

SIGNS

of heroin & other drug use



riveon
MENTAL HEALTH AND RECOVERY

RIVEON Mental Health and Recovery, formerly known as *The LCADA Way* and *The Nord Center*

PERSONAL APPEARANCE

- Red, flushed cheeks or face
- Darkened circles under eyes, pinpoint or dilated pupils
- Burns or soot on fingers or lips (from “joints” or “roaches” burning down)
- Needle marks on arms, legs and other parts of the body
- Picking of lips, scratching of face
- Wearing long sleeves when its warm
- Runny nose or constant sniffing
- Messy, shows lack of caring for appearance
- Discolored teeth or sudden dental issues
- Poor hygiene
- Lethargic or heavy limbs
- Pale or have an unhealthy look to skin
- Have a hard time standing or sitting straight
- Appears too relaxed or in a trance like state

PERSONAL HABITS OR ACTIONS

- Chewing gum or mints to cover up breath
- Change in friendship pattern
- Smell of smoke or other unusual smells on breath or on clothes
- Elderly relative manipulation or sudden interest to visit elderly relatives
- Cash flow problems
- Clenching teeth
- Reckless driving, car accidents, or unexplained dents in the car
- “Munchies” or cravings for sweets, often bingeing
- Avoiding eye contact
- Locked doors and extended use of bathroom
- Going out every night or leaving suddenly
- Sudden use of nasal spray & eye drops
- Constant texting and secretive phone calls
- Dropping in and out of wakefulness

BEHAVIORAL ISSUES

- Change in relationships with family or friends
- Unusually clumsy, stumbling, lack of coordination, poor balance
- Periods of sleeplessness or high energy, followed by long periods of “catch up” sleep
- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Loud, obnoxious behavior and verbal abuse
- Hostility, anger, uncooperative behavior
- Unusually tired, slumped over in chairs
- Decreased motivation
- Deceitful or secretive
- Sullen, withdrawn, depressed
- Makes endless excuses
- Laughing at nothing
- Disappearances for long periods of time
- Poor decision making
- Lack of responsibility / trustworthiness

HEALTH ISSUES RELATED TO SUBSTANCE ABUSE

- Nosebleeds
- Runny nose, not caused by allergies or a cold
- Frequent sickness or sneezing
- Sores, spots around mouth
- Staff Infection
- Queasy, nauseous, vomiting
- Sudden or dramatic weight loss
- Wetting lips or excessive thirst (aka “cotton mouth”)
- Accidents, skin abrasions/bruises
- Depression or Headaches
- Sweatiness, especially at night
- Diarrhea, leg cramps during withdrawal
- Itching/picking at skin/sudden acne

SCHOOL/WORK-RELATED ISSUES

- Truancy or loss of interest in schoolwork
- Complaints from teachers or co-workers
- Failure of responsibilities at school/work
- Reports of intoxication at school or work
- Loss of interest in activities/hobbies/sports
- Frequent call offs / working extra schedule

HOME OR CAR-RELATED

- Disappearance of prescription or over-the-counter medication
- Black marks and/or burns on carpets, bedding and furniture
- Disappearance of money, missing checks or valuables
- Bottles, pipes, or bongs on floor or in glove box
- Smell or odor in the car
- Missing alcohol or cigarettes

UNUSUAL DRUG APPARATUSES AND USAGE INCLUDING

- Pipes, some made from foil
- Rolling papers or burnt foil
- Small medicine bottles
- Eye drops
- Butane lighters
- Altoid tins used to cook with
- Small cotton balls and/or torn cigarette filters used to filter the heroin liquid
- Usage of large amounts of peroxide and rubbing alcohol
- Q-tips with missing cotton
- Spoons with burnt marks
- Broken pens or antennas
- Missing shoelaces, head bands, large rubber bands, belts and scarves
- Emory boards, needles, razors and glue to repair old/damaged syringes
- Bloody tissues in bathroom and blood on clothing and bedding
- Spotty marks on walls and mirrors due to air release with syringes
- Lemon juice and baking soda
- Z-fold origami papers, small balloons,
- Small baggie corners wrapped and twisted and/or 1 inch zip lock bags used to buy and sell heroin
- Orange syringe tips randomly found and syringes
- Chore Boy Scrubbing Pads (screen for smoking crack)

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SIGNS OF WITHDRAWAL

- Intense craving to use the drug
- Chills, nausea, vomiting
- Diarrhea, cramping, sweating
- Shakes or trembling, anxiety
- Joint pain, muscle aches
- Insomnia, dilated pupils

SIGNS OF AN OVERDOSE

- Drop in blood pressure, heart rate
- Difficulty breathing, dry mouth
- White patches on the tongue
- Bluish tinge to mouth, fingernails
- Constipation, cramps, spasms
- Dilated pupils, sleepy, confused

HOW TO HELP

- Don't engage in collusion
- Don't enable
- Learn to establish healthy boundaries
- Don't let loved one manage illness
- Get your loved one into treatment
- Contact The LCADA Way Intake Dept.

POPULAR EMOJI DRUG CODES

Oxycodone



Heroin



Xanax®



Percocet®



Adderall®



Cocain



Meth



Marijuana



MOMA and Mollies



Cough Syrup



Drug Dealer Advertising



High Potency



Mushrooms



Universal for Drugs



Large Batch/Amount



This Signs reference guide is for educational purposes only, intended to provide parents, caregivers, educators, employers, and other influencers a better sense of the signs of drug use. It is important to note this list is not all-inclusive and the text and images contained are a representative sample. Mention of DEA is not a sponsorship or endorsement.

ONE PILL CAN KILL – EMOJI DRUG USE

The Drug Enforcement Agency (DEA) is aware of drug trafficking organizations using emojis to buy and sell pills and other illicit drugs on social media and through e-commerce. Emojis, on their own, should not be indicative of illegal activity, but coupled with sign of change in behavior, appearance or significant loss/increase in income can be a reason to start a conversation. Be sure to monitor your loved one's social media activity and look for unusual signs using emoji communications. Below are just some of the more popular drug codes.

WHAT TO DO IN AN

EMERGENCY

- CALL 911 IMMEDIATELY.
- ADMINISTER NARCAN IF YOU HAVE A KIT.