

**Topic:** Roundtable Talk Discussion on Drugs: Stimulants & Prescriptions

**Hosts:** Salome HO Captain Shemaiah

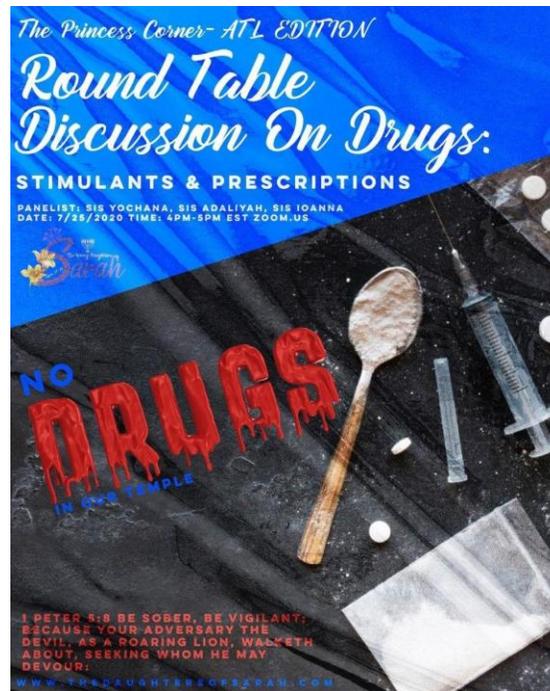
Adaliyah HO Captain Amaziah

Ionna HO Captain Barnabas

Tirzah HO Captain Erel

**Event:** YDOS Princess Corner

**Date:** 25 July 2020



Today's discussion will be about stimulants & prescriptions.

**1 Peter 5:8 KJV**

§ Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Adaliyah: The point of reading this scripture is to help the YDOS identify various traps that the devil has out here for you all and us as well.

**Stimulants**

Definition /Noun - a substance that raises levels of physiological or nervous activity in the body.

Adaliyah: Stimulants feed up the body's nervous system and create a feeling of energy. They are **also called uppers** because they make you feel really awake. These are the exact opposites of depressants which we discussed last week. **Stimulants can include crack, cocaine, methamphetamine, and ritalin too.**

**Prescription Drugs**

Adaliyah: Prescription drugs can be very helpful if used properly with a diagnosis from your physician. They are used to treat medical conditions or aid in your recovery from any procedure you may have at a healthcare setting. Some people misuse these though and abuse it. This is very dangerous because it can lead to dependency or even death. **Some examples of prescription drugs are codeine, oxycodone, morphine, and barbiturates.**

Salome: **Crystal meth [crystal methamphetamine] is a stimulant as well.** This is a white crystallized drug which is illegal just like cocaine and other powdery substances that are street drugs. They go by the names of **meth, crank, ice, glass, chalk, or speed.** This drug is smoked, injected, orally ingested, or snorted.



**Another stimulant is cocaine.** This is one the oldest, most dangerous stimulants in the streets. It was first isolated by extraction from coca leaves in 1859 by German chemist Albert Niemann. Popular names that cocaine goes by is **blow, snow, rock, crack, and coke.**

How Cocaine is Abused:

- Snorted through the nose
- Rubbed onto the gums
- Dissolved &/or injected into the bloodstream
- Smoke a crystallized form



Mama Shamarah: Drug use has been glamorized in movies, videos, and things like that. It may give the appearance that it is something not harmful or possibly deadly. Because of that, some experiment and risk death. When under the guise of drugs, **you are not sober or in your right mind frame. Don't let social media trick you into thinking that these drugs are not harmful.** What the media doesn't show you is the **negative consequences like loss of teeth, hair, sores that develop, and the marks on your body.** Besides, it makes you look like death. Unfortunately, our people like to jump on trends thinking these drugs are cool because they see rappers and entertainers using them.

Salome: There is also **Ritalin, a stimulant**, which affects chemicals in the brain and nerves that contribute to hyperactivity and impulse control (ADHD). It's usually used for children with disorders.

- Adaliyah: This drug can sometimes be given to children when teachers are frustrated with hyper children who won't sit still.

