

**NOT FOR HUMAN
CONSUMPTION**

ILLEGAL HIGHS SPECIAL

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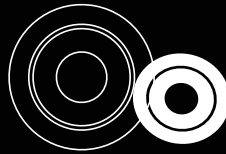
**Mephedrone,
Head Shop Drugs
and the Law**

plus much more...

www.ballyfermotldtf.ie

INTRODUCTION

Welcome to Summer dTALK 2010. In this edition we take a look at what were formerly known as 'Legal High Drugs'. The law changed on May 11th making many of the drugs available from Head Shops illegal. Here we look at the individual drugs involved, their effects, and legal status. We also take a closer look at the drug Mephedrone in our dTALK interview and the impact it was having on users. If you have something you would like included in future editions of dTALK please let us know by ringing **01 623 8001** or emailing community@ballyfermotadvance.ie



END OF AN ERA



In March 2010 both David Connolly, Chairperson of the BLDTF and Pam O'Reilly, Community Representative stepped down from the Ballyfermot Local Drugs Task Force after twelve years of voluntary service. Here the Task Force Coordinator thanks them for their contribution and welcomes the new Task Force Chairperson:

As Coordinator of the Ballyfermot Local Drugs Task Force for the last ten years I have worked very closely with David Connolly as Chairperson and with Pam O'Reilly as Community Representative for the Carna Ward. Both David and Pam have been voluntary members of the BLDTF for over twelve years and this alone deserves the highest praise. It is this level of commitment and service to the community that has allowed Ballyfermot to develop its capacity to support individuals and the community who seek help to deal with the drug problem that effect so many families in the area. Whether you have had a problem yourself, or have had a member of your family affected by drugs, if you have sought help in Ballyfermot you will have come across one or more of the projects and initiatives that were initially developed by people like David and Pamela, at no personal gain to themselves other than fulfilling their desire to take an active and positive role in their community.

As a community representative Pamela never backed away from difficult decisions and served her community in a most honest and straight forward fashion. In the early days of the Drugs Task Force it required courage to

stand up and demand a local response to the growing problem and Pamela never lacked courage. With this in mind, I would on behalf of the whole community of Ballyfermot, like to take this opportunity to thank Pamela for all the meetings attended, battles fought and outcomes achieved.

David Connolly not only served Ballyfermot as the chairperson of the Task Force but the whole City as Chairperson of the Task Force Chairs Group. His leadership skills made Ballyfermot the envy of other Task Forces and his commitment to his community was constant. His understanding of the principles of community development as well as an ability to keep a clear focus on what needed to be achieved were central to this. I consider myself lucky to have had the opportunity to work alongside someone of his calibre and considerable ability.

Having thanked both Pamela and David for the services we must however move forward into a new and more challenging environment. To support us to do this I am delighted to announce that the new Chairperson of the Ballyfermot Local Drugs Task Force is Sr Liz Smyth.

Sr Liz will be known to many people in Ballyfermot as she has a long history of community work in the area as well as teaching in St Dominic's Secondary School where she is now Vice Principal. We look forward to the dynamism and enthusiasm that Sr Liz can bring to the Task Force in the coming years.

Frank Gilligan, BLDTF Corordinator

Have you a drug related **HEALTH ISSUE** you need to be supported with?



[Cara Cheshire Disability Support - Civic Centre](#) 620 7187

HIV/Hepatitis / STD Testing:

[Aisling Clinic - Cherry Orchard Hospital](#) 620 6010

[St James HIV/STD Clinic](#) 416 2315

[Merchants Quay Project](#) 679 0044

[Hepatitis C Liaison Nurse Cherry Orchard Hospital](#) 6206418

Needle Exchanges:

Need clean needles and to dispose safely of used works?

[Aisling Clinic](#) - Mon 2-4pm

[Ballyfermot Health Centre](#) - Tues 2.15-4.30pm

[Merchants Quay](#) - Mon, Wed, Thurs, Fri 10am-12.45 /

1.45-4.30pm Tues 1.45-4.30pm

“When you see the colour change from week to week you begin to question it but it doesn’t stop you. It’s like a running train once it gets into your head”



D: How did you start using Mephedrone?

