



PRINCIPLES OF EFFECTIVE TREATMENT

- Addiction is a complex but treatable disease that affects brain function and behavior.
- No single treatment is appropriate for everyone.
- Treatment needs to be readily available.
- Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.
- Remaining in treatment for an adequate period of time is critical.
- Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug use disorder treatment.
- Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.
- An individual's treatment and services plan must be assessed continually and modified as necessary to ensure that it meets his or her changing needs.
- Many drug-addicted individuals also have other mental disorders.
- Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use and misuse.
- Treatment does not need to be voluntary to be effective.
- Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
- Treatment programs should test patients for the presence of HIV/AIDS, Hepatitis B and C, tuberculosis, and other infectious diseases, provide risk-reduction counseling, and link patients to treatment if necessary.

The Drug Enforcement Administration (DEA) schedule indicates the drug's acceptable medical use and its potential for abuse or dependence. The most up-to-date scheduling information can be found on the DEA website.

	COCAINE	HEROIN	INHALANTS	LSD	MARIJUANA (CANNABIS)	MDMA (ECSTASY/MOLLY)	
DESCRIPTION	<i>A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. For more information, see the Cocaine Research Report.</i>	<i>An opioid drug made from morphine, a natural substance extracted from the seed pod of the various opium poppy plant. For more information, see the Heroin Research Report.</i>	<i>Solvents, aerosols, and gases found in household products such as spray paints, markers, glues, and cleaning fluids; also nitrites (e.g., amyl nitrite), which are prescription medications for chest pain. For more information, see the Inhalants Research Report.</i>	<i>A hallucinogen manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. LSD is an abbreviation of the scientific name lysergic acid diethylamide. For more information, see the Hallucinogens and Dissociative Drugs Research Report.</i>	<i>Marijuana is made from the hemp plant, Cannabis sativa. The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC. For more information, see the Marijuana Research Report.</i>	<i>A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name 3,4-methylenedioxy-methamphetamine. For more information, see the MDMA (Ecstasy) Abuse Research Report.</i>	
STREET NAMES	Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot	Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse With OTC cold medicine and antihistamine: <i>Cheese</i>	Poppers, snappers, whippets, laughing gas	Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine	Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed Hashish: <i>Boom, Gangster, Hash, Hemp</i>	Adam, Clarity, Eve, Lover's Speed, Peace, Uppers	
COMMERCIAL NAMES	Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures)	No commercial uses	Various	No commercial uses	Various brand names in states where the sale of marijuana is legal	No commercial uses	
COMMON FORMS	White powder, whitish rock crystal	White or brownish powder, or black sticky substance known as "black tar heroin"	Paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze sprays, glue, spray paint, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, vegetable oil sprays, butane lighters, propane tanks, whipped cream aerosol containers, refrigerant gases, ether, chloroform, halothane, nitrous oxide	Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to	Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)	Colorful tablets with imprinted logos, capsules, powder, liquid	
COMMON WAYS TAKEN	Snorted, smoked, injected	Injected, smoked, snorted	Inhaled through the nose or mouth	Swallowed, absorbed through mouth tissues (paper squares)	Smoked, eaten (mixed in food or brewed as tea)	Swallowed, snorted	
