



Shelton City Council
Study Session Agenda
February 11, 2025 – 6:00 p.m.
Civic Center & Virtual Platform

A. Call to Order

B. Roll Call

C. Study Agenda

1. Drug Awareness Project – Presented by Renton School District Safety & Security Director John Holbrook

D. New Items for Discussion

E. Adjourn



2025 Looking Ahead

(Items and dates are subject to change)

Tues. 2/18 6:00 p.m.	Regular Meeting	<p>Consent Agenda</p> <ul style="list-style-type: none"> • Vouchers/Payroll Warrants/Meeting Minutes • Resolution No. 1359-1124 Accepting Dumontet Lease Agreement <p>Presentations</p> <ul style="list-style-type: none"> • 4th Quarter LTAC Report – MCHS • 4th Quarter LTAC Report – Shelton Mason County Chamber • December Financial Status Report <p>Business Agenda</p> <ul style="list-style-type: none"> • <p>Public Hearing</p> <ul style="list-style-type: none"> • <p>Action Agenda</p> <ul style="list-style-type: none"> • Civic Center Rotating Art Gallery <p>Administration Report</p> <ul style="list-style-type: none"> • 	Packet Items Due: 2/7 @ 5:00 p.m.
Tues. 2/25 6:00 p.m.	Study Session	<p>Study Agenda</p> <ul style="list-style-type: none"> • 2025 Work Plans • Presentation: Mason County Housing and Solutions 	Packet Items Due: 2/21 @ noon
Tues. 3/4 6:00 p.m.	Regular Meeting	<p>Consent Agenda</p> <ul style="list-style-type: none"> • Vouchers/Payroll Warrants/Meeting Minutes <p>Presentations</p> <ul style="list-style-type: none"> • <p>Business Agenda</p> <ul style="list-style-type: none"> • Resolution No. 1366-1224 WSDOT City Street Striping Contract • Resolution No. 1362-1124 Agreement for Systemic Ped. Safety & Olympic Hwy North Improvements Design Services • Resolution No. 1350-0924 Mid-Block Crossing (OBJH) Design Enhancement Approval • Res. No. 1368-0225 Notice of Intent to Annex Vacant Land into City Limits <p>Public Hearing</p> <ul style="list-style-type: none"> • <p>Action Agenda</p> <ul style="list-style-type: none"> • <p>Administration Report</p>	Packet Items Due: 2/21 @ 5:00 p.m.

		•	
Tues. 3/11 6:00 p.m.	Study Session	Study Agenda •	Packet Items Due: 3/7 @ noon
Tues. 3/18 5:45 p.m.	SMPD Meeting	Consent Agenda • Vouchers/Meeting Minutes Business Agenda • Action Agenda • Administration Report •	Packet Items Due: 3/7 @ 5:00 p.m.
Tues. 3/18 6:00 p.m.	Regular Meeting	Consent Agenda • Vouchers/Payroll Warrants/Meeting Minutes Presentations • January Financial Status Report Business Agenda • Public Hearing • Action Agenda • Resolution No. 1366-1224 WSDOT City Street Striping Contract • Resolution No. 1362-1124 Agreement for Systemic Ped. Safety & Olympic Hwy North Improvements Design Services • Resolution No. 1350-0924 Mid-Block Crossing (OBJH) Design Enhancement Approval • Res. No. 1368-0225 Notice of Intent to Annex Vacant Land into City Limits • Ordinance No. 2025-0924 Revisions to Permitted Uses Matrix Administration Report •	Packet Items Due: 3/7 @ 5:00 p.m.
Tues. 3/25 6:00 p.m.	Study Session	Study Agenda • SPD Annual Report	Packet Items Due: 3/21 @ 5:00 p.m.
Tues. 4/1 6:00 p.m.	Regular Meeting	Consent Agenda • Vouchers/Payroll Warrants/Meeting Minutes Presentations • Business Agenda • Public Hearing • Action Agenda • Administration Report •	Packet Items Due: 3/21 @ 5:00 p.m.
Tues. 4/8	Study Session	Study Agenda	Packet Items Due:

6:00 p.m.		•	4/4 @ noon
Tues. 4/15 6:00 p.m.	Regular Meeting	Consent Agenda <ul style="list-style-type: none"> • Vouchers/Payroll Warrants/Meeting Minutes Presentations <ul style="list-style-type: none"> • February Financial Status Report Business Agenda <ul style="list-style-type: none"> • Public Hearing <ul style="list-style-type: none"> • Action Agenda <ul style="list-style-type: none"> • Administration Report <ul style="list-style-type: none"> • 	Packet Items Due: 4/4 @ 5:00 p.m.
Tues. 4/22 6:00 p.m.	Study Session	Study Agenda <ul style="list-style-type: none"> • 	Packet Items Due: 4/18 @ noon

Other – TBD

- International Property Maintenance Code

Youth Substance Abuse Awareness

How many of you cook

Florida Poison Center Issues Warning about Nutmeg

MIAMI --

When used in cooking, nutmeg is perfectly safe, but some kids are using the spice to get a cheap high.