J: Like anything else I was just introduced to it one day by a friend and decided to try it out. It was all new to me. I never had any dealings with it before.

D: How did it affect you?

J: The rush was similar to cocaine but overall the experience was worse. I bought it one day and it was white powder and another day it was yellow. It was a bit worrying but it didn’t stop me. There were no guidelines as to how much you take. You just figured it out as you went along. You’d measure it against what you’d take of cocaine or whatever, but it didn’t follow that. There was a bad comedown. And a really bad smell from your sweat when it was leaving your body, I never saw that with any other drug. I’d get very aggressive. I wouldn’t sleep when I was on it, I’d start that evening and stay on it for the rest of the night and then it would roll into tomorrow. It could last for two days and I wouldn’t sit down. One episode I hallucinated. It was different every time.

D: Was it addictive?

J: Yes. I’ve never see any other drug take hold of people so quickly. It is really addictive. People would use it once and that was it. I found you’d take more and more each time. It causes a lot of aggression. And weight loss overnight. You’ve no appetite whatsoever when you’re on it. My partner ended up in hospital due to mephedrone. The hospital didn’t know how to treat it so they treated it like she had an addiction to cocaine or heroin.

D: Do you think more people used Mephedrone because it was available to buy in Head Shops?

J: Definitely. It was a lot less hassle. A lot of middle class people bought it who would never have bought heroin or

other street drugs. It was more socially acceptable. Shops were open twenty four hours and I’d find myself in a taxi going into town at 4 or 5 in the morning to buy it.

D: Were under 18’s being served in the shops you were in?

J: Yes all the time. Sometimes I did hear them refusing to serve kids but they’d just wait outside and get someone to buy the stuff for them. The shops didn’t care who was going to use the stuff, but they covered themselves by not selling to kids. The head shops were glorified gangsters.

D: Do you think that the ban will stop people using mephedrone?

J: A lot of people stopped what they were using because everyone was saying it was better than cocaine. Most people seemed to have a bad comedown from mephedrone, but some could handle it. There was such a big market for it and people are still looking for it. If there’s a demand for it and the price is right then it’ll still be there under the counter or on the street.

D: Did you think Legal Highs and Mephedrone were safe to consume?

J: Yes there was a belief out there that if this guy in a Head shop is selling drugs he’d have to pass some sort of regulation to get the stuff in. But in hindsight that wasn’t the case. Each head shop I went to it was different. In some you’d ask what’s popular and they’d steer you in the right direction. Others would say, ‘I only sell bath salts’. There were no ingredients or anything on the packets. When you see the colour change from week to week you begin to question it but it doesn’t stop you. It’s like a running train once it gets into your head.

**Names have been changed*

LEGAL HIGHS & HEAD SHOPS

A leaflet for Workers on Legal High drugs was produced by the Ballyfermot Advance Project and The Base Youth Centre in March. The leaflet accompanied an information session organised on ‘Legal High Drugs and the impact on service users’ organised for all workers in the Dublin 10 area with speakers Dr Des Corrigan, Dr Bobby Smyth and Mr Stephen Dickson BL. The leaflet is available for download from www.ballyfermotldtf.ie or from Ballyfermot Advance on 01 6238001.



COCAINE WARNING!!!

A large amount of cocaine seized in Ireland has been found to have been cut with the substance ‘LEVAMISOLE’. This is a veterinary drug and is sometimes used in the treatment of colon cancer. Ongoing use of levamisole at high doses can have serious health implications including the development of a severe blood condition that can lead to life threatening conditions. If you have any concerns please speak to your doctor or drug service. For more information see www.emccda.europa.eu



ILLEGAL HIGHS

dTalk takes a look at some of the main types of drugs formerly known as 'LEGAL HIGHS', their effects and current legal status.

A range of drugs sold in Head Shops were made illegal under the Misuse of Drugs Act on the 11th May 2010.

