

SB

169



FISCAL NOTE

REQUEST:

Revision Date: \_\_\_\_\_  
Title: Relating to inhalant abuse

Agency Affected: Health & Social Services  
BRU: Alcohol & Drug Abuse Services

Sponsor: Binkley et.al.  
Requestor: \_\_\_\_\_

Components: Administration

EXPENDITURES/REVENUES: (Thousands of Dollars)

OPERATING	FY 89	FY 90	FY 91	FY 92	FY 93	FY 94
PERSONAL SERVICES						
TRAVEL						
CONTRACTUAL						
SUPPLIES						
EQUIPMENT						
LAND & STRUCTURES						
GRANTS, CLAIMS						
MISCELLANEOUS						
TOTAL OPERATING	0	2	2	0	0	0
CAPITAL	0	2	0	0	0	0
REVENUE	0	0	0	0	0	0

FUNDING: (Thousands of Dollars)

GENERAL FUND						
FEDERAL FUNDS						
OTHER						
TOTAL	0	0	0	0	0	0

POSITIONS:

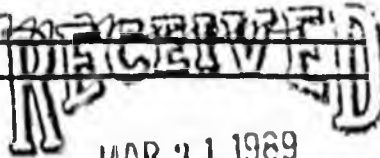
FULL-TIME	0	0	0	0	0	0
PART-TIME	0	0	0	0	0	0
TEMPORARY	0	0	0	0	0	0

ANALYSIS : (Attach a separate page if necessary)

Prepared by: Matthew C. Felix *Matthew Felix* Phone: 586-6201  
Division: Alcoholism & Drug Abuse Date: 3/29/89

Approved by Commissioner: Mike... Date: 3/30/89  
Agency: \_\_\_\_\_

Distribution (by preparer):  
Legislative Finance  
Legislative Sponsor  
Requestor  
Office of Management and Budget  
Impacted Agency(ies)



LEGISLATIVE FINANCE

Fiscal Note SB 169

This fiscal note assumes that the purpose of SB 169 is to make technical corrections in the statute to clarify that the State Office of Alcoholism and Drug Abuse (SOADA) has the authority to provide treatment for inhalant abusers. The SOADA assumes that SB 169 does not require the establishment of additional treatment programs for inhalant abusers.

§ 47.37.030 WELFARE, SOCIAL SERVICES & INSTITUTIONS § 47.37.030

Health & Social Servs., Sup. Ct. Op. No.  
2929 (File No. 8-279), 698 P.2d 1190  
(1985).

**Sec. 47.37.030. Powers of office.** The office may

(1) plan, establish, and maintain programs for the prevention and treatment of alcoholism and drug abuse;

(2) make contracts and award grants necessary or incidental to the performance of its duties and the execution of its powers, including contracts with and grants to public and private agencies, organizations, and individuals, to pay them for services rendered or furnished to alcoholics, intoxicated persons, or drug abusers; to the maximum extent possible, contracts and grants must be for a period of two years; contracts under this paragraph are governed by AS 36.30 (State Procurement Code);

(3) solicit and accept for use a gift of money or property or a grant of money, services, or property from the federal government, the state, or a political subdivision of it or a private source, and do all things necessary to cooperate with the federal government or any of its agencies in making an application for a grant;

(4) administer or supervise the administration of the provisions relating to alcoholics, intoxicated persons, and drug abusers of state plans submitted for federal funding under federal health, welfare, or treatment legislation;

(5) coordinate its activities and cooperate with alcoholism and drug abuse programs in this and other states, and make contracts and other joint or cooperative arrangements with state, local, or private agencies for the treatment of alcoholics, intoxicated persons, and drug abusers, and for the common advancement of alcoholism and drug abuse programs in this and other states;

(6) keep records and engage in research and the gathering of relevant statistics;

(7) do other acts necessary to implement the authority expressly granted to it;

(8) acquire, hold, or dispose of real property or any interest in it, and construct, lease, or otherwise provide treatment facilities for alcoholics, intoxicated persons, and drug abusers; however, the office shall encourage local initiative, involvement, and financial participation under grants-in-aid whenever possible in preference to the construction or operation of facilities directly by the office; contracting and construction under this paragraph are governed by AS 36.30 (State Procurement Code). (§ 1 ch 207 SLA 1972; am § 1 ch 117 SLA 1978; am § 61 ch 106 SLA 1986; am E.O. No. 71, §§ 13 - 17 (1988))

**Effect of amendments.** — The 1986 amendment, effective January 1, 1988, added "contracts under this paragraph are governed by AS 36.30 (State Procurement Code)" at the end of paragraph (2) and added "contracting and construction under this paragraph are governed by AS 36.30 (State Procurement Code)" at the end of paragraph (8).

The 1988 amendment, effective July 1, 1988, rewrote paragraph (1), which read "plan, establish, and maintain treatment programs"; substituted "alcoholics, intoxicated persons, or drug abusers; to the maximum extent possible, contracts and

grants must" for "alcoholics or intoxicated persons; to the maximum extent possible, contracts and grants shall" in paragraph (2) and "alcoholics, intoxicated persons, and drug abusers of state plans" for "alcoholics and intoxicated persons of any state plan" in paragraph (4); in paragraph (5), inserted "and drug abuse" twice and substituted "alcoholics, intoxicated persons, and drug abusers," for "alcoholics and intoxicated persons"; and, in paragraph (8), substituted "alcoholics, intoxicated persons, and drug abusers" for "alcoholics and intoxicated persons" and made a minor punctuation change.

**Sec. 47.37.040. Duties of office.** The office shall

(1) develop, encourage, and foster statewide, regional, and local plans and programs for the prevention of alcoholism and drug abuse and treatment of alcoholics, intoxicated persons, and drug abusers, in cooperation with public and private agencies, organizations, and individuals, and provide technical assistance and consultation services for these purposes;

(2) coordinate the efforts and enlist the assistance of all public and private agencies, organizations, and individuals interested in prevention of alcoholism and drug abuse and treatment of alcoholics, intoxicated persons, and drug abusers;

(3) cooperate with the Department of Corrections in establishing and conducting programs to provide treatment for alcoholics, intoxicated persons, and drug abusers, in or on parole from penal institutions;

(4) cooperate with the Department of Education, school boards, schools, police departments, courts, and other public and private agencies, organizations, and individuals in establishing programs for the prevention of alcoholism and drug abuse and treatment of alcoholics, intoxicated persons, and drug abusers, and preparing curriculum materials for use at all levels of school education;