DEA SCHEDULE	II	I	Not scheduled	I	I	I	
POSSIBLE HEALTH EFFECTS	SHORT-TERM	Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma.	Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate.	Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking. <i>Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.</i>	Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness; loss of appetite; tremors; enlarged pupils.	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety.	Lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death.
	LONG-TERM	Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss; lung damage from smoking.	Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease.	Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing. <i>Nitrites: increased risk of pneumonia.</i>	Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.	Mental health problems, chronic cough, frequent respiratory infections. In rare cases, risk of recurrent episodes of severe nausea and vomiting.	Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness less interest in sex.
	OTHER HEALTH-RELATED ISSUES	Pregnancy: <i>premature delivery, low birth weight, deficits in self-regulation and attention in school-aged children prenatally exposed.</i> Risk of HIV, hepatitis, and other infectious diseases from shared needles.	Pregnancy: <i>miscarriage, low birth weight, neonatal abstinence syndrome.</i> Risk of HIV, hepatitis, and other infectious diseases from shared needles.	Pregnancy: <i>low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition.</i>	Unknown	Youth: <i>May impair brain development and learning functions.</i> Pregnancy: <i>babies born with problems with attention, memory, and problem solving.</i>	Unknown
	IN COMBINATION WITH ALCOHOL	Greater risk of cardiac toxicity than from either drug alone.	Dangerous slowdown of heart rate and breathing, coma, death.	Unknown	Unknown	Increased heart rate, blood pressure; further slowing of mental processing and reaction time.	MDMA decreases some of alcohol's effects. Alcohol can increase plasma concentrations of MDMA, which may increase the risk of neurotoxic effects.
	WITHDRAWAL SYMPTOMS	Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed movement, restlessness.	Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey").	Nausea, tremors, irritability, problems sleeping, and mood changes.	Unknown	Irritability, trouble sleeping, decreased appetite, anxiety.	Fatigue, loss of appetite, depression, aggression, trouble concentrating.
TREATMENT OPTIONS	MEDICATIONS	There are no FDA-approved medications to treat cocaine addiction.	Methodone Buprenorphine Naltrexone (short- and long-acting forms)	There are no FDA-approved medications to treat inhalant addiction.	There are no FDA-approved medications to treat addiction to LSD or other hallucinogens.	There are no FDA-approved medications to treat marijuana addiction.	There is conflicting evidence about whether MDMA is addictive. There are no FDA-approved medications to treat MDMA addiction.
	BEHAVIORAL THERAPIES	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) Contingency management, or motivational incentives, including vouchers The Matrix model Community-based recovery groups, such as 12-step programs Mobile medical application: reSET® 	<ul style="list-style-type: none"> Contingency management, or motivational incentives 12-Step facilitation therapy 	More research is needed to find out if behavioral therapies can be used to treat inhalant addiction.	More research is needed to find out if behavioral therapies can be used to treat addiction to hallucinogens.	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) Contingency management, or motivational incentives Motivational Enhancement Therapy (MET) Behavioral treatments geared to adolescents Mobile medical application: reSET® 	More research is needed to find out if behavioral therapies can be used to treat MDMA addiction.



