



INSIGHT PLATFORM



Insight Platform Haringey

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Who we are

We are the Children, Young People & Family Service

Commissioned by London Borough of Haringey, as part of their commitment to offer and provide confidential treatment and support services; to those people in the community directly or indirectly affected by or at risk of substance misuse.



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Who we work with

Think Family

Hand Holding to Adult
Treatment services HAGA &
The Grove
Parenting workshops
1:1 Support
Age appropriate info & advice
Advocacy & signposting
Free fun activities
Time Credits

Hidden Harm

- Support for 5-19 year olds that's been impacted by their loved ones substances Misuse and Behaviours
- Age appropriate 1:1 session
- Half term activities

Family, Friends & Carers

- 1:1 Support
- FFC group
- Coffee mornings
- Peer support programmes
- Free fun activities

Young Peoples service

- Age appropriate 1:1 support
- Educational school workshops
- In-school educational programmes
- Half term activities
- Free fun activities



XANAX/Benzo

Ketamine

LEAN

Cannabis

NOS

Alcohol

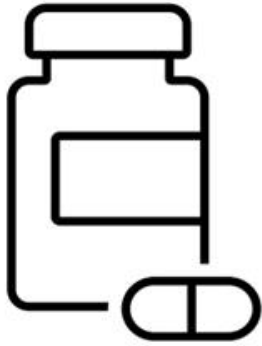
Vape

• 2022 Drug Trends





Benzodiazepines



What are they?

Benzodiazepines are tranquillisers prescribed by a doctor to reduce anxiety and help people sleep. They are also used illicitly.

Example:

- Diazepam, Alprazolam, Xanax, Temazepam, Clonazepam, Lorazepam, Rohypnol.

How it feels:

- Sedation – slows the central nervous system down, calmness, relaxed, sedation, released tension, judgement can become impaired, can lead to longer term anxiety.

The risks:

- Dependency (both physically and psychologically – Withdrawal: tremors, nausea, vomiting, headaches, anxiety, seizures, death, memory loss, overdose).

The Law: Class C

- Possession - Up to 2 years in prison, an unlimited fine or both.
- Supply & production - Up to 14 years in prison, an unlimited fine or both.
- Also known as: Benzos - Valium, Xanax, Blueys, Valleys.





What is it?

Ketamine is a dissociative anaesthetic used in both human and animal medicine. It causes temporary dissociation from pain and other sensory perceptions.

How is it used?

Ketamine powder can be snorted, dissolved in a drink and injected. It can also be smoked. Pills are swallowed and ketamine liquid is generally injected.

How it feels:

- Dreamlike, detached, relaxed, confused, alter perceptions of time and space, hallucinations, stop feeling pain, out of body experience, K hole.

The Risks:

- Agitation, panic attacks, paranoia, depression, flash backs, delusions, memory loss, hurting self without realising, kidney liver and bladder damage (shrinkage of the bladder), abdominal pain, inability to clean blood, nausea/vomiting, loss of concentration.

The Law: Class B

- Possession: Up to 5 years in prison, an unlimited fine or both
- Supply: Up to 14 years in prison, an unlimited fine or both.



What is it?

- Nitrous Oxide is a gas that is used to feel relaxed, happy and giddy. Also known as laughing gas.
- Comes in a canister, which is usually emptied into a balloon. Using straight from the canister is very dangerous.
- Can cause you to fall unconscious and suffocate from the lack of oxygen getting to your brain.
- Can cause you to feel dizzy, making you vulnerable to getting hurt.
- Can also lead to nerve damage.

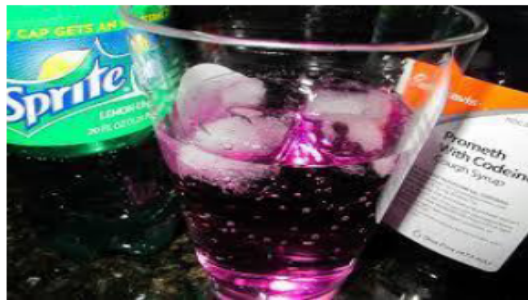
The Law:

- This is a psychoactive drug and is covered by the 2016 Psychoactive Substances Act, which means it's illegal to give away or sell.
- There is no penalty for possession, however if you supply it can result in up to seven years in prison.
- Supply and production can get you up to 7 years in prison, an unlimited fine or both.





