



Epsom Police Department

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DRUG AWARENESS

To the residence and parents of the Town of Epsom as we all know we have seen a rise in the use of drugs along with untimely deaths in the US and in our surrounding communities. The rising use of the drug heroin epidemic is a problem everywhere we look in today world. We as emergency service are dealing with the heroin epidemic on a daily bases, from overdose, untimely death and motor vehicle accident. With the rising use of this drug we will start to see a rise in burglaries along with thefts of property in our neighborhoods. This battle can't be win by one person, town, city or state so in saying that we in emergency services are asking for your help. Below I have given some warning signs of possible drug uses to watch for with our children, family member, friends and love one.

Most people would agree that drug use by teens, young adults and older adults is not something to be taken lightly. However some may say, "It's only marijuana" or "It's only alcohol" or "there's nothing wrong with a little experimentation" or lastly some may even say, I used marijuana when I was young." But the world has changed and so have the drugs. The marijuana of today is stronger than ever before. And kids are using drugs and drinking alcohol at much younger rates than ever before, including adolescents 12 to 17 years old. Young people that started out with marijuana have gone to using stronger drugs heroin being one.

Signs and Symptoms

There are a number of signals that may indicate the using of drugs or abusing alcohol. The difficulty is that often times the signals are masked as something else. Below is a list of potential signs and symptoms to watch out for. Keep track of how many signs or symptoms apply to your family member and calculate your score indicating the likelihood of your family member abusing drugs.

- 1) Missing money from your purse, wallet or home.
 - 2) The use of incense, room deodorizer, or excessive perfumes/cologne to mask the smell of smoke.
 - 3) Excessive mints, mouthwash to cover the smell of alcohol.
 - 4) Eye drops to make eyes that are bloodshot or dilated appear unimpaired.
 - 5) Missing medications (over the counter and prescription)
 - 6) Negative impact at school or work (declining grades, school or work attendance).
 - 7) Personality changes due to mood altering drugs
 - 8) Withdrawal and decreased interactions with proper friends.
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- 9) New friends and people that are not allowed to meet you or brought to the home.
- 10) Over the counter materials that can be used for getting high such as computer cleaner, nail polish/nail polish remover, white out, hairsprays or other inhalants are found in personal belonging.
- 11) Increased sleeping due to depressant drug use, or decreased sleep due to stimulants.
- 12) Eating impairments such as excessive eating or decreased appetite, due to drugs that impair appetite.
- 13) Drug paraphernalia such as pipes, bags of seeds, rolling papers, empty bottles in the bedroom, baggies of pills etc.
- 14) Secrecy regarding activities, interactions and conversations that have coded language on Facebook, cell phone etc.
- 15) If there is a room that is strictly off limits.
- 16) New or used hypodermic needles, spoon with white powder, small plastic bags or small folded up paper wrappers.

A score of 6 and above could be an indication that a family member may be using drugs or abusing alcohol. A family member will be set in a course with little to no hope of ever coming out; unfortunately, there are really only three endings to a life filled with drug use.

- 1) Treatment
- 2) Jail
- 3) Death

Impaired Performance and Accidents

Research from the National Highway Transportation Safety Board shows that inattentiveness, distractibility, slowed reaction times and other impairments are present for four to six hours after heroin use. Driving tests of people who had taken morphine or pharmaceutical-grade heroin showed that they drove slowly with poor vehicle control, they had poor coordination, reacted slowly when something happened in the environment and sometimes fell asleep at the wheel. These effects sometimes depended on how much tolerance the user had to the drug.

I hope that the above information will help in detecting a family member or friend that is addicted to drugs, and hopefully get that person in a rehab center and possibly save a life. This is not going to be an easy battle to win but if we all work together we can hope to make a difference.

If you have any information about drug trafficking you can contact the Epsom Police Department or the Concord Regional Crimeline at 226-3100. The information given to Concord Regional Crimeline is strictly confidential with rewards up to a \$1000.00 for information leading to a conviction. If you have any questions please feel free to contact the Epsom Police Department.

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