This drug also goes by the name of **methylphenidate, a class of medications called central nervous system (CNS) stimulants and is the same classification as cocaine, morphine, and amphetamines.** It can be habit forming and lead to abuse. Children on stimulant medications have twice the future rate of drug abuse.

Symptoms:

- Cause new or worsening psychosis (unusual thoughts or behavior)
- Rapid or irregular heartbeat
- Nervousness
- Insomnia
- Anorexia
- Heart failure



Tirzah: Children up to the age of 20 brains are still developing. Trying these drugs more than likely will have lifelong effects.

Salome: This next **stimulant is Adderall.** It's very common in college. It contains a combination of amphetamine and dextroamphetamine (CNS stimulants). Adderall affects the area of the nervous system and brain that control hyperactivity and impulse. Most college students take this to help them stay awake for long periods of time and help with memory. It's easily accessible in college my son Emmanuel says. Other common names for this are **Bennies, Black Berries,**

**Crank, Ice, Speed, Uppers.** This drug can **lead to stroke, heart attack and sudden death** in people with high blood pressure, heart disease, or a heart defect. **Chronic abuse produces a psychosis that resembles schizophrenia:** paranoia, hallucinations, violent and erratic behavior. Adderall is taken orally, injected, or smoked.



*Prescription drugs that can kill*

Salome: **Codeine & Morphine.** You get these through your cough drops, cough syrups, pain killers. It gives the euphoria or drowsiness and feeling relaxation of the muscles.

Video: Prostitute Interview - Amanda [<https://youtu.be/hPvLoXfenmA>]

Ionna: That was Amanda. She is someone's sister, daughter, niece, friend. That can be one of y'all classmates easily.

Salome: (Story time) I had a classmate from the 8th grade who was my best friend at the time. We were together in middle school and very good friends. The summer before 8th grade I noticed she was changing. She dressed more provocatively/ sexually. Her attitude was changing and began to skip school. Avda had both parents in the household. She was very studious, loved to go to school, and then she just changed. I found out that **she became a prostitute** on Jerome Avenue in the Bronx, NY. Every day, she would be out there. As time went by her appearance changed. We started seeing **markings on her arms, you could see death on her face.** This was still her first year, so it [drugs] hit her really quick.

Ionna: How old are you in 8th grade? I think about 13 or 14 years old.

Salome: Yes. And she began to look dirty. She stopped caring about her appearance because it became all about the drugs. Although drugs were in my community, my parents tried to keep me away from that. Avda never finished middle school; she dropped out because of the drugs. I saw Avda the summer going into 9th grade. **She was pregnant and still out there prostituting.** That was the first time I got to speak to her. I thought someone was forcing her to do this. Come to



find out, Avda did have a pimp. **Her pimp was her father.** Her father had gotten into drugs and prostituted his daughter.

Ionna: Wow, so what happened to Avda? Is she still alive?

Salome: No. During the 9th grade, Avda ended up losing the child she was pregnant with. The government took him. She got pregnant again, and the government also took that child away. Throughout high school, I kept seeing Avda prostituting on Jerome avenue. In my junior year of high school, I didn't see her anymore. **Avda had died from overdosing on crack.** People said she might've had a bad batch.

Tirzah: That's where addiction comes from. It becomes a primary focus. You think that if you don't have that drug you're going to die. You place it above eating, sleeping, and things like that. You're going to do whatever you can do to get that drug such as prostituting. **Your body builds up a tolerance to the drug which leaves you wanting more and more to experience that high effect.**

Salome: Even before death, you could see Avda deteriorating. Her hair was thin and falling out. She picked at her skin. She was nervous because she thought people were coming to get her. She would also ask for money to get a fix. She didn't care about the kids.

Ionna: **And this is not someone who came from the streets?**

Salome: No, she had a mother and father. It was her father who got addicted and gave it to her.

Shamarah: That's why **having an auntie is so important.** If something like this ever happens to you, you should feel safe to tell someone in order to prevent the situation from happening like Salome discussed. **Ladies, you gotta tell, so we can make sure that you're safe!**

Adaliyah: A lot of times the mindset in the street is that only black people smoke crack, and white people use cocaine. There's a lot of reasons you should not be using these substances.

