• Use of illegal or inappropriate use of legal drugs to produce pleasure, to alleviate stress, or to alter/avoid reality
• Drug use interferes with other areas of one’s life, such as grades, work, relationships, or legal issues

Commonly Abused Substances
• Alcohol
• Illicit drugs, including
  ○ Marijuana, cocaine, heroin
  ○ Hallucinogens
  ○ Inhalants
  ○ Tranquilizers
  ○ Stimulants
  ○ Sedatives

Psychoactive Drugs
• User experiences altered state of consciousness
• Examples
  ○ Marijuana (stimulant)
  ○ Cocaine (powerful stimulant)
  ○ “Club drugs”- ecstasy, LSD, GHB, methamphetamine (addictive stimulant)
  ○ Prescription drugs- OxyContin
  ○ Over-the-counter drugs- cough suppressants and expectorants

Health Effects of Psychoactive Drugs
• Long-term marijuana use
  ○ Psychological dependence and/or lung damage
• Long-term cocaine use
  ○ Cardiovascular effects, respiratory effects, neurological effects, GI problems
• Long-term methamphetamine use
  ○ Paranoia, aggressiveness, extreme anorexia, memory loss, hallucinations, delusions, and dental problems