LEAN – Purple DRANK - SIZZURP



What is it?

- Mixture of codeine cough syrup, soda, and antihistamine. It is sometimes mixed with alcohol.

How it feels:

- Codeine is an opioid; It slows down and relaxes the central nervous system (mind and body). If used regularly you will become physically and mentally dependent.

The Risks:

- It can lead to overdose and death, especially if mixing with alcohol or any other substance.
- It can negatively affect your physical and mental health and could cause liver damage.

The Law:

Codeine is a Class B substance controlled under the Misuse of Drugs Act. A Class B substance is illegal to buy or supply.

Being in possession of codeine, if not prescribed, can result in 5 years in prison and an unlimited fine .

- Supplying codeine illegally can result in a prison sentence of 14 years and an unlimited fine.

Alcohol



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- Alcohol (ethanol) is a depressant that alters perceptions, emotions, and senses.
- As a depressant, alcohol slows down your body's responses.
- Government guidelines - UNITS – 14 units a week, 2 alcohol free days
- 111 rule – 1 unit of alcohol, takes your liver 1 hour to process 1 unit
- Drink Driving units (bottle of wine 10 units)
- Drink coach (app)





- Cannabis can be smoked, eaten and vaped
- Depressant
 - Affects the central nervous system
 - Slows breathing
 - Relaxes muscles
- Hallucinogen
 - Visual (See things that aren't there)
 - Auditory (Hear things that aren't there)



Some young people who were heavy cannabis smokers in their mid-teens have said that they had experienced depression, low moods, anxiety and paranoia. Paranoia is a fairly common feeling associated with cannabis use.

Sativa vs Indica



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There are different strains of cannabis that cause different effects.

There is not always a way to determine which strain you are smoking.

Have a look at some of the differences between them.

SATIVA



TALLER
& SLIMMER
LEAVES ARE
LONGER
& THINNER



HEAD HIGH

ALERTNESS



UPLIFTING
& EUPHORIC

CREATIVITY



INCREASED
ENERGY

INDICA



SHORTER
& BUSHIER
LEAVES ARE
SHORTER
& WIDER



HEAD HIGH

ALERTNESS



UPLIFTING
& EUPHORIC

CREATIVITY



INCREASED
ENERGY

BODY HIGH



RELAXATION

APPETITE
STIMULATOR



SLEEP AID

PAIN RELIEF




Edible Cannabis products

Woman, 23, dies in East London after eating 'cannabis sweet'

- The lethal sweets are branded in a child-friendly packet labelled as Nerds, Peaches & cream, sour patch kids etc.
- Gummy chocolate bars, candies, lollipops, fudge and other candies
- Baked goods, snack foods, and desserts, such as cookies, brownies, cupcakes, popcorn and ice cream
- Sweetened beverages such as sodas and lemonade
- An overdose from edibles can involve: Paranoia, nausea, hallucinations, panic attacks, impaired mobility, this is due to THC poisoning.
- Cannabis edibles in the UK are home made, it is hard to differentiate whether it contains THC, cannabis SPICE, or other Drugs such as Fentanyl (Research has been conducted in US most of their cannabis products are now laced with Fentanyl).





WHY DO PEOPLE VAPE?

- The reason people vape is simple: they don't want to smoke anymore.
- Reasons Have Changed. The reasons people use e-cigarettes are shifting: Fewer people are using them to quit smoking, and more people are using them to boost their social image.
- Most teenagers vape because out of curiosity, low cost of vapes and the belief that vaping is less harmful than smoking. Some teens are vaping because they want to enjoy the different flavours of e-juices.
- Some young people vape because they think vapes doesn't have nicotine in them

Main reasons young people smoke

- Give it a try
- For fun
- I like it
- Liking the flavours

NICOTINE VAPES

Most Vapes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20's

Vapes can contain other harmful substances besides nicotine.