	METHAMPHETAMINE	PCP	SYNTHETIC CANNABINOIDS	SYNTHETIC CATHINONES ("BATH SALTS")	TOBACCO	ALCOHOL	
DESCRIPTION	<i>An extremely addictive stimulant amphetamine drug. For more information, see the Methamphetamine Research Report.</i>	<i>A dissociative drug developed as an intravenous anesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. PCP is an abbreviation of the scientific name, phencyclidine. For more information, see the Hallucinogens and Dissociative Drugs Research Report.</i>	<i>A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes misleadingly called "synthetic marijuana" and marketed as a "natural," "safe," legal alternative to marijuana. For more information, see the Synthetic Cannabinoids DrugFacts.</i>	<i>An emerging family of drugs containing one or more synthetic chemicals related to cathinone, a stimulant found naturally in the khat plant. Examples of such chemicals include mephedrone, methylone, and 3,4-methylenedioxypyrovalerone (MDPV). For more information, see the Synthetic Cathinones ("Bath Salts") DrugFacts.</i>	<i>Plant grown for its leaves, which are dried and fermented before use. For more information, see the Tobacco/Nicotine Research Report.</i>	<i>Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine and liquor. It is produced by the fermentation of yeast, sugars, and starches.</i>	
STREET NAMES	Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed	Angel Dust, Boat, Hog, Love Boat, Peace Pill	K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai	Bloom, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning	None	Booze, Juice, Sauce, Brew	
COMMERCIAL NAMES	Desoxyn®	No commercial uses	No commercial uses	No commercial uses for ingested "bath salts"	Multiple brand names	Various	
COMMON FORMS	White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes	White or colored powder, tablet, or capsule; clear liquid	Dried, shredded plant material that looks like potpourri and is sometimes sold as "incense"	White or brown crystalline powder sold in small plastic or foil packages labeled "not for human consumption" and sometimes sold as jewelry cleaner; tablet, capsule, liquid	Cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)	Beer, wine, liquor/spirits/malt beverages	
COMMON WAYS TAKEN	Swallowed, snorted, smoked, injected	Injected, snorted, swallowed, smoked (powder added to mint, parsley, oregano, or marijuana)	Smoked, swallowed (brewed as tea).	Swallowed, snorted, injected.	Smoked, snorted, chewed, vaporized.	Ingested by drinking	
DEA SCHEDULE	II	I, II	I	I (Some formulations have been banned by the DEA)	Not Scheduled	Not scheduled; illegal for purchase or use by those under age 21	
POSSIBLE HEALTH EFFECTS	SHORT-TERM	Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat.	Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety. Low doses: <i>slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement.</i> High doses: <i>nausea; vomiting; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; seizures, coma, and death.</i>	Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure.	Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; violent behavior; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; panic attacks; reduced motor control; cloudy thinking.	Increased blood pressure, breathing, and heart rate.	
	LONG-TERM	Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching.	Memory loss, problems with speech and thinking, loss of appetite, anxiety.	Unknown	Death	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.	
	OTHER HEALTH-RELATED ISSUES	Pregnancy: <i>premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems.</i> Risk of HIV, hepatitis, and other infectious diseases from shared needles.	PCP has been linked to self-injury. Risk of HIV, hepatitis, and other infectious diseases from shared needles.	Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas.	Risk of HIV, hepatitis, and other infectious diseases from shared needles.	Pregnancy: <i>miscarriage, low birth weight, stillbirth, learning and behavior problems.</i>	Pregnancy-related: <i>fetal alcohol spectrum disorders (FASD)</i>
	IN COMBINATION WITH ALCOHOL	Masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure.	Unknown	Unknown	Unknown	Unknown	N/A
	WITHDRAWAL SYMPTOMS	Depression, anxiety, tiredness.	Headaches, increased appetite, sleepiness, depression.	Headaches, anxiety, depression, irritability.	Depression, anxiety.	Irritability, attention and sleep problems, depression, increased appetite.	Trouble sleeping, shakiness, irritability, depression, anxiety, nausea, sweating.
TREATMENT OPTIONS	MEDICATIONS	There are no FDA-approved medications to treat methamphetamine addiction.	There are no FDA-approved medications to treat addiction to PCP or other dissociative drugs.	There are no FDA-approved medications to treat synthetic cannabinoid addiction.	There are no FDA-approved medications to treat addiction to synthetic cathinones.	Bupropion (Zyban®) Varenicline (Chantix®) Nicotine replacement (gum, patch, lozenge)	Naltrexone, acamprosate, disulfiram.
	BEHAVIORAL THERAPIES	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) Contingency management, or motivational incentives The Matrix model 12-Step facilitation therapy Mobile medical application: reSET® 	More research is needed to find out if behavioral therapies can be used to treat addiction to dissociative drugs.	More research is needed to find out if behavioral therapies can be used to treat synthetic cannabinoid addiction.	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) Contingency management, or motivational incentives Motivational Enhancement Therapy (MET) Behavioral treatments geared to teens 	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) Self-help materials Mail, phone, and Internet quit resources 	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) 12-Step facilitation therapy Mobile medical application: reSET®

