



Prevention Treatment and Outreach NATIONAL GUARD

WEST VIRGINIA NATIONAL GUARD

BATH SALT HIGH

When you hear the term bath salts what do you think of? Perhaps you think comfort, relaxation, or even rejuvenation. When added to the bath, the grains of salt form into a luxurious experience...or so this use to be the case. Today, "Bath Salts", are known as a new unregulated psychoactive substance, and are the latest in a series of legal synthetic drugs designed to dodge exiting drug laws.

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These crystal-like substances do not share the same chemical make-up as those you would add to your bath, they are made from several chemicals including methylenedioxypropylvalerone (MPDV). Often sold on the internet and in head shops, "Bath Salts" are being produced as legal substitutes for ecstasy, cocaine, and amphetamines and are potentially dangerous.



"Bath Salts" can be found under several different street and brand names. Some include Ivory Wave, Vanilla Sky, Pure Ivory, Bolivian Bath, Hurricane Charlie, Purple Rain, Salt, Crush, Gloom, Whack, Fly, Crush and Sextacy.

"Bath Salts" appear to be a pure white to a light brown substance made of a crumbly powder with a slight odor. If exposed to air for considerable lengths of time, the substance will darken in color and become less potent. They are packaged as "soothing bath salts" and are usually sold in

BATH SALT HIGH CONTINUED

in 200mg or 500mg packets. In order to avoid potential control mechanisms, “Bath Salts” products often contain the note “not for human consumption”. These products are sold for around \$20–\$80 dollars depending on the packet size.

Though no specific directions for use are listed on the product, they are usually snorted, smoked or swallowed. Depending on the dose and administration route the drug has been used as a weight loss supplement, aphrodisiac and as party fuel.

“Bath Salts” have been known to produce many side effects such as increased heart rate, agitation, anxiety, lack of appetite, nosebleeds, fits and delusions. More serious side effects include muscle spasms, increased blood pressure, kidney failure, seizures, muscle damage, loss of bowel control, hallucinations, and severe

paranoia. It is also important to know that in addition to the list of side effects, “Bath Salts” have been linked cases to drug induced death, as well as suicide.

Many city and states have begun banning the substance. Most recently, the city council in Huntington, WV passed a bill to ban the sale and/or possession of the drug.

The U.S. military does not support the use of Spice. According to Army Regulation 600-85, Soldiers are prohibited from using substances for the purpose of inducing excitement, intoxication or stupefaction of the central nervous system. The Air Force Instruction 44-120 states that “the knowing use of any intoxicating substance, other than the lawful use of alcohol or tobacco products, that is inhaled, injected, consumed, or introduced into the body in any manner to alter mood or function is prohibited”.

THE NATIONAL SUICIDE PREVENTION LIFELINE 24-HOUR TOLL FREE SERVICE

The National Suicide Prevention Lifeline is a 24-hour, toll free suicide prevention service available to anyone in the Military, National Guard, or Veteran with a suicidal crisis. If you need help, please dial 1-800-273-TALK (8255). When prompted, press option 1 to connect to a VA staffed Crisis Center. Your call will be routed to the nearest Crisis Center in your area or you may call 1-800-923-HELP.

The Youth Drug and Suicide Line is 1-877-553-TEEN.



The Problem Gamblers Help Network
of West Virginia



We Help Problem Gamblers
and their Loved Ones.
FREE, Confidential, Local Help
24 Hours. Treatment Works!

10 Symptoms of Gambling Addiction

1. You have often gambled longer than you had planned.
2. You have often gambled until your last dollar was gone.
3. Thoughts of gambling have caused you to lose sleep.
4. You have used your income or savings to gamble while letting bills go unpaid.
5. You have made repeated, unsuccessful attempts to stop gambling.
6. You have broken the law or considered breaking the law to finance your gambling.
7. You have borrowed money to finance your gambling.
8. You have felt depressed or suicidal because of your gambling losses.
9. You have been remorseful after gambling.
10. You have gambled to get money to meet your financial obligations.

If you think you or a loved one may have a gambling problem, you're not alone. Many people struggle with this addiction, and help is available. The Problem Gamblers Help Network of West Virginia provides a "one-stop-shop" offering help for problem gamblers and their families. Those who call the 24hr, **1-800-GAMBLER** help-line are offered a free appointment with a local counselor, in addition to other helpful resources. You may also visit www.1800gambler.net or contact your Prevention Coordinator TSgt Cunningham at 304-201-3102 for more information.

R E S P O N S I B L E D R I N K I N G

If you answer "yes" to any of these questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



Remember, **It is ALWAYS ok not to drink, but if you do, DRINK RESPONSIBLY and think before you drink!**

H E L P F U L R E S O U R C E S

West Virginia Chaplains
Chaplin Reed, 561-6238
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Chaplin Coffey, 561-6490
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**State Family Program
Director,**
MAJ Martin
james.a.martin2@us.army.mil

**Military Family Life
Consultant**
tina.nibert@us.army.mil

Treatment Locator (SAMHSA)
dasis3.samhsa.gov

Military One Source
www.militaryonesource.com

Veterans' Affairs
www.va.gov

Vet Center
www.vetcenter.va.gov

Alcohol Use Self-Assessment
www.alcoholscreening.org

Drug Use Self-Assessment
www.drugscreening.org

**12-Step/Support Programs –
AA**
www.alcoholics-anonymous.org

**12 Step/Support Programs
NA**
www.na.org.

<http://www.wv.ngb.army.mil/pto/default.aspx>

Contact Info

PTO

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304-201-3102
jessica.f.cunningham@us.army.mil

Testing

SSG Miranda Green, NCIOC
Substance Abuse Program Coordinator
304-201-3106
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TSgt Christina Hammack
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Our Mission

To provide prevention training, outreach to military families, and treatment resources to service members in an effort to increase military discipline, individual performance, and combat readiness

LIMITED USE POLICY

If you or someone you know is abusing alcohol or drugs, it is best to admit the concern to your chain of command so they can help before you get caught. If you admit your abuse and request help, you may be protected from any adverse action taken against you.

Self-referrals are protected under AR600-85. You should contact your chain of command or the PTO (304-201-3102) office for assistance.