(5) prepare, publish, evaluate, and disseminate educational material dealing with the nature and effects of alcohol and drugs;

(6) develop and implement, as an integral part of treatment programs, an educational program for use in the treatment of alcoholics, intoxicated persons, and drug abusers, which includes the dissemination of information concerning the nature and effects of alcohol and drugs;

(7) organize and foster training programs for all persons engaged in treatment of alcoholics, intoxicated persons, and drug abusers, and establish standards for training paraprofessional alcoholism and drug abuse workers;

(8) sponsor and encourage research into the causes and nature of alcoholism and drug abuse and treatment of alcoholics, intoxicated

§ 47.37.040 WELFARE, SOCIAL SERVICES & INSTITUTIONS § 47.37.040

persons, and drug abusers and serve as a clearinghouse for information relating to alcoholism and drug abuse;

(9) specify uniform methods for keeping statistical information by public and private agencies, organizations, and individuals, and collect and make available relevant statistical information, including number of persons treated, frequency of admission and readmission, and frequency and duration of treatment;

(10) advise the governor in the preparation of a comprehensive plan for treatment of alcoholics, intoxicated persons, and drug abusers;

(11) review all state health, welfare, and treatment plans to be submitted for federal funding, and advise the commissioner on provisions to be included relating to alcoholics, intoxicated persons, and drug abusers;

(12) assist in the development of, and cooperate with, alcohol and drug abuse education and treatment programs for employees of state and local governments and businesses and industries in the state;

(13) use the support and assistance of interested persons in the community, particularly recovered alcoholics and drug abusers, to encourage alcoholics and drug abusers to voluntarily undergo treatment;

(14) cooperate with the Department of Public Safety and the Department of Transportation and Public Facilities in establishing and conducting programs designed to deal with the problem of persons operating motor vehicles while intoxicated or under the influence of drugs;

(15) encourage hospitals and other appropriate health facilities to admit without discrimination alcoholics, intoxicated persons, and drug abusers, and to provide them with adequate and appropriate treatment;

(16) encourage all health and disability insurance programs to include alcoholism and drug abuse as a covered illness;

(17) submit to the legislature an annual report covering the activities of the office;

(18) develop and implement a training program on alcoholism and drug abuse for employees of state and municipal governments, and private institutions;

(19) develop curriculum materials on drug and alcohol abuse for use in grades kindergarten through 12, as well as a course of instruction for teachers to be charged with presenting the curriculum. (§ 1 ch 207 SLA 1972; am Executive Order No. 39, § 11 (1977); am §§ 2, 4 ch 117 SLA 1978; am E.O. No. 55, § 45 (1984); am E.O. No. 71, § 18 (1988))

**Effect of amendments.** — The 1988 amendment, effective July 1, 1989, substituted "and drug abuse and treatment of alcoholics, intoxicated persons, and drug abusers" for "and treatment of alcoholics

and intoxicated persons" in paragraphs (1), (2), (4), and (8), "alcoholics, intoxicated persons, and drug abusers" for "alcoholics and intoxicated persons" in paragraphs (3), (6), (7), (10), and (15), "alco-

of the department, considers this an effective and economical course to follow. Contracting under this subsection is governed by AS 36.30 (State Procurement Code). (§ 1 ch 207 SLA 1972; am § 5 ch 150 SLA 1980; am § 62 ch 106 SLA 1986; am E.O. No. 71, § 21 (1988))

*Effect of amendments.* — The 1986 amendment, effective January 1, 1988, added the last sentence in subsection (g).

The 1988 amendment, effective July 1, 1988, in subsection (a), substituted "alcoholics, intoxicated persons, and drug

abusers" for "alcoholics and intoxicated persons" in the first sentence and "and, when feasible, programs must" for "and when feasible, programs shall" in the third sentence.

**Sec. 47.37.150. Acceptance for treatment.** The coordinator shall adopt regulations for the admission of persons into the treatment program, considering available treatment resources and facilities, for the purpose of early and effective treatment of alcoholics, intoxicated persons, and drug abusers. In adopting the regulations the coordinator shall be guided by the following standards:

(1) if possible a patient must be treated on a voluntary rather than an involuntary basis;

(2) a patient must be initially assigned or transferred to outpatient or intermediate treatment, unless the patient is found to require inpatient treatment;

(3) a person may not be denied treatment solely because the person has withdrawn from treatment against medical advice on a prior occasion or because the person has relapsed after earlier treatment;

(4) an individualized treatment plan must be prepared and maintained on a current basis for each patient;

(5) provision must be made for a continuum of coordinated treatment services, so that a person who leaves a facility or a form of treatment will use other appropriate treatment and facilities. (§ 1 ch 207 SLA 1972; am E.O. No. 71, § 22 (1988))

*Effect of amendments.* — The 1988 amendment, effective July 1, 1988, substituted "alcoholics, intoxicated persons, and drug abusers" for "alcoholics and intoxicated persons" in the first sentence in the

introductory paragraph; "must" for "shall" in paragraphs (1), (2), (4), and (5), "may" for "shall" in paragraph (3), and "use" for "utilize" in paragraph (5).

**Sec. 47.37.170. Treatment and services for intoxicated persons and persons incapacitated by alcohol.** (a) An intoxicated person may come voluntarily to an approved public treatment facility for emergency treatment. A person who appears to be intoxicated in a public place and to be in need of help or a person who appears to be intoxicated in or upon a licensed premise where intoxicating liquors are sold or consumed who refuses to leave upon being requested to leave by the owner, an employee or a peace officer may be taken into protective custody and assisted by a peace officer or a member of the emergency service patrol to the person's home, an approved public

## INHALANT UPDATE

National surveys show inhalant use ranks third behind alcohol and marijuana. The most effective way to fight solvent use is through prevention and education efforts. When inhaled, most commonly abused vaporous substances act as central nervous system depressants. They disturb vision, impair judgment and reduce muscle control. Inhalant use can cause permanent brain damage and even death. Here's a list of products that young people might sniff. This information is provided to heighten awareness of the potential for abuse of these common and easily obtainable products. Please use this information discreetly and appropriately.