Additional Resources:

- Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator: <http://www.findtreatment.samhsa.gov/>; 1-800-662-HELP.
- The "Find a Physician" feature on the American Society of Addiction Medicine (ASAM) website: <http://www.asam.org/for-the-public-treatment>.
- The Patient Referral Program on the American Academy of Addiction Psychiatry website: <http://www.aaap.org/patient-resources>.
- The Child and Adolescent Psychiatrist Finder on the American Academy of Child & Adolescent Psychiatry Web site: [http:// http://www.aacap.org/aacap/Families_and_Youth/Resources/CAP_Finder.aspx](http://http://www.aacap.org/aacap/Families_and_Youth/Resources/CAP_Finder.aspx).
- The Surgeon General's Report on Alcohol, Drugs, and Health: <https://addiction.surgeongeneral.gov/>
- For clinical trials information, go to www.clinicaltrials.gov.

For More Information:

The NIDA website, www.drugabuse.gov, has information on a variety of drugs and related information.

Some publications, including these charts, are available in print, free of charge.

To order print copies, call the DRUGPubs Research Dissemination Center at 1-877-NIH-NIDA or go to drugpubs.drugabuse.gov.

PRESCRIPTION																
	CENTRAL NERVOUS SYSTEM DEPRESSANTS			OPIOIDS									STIMULANTS		ANABOLIC STEROIDS	
COMMERCIAL NAMES (COMMON)	Barbiturates: pentobarbital (Nembutal®)	Benzodiazepines: alprazolam (Xanax®), chlorodiazepoxide (Librium®), diazepam (Valium®), lorazepam (Ativan®), triazolam (Halcion®)	Sleep Medications: eszopiclone (Lunesta®), zaleplon (Sonata®), zolpidem (Ambien®)	Codeine (various brand names)	Fentanyl (Actiq®, Duragesic®, Sublimaze®)	Hydrocodone or dihydrocodeinone (Vicodin®, Norco®, Zohydro®, and others)	Hydromorphone (Dilaudid®)	Meperidine (Demerol®)	Methadone (Dolophine®, Methadose®)	Morphine (Duramorph®, Ms Contin®)	Oxycodone (OxyContin®, Percodan®, Percocet®, and others)	Oxymorphone (Opana®)	Amphetamine (Adderall®)	Methylphenidate (Concerta®, Ritalin®)	Nandrolone (Oxandrin®), oxandrolone (Anadrol®), oxymetholone (Anadrol-50®), testosterone cypionate (Depo-testosterone®)	
DESCRIPTION	Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems. For more information, see the Misuse of Prescription Drugs Research Report.			Pain relievers with an origin similar to that of heroin. Opioids can cause euphoria and are often used nonmedically, leading to overdose deaths. For more information, see the Misuse of Prescription Drugs Research Report.									Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate. For more information, see the Misuse of Prescription Drugs Research Report.		Man-made substances used to treat conditions caused by low levels of steroid hormones in the body and abused to enhance athletic and sexual performance and physical appearance. For more information, see the Anabolic Steroid Abuse Research Report.	
STREET NAMES	Barbs, Phennies, Red Birds, Reds, Tooies, Yellow Jackets, Yellows	Candy, Downers, Sleeping Pills, Tranks	Forget-me Pill, Mexican Valium, R2, Roche, Roofies, Roofinol, Rope, Rophies	Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank With glutethimide: Doors & Fours, Loads, Pancakes and Syrup	Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT	Vike, Watson-387	D, Dillies, Footballs, Juice, Smack	Demmies, Pain Killer	Amidone, Fizzies With MDMA: Chocolate Chip Cookies	M, Miss Emma, Monkey, White Stuff	O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs	Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs	Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers	JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R	Juice, Gym Candy, Pumpers, Roids	
