

Overview of Mental Health Medications
for Children and Adolescents

Module 7
Miscellaneous Medications

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Medications That Can Produce
Anxiety Symptoms

- * Anticonvulsants (carbamazepine, ethosuximide)
- * Antidepressants (bupropion, SSRIs, TCAs)
- * Antibiotics (cephalosporins, ofloxacin, isoniazid)
- * Antiparkinson drugs (levodopa)
- * Bronchodilators (albuterol, theophylline)
- * Corticosteroids (prednisone, methylpredisone)

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Medications That Can Produce
Anxiety Symptoms

- * Decongestants (pseudoephedrine, phenylephrine)
- * NSAIDs (ibuprofen, indomethacin)
- * Stimulants (amphetamines, caffeine, methylphenidate)
- * Thyroid hormones (levothyroxine)

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Medication-Induced Anxiety Symptoms

- * Abrupt withdrawal of CNS depressants (alcohol, benzodiazepines, barbiturates)
- * Medication toxicity
 - * Anticholinergics
 - * Antihistamines (diphenhydramine)

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Drugs that can cause psychosis

Antipsychotics Anticholinergics
Steroids Hormones
Benzodiazepines
Psychostimulants
Anticonvulsants

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Herbal Medicine

- * Juniper (hallucinations)
- * Ma Huang (psychoses and mania)
- * Ginseng (mania and insomnia)
- * Echinacea (CNS stimulation)
- * St John's wort (enhanced SSRI and/or MAOI activity)

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Drugs that can cause Depression

- * Narcotics
- * Beta blockers
- * Accutane
- * Estrogens

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Generation Rx

- * Partnership Attitude Tracking Survey (2007)
 - * 1 in 5 teens abuse prescription medications
 - * 1 in 10 teens abuse OTC cough medicine
 - * 1 in 4 teens know someone who uses OTC cough medicines to get high
- * Monitoring the Future (2008)
 - * Prescription opioid abuse among 12th graders - 9.2%
 - * Past year OTC cough and cold medication abuse
 - * 8th graders - 3.6%
 - * 10th graders - 5.3%
 - * 12th graders - 5.5%

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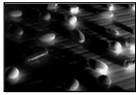
Dextromethorphan (DXM) is...

- * ... a safe and effective ingredient approved by FDA in 1954 and found in well over 100 over-the-counter cough medicines.
- * ...the most widely used cough suppressant in the U.S.
- * ...also being abused by taking extreme—sometimes as much as 20 to 50 times beyond the recommended dose—amounts of cough medicine to get high.

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More Than 100 Cough & Cold

Remedies Contain DXM



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Sample of Products with DXM

- * Alka-Seltzer Plus Cold & Cough medicine
 - * Coricidin HBP Cough and Cold
 - * Delsym medicines*
 - * Dimetapp DM
 - * Mucinex medicines*
 - * PediaCare cough medicines
 - * Robitussin cough medicines
 - * Sudafed cough medicines
 - * TheraFlu cough medicines
 - * Triaminic cough syrups
 - * Tylenol Cough and Cold medicines
 - * Vicks 44 Cough Relief medicines
 - * Vicks NyQuil and Dayquil medicines*
 - * Zicam
 - * Generic/store brands
- *certain products*

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The "High"

- * Mild distortions of color and sound
- * Strong visual hallucinations
- * "Out-of-body" sensations
- * Confusion
- * Slurred speech
- * Loss of motor control

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The "Lows"

- * Delusions
- * Panic attacks
- * Memory problems
- * Blurred vision
- * Stomach pain, nausea, and vomiting
- * High blood pressure and rapid heart beat
- * Numbness of fingers and toes
- * Drowsiness and dizziness
- * Fever and headaches
- * Rashes and itchy skin
- * Loss of consciousness

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Side Effects Can Be Worsened if...

- * The medicine contains additional ingredients that treat more than just cough;
- * Abuse happens with alcohol or illegal drugs;
- * DXM is abuse in combination with prescription drugs and/or other medications.

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Cough medicine abuse Slang

- * Dex or DXM
- * Robo
- * Triple Cs or CCC
- * Skittles
- * Syrup or Tussin
- * Roboing
- * Robo-tripping Robo-fizzing
- * Skittling

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The Internet

Many web sites and online communities advocate and promote cough medicine abuse



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Why the Internet?



- * There are many web sites and online communities that advocate and promote the abuse of DXM-containing cough medicine;
- * Some serve as dangerous online drug dealers, with kids being able to purchase large amounts of pure DXM.

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Web sites provide information about...

- * How to achieve a high based on user's height and weight;
- * How to combine DXM-containing medicines with other drugs, alcohol, etc., and what effects are to be expected at specific dosage levels.

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Postings on Social Networks



- * Detailed instructions and conversations about DXM abuse;
- * Blogs and videos with postings of how and when kids will take DXM-containing cough medicines;
- * Footage of kids while "high."

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Reasons for Abuse

- * Academics - studying for test or major project
- * Athletic competitions
- * Weight loss
- * Enhance the effect of alcohol or other drugs

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Pharming Parties or Trailmixing

- * Everyone brings prescription or OTC drugs
- * Pills placed in bowl
- * Everyone grabs a handful of pills
- * Alcohol may or may not be involved



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Diphenhydramine Abuse

- * High doses used for sleep or as sedative
- * Hallucinations can occur at doses of 150-700 mg
- * Can produce severe arrhythmias and add to sedative effect of other drugs or alcohol



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Ambien

- * Street names
 - * A-Minus
 - * Zombie Pills
- * Use larger doses and resist urge to sleep
- * Causes hallucinations and blackouts
- * Date rapes can occur during blackouts
- * Can cause fatalities especially if combined with alcohol



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Medication Abuse

- * Stimulants
 - * Methylphenidate
 - * Adderal
 - * Provigil
- * Benzodiazepines
 - * Xanax
 - * Valium
 - * Clonazepam
- * Narcotics (loratab)

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