drugs like ecstasy are prohibited from being sold or used. Government officials have determined these drugs are too addictive and their harm is too great for users and the general public for them to be uncontrolled by government.

Police frequently point to users committing crimes such as burglaries and car prowls to raise cash to keep up their drug addictions.

For example, recently police conducted a large drug bust in Snohomish. According to The Daily Herald:

“Many of the defendants told detectives that they were selling heroin to support their own addictions. One man, 22, said that he received calls "all the time" to sell heroin. He told detectives that he tried to sell drugs to make money, but he wasn't very good at turning a profit, Snohomish County deputy prosecutor Chris Dickinson wrote in court papers.”

(The Daily Herald, June 7, 2011 “Seven arrested on heroin charges appear in court, two others fail to appear”:

[http://www.heraldnet.com/article/20110607/NEWS01/706079925\)](http://www.heraldnet.com/article/20110607/NEWS01/706079925)

Users can be a danger to the general public when using drugs. For example, earlier this year:

“A man arrested for investigation of vehicular homicide told troopers he had injected heroin and smoked marijuana not long before last week's fatal car wreck at Thrasher's Corner near Bothell.”

(The Daily Herald, “Driver in fatal Bothell wreck allegedly used heroin and marijuana”:

[http://heraldnet.com/article/20110322/NEWS01/703229932\)](http://heraldnet.com/article/20110322/NEWS01/703229932)

Over time, drug users change their drug preferences. In the early 2000's methamphetamine was the preference. Now prescription drugs, oxycontin, heroin and possibly “bath salts” have become more popular.

We are all affected by drug abuse. As victims of burglary, car theft, ID theft, or on the road in car crashes. Families are affected if a member becomes addicted.

Knowing about illegal drugs can help you prevent crime or help you help a family member or friend who abuses drugs.

For more detail about drugs in Snohomish County go to the Snohomish Regional Drug Task Force web site:

<http://www.srdtf.org/>



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TEENLINE.ORG

Teenline.org is a crisis intervention and referral service that helps teens, parents and professionals in the state of Washington.

Teenline.org provides a place for people to talk about their drug or alcohol use or a friend or family member's use.

They offer referrals to agencies that can offer further assistance.

Teenline.org maintains a crisis line 365 days a year between 8am to 10pm:

(206)722-4222

Or

(877) 345-8336

You can also go to its web site:

www.theteenline.org

DRUGS- BATH SALTS

A bizarre murder-suicide on I-5 near Olympia involving the use of bath salts caused alarm among state health officials.

In the incident an Army sergeant killed his wife and then himself at the end of a high speed chase on I-5. Investigators later found the couple's son dead at their home. Investigators found what looked like "bath salts" in the wrecked car. (The Herald, "Bath salts suspected in Spanaway family deaths" <http://heraldnet.com/article/20110422/NEWS03/704229824>)

Bath salts are a new designer drug that has been causing concern by health officials nationwide. Bath salts contain a chemical called MDPV (3,4-methylenedioxypyro-

valerone) that can cause extreme adverse events including extreme cravings similar to methamphetamine. MDPV can create increased blood pressure and heart rate, cause agitation, hallucinations / delusions, extreme paranoia, and suicidal thoughts. Many patients report uncontrolled cravings for more of the substance and binging for 2 to 3 days. The chemical does not show up in drug tests.

Bath salts are typically inhaled like cocaine. They are sold under names simi-

lar to Ivory Wave, Purple Wave, Red Dove and Zoom, Pure Ivory, Bolivian Bath, Vanilla Sky and Pure XTC in smoke shops, head shops and online. The chemical is sold as "bath salts" often labeled as "not for human consumption." The label is an attempt to bypass rigorous FDA and DEA standards.

Earlier this year, the Washington State Pharmacy Board put a ban on the sale and possession of bath salts. The board classified them as a Schedule I controlled substance making the sale, delivery, or possession illegal. The board acted following a report from



the Washington State Poison Center has been receiving an increased number of calls about people ingesting bath salts. Half of the calls came from hospital emer-

gency rooms. So far this year, there has been a three fold increase of reports of bath salt ingestion over the same period for 2010.

The Washington State Poison Center can help if you are concerned about taking bath salts, or if a loved one is using them. Call:

1-800-222-1222, 24 hours a day.

DRUGS- HEROIN

Heroin use is increasing in Snohomish County according to law enforcement agencies. The increased use is due to a shift from OxyContin to heroin. Part of the reason for the shift is that heroin is cheaper and more accessible and that last summer, the manufacturer of OxyContin changed the formula to increase the difficulty to burn and smoke it for a quick high.

Part of the evidence of the increased use is a series of heroin busts in Snohomish earlier this year.

(<http://heraldnet.com/article/20110407/NEWS01/704079904>)

Heroin is a highly addictive, depressant drug that affects the brain's pleasure system and interferes with the brain's ability to perceive pain. Heroin comes from morphine which in turn is derived from the opium poppy.