### ADDITIVES

- gasoline additives

### ADHESIVES

- building supply adhesives
- false eyelash adhesives
- fingernail adhesives
- PCV pipe adhesives

### AGENTS

- engine drying agents

### CEMENTS

- household cement
- model cement (glue)

### CLEANERS

- auto body cleaners
- car engine cleaners
- electronic equipment cleaners
- gun cleaning solvent
- window cleaner

### COATINGS

- aerosol leather coatings
- frying pan/pot coatings

### DE-ICERS

- windshield de-icers

### FLUIDS

- brake fluid
- charcoal starter fluid
- fire extinguisher fluid
- lighter fluid
- power steering fluid
- printer fluid
- transmission fluid
- typewriter correction fluid

### FUELS

- lantern fuel
- stove fuel

### GASOLINE

### HARDENERS

- fingernail hardener

### MARKERS

- felt tip markers
- dry erase marker

### OCTANE BOOSTERS

### PAINTS

- aerosol paint
- lacquer paint
- liquid paint

### PENS

- fast-drying pens

### POLISH

- fingernail polish
- shoe polish

### PRODUCTS

- fiberglass refinishing products
- photographic chemical products
- resin products
- shoe shine products
- water proofing products

### PROPELLANT GASES

- fluorocarbons
- hydrocarbons

### REMOVERS

- asphalt remover
- fingernail polish remover
- paint remover
- stain remover
- tar remover

### SEALANT

- tire sealant

### STRIPPERS

- paint strippers
- varnish strippers

### SUPPLIES

- art supplies
- household cleaning supplies
- furniture refinishing supplies

### THINNERS

- paint thinner

### VARNISH

- furniture varnish
- wood varnish

Reported to Alcohol and Drug Abuse Prevention  
August 1988, by Parents in Action in Nebraska

- the pending reorganization of Office of Financing and Coverage Policy, would continue.
2. Transfer all of NIMH to NIH, where, it is argued, research on mental illness would finally reach the stature accorded other diseases. This is the plan in the Inouye bill.
  3. Transfer only the research effort of NIMH to NIH, and rename the remaining components of ADAMHA the "National Center for Addictive Disorders," consisting of the two institutes on drugs and alcohol. NAMI's Havel said his organization could support either of these two plans.
  4. Separate all the research and non-research functions of ADAMHA. The research portions of all three existing institutes would go to NIH as a single entity. Then the alcohol and drug institutes could form an Institute on Addictive Disorders, with service-related components of NIMH administered separately. Since this would combine alcohol and drugs into one entity, "many people feel strongly one way or the other" on this point, Lewin said. Advocates for those suffering from drug addiction, as opposed to alcohol addiction, believe that the demographics of drug addicts are not the same as those of alcoholics. Therefore, they say, the two institutes must maintain their identities.

Another variation of this option would call for the three entities to go to NIH as three separate institutes. But some of the service sectors could go either to the Centers for Disease Control or the National Center for Health Services Research. Administration of state block grants and some of the demonstration programs would become the responsibility of the Health Resources and Services Administration. Another option would be to create a bureau of ADM delivery-of-services efforts within HRSA.

5. Realign the existing ADAMHA structure to make research the exclusive mission of all three institutes. All service-related functions would be shifted to a bureau in ADAMHA, whose director would be on a par with the three institute directors. Proponents of this arrangement argue that there is much similarity in the services administered by the three institutes. This seems the most popular option among the drug and alcohol field.

#### Goodwin May Be Named

ADAMHA reorganization is a delicate subject right now since Frederick Goodwin, MD, who

heads NIMH's Intramural Research Program, is expected to be named ADAMHA administrator sometime in February. Several sources cited possible conflicts among the various institute directors as the parent agency undergoes rearrangement. "There are institutional positions, and positions that people maintain in their heart of hearts," one HHS staffer said. "All the institute directors are in a tight spot."

If nominated and confirmed, Goodwin would succeed Donald Ian Macdonald, a pediatrician who has been serving as both ADAMHA Administrator and Director of the Drug Abuse Policy Office for nearly a year. Macdonald, who will stay on at his White House post which also carries the title of Special Assistant to the President for Drug Abuse Issues, has been heading ADAMHA since his confirmation in April 1985.

Goodwin, 51, an expert in depressive disorders, has been with the NIMH intramural effort, the clinical research program located at the National Institutes of Health campus in Bethesda, since 1965. He became its director in 1982.

The appointment of the ADAMHA administrator is subject to Senate confirmation. ADAMHA sources said White House clearance has already been obtained, and that the FBI was winding up its routine clearance procedures.

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## Incidence

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### YOUTHS' DRUG USE IN SLOW FALL, BUT INHALANTS SHOW GAIN

High school seniors are using less cocaine, but more and more of them report having experimented at least once with the drug and there is no noticeable decline in crack use, a new survey shows. And while overall drug use is slowly continuing to decline, inhalants are "bucking the trend," and their use is rising, said the researcher who recently completed a survey of drug use among young adults.

According to the annual National High School Senior Survey on Drug Abuse, prepared for the National Institute on Drug Abuse by Lloyd Johnston, Ph.D., project director of the University of Michigan Institute for Social Research, cocaine use among high school seniors declined gradually in 1987 for the first time since the survey began 13 years ago. About 42% of the seniors said they had used an illicit drug at least once in the past year, the lowest figure in 13 years.

Observers were quick to flag various possible flaws in the study. For example, some experts



than chance expectancy. The declines for cocaine (-16.1%) and stimulants (-10.2%), were also found to be statistically significant ( $p < .01$ ). The small increase noted for marijuana (+1.1%) was not statistically significant, but the increase in hallucinogens (+8.7%) was found to be greater than chance expectancy ( $p < .01$ ).

(3) Lifetime Experience with a Drug

Table 5-3 shows a pattern of increases and decreases for lifetime experience with different drugs (excluding alcohol and tobacco). Consistent with the findings in Tables 5-1 and 5-2, increases are noted for marijuana (3.6%) and hallucinogens (4.5%). A relatively large increase for inhalants (9.4%) is also noted, which is consistent with its reported increase in availability reported in Table 5-1. All of the differences in lifetime

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Table 5-3  
Comparison of 1983 and 1988 Findings  
Lifetime Experience with Chemical Substances  
Eight School Districts

Substance	1988 Percent*	1983 Percent**	Percent Change
Marijuana	53.0	49.4	+ 3.6***
Cocaine	14.4	18.3	- 3.9***
Stimulants	24.2	27.2	- 3.0****
Hallucinogens	13.2	8.7	+ 4.5***
Depressants	9.8	14.3	- 4.5***
Heroin	2.0	2.2	+ 0.2
Inhalants	25.9	16.5	+ 9.4***
Tranquilizers	9.9	11.5	- 1.6****

\*N=3814 (Unweighted) \*\*N=3609 (Unweighted)

\*\*\* $p < .01$ .

\*\*\*\* $p < .05$ .

