

# THE WARNING SIGNS

Heroin users don't act like themselves, but by the time the signs are really obvious (track marks, skin abscesses, extreme weight loss, illness and dramatic changes in behavior), heroin addiction has done its worst. Early detection gives addicts a better chance at a successful recovery.

## KNOW WHAT TO LOOK FOR

- They can't concentrate; they oversleep or nod off during the day.
- They ditch work or school and miss curfews. Their grades start to fall.
- Phone calls are quieter. They're secretive and demand more privacy.
- They forget things and start breaking little promises.
- Nothing interests them. They drop their hobbies and favorite pastimes.
- They lose weight, look ill and stop eating.
- You find cigarette filters cut in half, syringe caps or burnt pieces of foil.
- They try to hide their eyes, along with bruises, "insect bites," etc..



# HELP US FIGHT THE SPREAD

## LEARN MORE

Visit [TheFlyEffect.com](http://TheFlyEffect.com)

Experience the heroin spiral for yourself, learn more about its destructive power and hear from real heroin survivors right here in Wisconsin.

Visit [Drugfree.org](http://Drugfree.org)

The Partnership at Drugfree.org offers information and tools to help prevent use and provide help for drug and alcohol abuse by young people.

## GET HELP

Call 1-800-622-HELP (4357) or visit [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

Free, completely confidential and available 24/7/365. SAMHSA's National Helpline and online Treatment Locator can help you find substance abuse treatment facilities, support groups and community-based organizations in your area.

## FOR MORE INFORMATION

The Partnership at Drugfree.org offers information and tools to help prevent use and provide help for Alcohol and Other Drug Abuse (AODA) by young people.

Also, visit [doj.state.wi.us](http://doj.state.wi.us) or call (608) 266-1221

IRON COUNTY HUMAN SERVICES

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"OUR BRAINS, OUR FUTURE"

THE BASICS:

# HEROIN



# HEROIN: THE BASICS

**Heroin use is on the rise all over Wisconsin. Now that prescription drugs are harder to obtain and abuse, young people from all walks of life are giving heroin a try. It's time you got the facts.**

## THE DRUG

Heroin is an illegal drug that produces an intense, euphoric high when smoked, snorted or injected. It's made from morphine, and like other opiates, heroin is highly addictive.

In its purest form, heroin (also called boy, white, cheeva, brown sugar, H, Juan, and tar) is a fine white powder. But street heroin looks grey, tan, brown, or black. That's because dealers "cut" or "lace" the drug with other substances, from sugar and caffeine to Benadryl and quinine.

## THE EFFECTS

Heroin is a sedative, so it slows down the body's normal functions. First-time users experience an intense, euphoric "rush" described by one Wisconsin teenager as a "painless, worrisless, free feeling...like being a kid again." The drug flushes the skin, makes arms and legs feel heavy and thoughts cloudy. It also dangerously slows a user's breathing and heartbeat.

Many heroin users seem drowsy while they're high. They drift in and out of consciousness. It's called "getting the nods," and it's one sure sign of heroin use.

## THE ADDICTION

Statistics suggest that more than 75% of those who try heroin once will use it again.

But because the brain builds up a natural tolerance to the drug's effects over time, users must take more heroin more frequently to feel the same high. Eventually addicts find themselves taking the drug just to feel normal.

## THE DANGERS

Every time a person uses heroin, he or she risks dying from it. Overdosing on heroin is easy to do since there's no way for a user to know how strong it is or what's really in it. The risks are even greater when heroin use is combined with other drugs or alcohol.

Heroin suppresses heart and lung function, causing users to pass out, even suffocate. People who overdose also face convulsions, coma and death. Other health risks include skin abscesses, liver disease and heart and lung infections. Users may even contract HIV/AIDS or hepatitis from sharing needles.

Of course, there are other consequences, like going to jail, or becoming the victim of violent crime and sexual assault.

**The number of heroin-related deaths in Wisconsin jumped by nearly 50% in 2012, according to a recent survey of county coroners.**



The number of teens between the ages of 12 and 17 who have tried heroin has increased by more than 300% since 1995, according to the Foundation for a Drug-Free World.

# MYTH V. REALITY

## Myth

Taking heroin is just like taking any other painkiller.

## Reality

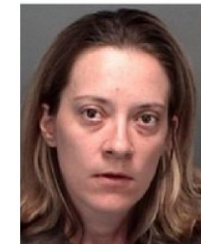
It may be an opiate like morphine or oxycodone, but street heroin is much more dangerous. Additives make it impossible to know a dose's strength or purity so every hit is a risk.

## Myth

Snorting or smoking heroin is less addictive than injecting it.

## Reality

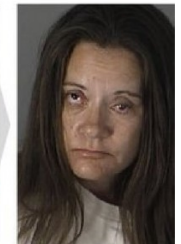
It doesn't matter how you do it. Snorting, smoking and injecting heroin are all equally addictive.



1 AGE: 33



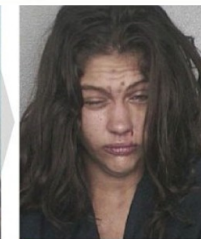
2 AGE: 37



3 AGE: 39



1 AGE: 18



2 AGE: 22



3 AGE: 22 -40 lbs.

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