

## Substance Abuse

The following publications may either be downloaded from the Internet (website links have been provided, if available) or you may link to SAMHSA's [Store](#) and order the publications using the provided inventory number.

1. *The DASIS Report: Older Adult Alcohol Admissions: 2003, 2006*

<http://oas.samhsa.gov/2k6/olderAdultsTX/olderAdultsTX.cfm>

2. *The DASIS Report: Retired Admissions: 2003, 2006*

<http://oas.samhsa.gov/2k6/retiredTX/retiredTX.cfm>

3. *Substance Abuse Relapse Prevention Manual for Older Adults: A Group Treatment Approach, 2005*

Inventory number: BKD525

4. *The DASIS Report: Older Adults in Substance Abuse Treatment: Update, May 5, 2005*

<http://oas.samhsa.gov/2k5/olderAdultsTX/olderAdultsTX.cfm>

Inventory number: SR065

5. *The NSDUH Report: Substance Use Among Older Adults: 2002 and 2003 Update, April 22, 2005*

<http://oas.samhsa.gov/2k5/olderadults/olderadults.cfm>

Inventory number: SR067

6. *Older Adults and Substance Use Disorders, 2004*

Inventory number: PHD1079

7. *As You Age...A Guide to Aging, Medicines and Alcohol, 2004*

<http://media.shs.net/asyouage/asyouagebrochure01.pdf>

Inventory number: PHD1082

8. *"As You Age" Public Service Announcement #1 (Ask, Guard, Educate), 2004*

<http://media.shs.net/asyouage/asyouageprintads01.pdf>

Inventory number: ADV189

9. *"As You Age" Public Service Announcement #2 (There's No Better Time...), 2004*

<http://media.shs.net/asyouage/asyouageprintads01.pdf>

Inventory number: ADV189

10. *The DASIS Report: Older Adults in Substance Abuse Treatment, 2001, May 11, 2004*

<http://oas.samhsa.gov/2k4/olderAdultsTX/olderAdultsTX.cfm>

11. *Rethinking the Demographics of Addiction: Helping Older Adults Find Recovery (Recovery Month Webcast), May 5, 2004*

<http://www.recoverymonth.gov/2004/multimedia/w.aspx?ID=252>

Inventory number: VHS184 (\$12.50 for VHS tape) or DVD184 (\$13.00 for DVD)

12. *Get Connected! Toolkit: Linking Older Adults With Medication, Alcohol, and Mental Health Resources, December 2003*

Inventory number: GCKIT

[http://www.samhsa.gov/Aging/age\\_10.aspx](http://www.samhsa.gov/Aging/age_10.aspx)

13. *Substance Use by Older Adults: Estimates of Future Impact on the Treatment System*, 2002

<http://oas.samhsa.gov/aging/toc.htm>

Inventory number: BKD404

14. *Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems*, March 2002

Inventory number: BKD447

15. *Aging, Medicines and Alcohol*, December 2001

Inventory number: PHD882

<http://kap.samhsa.gov/products/brochures/pdfs/Agingmed.pdf>

Available in Chinese, 2005

<http://kap.samhsa.gov/mli/docs/chinese/AgingMed-Chinese.pdf>

Available in Korean, 2005

<http://kap.samhsa.gov/mli/docs/korean/AgingMed-Korean.pdf>

Available in Russian, 2005

<http://kap.samhsa.gov/mli/docs/russian/AgingMed-Russian.pdf>

Available in Spanish, *El Envejecimiento, los Medicamentos y el Alcohol*, 2005

<http://kap.samhsa.gov/mli/docs/spanish/AgingMed-Spanish.pdf>

Inventory number: PHD882S

Available in Vietnamese, 2006

<http://kap.samhsa.gov/mli/docs/vietnamese/Aging-Vietnamese.pdf>

16. *Alcohol Use Among Older Adults: Pocket Screening Instruments for Health Care and Social Service Providers*, December 2001

Inventory number: PHD883

17. *KAP Keys for Clinicians Based on TIP 26: Substance Abuse Among Older Adults*, December 2001

Inventory number: KAPT26

18. *KAP Keys for Clinicians and Quick Guide for Clinicians Based on TIP 26: Substance Abuse Among Older Adults* (assembled set), December 2001

Inventory number: KQ26AS

19. *The Hidden Epidemic: Prevention and Intervention of Alcohol and Medication Misuse and Abuse Among Older Adults, Meeting Summary*, December 2001

Inventory number: PHD880

20. *The DASIS Report: Older Adults in Substance Abuse Treatment*, December 7, 2001 <http://www.oas.samhsa.gov/2k1/OlderTX/OlderTX.cfm>