From Alcohol and Drug Use among Youth  
Study, University of Alaska - Anchorage  
Dr. Bernie Segal. November 1988.

in other research.

(g) Depressants

Depressants, largely in the form of barbiturates, has experienced a decline since 1983, a trend that is consistent with reports from other surveys.

(h) Tranquilizers

Use of substances such as Valium or Librium, classified as tranquilizers, have also declined since 1983, a trend which is also consistent with findings from other research.

(i) Inhalants

Of all the illicit chemical substances, inhalants have shown the largest increase. This increase is consistent with a small increase reported across the nation by Johnston et al. (1987). Inhalants have tended to be the substance of choice among very young users, largely because they are cheap, readily available, and induce an intense altered state of consciousness, perhaps emulating the perceived experience of the substances the naive user cannot readily obtain. Additionally, older adolescents may resort to using inhalants when other substances are unavailable. Beauvais and Oetting (1987) noted that inhalant use, at every age, "marks a very high level of drug involvement for that group and suggests potentially serious adjustment difficulties. Some of these difficulties include disruptive family relationships, poor school and job adjustment, serious emotional problems, and higher levels of deviance than other drug users" (p. 781). The statistics regarding inhalants should be of particular concern because most, if not all inhalant substances, are highly toxic and can cause irreversible brain damage or death.

(j) Alcohol

Consistent with the findings from different studies of drinking among youth across the nation, experience with alcohol in Alaska is ubiquitous among adolescents. It would also seem that drinking during adolescent years no longer represents a lifestage phenomenon, but has become an adolescent life-style phenomenon. To a large extent the drinking among adolescents could be considered to model the drinking behavior of the

AUG 15 1986

News Service

Client No. 216

## Youth found dead near open gasoline container

ANCHORAGE (AP)—When last seen alive, 14-year-old Freddy George was wandering the streets of Pilot Station in the middle of the night.

A police officer told the boy to go home, but instead he went to a ramshackle cabin near the Yukon River used to store fishing gear.

The Alaska State Troopers say Freddy George apparently died that night after inhaling fumes from an open can of gasoline.

John Evan and his son, Freddy, 12, found his body the next morning on Aug. 10 as they prepared to go fishing.

"When I first saw him, I thought he was sleeping. I couldn't recognize him for awhile," Evan said. "I asked my Freddy to come see who it was. I've been feeling pretty bad about that."

Freddy George often stayed out late, said Patrick Nick, the village public safety officer. When the boy went home, it was usually to his married sister's house. He and his sister and their mother, Sarah, were the only living members of the immediate family, Nick said.

The boy is the second in the Yukon Delta to die in recent weeks after inhaling gas fumes. A 14-year-old Emmonak boy died during a party in late July after he reportedly drank home brewed liquor and inhaled gasoline fumes.

Officials said gas-sniffing is a dangerous form of substance abuse that can be addictive and sometimes leads to death from asphyxiation.

What goes on in the Yukon is said Trooper Capt. James Godfrey, who heads the agency's rural law enforcement effort.

"Quite often, it's youngsters, teenagers and pre-teens, who are experimenting with substances. The potential of that being fatal is very high. You get a quick high and all of a sudden, it's too late."

"There's no trend," said Godfrey, who formerly served with the Troopers in Bethel. "I don't see an inordinate number of people dying from sniffing gas. It's nothing we are taking lightly."

Evan said he has been troubled ever since the morning he found the boy's body.

"That's the first time I've found somebody like that," he said. "It's pretty hard to take. I didn't want to go fishing. When I got home, I called the priest. I talked to him. I didn't want to keep it in me. If you keep it inside, it seems to get worse."

QUALITY DESIGN

Date JUL 19 1998

Tundra Drive

Client No. 100

## Boy dies at party

ANCHORAGE (AP) — A 14-year-old Emmonak boy died during a weekend party near his village after he reportedly drank home-brewed liquor and sniffed gasoline, the Alaska State Troopers reported.

Troopers identified the youth as Robert Hamilton.

They said he had been at a party with other youths on a beach along the Yukon River early Sunday. He passed out and could not be revived, troopers said.

An autopsy was scheduled for Tuesday in Anchorage.

social settings and situations which prompt abuse.  
410. *Internal Medicine News*, July 15-31, 1987, p 13.

### COCAINE PRECIPITATES HEART ATTACK IN YOUNG ADULTS

Cocaine can be a major factor in the occurrence of heart attack in young adults. At an annual meeting of the American College of Cardiology, Henry W. B. Smith, III, M.D., reported his experience with nine heart-attack victims between the ages of 23 and 39 who were also cocaine users.

Four patients used cocaine twice a week or more for at least two months prior, and five patients were occasional users. Most also smoked cigarettes, and one had a history of heart disease in her family. Both of these factors contributed to the occurrence of heart attack.

After treatment, six patients stopped their cocaine use. Of the remaining three, two experienced later episodes of chest pain, and one died of a second heart attack which also resulted from cocaine use.

These findings indicate that cocaine can precipitate heart attack when it is smoked, inhaled or injected. Symptoms usually occur within one hour of use.

411. *Internal Medicine News*, June 1-14, 1987, p 8.

### COCAINE CAN CAUSE HEART PROBLEMS IN FIRST-TIME USERS

First-time users of cocaine can experience heart problems, says Peter Martin, M.D., director, alcohol and substance abuse division, Vanderbilt University College of Medicine. Dr. Martin wishes to dispel the myth that only long-term abusers who take large amounts of the drug can develop heart complications.

Another myth is that snorting cocaine, instead of injecting or smoking it, reduces the risk of heart complications.

Of seven patients entering one hospital emergency room, six had snorted cocaine and one had smoked a freebase preparation. Four patients experienced heart attack, and three developed other heart problems. Two patients died suddenly.

According to statistics for 1981 from the National Institute on Drug Abuse, cocaine use resulted in 3,296 visits to emergency rooms and caused an additional 195 deaths. In contrast, 9,946 visits to emergency rooms and 580 deaths resulted from cocaine use in 1985. Even more reports of complications may occur since the price of cocaine has gone down and is affordable for more people.

Dr. Martin says that the treatment goal for all cocaine abusers must be total abstinence.

412. *Internal Medicine News*, June 1-14, 1987, pp 9-10.

## HEROIN

### HEROIN ABUSE MAY LEAD TO DEVELOPMENT OF ASTHMA

In a study of 2,276 heroin addicts, 112 had a history of asthma. Of those, 31 showed an association between their heroin abuse and the development of asthma. In addition, more women developed asthma subsequent to heroin abuse than did men.

