

# North Kitsap 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 socio-economic 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)



## 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

### 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](mailto:peninsulas211@gmail.com)

### 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/>

### Village Green Community Center

Community Events, Activities and Resources Hub  
<http://www.myvillagegreen.org/>

## Making Prevention Work:

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

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

# Dextromethorphan Hydrobromide

## North Kitsap Substance Abuse Prevention Coalition Mission

To Create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe, healthy environment for all.

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 derivative 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)



DXM closely resembles popular candy. Can you spot the cold pills here?

For more information; please contact Deanne Jackson for a full report. [dmontgom@co.kitsap.wa.us](mailto:dmontgom@co.kitsap.wa.us)

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

## North Kitsap Substance Abuse Prevention Coalition

Deanne Jackson  
Human Services Coordinator  
Phone: 360-337-4878  
Website: <http://kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

## Want to Get Involved?

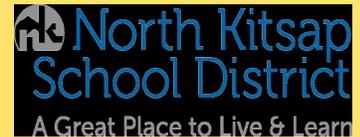
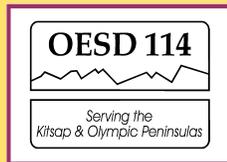
Please consider attending our Monthly meetings. All of welcome!

Upcoming meeting dates:  
Nov. 9, 2020  
Dec. 14, 2020  
Jan. 11, 2021  
Feb. 8, 2021  
Time: 1:00-2:30PM

Location: Face to Face

Village Green Community Center  
26201 Dulay Rd. Kingston  
(pending COVID guidelines)

Virtual: Zoom Platform



KITSAP COUNTY COMMISSION  
ON CHILDREN AND YOUTH

