

## CYPDAS NEWSLETTER 13.11.20

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.

### ABOUT US

We provide support for Warwickshire children and young people under 25 who are vulnerable to substance use or have been affected by another's substance use. The service is free and confidential. We continue to support our children and young people, using different forms of media to keep in regular contact. We are still accepting new referrals through the usual means. We would like to thank everybody for their co-operation during this time.

**Why we are talking about spice...** As a service we have seen increased reports in young people using spice. Dealers may be substituting cannabis with spice without young people realising, this creates many risks for the young person using the substance. As stated below a lot less is needed to achieve a 'high' so this can be extremely dangerous.

A lot less is needed to achieve a 'high'.



Spice may look like this. It usually comes in small colourful packets.

*If you are worried about a friend, family member or yourself and are after some more information, please get in touch:*

**Service mainline: 01788 578 227**

**Text ChatHealth: 07507 331 525** (for ages 11-19)

**Email: [compass.warksyps-duty@nhs.net](mailto:compass.warksyps-duty@nhs.net)**

**Instagram: @compasswarksyp**

### QUICK TIPS: STAYING SAFE

**Always look out for your friends, don't give in to peer pressure, and always call 999 in an emergency!**

## SYNTHETIC CANNABIS: SPICE

Spice is a synthetic type of cannabis that looks very similar. Unlike cannabis, spice is a manmade substance. It has many ingredients in it to look like cannabis and to mimic the effects that cannabis may have on a person. However spice is 8 times stronger than cannabis.

### THE EFFECTS

Spice can have some very serious effects on individuals, this substance is around eight times stronger than the drug it is mimicking and can last up to four hours. Tolerance levels cannot be developed by people due to the changing chemical compounds found in each batch of these substances. These change from batch to batch. The side effects can last around four hours.

### THE RISKS

**Physical Effects include:** nausea and vomiting, abdominal pains, seizures, cardiovascular problems, stroke, kidney failure, severe organ failure, coma, hyperthermia. **Mental Effects include:** memory problems, mild to severe psychosis (over 60% of patients), hallucinations, paranoia, depression, suicidal ideation, agitation, insomnia, tremors, anxiety, mood disorders. It has also been linked to deaths in the UK. It can also be sold as cannabis or mixed with cannabis, creating more risks for the user who may not know that what they are buying has spice in it.

### THE LAW

Spice comes under the new psychoactive substances act 2016, formally known as 'legal highs'. This means that the substance is illegal to supply and produce which can get you up to 7 years in prison and/or an unlimited fine. It is not illegal to have in your possession unless in a custodial institution, if in a custodial institution it is up to 2 years in prison and/or an unlimited fine.