The changes to the law means that some drugs formerly known as 'Legal Highs' now carry similar sanctions for possession and sale as heroin, cocaine, cannabis and ecstasy.

- Anyone found with the drugs in their possession can receive up to 7 years imprisonment and/or a fine for unlawful possession.
- On indictment a person can receive up to life imprisonment for unlawful supply.

New legislation, the Criminal Law (Psychoactive Substances) Bill 2010, has also been drafted but not yet enacted, which will close many of the loop holes through which head shops sell 'legal highs'.

- This will mean that selling substances which have 'psychoactive' (mind and mood altering) effects for human consumption will be a criminal offence.
- Proving that a substance was not being sold for human consumption will be up to individual head shops and the Gardai are to be given the power to apply for the speedy closure of shops if they suspect they are selling substances illegally.
- Research will take place during the Summer to compare the contents of legal high drugs still available in Head Shops with the contents listed on their packages.
- More Legal High Drugs are expected to be outlawed later in the year as new drugs replace those that have been banned.

MDAI & NRG-1

Examples:
Energy 1, Rave

NOT FOR HUMAN CONSUMPTION

As drugs are banned new psychoactive drugs are taking their place in Head Shops and on the Internet. Some of these are **MDAI & NRG-1**. These drugs are being advertised as replacements for mephedrone but are also advertised as 'plant food chemicals' and 'pond cleaner'. Very little is known about the effects on humans of these drugs, but online user reports warn about the strength of NRG1 in particular and the very severe comedown.

EPHEDRINE

Examples: Space E,
Bliss Extra

NOT FOR HUMAN CONSUMPTION

EPHEDRINE containing products are advertised as **HERBAL ECSTASY** or as body building supplements. Ephedrine is contained as a decongestant in some medicines. However, in larger amounts it can cause dependence, increased heart rate and blood pressure and death. It can be dangerous for people who have underlying heart problems or who suffer from anxiety or hyper tension.

MEPHEDRONE

Examples: Sold as white powder: Meow,
Meph, in sachets Blow, Snow, Vanilla Sky
or sold as tablets eg Doves

BANNED

MEPHEDRONE, METHYLONE AND MDMCAT - were advertised as **4MMC, MCAT, MEOW, MIAOW, MDMCAT, MDPV, BATH SALTS** and **PLANT FEEDERS**. These drugs come from the 'Cathinone' family of drugs and they can be described as a mix between cocaine, ecstasy and speed. They can be addictive. Mephedrone can cause overstimulation of the heart and nervous system causing excessive sweating, headaches, dehydration, fits and stroke. Some users report developing purple knees and or/blue fingers after taking these drugs. Other negative effects can include anxiety, paranoia, psychosis and a very severe comedown. Users report planning to take only a small amount and then finding themselves compelled to take larger and larger doses. There is growing evidence that mephedrone can cause inflammation of the heart muscle and lining of the heart. This condition is called 'myopericarditis' and has been reported in three young men hospitalised in Dublin in April who reported taking mephedrone.



Do you have
problems
with your
DRUG USE?...

Methadone Maintenance & Treatment:

Aisling Clinic -
Cherry Orchard Hospital 620 6010

Detox:

Residential Options fund -
Ballyfermot Advance Project 623 8001

Under 18s Treatment:

Young People's Programme -
Cherry Orchard Hospital 620 6400

Info & Support:

HSE Outreach Team 620 6400
Drugs/ HIV Helpline 1800 459 459

ILLEGAL HIGHS

SALIVA

Examples: Salvia 20x,
Experience Salvia 150fx



NOT FOR HUMAN CONSUMPTION

SALVIA - is advertised as 'Incense' or 'Herbal Ecstasy'. Salvia is a stimulant which means it can increase blood and heart pressure and make the body more alert. Salvia can cause mild to full blown psychedelic hallucinations, paranoia, and can impact on speech, coordination and the ability to think clearly. The impact can last from a few minutes to four hours depending on the strength, amount taken and the way it is taken. There are concerns that it can trigger psychotic episodes, especially in young people and in people with underlying mental health issues.