Inventory number: PHD912

21. *The NHSDA Report: Substance Use Among Older Adults*, November 23, 2001

<http://www.oas.samhsa.gov/2k1/olderadults/olderadults.cfm>

Inventory number: PHD906

22. *TIP 26: Concise Desk Reference: Substance Abuse Among Older Adults: A Guide to Treatment Providers*, June 2000

Inventory number: MS669

23. *TIP 26: Substance Abuse Among Older Adults: A Guide for Social Service Providers--Concise Desk Reference*, June 2000

Inventory number: MS670

24. *TIP 26: Concise Desk Reference--Substance Abuse Among Older Adults: A Physician's Guide*, June 2000

Inventory number: MS671

25. *Healthy People 2010, Conference Edition*, January 2000

Chapter 26: Substance Abuse

<http://www.healthypeople.gov/Document/HTML/Volume2/26Substance.htm>

26. *SAMHSA News*, Vol. 8, No. 3, "Treating Elderly Patients: Primary vs. Specialized Care" Summer, 2000

Inventory number: MS901

27. *Alcohol Alert No. 40: Alcohol and Aging*, July 1998

<http://www.niaaa.nih.gov/publications/aa40.htm>

Inventory Number: PH379

28. *TIP 26: Substance Abuse Among Older Adults*, January 1998

<http://store.samhsa.gov/product/SMA08-3918>

Inventory number: BKD250

29. *TIP 26: Substance Abuse Among Older Adults* (Clinician's version), January 1998

Inventory number: BKD250C

30. *CSAP Substance Abuse Resource Guide: Older Americans*, January 1997

Inventory number: MS443

31. *Age Page: Aging and Alcohol Abuse*, September 1995

<http://www.niaaa.nih.gov/publications/agepage.htm>

Inventory number: PH358

32. *Using Your Medicines Wisely: A Guide for the Elderly*, January 1990

Inventory number: PHD500X

33. *Aging Internet Information Notes: Alcoholism and Aging*

Administration on Aging, U.S. Department of Health and Human Services

<http://www.aoa.gov/prof/notes/Docs/Alcoholism%20and%20aging.pdf>

34. *Aging Internet Information Notes: Prescription Drugs*

Administration on Aging, U.S. Department of Health and Human Services

[http://www.aoa.gov/prof/notes/Docs/Prescription\\_Drugs.pdf](http://www.aoa.gov/prof/notes/Docs/Prescription_Drugs.pdf)

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## RESOURCES AND SUPPORTS TO QUIT TOBACCO USE

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The *Massachusetts Tobacco Cessation and Prevention Program (MTCP)* is dedicated to reducing the health and economic burdens of tobacco use. It offers the following resources:

- [www.makesmokinghistory.org](http://www.makesmokinghistory.org) – Offers articles, resource lists, and statewide program information
- **1-800-QuitNow (1-800-784-8689)** – Free telephone counseling helpline  
*Spanish:* 1-800-8-Dejalo (1-800-833-5256) TTY: 1-800-833-1477

**ORDER FREE MATERIALS** from the **Massachusetts Health Promotion Clearinghouse:**

[www.maclearinghouse.com](http://www.maclearinghouse.com)

*Funded by Massachusetts Department of Public Health*

- **National Cancer Institute:** [www.smokefree.gov](http://www.smokefree.gov) and [www.cancer.gov](http://www.cancer.gov)
- **Nicotine Anonymous: 12 Step Fellowship:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Nicotine Anonymous welcomes those seeking freedom from nicotine addiction, including those using nicotine withdrawal aids & cessation programs. The fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine (on-line and in-person meetings are available. Check website for more information.
- **About.com:** <http://quitsmoking.about.com>  
*Provides information on quitting tobacco and links to topics and online educational videos*
- **Centers for Disease Control and Prevention:** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
*Offers free materials and fact sheets in English and Spanish*
- **National Women's Health Information Center:** [www.4woman.gov/quitsmoking](http://www.4woman.gov/quitsmoking)  
*Federal government website with health information for women, teens, and families*
- **American Cancer Society:** [www.cancer.org](http://www.cancer.org) and/or 1-800-ACS-2345
- **American Lung Association:** [www.lungusa.org](http://www.lungusa.org)
- **National African-American Tobacco Prevention Network:** [www.naatpn.org](http://www.naatpn.org)  
*Dedicated to the development and implementation of comprehensive, community competent tobacco control programs that will benefit communities and people of African descent*
- **National LGBT Tobacco Control Network:** [www.lgbttobacco.org/about.php](http://www.lgbttobacco.org/about.php)  
*Supports the many local tobacco control advocates in helping to eliminate tobacco health disparities for lesbians, gays, bisexuals and transgender people*
- **National Center for Tobacco-free Older Persons:** [www.tcsg.org/tobacco/info.htm](http://www.tcsg.org/tobacco/info.htm)