Video: Your Brain on Crack Cocaine [<https://youtu.be/vxI7PTVRfhQ>]

Adaliyah: Another **side effect of drugs is feeling like bugs are crawling on you** (delusional parasitosis). Stimulants give you **high blood pressure, high body temperature, muscle spasms, shakes, tremors, anxiety, & paranoia.**

Salome: **Loss of appetite is also another symptom.** You can see signs of malnutrition

Adaliyah: They're exhausted, experience strokes, headaches, seizures, and at the top of the list is death.

Tirzah: Those are some of the physical aspects. It destroys relationships with your family, and friends.



Video: Signs and Symptoms of Prescription Drug Abuse [<https://youtu.be/16YhXNIC414>]

Adaliyah: Prescription drugs often with teenagers are easily accessible. Michael Jackson for example had pain medicine and overdosed. Now he's dead. Lil Wayne had an incident on an airplane where he had seizures and had to get his stomach pumped. He was taking **codeine** which is the cough syrup some put in alcoholic drinks. It's called **sizzurp** in the streets.

Salome: Young adults and children have dental surgeries or procedures. My son Emmanuel is about to get his wisdom teeth removed. There is a drug they use which is a pain killer. You can get addicted to it, so you have to be very careful when our children are getting these procedures done. This is something that can be abused. **Get rid of your leftover pill containers so they do not fall into the wrong hands.**

Adaliyah: You might start to like the feeling of the medication. So, say you're having a bad day and feeling down. You think, "Oh I know what can make me feel better." And you take one of these pills instead of **taking counsel, speaking to righteous friends like you should be doing.**

Salome: **Reach out to your auntie or your parents.**

Tirzah: Let's talk about why children begin to misuse drugs.

Video: Misuse of Prescription Stimulants in Young Adults [<https://youtu.be/rc-fR2ECi20>]

**Sirach 40: 1** - Great travail is created for every man, and an heavy yoke is upon the sons of Adam, from the day that they go out of their mother's womb, till the day that they return to the mother of all things.

Tirzah: That scripture right there is letting us know that from the time you are born until the time you die lords will, you are going to go through some things. Everyone included. **Some people use drugs to escape from their problems.** What kind of problems are you dealing with? I read a study where at least saying how 70% of children experience a traumatic experience by the time they're 16 whether it be molestation, rape, abuse, foster care, etc. These events can cause fear, anxiety, depression. **They use these drugs as a way to feel good temporarily. At the end, it makes it worse.** At some point in our lives we had low self-esteem. Where we might not have felt pretty enough, smart enough, you start comparing yourself to other girls. Teenagers that struggle with low self-esteem are more apt to cause self-harm. **Being in this truth, we should always have someone to talk to.**

Adaliyah: The scriptures are here to let us know that we are holy. **The Most High made us in his image** and we are above all the rest of the people on this earth.

Salome: **Be your sister's keeper.** If you see a sister showing signs of isolation or depression, reach out to that sister.



Adaliyah: **Be aware of each other and our surroundings.** We have to remember that it's not the end of the world if you fail at something. You have to examine yourself and rearrange your life. Study more. **Have your priorities in order.** You do not know how your brain, or your body will react to any type of drug.

Tirzah: You can take a drug one time and be dead. Instant death.

Salome: How one person reacts to the drug may not be the same way you react. **Everyone has a different pain tolerance.**

Shamarah: For daughters in particular, mom if you see your daughter act in a strange way... if you think anything is out of order, you feel free to bust down that door, check that bookbag, check underneath the bathroom cabinets, and their closet. **Rip that whole room apart to make sure nothing is there that should not be there.**

Adaliyah: Don't do it on a schedule either moms. You must do it randomly!

Shamarah: You gotta keep them on their toes. Sometimes you have to show these girls who is in charge. **Monitor your prescription bottles that you have around the house.** It's dangerous for children that are around, and you don't want tempt. People sell pills from their homes. Be wise with kids. **Evil will find your kids. Make sure you're setting your house up for success.**

**1 Corinthians 10:13** - There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Adaliyah: The Most High has given you a plethora of options outside of going with the ways of the world. **You have your parents, aunties, spiritual mothers, and someone in the congregation you can speak to in order to get righteous counsel and be steered in the right direction.** Lord's will see you all next week!

All: Shalom!!!