413. *Internal Medicine News*, July 1-14, 1987, p 6.

## MARIJUANA

### CHEST PAIN RESULTS FROM MARIJUANA AND COCAINE ABUSE

Maximo A. Luga, III, M.D., and colleagues of Tampa General Hospital, report the case of an 18-year-old male who developed chest pain and short-

ness of breath after using marijuana and cocaine. Previously, these problems have been noted in cocaine and marijuana abusers who use positive pressure devices or techniques which supposedly enhance the drugs' effects.

The patient in this case denied using any such techniques or devices. With the increased problem of drug abuse among adolescents, the author advises physicians to routinely question adolescents who complain of chest pain about their use of drugs.

414. *Pediatric Emergency Care*, Vol 3, No 2, 1987, pp 107-109.

### MARIJUANA HARMFUL TO LUNGS

Researchers at UCLA School of Medicine have examined the effect of smoking tobacco and marijuana on the lungs. At the cellular level, they compared the effect on 43 smokers and 19 non-smokers of smoking cigarettes, marijuana or both.

Clearly, cigarette and marijuana smoke had a negative effect on the lungs. Further, the effects of marijuana are separate from those of cigarettes and actually add to or worsen the effects of cigarette smoke.

415. *American Review of Respiratory Diseases*, Vol 135, 1987, pp 1271-1275.

## INHALANTS

### TRICHLOROETHANE TOXIC TO HEART

Adolescents who sniff glue may be exposed to a toxic substance called trichloroethane, or TCE, a commonly used solvent found in various glues, dry cleaning fluids, plaster remover and typewriter-correction fluid.

A report recently appeared in Britain of a 14-year-old boy who sniffed trichloroethane and who later developed irregular heart rhythm during surgery for removal of his tonsils. It appears that the anesthetic used during surgery added to the heart toxicity caused by trichloroethane.

A 54-year-old man who had occupational exposure to trichloroethane experienced similar problems during surgery. Both cases demonstrate that damage to the heart is a possible result of long-term occupational exposure or short-term abuse of trichloroethane.

416. *British Medical Journal*, Vol 204, 1987, pp 727-728.

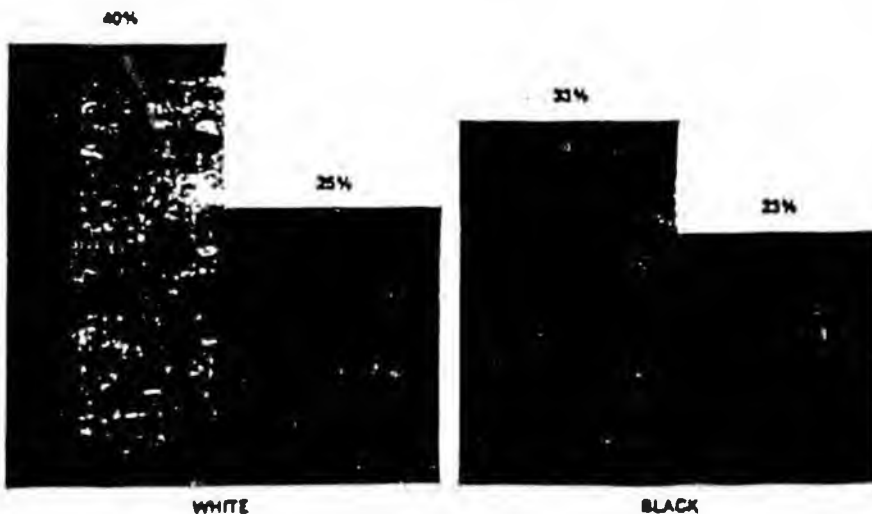
## OTHER DRUGS

### DOCTOR CALLS NASAL VITAMIN PURE RIPOFF

The Food and Drug Administration is investigating a nasal vitamin B12 product called Ener-B. When squeezed into the nose, Ener-B delivers large doses of vitamin B12 which consumers of the product believe will give them extra energy.

One critic of Ener-B, Victor Herbert, M.D., of the Bronx Veterans Administration Medical Center, submitted a petition to the Food and Drug Administration which states that Ener-B is a pure economic ripoff with no health or

## SMOKING DURING PREGNANCY\*



■ 1987 ■ 1980 \*Married women 20 years of age and older. See page 7.

AADAC

1970

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## Introduction

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Breathing in chemical fumes to become intoxicated is commonly called "glue sniffing".

Using inhalants to get "high" is not new. Their use goes as far back as the 1800s. During the 1930s and 1940s, it was popular to sniff gasoline fumes. In the mid-1960s, when model airplane glue was sold, the number of persons who used inhalants increased. The term "glue sniffing" then became popular.

Today, there are a number of household items which can be used for sniffing. These include model airplane glue, nail polish remover, paints, lacquers, lighter fluids, aerosol sprays, non-stick cooking sprays, cleaning fluids, anti-freeze and gas.

Whatever the substance used, sniffing is very dangerous. It is a form of drug use which can have effects ranging from headaches to death.

One of the best ways to fight this and other forms of drug abuse is to inform everyone of the problem and the dangers. This pamphlet has been prepared to tell you more about inhalants, the risks which they present and their users.

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### Who Uses Inhalants?

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Most inhalant users are children or teenagers. Alberta wide surveys of students in Grades 7 to 12, showed about eight per cent of the students had "sniffed" in the six months before the survey.

Most users were between 13 and 15 years of age. There was a sharp decline in use by students in higher grades.

Many occasional users are ordinary teenagers who try it once and leave it alone. There are a number of long-term users, though, with troubled backgrounds at school or at home.

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### What Are The Effects Of Inhalants?

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After the first few deep breaths, there is a feeling of dizziness, relaxation and well-being. There may also be body "rushes", hot flushes, flashes of light and a sense of floating away. The actual "high" may only last a few seconds, although the effects usually last from five to 40 minutes.

Once the effects wear off, the user may experience a period of drowsiness. Headache and sickness may accompany recovery, and the user may not be able to remember what happened.

Constant use of inhalants can lead to such symptoms as nosebleeds, bloodshot eyes, bad breath, and thirst. There may also be tiredness, and slow movement.

Continued use can have dangerous effects. Some of these include memory loss, personality changes, and troubled links with family and friends.

In most cases, these effects disappear when the user stops using inhalants.

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### How Dangerous Are Inhalants?

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The major danger in inhalant use is the chance of death by suffocation. If the user passes out while a plastic bag is over the nose and mouth, the danger is extreme.

Some substances — such as cleaning fluids and aerosol sprays — can bring about sudden death from a heart attack.