*(continued over)*

## **YOUTH AND YOUNG ADULT TOBACCO USE AND QUITTING RESOURCES:**

- Campaign for Tobacco-Free Kids: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- Youth Tobacco Cessation Collaborative: [www.youthtobaccocessation.org](http://www.youthtobaccocessation.org)
- American Legacy Foundation: [www.americanlegacy.org](http://www.americanlegacy.org) and [www.truth.com](http://www.truth.com)
- The Foundation for Smoke-free America: [www.tobaccofree.org](http://www.tobaccofree.org)
- <http://kidshealth.org> – offers information and resources in different links for teens, kids, parents, and providers.
- [http://teenshealth.org/teen/drug\\_alcohol/tobacco/quit\\_smoking.html](http://teenshealth.org/teen/drug_alcohol/tobacco/quit_smoking.html)
- [www.helpingyoungsmokersquit.org](http://www.helpingyoungsmokersquit.org)
- [www.the84.org](http://www.the84.org) – The 84 represents the 84% of Massachusetts youth who “choose to do positive things instead of smoke.” It is a statewide movement of youth fighting Big Tobacco to make Massachusetts healthier.
- [www.badvertising.org](http://www.badvertising.org) – BADvertising counters the seduction of smoking by doctoring up tobacco ads to make them honest. View the honest ads, send them to your friends and family, and learn how to make your own honest ads.
- [www.girlshealth.gov/substance/smoking/index.cfm](http://www.girlshealth.gov/substance/smoking/index.cfm)
- [www.youngwomenshealth.org/smokeinfo.html](http://www.youngwomenshealth.org/smokeinfo.html)
- [www.youngmenshealthsite.org/smokeinfo.html](http://www.youngmenshealthsite.org/smokeinfo.html)
- [www.notobacco.org](http://www.notobacco.org)

## **ADDRESSING TOBACCO USE IN THE TREATMENT AND PREVENTION OF SUBSTANCE USE AND MENTAL HEALTH DISORDERS:**

- Tobacco Cessation Leadership Network: [www.tcln.org](http://www.tcln.org)  
*The mission of the TCLN is to help increase the capacity in every state to establish effective, sustainable, and affordable cessation services to help people quit for life. This site features a CME link and a resource guide for professionals working with those who have mental illnesses and substance use disorders.*
- Smoking Cessation Leadership Center: <http://smokingcessationleadership.ucsf.edu/>  
*SCLC works to increase smoking cessation rates and increase the number of health professional who help smokers quit; handouts, resources and peer curriculums available on website.*
- Tobacco Dependence Program of New Jersey: [www.tobaccoprogram.org](http://www.tobaccoprogram.org)  
*Click on “research” at the top of the web page to access articles.*

## **DVDs/VIDEOS:**

Free from the Centers for Disease Control & Prevention: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

- **“Scene Smoking: Cigarettes, Cinema & the Myth of Cool”**  
A documentary about smoking in movies and television; includes interviews by Hollywood insiders who speak out about artists’ rights, social responsibility and the first amendment. *Facilitator’s guide included.*
- **“Smoke Screeners: An Educational Program to Help Young People Decode Smoking in the Movies”**  
*Facilitator’s guide included.*
- **“Women and Tobacco: Seven Deadly Myths”**  
Although geared to women, men also find this documentary very informative and powerful.
- **“Secrets through the Smoke”**  
This program features Dr. Jeffrey Wigand, subject of the academy award-nominated film, “*The Insider.*” He achieved national prominence in 1995 when he became the tobacco industry’s highest-ranking former executive to publicly acknowledge the devastating effects of smoking on health. *Facilitator’s guide included.*
- **“I Can’t Breathe: A Smoker’s Story (Pam Laffin, 1969-2000)”**  
The story of Pam Laffin, Massachusetts resident & anti-tobacco advocate, who died of emphysema at 31.

## **OTHER RECOMMENDED DVDs/VIDEOS (For Purchase):**

- **“Quit & Stay Quit: Understanding the Problems of Nicotine and Tobacco Dependence and The Stages of Quitting Nicotine and Tobacco”** Hazelden Publications (1996) [www.hazelden.com](http://www.hazelden.com)
- **“Quit to Live: Fighting Lung Cancer”** ABC News (2005) [www.abcnewsstore.com](http://www.abcnewsstore.com)
- **“Smoke Alarm: The Truth About Smoking and Mental Illness”** (2007)  
Download the “Smoke Alarm” order form @ [www.clubhouseofsuffolk.org](http://www.clubhouseofsuffolk.org)

## Alcohol and Medication Issues Among Older Adults

As a home care aide, you help keep your clients healthy. You are the eyes and ears of the home care team and may be the first to notice if a client has a health problem. Some older clients may have problems with medications or alcohol. You can help by sharing your concerns about these and other health problems with your supervisor. You can make the difference.