COMMON FORMS	Pill, capsule, liquid	Pill, capsule, liquid	Pill, capsule, liquid	Tablet, capsule, liquid	Lozenge, sublingual tablet, film, buccal tablet	Capsule, liquid, tablet	Liquid, suppository	Tablet, liquid	Tablet, dispersible tablet, liquid	Tablet, liquid, capsule, suppository	Capsule, liquid, tablet	Tablet	Tablet, capsule	Liquid, tablet, chewable tablet, capsule	Tablet, capsule, liquid drops, gel, cream, patch, injectable solution	
COMMON WAYS TAKEN	Swallowed, injected	Swallowed, snorted	Swallowed, snorted	Injected, swallowed (often mixed with soda and flavorings)	Injected, smoked, snorted	Swallowed, snorted, injected	Injected, rectal	Swallowed, snorted, injected	Swallowed, injected	Injected, swallowed, smoked	Swallowed, snorted, injected	Swallowed, snorted, injected	Swallowed, snorted, smoked, injected	Swallowed, snorted, smoked, injected, chewed	Injected, swallowed, applied to skin	
DEA SCHEDULE	II, III, IV	IV	IV	II, III, V	II	II	II	II	II	II, III	II	II	II	II	III	
POSSIBLE HEALTH EFFECTS	SHORT-TERM	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing.			Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.									Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures.		Builds muscles, improved athletic performance. Acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin, infection.
	LONG-TERM	Unknown			Increased risk of overdose or abuse if misused.									Heart problems, psychosis, anger, paranoia.		Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("roid rage"); extreme irritability; delusions; impaired judgment.
	OTHER HEALTH-RELATED ISSUES	Sleep medications are sometimes used as date rape drugs. Risk of HIV, hepatitis, and other infectious diseases from shared needles.			Pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome. Older adults: higher risk of accidental misuse or abuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain. Risk of HIV, hepatitis, and other infectious diseases from shared needles.									Risk of HIV, hepatitis, and other infectious diseases from shared needles.		Males: shrunken testicles, lowered sperm count, infertility, baldness, development of breasts. Females: facial hair, male-pattern baldness, enlargement of the clitoris, deepened voice. Adolescents: stunted growth. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
	IN COMBINATION WITH ALCOHOL	Further slows heart rate and breathing, which can lead to death.			Dangerous slowing of heart rate and breathing leading to coma or death.									Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.		Increased risk of violent behavior.
	WITHDRAWAL SYMPTOMS	Must be discussed with a health care provider; barbiturate withdrawal can cause a serious abstinence syndrome that may even include seizures.			Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.									Depression, tiredness, sleep problems.		Mood swings; tiredness; restlessness; loss of appetite; insomnia; lowered sex drive; depression, sometimes leading to suicide attempts.
TREATMENT OPTIONS	MEDICATIONS	There are no FDA-approved medications to treat addiction to prescription sedatives; lowering the dose over time must be done with the help of a health care provider.			<ul style="list-style-type: none"> Methadone Buprenorphine Naltrexone (short- and long-acting) 									There are no FDA-approved medications to treat stimulant addiction.		Hormone therapy
	BEHAVIORAL THERAPIES	More research is needed to find out if behavioral therapies can be used to treat addiction to prescription sedatives.			The same behavioral therapies that have helped treat addiction to heroin are used to treat prescription opioid addiction.									<ul style="list-style-type: none"> Behavioral therapies that have helped treat addiction to cocaine or methamphetamine may be useful in treating prescription stimulant addiction. Mobile medical application: reSET® 		More research is needed to find out if behavioral therapies can be used to treat steroid addiction.