Young people who uses vaped are more likely to smoke cigarettes in the future

FLAVOURED VAPES

The flavour choices sound appealing, the concerns against them are rising every day. Since vaping liquids are mainly unregulated, what goes into them is rarely disclosed. But research suggests most ingredients are not suitable for our health. Even harmless edibles turn toxic when heated up and inhaled.

An example of one such substance is Vitamin E acetate. Consuming it by mouth is considered safe. But its vapor, when inhaled, has been shown to cause chemical irritation to the lungs.

THC /CBD VAPES

Vaping THC oil involves heating the oil and inhaling it through a vaporizing like a vape pen or an e-cigarette.

Some people believe that vaping THC oil is safer than smoking because it doesn't involve inhaling smoke. But the issue is that vaping hasn't been around long enough and there isn't enough research to really determine whether or not it's safer.

THC is a psychoactive compound, that can lead to physical and mental reactions.

CBD vape juice – CBD made for vaping is sometimes referred to as “CBD vape oil”, but it doesn’t contain any actual oil. If it contains anything other than PG, VG, CBD extract, terpenes and cannabinoids, then it’s most likely unsuitable for inhalation. It should say something about vaping, vape juice, e-liquid or e-juice on the label and should not contain any actual oil.

MENTAL HEALTH

Understanding the Teen Brain - Health
Encyclopedia -
URMC<https://www.urmc.rochester.edu>



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Mental health – reasons why children might be using drugs

Loneliness

Depression

Feeling left out

Stress

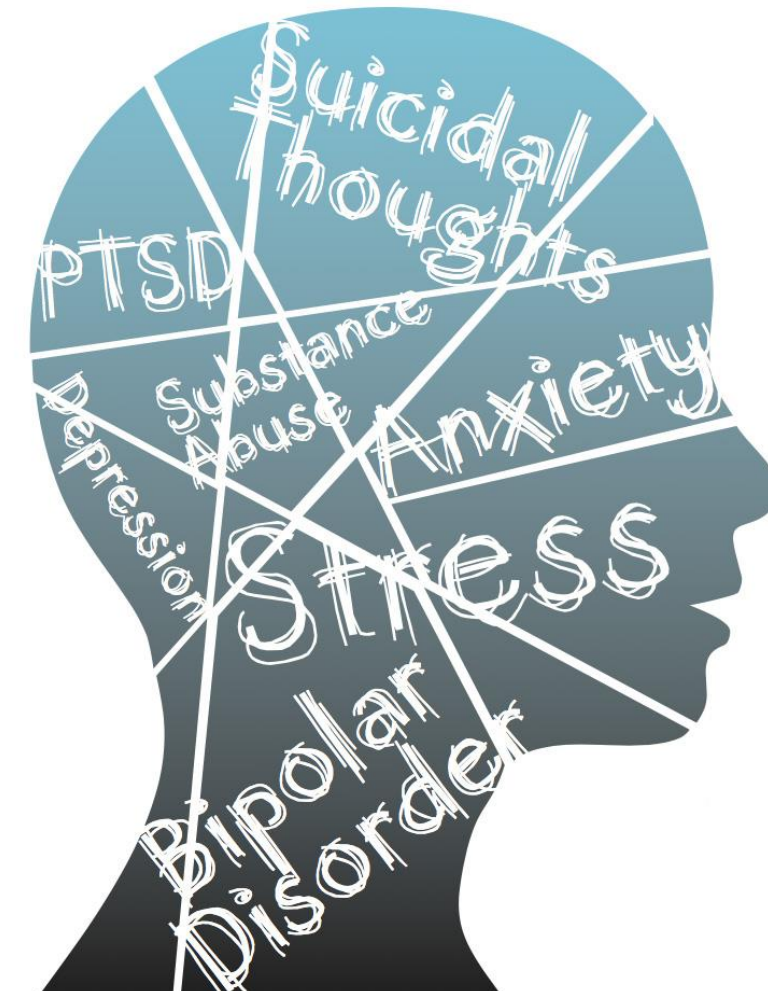
Curiosity

Peer pressure

Research shows, Young people are more likely to suffer with Mental health as their brain is not fully developed until age 25.

