



## Glossary of Terms

### Section 1 – Treatment Terms

**Detoxification** – A period of medical treatment that usually includes counseling, during which a person is helped to overcome the physical and psychological withdrawal of drugs.

**Outpatient Counseling** – Form of substance abuse treatment where the addict lives at home, can continue working or attending school, but has regularly set appointments for substance abuse counseling.

**Residential Treatment** – Form of substance abuse treatment where the addict lives at the treatment facility. Generally, those with a more severe and persistent addiction diagnosis choose this type of counseling.

**12-Step Program** – Developed by Alcoholics Anonymous in the 1930's, the 12-step method of treating those who abuse alcohol and drugs has been accepted as the most common treatment for addiction.

**Withdrawal** – The discontinuation of use of an addictive substance and the physiological and mental readjustment that accompanies such discontinuation.

### Section 2 – Drug Terminology

**Cocaine/Crack** – A white powder or off-white chunky substance that is usually snorted or dissolved in water and injected. Highly addictive, a user will need more cocaine each time to get high. Users feel euphoric, energetic, talkative and mentally alert.

**Ecstasy** – This drug, which comes in a pill or white powder is usually swallowed, but can be snorted. Ecstasy is often used at parties so people can dance and stay active for longer periods of time.

**Heroin** – A bitter tasting powder, heroin can range from white to dark brown to black in color. Heroin can be injected, smoked or snorted and is highly addictive.

**Inhalants** – Common household products that people sniff or huff (inhale through the mouth) to get high. Some products are nail polish remover, hairspray, gasoline, paint thinner or glue. Using inhalants can be very dangerous because a single use can lead to slurred speech, loss of coordination, liver, kidney or brain damage, trouble breathing or suffocation.

**LSD** – Scintless or colorless, LSD has a slight bitter taste and is often found in tablets, capsules or as a liquid. LSD's greatest effect is on the mind and it can make the user experience things that are not normal. Many people die after taking LSD because their mind has been tricked into doing dangerous things. Even after a person stops taking LSD, the mental effects could remain for days, months and in some cases, years.



**Marijuana** – A mixture of dried leaves, stems and seeds from a plant called Cannabis, marijuana has over 400 chemicals in it. Marijuana is generally smoked in a cigarette, pipe, cigar or device called a bong. Though users feel relaxed, marijuana causes memory loss, dehydration, problems thinking and concentrating, loss of coordination, panic attacks, and increased appetite.

**Methamphetamine** – A white powder with no smell and a bitter taste, methamphetamine easily dissolves in liquids. It can also be snorted, injected, smoked or taken orally. Highly addictive, methamphetamine causes an increase in energy that lasts 20 minutes to 12 hours. In addition to causing confusion, insomnia, breathing problems, hallucinations or delusions, anxiety, convulsions, hyperthermia, brain damage and even death, methamphetamine can dramatically alter one's looks by causing sores and rotting teeth. This is known as "meth mouth."

**PCP** – A white crystalline powder sold as a tablet, capsule or colored powder, PCP can be snorted, smoked or eaten and has a bitter chemical taste. This drug makes the user feel "detached" from the things around them. People who abuse PCP for a long time may suffer from memory loss, trouble speaking and thinking.

**Prescription Medications** – Some prescription drugs, including oxycodone, hydrocodone, diazepam (Valium) and alprazolam (Xanax), are addictive and very dangerous when used for non-medical reasons or in combination with alcohol. Taken in high doses, these can lead to paranoia, dangerously high body temperatures and irregular heartbeats.