Heroin usually comes as a white, dark brown powder or tar-like substance.

Heroin users can use it in a number of ways depending on their preferences and the purity of the drug. "Mainlining" means that the heroin is injected into a main vein. Heroin can also be injected into a muscle, smoked in a water pipe or regular pipe, mixed with a marijuana joint or a regular cigarette. "Chasing the dragon" is inhaling heroin smoke through a straw. It can also be snorted in powder form through the nose.

Short Term Effects. Heroin's effects begin shortly after a single dose and disappear after a few hours. After injection, a user feels a "rush" or a surge of euphoria along with a warm flushing of the skin, dry mouth and heavy extremities. After the initial euphoria, the user will experience alternate drowsy and wakeful states. Mental functioning becomes clouded due to depression of the central nervous sys-

tem. Exterior signs of heroin use include slow and slurred speech, slow gait, constricted pupils, droopy eyelids, impaired night vision, vomiting and constipation.

Long Term Effects. Chronic users can develop collapsed veins, infections of the heart lining and valves, abscesses, cellulites, and liver disease. Pneumonia can result from extended use. Street heroin can have additives that do not dissolve resulting in clogged blood vessels. This can cause infection or death of small patches of cells of vital organs such as the lungs, liver, kidneys, or brain.

With regular use, a user can develop a tolerance requiring a user to use more heroin to achieve the same intensity or effect.

Physical dependence and addiction develop as the user applies higher doses. Withdrawal symptoms may occur if use is reduced or stopped. Withdrawal symptoms may include cravings, restlessness, muscle and bone pain, insomnia, diarrhea and vomiting, cold flashes with goose bumps, and kicking movements.

Major withdrawal symptoms peak after 48 to 72 hours after the last dose and subside after a week. Sudden withdrawal can result in death by heavy users in poor health.



DRUG TIP LINE

If you have any information about drug activity in Snohomish County you can call the following number to report it:

425-388-3479

Or go to

<http://www.srdtf.org/contact>

and fill out the online form

PARENTS- THE ANTI-DRUG

The following web site provides easily understood information about heroin and other drugs:

<http://www.theantidrug.com>

DRUGS- PRESCRIPTION DRUGS

Prescription drug abuse has become an increasing concern to health agencies and law enforcement in the last few years.

According to Washington State Attorney General Rob McKenna, prescription drug abuse is the leading cause of accidental death in Washington State. More people die from accidental drug abuse than die due to traffic accidents.

Seventy percent of the drugs that are abused are found in the home medicine cabinet as prescription drugs. Prescription drugs at home are often not locked up like they would be in a pharmacy or hospital.

Common prescription drugs that are abused include:

Pain relievers- Pain relievers come as tablets and capsules. When they are abused they are swallowed or injected. Besides relieving pain in the short-term they can cause euphoria or feelings of well being in some people. A single large dose can cause severe respiratory depression that can lead to death. Long-term effects can result in physical dependence and addiction.

Sedatives and Tranquilizers- Sedatives and tranquilizers come as multi-colored tablets and capsules and sometimes in liquid form. Medically, sedatives and tranquilizers are used for anxiety, acute stress reactions, and panic attacks. When abused they are swallowed or injected. They can cause euphoria. They also may result in slurred speech, shallow breathing, sluggishness, fatigue, disorientation, and lack of coordination or dilated

pupils. Long-term effects can be physical dependence. When use is reduced or stopped suddenly withdrawal symptoms can occur.

Stimulants- Stimulants come as tablets or capsules. The few health conditions that they may be prescribed for include narcolepsy, attention-deficit hyperactivity disorder and short-term treatment of obesity. When abused they are swallowed or injected. Stimulants increase blood pressure and heart rate, constrict blood vessels and increase breathing. Users can feel like they have increased alertness, attention and energy along with a sense of euphoria. Taking stimulants can be addictive.

For more information about prescription drug abuse go to <http://www.srdtf.org/prescriptiondrugs>.

In recent years, local and state governments have been experimenting with take back programs to take unused or unneeded drugs. This is intended to give consumers an easy way to get rid of drugs that they no longer use instead of putting them in the garbage or flushing them down the toilet.

From time to time the Drug Enforcement Agency (DEA) will advertise take back events in Puget Sound. You can also take un-wanted prescriptions to some drug stores and local police agencies (for narcotics and stimulants). For more information go to:

<http://www.takebackyourmeds.org/>

And select "Drop-Off Locations"

CRIME PREVENTION COORDINATORS

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NEWSLETTER INFO

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If you have questions regarding this newsletter or any articles that appear in it, please contact the editor at neighborhoodwatch@snoco.org

TIP LINES



Snohomish County Sheriff's Office: 425-388-3845

<http://www.snoco.org/app/ssh/anonymoustips/>

Crime Stoppers of Puget Sound: 1-800-222-8477