Some further effects include:

- Damage to the kidneys, lungs, nerves and other body parts.
- Increased danger when used with alcohol
- A changed sense of judgement and self-control which can lead to violence and accidents.
- Burns and property damage caused by explosion of flammable inhalants.

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### Tolerance/Dependence/Withdrawal

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A person develops "tolerance" to a drug when he or she must take more of it to cause its usual effects. Using inhalants often can lead to tolerance.

Dependence occurs when the body grows used to a drug and needs it to feel good. Inhalants can lead to a physical and mental dependence.

Withdrawal symptoms occur when the use of an addictive drug is suddenly stopped. Signs of withdrawal such as chills, headaches and hallucinations have been reported in cases where users have suddenly stopped.

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### Inhalants, Society and You

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Most inhalant users are children or teenagers. Some young people will try inhalants once or twice and give it up quickly. Another group tend to use them more frequently. These young people very often have serious problems both at school and at home.

Pay close attention to your children and teenagers. Watch for symptoms which may suggest that your child is using inhalants. These include nosebleeds, increased saliva and spitting, mouth and nose sores, dry throat, bloodshot eyes, bad breath, unusual thirst, awkwardness and being tired all the time. If you notice some of these symptoms, a doctor or counsellor can help you determine the cause and suggest people to help your child.

In Alberta using inhalants or getting someone else to use them is against the Public Health Act.

*This brochure may help someone you care about, or even save their life. You may have heard about sniffing addiction, and wondered what it is and whether it will affect your family. Or perhaps sniffing addiction has already become a problem for your children. Whether or not they are active sniffers, you should keep in mind that continued sniffing, for the price of a quick "high," can lead to serious mental and physical deterioration and even result in death.*

*You may be a parent, an older brother or sister, a teacher, or a concerned person in the community, anxious to help an addicted youngster find the road back to health and a more productive life. This brochure will help you understand the sniffing problem, and describe your role as a crucial link in educating the young to the hidden and actual dangers that await those who "sniff to get high."*



## **Inhalants: The Substances Abused Through Sniffing**

Intentional misuse of gasoline, solvents, aerosols and other substances through sniffing or huffing has been a problem among young people since the early 60s. Inhalant abuse is itself part of the total drug abuse problem. Inhalant abuse may be described as the willful and deliberate, deep breathing and prolonged holding in of gases from certain substances to attain a modified state of consciousness, usually described as a euphoric, mind-altering "high." As distinguished from normal breathing or inhalation, inhalant abuse is intentional and voluntary, its only purpose being to draw these inhalants repeatedly deep into the lungs until the desired level of intoxication is reached.

Inhalants are a diverse group of chemicals that produce vapors which, when inhaled, interfere with normal functioning of the mind and body. Concentrated vapors of solvents in a variety of products such as glue, paint thinner, nail polish remover, cleaning and lighter fluid, typewriter correction fluid, refrigerant gases, and some aerosol products may act in this manner. These products are among the substances that continue to be misused and abused by young people today.

Sniffing is hard to control because it involves consumer products that are sold for legitimate purposes, are readily available, and are not harmful if used as directed. Certain chemicals in these products, which make them effective for lawful uses, also make them suitable for sniffing. Breathing in vapors from concentrated doses of these substances, instead of using them for the purpose intended by manufacturers, youngsters may induce a state of "high." Past efforts to regulate specific chemicals in products subject to abuse have not successfully deterred youngsters from sniffing them. In addition, such regulations unfairly discriminate against legitimate users of these products. It therefore appears that the sniffing problem cannot be curbed by banning the products, but only by curbing their willful misuse.

## **A Sniffer's Profile: The Path to Addiction**

Studies show that youngsters begin abusive sniffing at a relatively young age—i.e., eight to 12 years of age. Although there are more male than female sniffers, the habit is common to both sexes. In the recent past, sniffing tended to come from poor, broken homes, mostly from minority populations in the Southwest. This pattern, however, is slowly changing, and now involves children from all walks of life.

Sniffing aerosols and other chemical products is attractive to youngsters because it offers them an easy, cheap thrill. These potentially inhalable products, made for

bonafide uses, are accessible in many retail outlets—supermarkets, hardware stores, drugstores, stationers. Young people who have not reached the legal drinking age can resort to inhalants in place of alcohol. With their limited spending power, youths find that these products are very affordable as compared to drugs which may be preferred. Given these "advantages," once hooked on sniffing, youngsters may find it extremely difficult to break the habit.

Sociologists, medical authorities and law enforcers have helped form a composite picture of why young people get hooked on sniffing. One of the most important factors, according to studies, is peer pressure. The wish to belong is overwhelming. Sniffing victims, moreover, often come from a home lacking the supervision and interest of caring, nurturing parents. Dealing on their own with the pains and problems of growing up, children raised in such an environment have low self-esteem and seek escape rather than face reality. Research also shows that chronic sniffers have time on their hands. Bored, depressed and anti-social, they find sniffing a preoccupation and lifestyle. Other reasons given are the absence of church influence, rebellion against authority, and idle curiosity—the urge to try anything once.



It is easy to reason that the young are unaware of the mental and physical harm they inflict on themselves through sniffing. Yet, certain body-signals will tell the addict that something is wrong, even as the mind weakens in its ability to grasp the full meaning of the situation. Thus, no matter how frivolously or tentatively begun, sniffing becomes an addiction to these unsuspecting youngsters.

*This is why you, concerned and responsible adults, can effectively intervene. You need, however, to be aware of the actual physiological effects of sniffing and of how you can tell, by observing your youngsters, if they are "hooked."*

## Gradual Destruction: The Toll on Mind and Body

The mental and physical effects of long term sniffing are deadly. It can be summed up with the phrase, "permanent damage to vital body organs."

**Immediate effects.** After quickly passing through the sniffer's nostrils or mouth, these gases invade the lung and bloodstream, producing a "high" in a matter of seconds. The invading gases may cause varying allergic reactions: temporary paralysis, asphyxiation, irregular heartbeat, nausea, partial amnesia during intoxication, blurred vision and reduced muscular coordination. These symptoms can last from 15 to 45 minutes after sniffing stops. Young people have confessed to sniffing intermittently throughout the day, for hours at a time.

**Long term consequences.** If the abuser continues to sniff and is still alive (there have been cases where the curious unaddicted, first-time sniffer has dropped dead), long term consequences set in with repeated abuse. Although physical and mental disorders from short-term sniffing are generally reversible, some damage may be difficult to heal. And, as heavy sniffing persists, the condition of the body's central nervous system declines, reducing the young person's physical and mental capabilities.