SPICE

Examples: Spice, Spice
Gold, Spice Diamond



BANNED

SPICE - (synthetic cannabinoids) was advertised as 'Incense' or 'Herbal Smoking Mixtures'. In many Spice mixtures, chemicals were sprayed onto dried plant mixtures, and the result was sold as 'herbal highs'. As the contents changed from batch to batch in some Spice mixtures people often did not know the strength of the product they were taking. Negative effects included paranoia and memory loss. Ongoing use could be harmful to people with underlying mental illness including schizophrenia.

KRATOM

Examples: Kratom,
Xscape, Krypton.



NOT FOR HUMAN CONSUMPTION

KRATOM is advertised as 'Incense'. It is a dried leaf and is taken in tea, smoked, chewed or in capsule form. The negative effects at high dose can include psychosis, lucid dreaming, the temporary loss of control over arms and legs, itchiness, nausea, and muscle and joint pain. Regular use can result in addiction.

PLANT FEEDERS

Examples: Loved up, Cherries,
Liquid Ecstasy, Tranz and Beanz.



BANNED

PIPERAZINES - were advertised as 'Plant Feeders' or 'Bath Salts' but these drugs are actually used as anti-worming agents for farm animals. They come in a variety of forms: tablet, powder, capsule and liquid form. They are designed to mimic the effects of ecstasy and speed. The negative effects can include irregular heart-beat, convulsions, psychological dependence and psychosis. BZP which is a piperazine was banned in 2009. After this 'BZP free' drugs which had similar effects came on the market. These are now also banned.

LSA

Examples: Purple Ohms, Shrooms,
Strawberry Fields, Morning Glory,
Hawaiian Baby Rose



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LSA containing products are advertised as 'Herbal Highs'. The seeds of the 'Morning Glory' and 'Hawaiian Baby Rose' are two of the most common sources of LSA. They are sold in seed or capsule form. The negative effects can include hallucinations, increased blood and heart pressure, nausea, and feelings of being disconnected from reality. People report having very bad experiences if they are in a negative state of mind before taking LSA containing products. Underlying mental health issues can be triggered or made worse by taking these drugs eg schizophrenia, depression and anxiety.

LIQUID ECSTASY

Examples: GHB, GBH, GBL



BANNED

GBL was advertised as 'Liquid Ecstasy'. GBL converts into liquid ecstasy in the body. It comes as a colourless liquid in small bottles and has a salty taste. The negative effects can include coma, seizures, vomiting and drowsiness. GBL can be very dangerous especially if mixed with alcohol or other depressant or sedative drugs eg heroin or benzos. There is no known safe amount for human consumption.

Community Based Drug Services

Services include drop-in, counselling, advice, support programmes, holistic treatments, outreach, childcare:

Ballyfermot Advance Community Drug

Team - Ballyfermot Advance Project,
3b Le Fanu Rd 623 8001

Ballyfermot STAR,
7 Drumfinn Ave 623 8002

Fusion-CPL, Cherry Orchard

Health Centre 623 1499

Peer Support

NA: Narcotics Anonymous

www.na.ireland.org
Ballyfermot Resource Centre
Tues, Thurs 8.30pm Sat 7pm

General number 01 672 8000

Alcohol Support

All of the above drug services

HSE Alcohol Services 451 6589

AA: Alcoholics Anonymous

www.alcoholicsanonymous.ie

1890 412 412

Some things to remember about 'Psychoactive Drugs' still available in Head Shops and Online:

- **Taking 'psychoactive' drugs if you suffer from any mental health problem, including depression and anxiety, can be damaging.**
Some drugs can kick-start mental health problems or make them worse. People suffering from schizophrenia or with a history of schizophrenia are particularly at risk and should steer clear of these drugs.
- **It is advisable NOT to mix any psychoactive drug with either alcohol or any other substance.** The actual contents of many drugs sold in head shops are unknown and it is unclear what way they will interact with other drugs when inside the body.
- **The time that it takes for a drug to take effect can vary.**
Taking another dose because you think the drug isn't working can be dangerous and result in overdose or a prolonged psychotic episode.
- **Be aware that once you start a 'trip' you cannot stop it.**
The immediate effects of some drugs can last for 8-10 hours. Longer term effects such as anxiety and paranoia can last for weeks.
- **Be aware that some drugs may result in flashbacks** of a psychotic episode weeks after taking them.
- **Avoid these drugs completely if you are pregnant or planning to become pregnant.** Some are likely to be toxic to the developing foetus and could cause birth defects or result in brain damage to the baby.
- **If you feel ill after consuming any of these products, consult a doctor quickly and make sure to inform him/her about using these substances.**

For more information on Head Shop and former 'Legal High' drugs see:

www.aldp.ie
www.talktofrank.co.uk
www.drugs.ie



IN CASE OF AN EMERGENCY:

If you or someone you know is feeling unwell having consumed head shop products please get medical attention as soon as possible. Tell the medical staff which drugs were consumed and if they were mixed with any other drugs or alcohol.

Emergency Contact Numbers:

St James A&E Department

01 416 2774 / 01 416 2775

Tallaght A&E Department

01 414 3501

Emergency Services **999**

If you would like support with any aspect of your drug use please see your local drug service:

Ballyfermot Advance Project

01 623 8001

HSE Outreach Service

01 620 6424

The Base Substance Misuse Worker

01 654 6800

Realt Solas

01 623 8002

Do you know a **YOUNG PERSON** at risk of or already involved in drug use?



Detox & Treatment:

HSE Young Person's Programme -

Cherry Orchard Hospital 620 6400

Ballyfermot Advance -

Residential Options Fund 623 8001

Cherry Orchard Integrated Youth Service -

Equine Centre 620 9160

Ballyfermot Youthreach - 49 Rossmore Ave 623 1055

BSII - Orchard Community Centre 626 7041

Support and Diversionary Services:

Substance Misuse Youth Worker - The BASE

www.thebase.ie 654 6800

Ballyfermot Youth Services - 41 Decies Rd 6231431

Candle - Lynches Lane 626 9111

Suicide Prevention Services:

Pieta House - Lucan, Co Dublin, www.pieta.ie 01 601 0000

Samaritans - www.samaritans.org 1850 60 90 90

Teenline 1800 833 634

1 Life Suicide Helpline 1800 247 100



REALT SOLAS

Realt Solas offer a number of supports to individuals who are experiencing problems due to their use of Cocaine, and/or other stimulants, such as substances from the Head Shops. These supports include;

- One to one keyworking
- Group work
- Holistic therapies (massage, acupuncture, reflexology, etc)
- Addiction Counselling

Realt Solas offers a keyworking system where every service user is allocated a keyworker. The keyworker then supports their clients in identifying goals, for example, reducing or stopping their use of Cocaine. Service users also have the option of joining the Realt Solas Cocaine Group. The staff of Realt Solas recognise that when individuals use Cocaine and other stimulants they often experience anxiety and low mood. Therefore, service users are offered holistic therapies, such as massage therapies and acupuncture, which have been shown to help individuals cope with the impact of Cocaine use. Realt Solas also offer addiction counselling as part of the service.

If you feel that you need support around your use of Cocaine, please contact Tommy or Karen at **01 623 8002**, and we will make an appointment for you to come in and speak to our staff.

DTALK COMPETITION

To be in with a chance to win a €50 Liffey Valley voucher answer the following question and send with your name, address and contact number to: community@ballyfermotadvance.ie or Community Support Worker, Ballyfermot Advance Project, 3b Le Fanu Rd, Ballyfermot, Dublin 10 by June 25th 2010:

Whose hand is this?



Words of Advice:

I miss those days.
Those days when everything came together
And we floated through life,
Oh those days were so much better.
I wish I could go back, if just for the weather
And the feeling we get when all together.