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- No single treatment is appropriate for everyone.
- Treatment needs to be readily available.
- Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.
- Remaining in treatment for an adequate period of time is critical.
- Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug use disorder treatment.
- Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.
- An individual's treatment and services plan must be assessed continually and modified as necessary to ensure that it meets his or her changing needs.
- Many drug-addicted individuals also have other mental disorders.
- Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use and misuse.
- Treatment does not need to be voluntary to be effective.
- Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
- Treatment programs should test patients for the presence of HIV/AIDS, Hepatitis B and C, tuberculosis, and other infectious diseases, provide risk-reduction counseling, and link patients to treatment if necessary.

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OVER-THE-COUNTER			
	DEXTROMETHORPHAN	LOPERAMIDE	
COMMERCIAL NAMES (COMMON)	Various (many brand names include "DM")	Imodium	
DESCRIPTION	<i>Psychoactive when taken in higher-than-recommended amounts. For more information, see Over-the-Counter Medicines.</i>	<i>An anti-diarrheal that can cause euphoria when taken in higher-than-recommended doses.</i>	
STREET NAMES	Robotripping, Robo, Triple C	None	
COMMON FORMS	Syrup, capsule	Tablet, capsule, or liquid	
COMMON WAYS TAKEN	Swallowed	Swallowed	
DEA SCHEDULE	Not scheduled	Not scheduled	
POSSIBLE HEALTH EFFECTS	SHORT-TERM	Cough relief, euphoria; slurred speech; increased heart rate and blood pressure; dizziness; nausea; vomiting.	Controls diarrhea symptoms. In high doses, can produce euphoria. May lessen cravings and withdrawal symptoms of other drugs.
	LONG-TERM	Unknown	Unknown
	OTHER HEALTH-RELATED ISSUES	Breathing problems, seizures, and increased heart rate may occur from other ingredients in cough/cold medicines.	Fainting, stomach pain, constipation, loss of consciousness, cardiovascular toxicity, pupil dilatation, and kidney failure from urinary retention.
	IN COMBINATION WITH ALCOHOL	Unknown	Unknown
	WITHDRAWAL SYMPTOMS	Unknown	Severe anxiety, vomiting, and diarrhea
	MEDICATIONS	There are no FDA-approved medications to treat addiction to dextromethorphan.	There are no FDA-approved medications to treat addiction to loperamide.
TREATMENT OPTIONS	BEHAVIORAL THERAPIES	More research is needed to find out if behavioral therapies can be used to treat addiction to dextromethorphan.	<ul style="list-style-type: none"> The same behavioral therapies that have helped treat addiction to heroin may be used to treat loperamide addiction. Contingency management, or motivational incentives

NIDA Resources:



NIDAMED – Tools and resources to increase awareness of the impact of substance use on patients' overall health and to help clinicians and those in training identify patient drug use early and prevent it from escalating to abuse or addiction. Learn more at www.drugabuse.gov/nidamed.



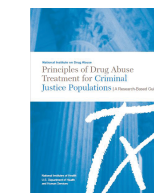
Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders – NIDA's research-based guide for preventing drug abuse among children and adolescents provides 16 principles derived from effective drug-prevention research and includes answers to questions on risk and protective factors as well as on community planning and implementation.



Principles of Drug Addiction Treatment: A Research-Based Guide – This guide summarizes the 13 principles of effective treatment, answers common questions, and describes types of treatment, providing examples of scientifically-based and tested treatment components.



Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide – This guide discusses the urgency of treating addictions and other substance use disorders in teenagers, answers common questions about how young people are treated for drug problems, and describes effective treatment approaches supported by scientific evidence.



Principles of Drug Abuse Treatment for Criminal Justice Populations: A Research-Based Guide – NIDA's research-based guide for treating people with addiction who are involved with the criminal justice system provides 13 essential treatment principles and includes answers to frequently asked questions and resource information.

Additional Resources:

- Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator: <http://www.findtreatment.samhsa.gov>; 1-800-662-HELP.
- The "Find a Physician" feature on the American Society of Addiction Medicine (ASAM) website: <http://www.asam.org/for-the-public-treatment>.
- The Patient Referral Program on the American Academy of Addiction Psychiatry website: <http://www.aap.org/patient-resources>.
- The Child and Adolescent Psychiatrist Finder on the American Academy of Child & Adolescent Psychiatry Web site: http://http://www.aacap.org/aacap/Families_and_Youth/Resources/CAP_Finder.aspx.
- The Surgeon General's Report on Alcohol, Drugs, and Health: <https://addiction.surgeongeneral.gov/>
- For clinical trials information, go to www.clinicaltrials.gov.

For More Information:

The NIDA website, www.drugabuse.gov, has information on a variety of drugs and related information. Some publications, including these charts, are available in print, free of charge. To order print copies, call the DRUGPubs Research Dissemination Center at 1-877-NIH-NIDA or go to drugpubs.drugabuse.gov.