As the lungs are insulted by these extremely high levels of chemicals for a long period of time, their air capacity is diminished. The body's resistance to respiratory diseases becomes greatly weakened. Permanent lung disorders, including chronic pneumonia, may result. Irreparable damage to liver, kidneys, blood and bone marrow, may occur. In addition, irreversible brain damage may result.

The final result, death. The National Institute on Drug Abuse (NIDA), in its brochure entitled "Inhalants," states that sniffing highly concentrated amounts of some of these chemicals can produce heart failure and instant death. Known to medical personnel as "sudden sniffing death," heart stoppage can result without warning, even on the first try. The NIDA brochure also states that these abused inhalants, when taken in high enough doses, can cause death.



Sniffing can hurt young people in many other ways. As their tolerance for inhalable substances grows, they will seek larger and larger amounts to get the desired effects. And, as they sink deeper into addiction, they lose the chance to learn how to cope normally with their world and develop into responsible young adults.

### Do You Have a Sniffer in Your Life?

Be alert to the tell-tale signs of early addiction. While the overt symptoms might elude you at first, sniffers are often unaware that their changing behavior and attitudes,

over which they gradually lose control, give them away. These changes are the critical signals, which you can spot if you know what to look for.

The signs of sniffing will be revealed to you by what you see, smell and hear, as well as observe generally over period of time. Study your suspected sniffer subtly but thoroughly. Here are some suggestions for detecting the destructive habit.

When he or she walks through the front door, because it is perfectly natural to look into the child's face as you exchange greetings, you have the opportunity to study the eyes, face and general appearance.

You might see: dilated pupils, glazed, reddened, unfocused eyes; a guarded expression; a disoriented manner; blisters around nose; sore, cracked lips; unusual salivation; strange stains on clothing and body; unsteady muscle coordination, as though intoxicated.

Try to get physically near the youngster—help if there are books to carry, parcels to set down, a coat to take off!

You might smell: bad, unpleasant breath; chemical odor on clothing.

In addition, try making conversation, sticking to a general, non-controversial subject, but one that would require the youngster's response.

You might hear: uncontrolled, irrelevant giggling; slurred speech; conversation indicating distorted perception of time and distance; too much coughing; sniffing; expressions of invincibility and might.

If you fail to establish a dialogue, because the youngster deftly avoids you, or tells you he or she is ill and does not feel up to sitting down for a chat, take the cue. In the event that the child is suffering from sniffing addiction and not an ordinary bug, the young person in your charge is sick, and feels terrible.

You might notice: abnormal drowsiness; painful withdrawal symptoms, such as severe headaches, as well as stomach and leg muscle cramps.

If, for various reasons, you are unable to conduct a similar "study" in your home or classroom at the time the youngster needs it most, other clues will help you. Strange toys may well be the paraphernalia of an active sniffer.

You might find: rags or cloths in the closet and other hidden corners in the backyard; dried stains on clothes; smelling of chemicals; empty containers of abused products; old socks, plastic bags

Over a period of time, you might begin to notice those changes in behavior mentioned earlier. If you are quite sure that these changes are unrelated to a genuine physical malady, they will be your final sign that your youngster needs help.

You might notice the young person's: chronic laziness; loss of appetite; slovenly appearance; detachment from family, ordinary youthful interests, former hobbies; vacant expression; restlessness; moodiness; nightmares.

While some of these characteristics are usually associated with a phase that all normal children go through while growing up, you can, within reason, sort out which of these are no cause for worry, and which are the danger signals. If a combination of several of these signs comes uncomfortably close to behavior you have noticed in your young, you must ask yourself: do I have an active sniffer in my life?

If yes, or maybe, plan to act now!

The first thing you should do is face the facts, and look into the resources available to you, in order to help both yourself and the young person in trouble. Before you act, however, keep in mind these important "don'ts."

Don't confront the child, especially when he or she is "high"; try not to lose your temper; and don't think that sniffing is a passing fancy that the child will outgrow.

Investigate why your youngster is abusing products through sniffing. If it is to try to conform to a group, a new interest might divert the child's attention and you should explore this promptly.

Your community centers a good place to start. If your youngster, however, is far advanced in the sniffing habit, contact your local drug center or seek professional help. Above all, remember that a loving home is a refuge for the young ones. Try to instill in the home or classroom an environment of understanding, enlisting the cooperation of other persons, such as the parents of your child's friends, as well as those who come in daily contact with the recovering sniffer. Discuss the issue openly and plan together to protect all the kids involved.

## A Helping Hand: How Industry is Responding

Just as industry considers it important to provide safe, convenient products for home and personal use, it recognizes the need to educate consumers in the safe and correct use of these products. In accordance with applicable laws and regulations, the products are labeled for proper use and, in addition, with caution statements to help the consumer properly use the product. The labels



thus a guide to help the intended user. In addition, there are certain guidelines which supplement the laws that must be followed. There is no practical way for the label to tell young people who wish to abuse or misuse a product of all the potential dangers or harm that might befall them. The industry believes, therefore, that information such as that contained in this brochure should be made available to those who can influence and direct young people.

## Consumer Responsibility: The Role of CSMA

The Chemical Specialties Manufacturers Association which represents 85 percent of the chemical specialties industry, comprises a responsive and involved group that is as concerned about consumer health, as it is about assuring that its customers realize the benefits of its products. Some of the types of products subject to inhalation abuse include glue and adhesives, typewriter correction fluid, cleaning and lighter fluid, and a variety of aerosol sprays—paints, shoe polish and waterproofer art supplies, cooking sprays, etc. The Association, therefore, takes a responsible role in the battle against sniffing.

When the problem of aerosol sniffing surfaced in the '60's, it became evident that educating the young, as well as parents, teachers and others who work with youth, was the key to changing their destructive habit. Thus, CSMA together with a group of organizations affected by sniffing abuse, formed the Aerosol Education Bureau. This educational arm of the industry was charged with the task of instructing young persons, as well as adults in positions of authority, about the inherent dangers of abusive aerosol sniffing. By clearly demonstrating the risks associated with the habit, the industry hoped that a positive deterrent effect would result.

Over the years, since its founding in 1969, the bureau has administered a broad educational program to inform youngsters who deliberately seek intoxication through sniffing. Getting the message to its primary target audience through schools, community groups and the media, AEB has successfully called the public's attention to the fact that sniffing is a problem—and that the solution, which stresses education, requires everybody's cooperation.



