

barbiturates, nonbarbiturates, and alcohol. Barbiturates combined with alcohol produce a profound depressant effect. Flunitrazepam (Rohypnol), known as the “date rape drug,” is a hypnotic drug abused by adolescents. Many women and men report being raped after unknowingly being given Rohypnol in a drink. Rohypnol is 10 times more powerful than diazepam (Valium). It produces prolonged sedation, a feeling of well-being, and short-term memory loss.

### **Central nervous system stimulants.**

Amphetamines and cocaine do not produce strong physical dependence and can be withdrawn without much danger. However, psychological dependence is strong, and acute intoxication can lead to violent aggressive behavior or psychotic episodes characterized by paranoia, uncontrollable agitation, and restlessness. When combined with barbiturates, the euphoric effects are particularly addictive.

Methamphetamine can be snorted, injected, swallowed, or smoked and produces a burst of energy in its users, along with intense, alternating attacks of boldness and paranoia. It provokes excitement far more intense than that caused by cocaine. The drug, with the street names *crank*, *meth*, and *crystal*, is inexpensive and has a longer period of action than cocaine. Instead of a short (few minutes) high, as achieved with cocaine, a user can remain “up” for hours on a similar dose of crank.

Health care professionals are concerned about the use of various volatile substances, or **inhalants** such as gasoline, model cement, and organic solvents; these substances are inhaled by the user to achieve an altered sensation, and the most recent surveillance has indicated a modest increase in use after nearly a decade of decline. Adolescents breathe or place these substances into paper or plastic bags or soda cans from which they rebreathe the fumes to produce a feeling of euphoria and altered consciousness. These substances contain chemical solvents and are extremely hazardous. Dusters contain Freon, a substance that can cause fatal cardiac arrhythmias. Inhalants are the only substance that has a higher incidence of use among young adolescents. This is probably related to the fact that the products are readily available and may be the only substances available for young teens. Many young children are unaware of the