

# Bremerton Substance Abuse Prevention Coalition

Nov. 2020—Feb. 2021



FUNDED THROUGH THE KITSAP COUNTY PREVENTION PROGRAM

## "Addiction is..."

The premise that addiction is only a spiritual or moral failure, from socioeconomic inequality, or a societal failure is an oversimplification of an extremely complex problem. This concept of addiction and the disease concept are not mutually exclusive. Both are causal on the overall process of addiction and make recovery difficult for most and, impossible for some!



One way to look at an addiction is to have independent phases to clarify the progression. There is the time leading up to an addiction (Pre-active addiction), there is the time the addiction has control (active addiction) and there is recovery (Post-active addiction). Realistically, these phases overlap and shift back and forth but for the purpose of this discussion let's keep them separate.

### Pre-active addiction

During the time before there is an active addiction many things can and will influence the decision to experiment with psychoactive substances. This has been happening since man existed. It is an active part of many forms of religion and

spirituality through time. There is usually an urge to experiment during adolescence which is driven by peer pressure, curiosity, and the folly of youth. Experimental use can evolve into a whole array of life changing outcomes, as we all know. This is where the societal, spiritual, familial, economic, and trauma-based influences can have an uplifting or a devastating effect on an individual. This is where an experimental moment can turn into a life-long battle against one's self. Addiction is a life or death battle with one's self. In following newsletters we will discuss the other more about addiction... (Steve Walker SUDP)

*All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope. WINSTON CHURCHILL*

## FEEL SICK? GET TESTED

Contact your health care provider if you have symptoms that could be COVID-19, even if your symptoms are mild.



### COVID-19 symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Resources and Information

### Holly Ridge Center

Services and Programs for Children and Adults with Differing Abilities

<https://hollyridge.org/>

### The Athena Forum

Prevention Education, Tools and Resources

<https://www.theathenaforum.org/>

### Kitsap Public Health

Community Health Updates, Health and Wellness Resources and Medicine Take Back Sites and Information

<https://kitsappublichealth.org/>

### United Way of Kitsap County

Community Efforts

<https://www.unitedwaykitsap.org/>

### Peninsulas' 211 / United Way Kitsap

Kristin Osman

Information & Referral Specialist

Voice mail / Desk: 360-728-2530

211 or 1-866-736-9634

peninsulas211@gmail.com

## Making Prevention Work:

The Bremerton Substance Abuse Prevention Coalition works to mobilize the community, to effectively prevent and reduce substance abuse in the Bremerton School District, through collaboration with community organizations, public education and awareness strategies, and implementation of evidence based substance abuse prevention programs.

## Dextromethorphan Hydrobromide

### Bremerton Substance Abuse Prevention Coalition Mission

To provide opportunities for youth to be in a safe and substance free environment while they move from surviving to thriving. Coordinate and generate resources for youth, families and the Bremerton Community. Develop a unified message to end substance abuse and communicate common values of respect. Empower today's youth to be Bremerton's better

Dextromethorphan (DXM) is the cough suppressant ingredient in over the counter cough medicines. It was introduced back in the late '60s as a substitute for codeine, which was frequently abused cough suppressant ingredient at the time (such as in Robitussin AC, which was a combination of alcohol and codeine). Dextromethorphan Hydrobromide is a synthetic, non-opioid derivate of morphine. Dextromethorphan exhibits antitussive activity and is devoid of any analgesic property. DXM crosses the blood-brain-barrier and activates opioid receptors on the cough center in the central nervous system, thereby suppressing the cough reflex. DXM was derived from an opiate, but does not register as an opiate, nor does it have any of the usual opiate characteristics, such as sedation or physical withdrawal. Its structure has been changed so that its closest chemical cousin is Phencyclidine (PCP), and it is like Ketamine in that it is an extremely powerful dissociative anesthetic, meaning DXM effects can include hallucinations. It is in the same category as LSD and Psilocybin mushrooms **when taken at high doses.**

**What are some slang terms:** DXM, Dex, Robo, Skittles, Triple C, Tussin

**What does it look like:** Cough syrup and cough/cold tablets or gel caps that are available without a prescription. Also, dextromethorphan can be purchased in a powder form, often over the internet. It can be ordered from Amazon in pill form for \$11.99 for 60, 15mg pills. **That's 900 mg, which is a brought into context in the next section.**

DXM has psychoactive effects beginning at 50-100 mg based on body weight. Various plateaus can be reached between 50 to 500mg. 500mg and above can be deadly.

**What are the effects and risks:** Common DXM effects can include confusion, dizziness, double or blurred vision, slurred speech, impaired physical coordination, abdominal pain, nausea and vomiting, rapid heartbeat, drowsiness, numbness of fingers and toes, and disorientation. Also high body temperature may cause heat stroke as MDMA can.

Over-the-counter medications with DXM may also contain decongestants, pain relievers, and/or antihistamines (which may make you drowsy). High doses of these mixtures can significantly increase the harmful effects of DXM abuse and could cause potentially fatal liver injury, cardiovascular effects and over-sedation. DXM is also sometimes misused with other drugs, like alcohol, which can cause additional harmful effects. (Steve Walker, SUDP)

For more information: please contact Deanne Jackson for a full report. dmontgom@co.kitsap.wa.us

If you are a partner of the Bremerton Substance Abuse Prevention Coalition and would like your logo on this publication; please contact us.

### Bremerton Substance Abuse Prevention Coalition

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Human Services Coordinator

Phone: 360-337-4878

Website: <http://kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

### Want to Get Involved?

Please consider attending our Monthly meetings. All of welcome!

#### Upcoming meeting dates:

Nov. 8, 2020

Dec. 12, 2020

Jan. 14, 2021

Feb. 11, 2021

Time: 1:00-2:30PM

#### Location:

Bremerton High School (through June)  
(pending COVID guidelines)

Zoom Platform



KITSAP COUNTY COMMISSION  
ON CHILDREN AND YOUTH