In the belief that education will deter young people from risking their lives, the aerosol industry and other businesses affected by product abuse, ask public officials, teachers, parents, and the helping professions to join in spreading accurate and appropriate information on the dangers of sniffing. Health and social service workers need to be alerted to the symptoms of sniffing abusers, who are taken to treatment centers for sniffing-related disorders. Sometimes, these symptoms can be easily mistaken for a flu virus—runny nose, red eyes, sore throat, etc. Thus it is important that hospital workers have full access to information that would help them better identify sniffing symptoms and aid in obtaining cure for the afflicted youngsters. Sniffing is dangerous to the nation's children. It is important for all to know that this destructive habit can eventually maim or kill young people who do not realize the inherent dangers, and do not know how to secure the help they need.



Parents and other relatives, educators and friends of addicted sniffers can help disseminate information about sniffing within their communities. National and state organizations dealing with drug abuse, as well as local community resources such as youth groups, schools, libraries, churches and drug information centers offer information that will help concerned adults in the fight against inhalant abuse. Two national resources are:

The National Clearinghouse for Drug Abuse Information  
Dept. CS  
P.O. Box 1706  
Rockville, Maryland 20850

and

The National Federation of Parents for Drug-Free Youth  
P.O. Box 722  
Silver Spring, Maryland 20901  
(Toll free) 800/554-KIDS

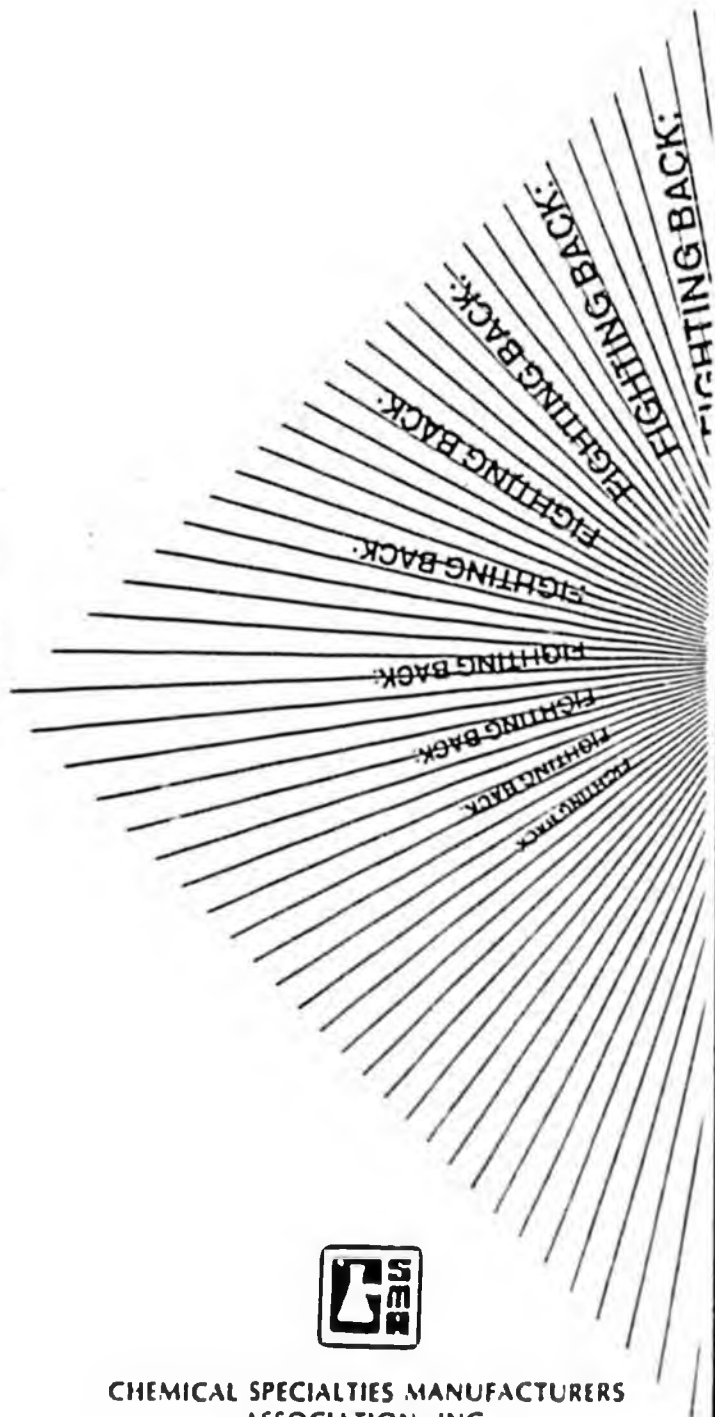
In addition, the AEB is a valuable industry resource which can supply educational tools at minimal cost, as it has done for many years in its efforts to warn the general public of this dangerous habit. If you know of any organization in your neighborhood that might be a good distribution center for this brochure, you may refer them to the bureau.

Write or call:

Aerosol Education Bureau  
1001 Connecticut Avenue, NW—Suite 1120  
Washington, DC 20036  
202/872-8155

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ASSOCIATION, INC.  
1001 Connecticut Avenue, N.W.  
Washington, D.C. 20036

TANANA CHIEFS CONFERENCE, INC.  
Board of Directors  
Resolution No. 89-107

INHALANT ABUSE

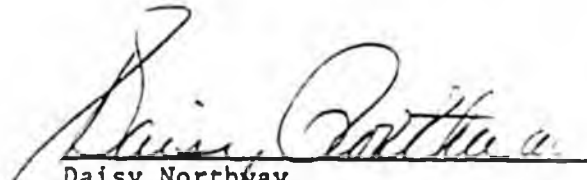
WHEREAS, there is an increase in inhalant abuse in the State of Alaska and

WHEREAS, the damage caused by inhalant abuse, the warning signs of abuse, and where to go for help are not well known in the State.

NOW THEREFORE BE IT RESOLVED that the Tanana Chiefs Conference Board of Directors strongly urge the Office of Alcoholism and Drug Abuse to include programs and activities relating to the misuse of hazardous volatile substances and to act as a clearinghouse for concerned citizens and organizations with respect to information on inhalant abuse and what can be done to stop or prevent it.

C E R T I F I C A T I O N

I hereby certify that this resolution was duly passed by the Tanana Chiefs Conference, Inc. Board of Directors on March 16, 1989 at Fairbanks, Alaska and a quorum was duly established.

  
Daisy Northway  
Secretary-Treasurer  
Tanana Chiefs Conference, Inc.

Submitted by: Alcohol Workshop