But time has passed by and some of us died.
The rest of us fight just to get by.
I won't tell you a lie, it's hard in this life.
You do or ye die before your time.
So take my advice and do what is right.
Good luck, Goodbye.
I hope you survive.

Daniel Henderson

Have you had a history of drug use and want to get involved in **EDUCATION, TRAINING** or **EMPLOYMENT**?

Ballyfermot STAR - Realt Nua - 36b&c Lavery Avenue, Parkwest Industrial Estate, Cherry Orchard	612 0950
Fusion-CPL - Cherry Orchard Health Centre, Cherry Orchard Grove	623 1499
HSE Integration Team - Cherry Orchard Hospital	620 6400
Matt Talbot Community Trust - Rear Assumption Church, Kylemore Rd, Ballyfermot	626 4899
Ballyfermot LES Jobsplan - 4 Drumfinn Park, Ballyfermot	623 5612
Ballyfermot Theatre Workshop - Ballyfermot Community and Civic centre	643 4722





STORM® SUICIDE PREVENTION AND SELF INJURY TRAINING

The Ballyfermot Advance Project now holds a licence to deliver STORM® Suicide Prevention and Self Injury Training to a range of organisations and services in the Ballyfermot area. STORM® training was designed by the University of Manchester and is used by frontline staff in the British Health and Prison Systems. The training gives workers the necessary skills to support people who may be at risk of suicide during a crisis and also in the days/weeks after an attempted suicide. It is hoped that this will mean that people who may be at risk of suicide in Dublin 10 can find the support they need within local organisations when and if they need it. The overall aim of bringing STORM® training to the area is to help reduce the number of people taking their own lives each year and the subsequent turmoil for the families left behind. The Ballyfermot Advance Project with the support of the Base Youth Centre will be rolling out this much needed training to workers in the Dublin 10 area in the coming months. For more information contact Aoife Hallissey, Community Support Worker at Ballyfermot Advance on 01 623 8001 or community@ballyfermotadvance.ie



CHERRY ORCHARD COMMUNITY CHILDCARE CENTRE

The Cherry Orchard Community Childcare Centre is now open and taking bookings. The purpose- built Childcare Centre currently provides part-time care for children from 9am-1pm and 1pm-5pm. The centre will be opened in stages and in the coming months also plans to offer Full Day and After School care. Prices are very affordable and are offered on a sliding scale depending on the income of the parent. All staff are fully qualified childcare workers to a minimum of FETAC Level 5. You are very welcome to make an appointment to come and visit the centre with your child and to have a look around at the facilities. All children are cared for in a nurturing and stimulating environment with an emphasis on encouraging each child to reach their full potential and to support their unique qualities. If you would like further information please contact the Cherry Orchard Community Childcare Centre on 01 623 5954.

FUSIONCPL



FusionCPL Ltd is a Dublin 10 based Community Drug & Alcohol Rehabilitation Project. They work with Women and Men who are in recovery from drug and/ or alcohol abuse and are living in or are originally from the Dublin 10 area. They work with people who see employment, education or training as the next step for them and support them on a one-to-one basis to access a programme that is suitable to their needs.

Many issues can arise before a person is ready to enter a Programme such as housing, welfare and childcare issues and Project Staff support people through these issues as far as possible. The Community Prison Links worker works with those in Prison but who are due to be released in the next six months. Prison visits are organized and a plan of action is put into place which could include treatment, housing and employment issues. For more information please contact **FusionCPL on 01 623 1499.**

Is your FAMILY affected by drug use?

Services include family counselling, child counselling and development, support for parents, family intervention, childcare options...

Ballyfermot STAR - Realt na Clann, 11 Drumfinn Park	623 5644
Familiscope - 201c Decies Rd	620 6842
Cherry Orchard Family Centre - Cherry Orchard Ave	623 1313
HSE Family Support Service - Social Work Dept, Cherry Orchard Hospital	620 6387
BSII - Orchard Community Centre	626 7041
Ballyfermot Advance - Support for Childcare fund	623 8001
Fusion - CPL (Community Prison Link)	623 1499