### WHAT YOU NEED TO KNOW

#### SIGNS OF A PROBLEM

Some signs of a medication or alcohol problem, which may also be signs of other health conditions, include:

- ▲ Missing pills, confusion about medications
- ▲ Empty alcohol containers or a large supply of alcohol
- ▲ Drinking more than recommended by one's health care providers
- ▲ Blackouts, problems with memory, speech, or vision
- ▲ Getting hurt, including falls
- ▲ Sleep problems
- ▲ Feeling depressed, anxious, confused, or moody
- ▲ Not caring for oneself
- ▲ Being mean to loved ones/caregivers
- ▲ Spending a lot of time alone
- ▲ Other signs like weight loss, upset stomach, or shaking

If a client shows these signs or other major changes all of a sudden, speak with your supervisor. You can help your clients get the support they may need for any of their health problems.

#### MEDICATIONS

- ▲ Older adults can feel the effects of medications more than younger adults do.
- ▲ Some prescription drugs, over-the-counter drugs, and supplements, like vitamins and herbs, can interact with one another.
- ▲ Some older adults take their medications in the wrong way, which can be harmful. They may take too many, too few, or forget to take them at all.

#### ALCOHOL

- ▲ Older adults can feel the effects of alcohol more than younger adults do.
- ▲ Alcohol can interact with some prescription and over-the-counter drugs and supplements.
- ▲ Alcohol can cause health problems, falls, and sleeping troubles in older adults. It can also make their health problems worse.
- ▲ Many older adults should never drink alcohol. Some older adults can drink a little sometimes. Older adults should talk to their health care providers to learn if alcohol is safe for them.





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**DRUGS OF ABUSE/Uses and Effects**

U.S. Department of Justice  
 Drug Enforcement Administration

Drugs	CSA Schedules	Trade or Other Names	Medical Uses	Dependence			Duration (Hours)	Usual Method	Possible Effects	Effects of Overdose	Withdrawal Syndrome
				Physical	Psycho-logical	Tolerance					
<b>Narcotics</b>											
Heroin	Substance I	Diamorphine, Horse, Smack, Black tar, Chiva, Negra (black tar)	None in U.S., Analgesic, Antitussive	High	High	Yes	3-4	Injected, snorted, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Substance II	MS-Contin, Roxanol, Oramorph SR, MSIR	Analgesic	High	High	Yes	3-12	Oral, injected			
Hydrocodone	Substance II, Product III, V	Hydrocodone w/ Acetaminophen, Vicodin, Vicoprofen, Tussionex, Lortab	Analgesic, Antitussive	High	High	Yes	3-6	Oral			
Hydro-morphone	Substance II	Dilaudid	Analgesic	High	High	Yes	3-4	Oral, injected			
Oxycodone	Substance II	Roxicet, Oxycodone w/ Acetaminophen, OxyContin, Endocet, Percocet, Percodan	Analgesic	High	High	Yes	3-12	Oral			
Codeine	Substance II, Products III, V	Acetaminophen, Guaifenesin or Promethazine w/Codeine, Fiorinal, Fioricet or Tylenol w/Codeine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-4	Oral, injected			
Other Narcotics	Substance II, III, IV	Fentanyl, Demerol, Methadone, Darvon, Stadol, Talwin, Paregoric, Buprenex	Analgesic, Antidiarrheal, Antitussive	High-Low	High-Low	Yes	Variable	Oral, injected, snorted, smoked			
<b>Depressants</b>											
gamma Hydroxybutyric Acid	Substance I, Product III	GHB, Liquid Ecstasy, Liquid X, Sodium Oxybate, Xyrem®	None in U.S., Anesthetic	Moderate	Moderate	Yes	3-6	Oral	Slurred speech, disorientation, drunken behavior without odor of alcohol, impaired memory of events, interacts with alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Benzodiazepines	Substance IV	Valium, Xanax, Halcion, Ativan, Restoril, Rohypnol (Roofies, R-2), Klonopin	Antianxiety, Sedative, Anti-convulsant, Hypnotic, Muscle Relaxant	Moderate	Moderate	Yes	1-8	Oral, injected			
Other Depressants	Substance I, II, III, IV	Ambien, Sonata, Meprobamate, Chloral Hydrate, Barbiturates, Methaqualone (Quaalude)	Antianxiety, Sedative, Hypnotic	Moderate	Moderate	Yes	2-6	Oral			
<b>Stimulants</b>											
Cocaine	Substance II	Coke, Flake, Snow, Crack, Coca, Blanca, Perico, Nieve, Soda	Local anesthetic	Possible	High	Yes	1-2	Snorted, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increased body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamine/ Meth-amphetamine	Substance II	Crank, Ice, Cristal, Krystal Meth, Speed, Adderall, Dexedrine, Desoxyn	Attention deficit/ hyperactivity disorder, narcolepsy, weight control	Possible	High	Yes	2-4	Oral, injected, smoked			
Methylphenidate	Substance II	Ritalin (Ilii's), Concerta, Focalin,	Attention deficit/ hyperactivity	Possible	High	Yes	2-4	Oral, injected, snorted,			

