
RECOVERY HAPPENS COUNSELING SERVICES

www.recoveryhappens.com

October 2006 Newsletter: Alarming Trends

(916) 276-0626

Current drug use trends in our area: “E”, Cocaine and now LSD

My colleagues and I have been seeing the trends of drug use continue to change in many ways. During the past two years, some of these monthly newsletters have indicated two things regarding trends in use: the alarming rate of teens using cocaine, and the resurgence of ecstasy use.

We saw use of cocaine first occur in the communities where teens could afford such an expensive drug. Overtime, it has crossed neighborhood boundaries and we are seeing more and more teens that have used cocaine. In my practice, over 90% of my clients have used cocaine in the past year. Despite these alarming rates most adults have never heard about this trend. The cost for this drug is about \$40 for one gram. The problem with this drug is that users develop a tolerance to the drug very rapidly compared to other drugs. With the increase in tolerance comes the increase in amounts needed to experience intoxication, and that becomes costly.

Regarding ecstasy, it is still being heavily abused. The cost is still cheap at \$6.00 a pill now vs. \$25.00 a pill 4 years ago. As mentioned in previous newsletters the, name of this drug on the street has changed to “Thizz” or “Thizzle.” Another thing which is different with this resurgence of ecstasy is that it appears that more and more kids are being hospitalized because of it. In the past year, clients of mine have been hospitalized because of the drug. So with the prices dropping and kids being hospitalized from the drug, it makes me wonder what chemicals are really going into each pill.

In addition to the drugs already mentioned, there is another drug which might start to become more prevalent as well, LSD. This drug has been nearly impossible for many local drug-users to access during the past 3 -4 years. In the last 8 months, more and more teens have talked about it being used in the community. So, I was waiting to mention this drug as an issue until I started to get clients who were actually using it.

(cont.) In the past two months, I have had 3 clients use it for the first time. While 3 is a small number, it is up from zero in the past few years. It has appeared quickly and hopefully it disappears just as fast. It is something for us to keep our eye on.

Finally, overall young people are still primarily abusing alcohol and marijuana, and then prescription and OTC medications and in that order. Next to that would be the “E”, cocaine, meth, etc. Hopefully this information will help us to better understand and help them regarding current substance use issues.

On different note my colleagues David Gust, Sheila Walker and I have finally published our book,

How to Help Your Child Become Drug Free: A Guide for Parents of Adolescents and Young Adults with Substance Abuse or Addiction.

Excerpts can be read at
www.recoveryhappens.com