Research shows that mental illness can develop in people who have misused substances such as alcohol, stimulants (e.g. ecstasy, cocaine) and depressants (e.g. cannabis), but it's unclear whether drugs and alcohol cause mental illness themselves.

For example, someone with an undiagnosed mental health problem might use drugs and alcohol to relieve their symptoms, but a substance misuse problem may develop from that.



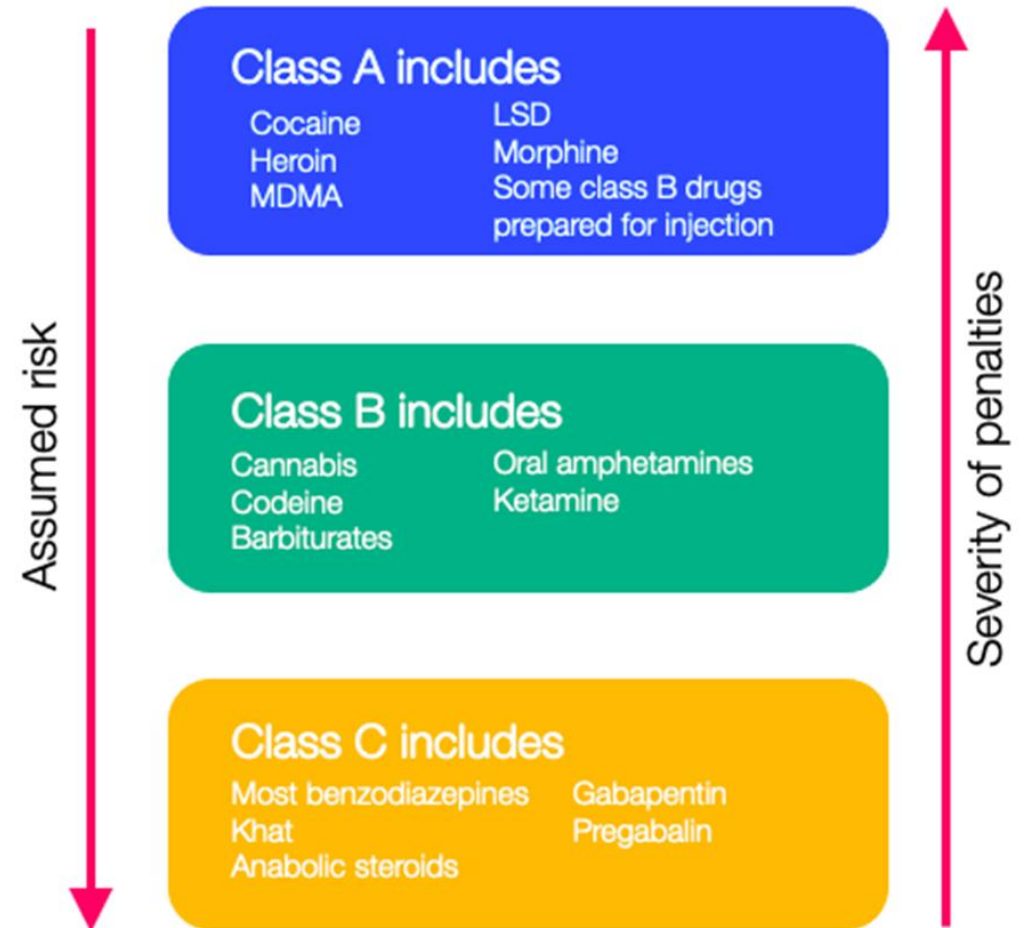
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HARINGEY Borough. What drug trends are you seeing more of?

- Vape
- Alcohol
- Cannabis for Smoke & Edibles
- Lean
- NOS
- Ketamine
- XANAX/Benzo



LAW





Live Webchat

3-6pm Weekdays on website



<https://insightyoungpeople.org.uk/our-services/insight-platform/>



Thank you



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HOW TO REFER – To refer a young person, sibling for Hidden harm support or Family member, liaise with Insight Practitioner, Email or call us.

Please contact the [Insight Platform / Insightful Family](#) team on 020 8493 8525 to discuss families you would like to refer or just for more information – we're always happy to talk!



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