

PREVENTION PRESS

What's Trending in the Local Drug Scene?

Vapor Pens & Electronic Cigarettes

What is it and What Does It Look Like? E-cigarettes and vapor pens have various designs, but they all include a battery, a heating element called an atomizer, and a liquid nicotine cartridge.

Street Names: E-cig, E-juice, E-liquid, Juice, Smoke Juice, Mods, PV (Personal Vaporizer), Ego

Short and Long Term Effects: Nicotine is addictive. Studies have shown short term effects to the lungs similar to the effects of regular cigarettes. Little is known of the long term effects.

Every Parent Should Know: These devices allow the user to inhale the nicotine or other drug producing a low-odor, smokeless vapor. Manufacturers add flavoring and use packaging that is attractive to youth. The liquid nicotine can be absorbed through the skin and poses a danger to young children who become exposed. Some of these devices can be used to vaporize hash oil or dry marijuana leaves.



Shredathon Jan. 19

Navajo County Drug Project (NCDP) partners with the Pinetop-Lakeside Sanitary District (PLSD) to help citizens protect their identity. This sixth annual Community Shred-A-Thon event is part of a statewide effort to make Martin Luther King, Jr. Day, Jan. 19, "a day on instead of a day off".

Protect yourself from identity theft while you protect the environment. It's free and easy. Anyone is invited to bring documents, papers and cardboard waste and drugs for disposal to PLSD from 11 am-1 pm, Jan. 19. Confidential documents may be offloaded directly on to the conveyer belt that takes them into the massive digester, mixing the paper with sludge that within hours is turned into unidentifiable residue that is used for landscape compost.

This event is a great opportunity to properly dispose of old bank statements, bills, tax records, and protect your identity. Document shredding and drug disposal is at no cost. However, tax-deductible donations to will be gladly accepted. PLSD is located at 2600 W. Alisa Lane, Lakeside.

Prescription Sedatives and Tranquilizers

Street Names: Mebaral, Quaaludes, Xanax, Valium, Benzos, Downers

Looks Like: Multi-colored tablets and capsules, some can be in liquid form

How It's Used/Abused: Swallowed, injected, or snorted

What Teens Have Heard: A great release of tension

Short and Long Term Effects: Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences.

Signs of Abuse: Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination

Important to know: Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration which could possibly lead to death



Prescription Stimulants

Street Names: Adderall, Dexedrine, Ritalin

Looks Like: Tablets or Capsules

How It's Used/Abused: Swallowed, injected or snorted

What Teens Have Heard: Keeps you active and focused

Short and Long Term Effects: Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures.

Signs of Abuse: Lack of appetite, increased alertness, increased attention span, increased energy.

Every Parent Should Know: Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite.



Navajo County Teen Fact: More than 14% of 10th and 12th graders have abused prescription drugs more than once in their lifetime.

Source, 2014 Arizona Youth Survey