



Prevention Treatment and Outreach NATIONAL GUARD

WEST VIRGINIA NATIONAL GUARD

SPICE THE FAKE POT

Spice, also known as K2, has become the newest drug phenomenon across the country. Perhaps you've never heard of Spice, but I'm sure your kids have. While recently visiting a school to

discuss the dangers of drugs I was shocked by the number of children who identified spice potpourri as a drug.

This designer drug, often sold in foil pouches or plastic canisters, has been

marketed across the United States as herbal incense. It is sold in small shops and advertised online as a "legal high". In a report created by the

DEA, Spice is sold as dried leaves and is said to resemble potpourri. It is often smoked as a joint or in pipes, but can also be made into a tea. Theoretically, it should



not be sold to those under the age of 18, yet many people believe it is a safe alternative to marijuana. Spice claims to be made of a full mixture of herbs and plants, however, the mixture has actually been treated with chemicals that are not only dan-

gerous, but intoxicating and addictive. *The Times* recently reported the intoxicating synthetic substance in spice, is four to five times more potent than THC, which is the main psychoactive substance in cannabis. Not only does spice produce a "fake high" it also has side effects such as insane paranoia, vomiting, panic attacks, hallucinations. At this time the long-term of effects of this drug are unknown.

This drug has been associated with impaired driving, emergency room visits and even suicide attempts. According to the Drug Enforcement Agency, effects of Spice in-

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S P I C E T H E F A K E P O T C O N T I N U E D

effects of Spice include increase heart rate and increased blood pressure.

At this time there is no way to test for Spice and it's currently not a regulated drug. As of November 5th, 13 states have banned the use of Spice, and it's illegal in most European countries. The DEA has also identified Spice as a "drug or chemical of concern". Recently reported in the [Charleston Daily Mail](#), Delegate Don Perdue, the House Health and Human Resources Committee chairman, is currently leading the movement to outlaw the harmful substance in West Virginia.

Delegate Perdue also reported that although K2 packets carry the warning "Caution: For fragrance purposes only. Not for consumption", people are not buying it for its aroma. He also reported that school police are finding empty packets lying in school hallways and classrooms.

It is important to remember that 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".



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!

From the Desk of the JSAPC

Prescription medications are always a concern with a unit when conducting their urinalysis testing. If members have valid prescriptions and are taking them as directed, their mind can be eased. The only caveat to that is, as military members, some prescriptions are not ok to take, even if prescribed by a doctor. A safe practice is to contact your unit's medical folks to ensure the prescription is acceptable for military member use.

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 PTO program is designed to serve National Guard service members and their families. Additionally, outreach services are provided to service members in all components and to their local communities.

UPL TRAINING

The Substance Abuse Program Office will now be offering quarterly Unit Prevention Leader UPL training for urinalysis collection. The certification is only valid for 18 months, so it is imperative that refresher courses are completed to keep UPLs current and efficiently trained. *Units may contact SSG Miranda Green or SSgt Christina Hammack at 304-201-3102 to inquire.*

Below is the schedule for the 1st QTR trainings:

3-Dec-10/Dawson/0900-1200

HELPFUL RESOURCES

West Virginia Chaplains

Chaplin Reed, 561-6238
bruce.reed1@us.army.mil

Chaplin Coffey, 561-6490

gary.coffeey@us.army.mil

State Family Program

Director,

MAJ Martin

james.a.martin2@us.army.mil

Military Family Life

Consultant

donna.cooke1@us.army.mil

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.

Contact Info

PTO

TSgt Jessica Cunningham
Prevention Coordinator – ARMY/AIR
304-201-3102
jessica.f.cunningham@us.army.mil

Testing

SSG Miranda Green, NCIOC
Substance Abuse Program Coordinator
304-201-3106
miranda.green@us.army.mil

SSgt Christina Hammack
Substance Abuse Program Coordinator
304-201-3102

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.