Other Stimulants	Substance III, IV	Adipex P, Ionamin, Prelu-2, Didrex, Provigil	Vaso-constriction	Possible	Moderate	Yes	2-4	Oral						
<b>Hallucinogens</b>														
MDMA and Analogs	Substance I	(Ecstasy, XTC, Adam), MDA (Love Drug), MDEA (Eve), MBDB	None	None	Moderate	Yes	4-6	Oral, snorted, smoked	Heightened senses, teeth grinding and dehydration	Increased body temperature, electrolyte imbalance, cardiac arrest	Muscle aches, drowsiness, depression, acne			
LSD	Substance I	Acid, Microdot, Sunshine, Boomers	None	None	Unknown	Yes	8-12	Oral	Illusions and hallucinations, altered perception of time and distance	(LSD) Longer, more intense "trip" episodes	None			
Phencyclidine and Analogs	Substance I, II, III	PCP, Angel Dust, Hog, Loveboat, Ketamine (Special K), PCE, PCPy, TCP	Anesthetic (Ketamine)	Possible	High	Yes	1-12	Smoked, oral, injected, snorted				Unable to direct movement, feel pain, or remember	Drug seeking behavior *Not regulated	
Other Hallucinogens	Substance I	Psilocybe mushrooms, Mescaline, Peyote Cactus, Ayahuasca, DMT, Dextromethorphan* (DXM)	None	None	None	Possible	4-8	Oral						
<b>Cannabis</b>														
Marijuana	Substance I	Pot, Grass, Sinsemilla, Blunts, Mota, Yerba, Grifa	None	Unknown	Moderate	Yes	2-4	Smoked, oral	Euphoria, relaxed inhibitions, increased appetite, disorientation	Fatigue, paranoia, possible psychosis	Occasional reports of insomnia, hyperactivity, decreased appetite			
Tetrahydrocannabinol	Substance I, Product III	THC, Marinol	Antinauseant, Appetite stimulant	Yes	Moderate	Yes	2-4	Smoked, oral						
Hashish and Hashish Oil	Substance I	Hash, Hash oil	None	Unknown	Moderate	Yes	2-4	Smoked, oral						
<b>Anabolic Steroids</b>														
Testosterone	Substance III	Depo Testosterone, Sustanon, Sten, Cypt	Hypogonadism	Unknown	Unknown	Unknown	14-28 days	Injected	Virilization, edema, testicular atrophy, gynecostasia, acne, aggressive behavior	Unknown	Possible depression			
Other Anabolic Steroids	Substance III	Parabolan, Winstrol, Equipoise, Anadrol, Dianabol, Primabolin-Depo, D-Ball	Anemia, Breast cancer	Unknown	Yes	Unknown	Variable	Oral, injected						
<b>Inhalants</b>														
Amyl and Butyl Nitrite		Pearls, Poppers, Rush, Locker Room	Angina (Amyl)	Unknown	Unknown	No	1	Inhaled	Flushing, hypotension, headache	Methemoglobinemia	Agitation			
Nitrous Oxide		Laughing gas, balloons, Whippets	Anesthetic	Unknown	Low	No	0.5	Inhaled	Impaired memory, slurred speech, drunken behavior, slow onset vitamin deficiency, organ damage	Vomiting, respiratory depression, loss of consciousness, possible death	Trembling, anxiety, insomnia, vitamin deficiency, confusion, hallucinations, convulsions			
Other Inhalants		Adhesives, spray paint, hair spray, dry cleaning fluid, spot remover, lighter fluid	None	Unknown	High	No	0.5-2	Inhaled						
Alcohol		Beer, wine, liquor	None	High	High	Yes	1-3	Oral						

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