The Internet is full of videos in which teens are seen chugging nutmeg, smoking it and even snorting it.

The spice contains myristicin, an organic compound that, if used in high doses, can give you a buzz, which causes some users to hallucinate. The buzz can last up to 48 hours, doctors said.

The Florida Poison Information Center at Jackson Memorial Hospital has received a handful of phone calls reporting "nutmeg high" recently. Dr. Jeffrey Bernstein,



June 14, 2022

TikTok Nutmeg Challenge Leads To Intoxication

Background

Nutmeg (*Myristica fragrans*), a household spice, has been reported as the cause of accidental, intentional, or suicidal overdosing for 400 years.¹⁻³ Recently, social media such as TikTok contributed to the emergency of Nutmeg poisoning as a part of the 'Nutmeg Challenge.'

Nutmeg Treated as Drug for Hallucinogenic High

Poison centers see an upswing in teens taking nutmeg for a hallucinogenic high.

By MIKAELA CONLEY

December 8, 2010, 5:37 PM ET • 5 min read



Dec. 9, 2010— -- A sprinkle of [nutmeg](#) in eggnog or a pinch in apple pie can add the perfect punch to a holiday dessert. But winter's favorite spice has also made headlines as an unconventional way of getting high -- it's called a nutmeg high.



healthline

SUBSCRIBE

Can You Get High on Nutmeg? Why This Isn't a Good Idea



Medically reviewed by [Gerhard Whitworth, R.N.](#) —
Written by [Elesha Lockett, MS](#) — [Updated on August 31, 2018](#)

[Myristicin](#) | [Researched effects](#) | [Warnings](#) | [Takeaway](#)

Before you consider using nutmeg as a recreational substance to get high,



Parents



NEWS

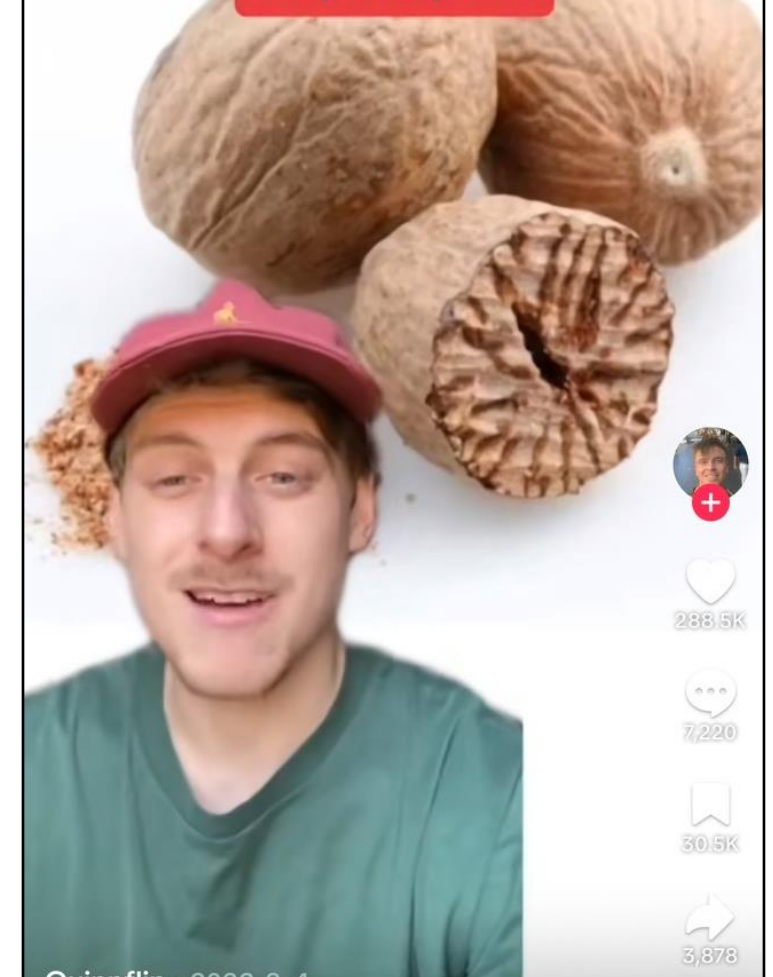
Kids Are Using Nutmeg for a High—What Parents Need To Know

A new viral video is bringing attention to this old method of getting high.

By [Sarah Cottrell](#) | Updated on March 22, 2024

Fact checked by [Sarah Scott](#)

Psychedelic Nutmeg Trip Report



Quinnflip · 2022-8-4

#stitch with [tripwhip](#) mans not joking, lasts like 36 hours dont try this its reall... more

Hidden in Plain Sight Nootropics



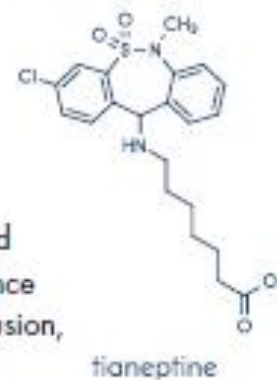
Addiction Prevention Coalition



Nootropics are drugs, dietary supplements, and other substances that claim to improve cognitive functioning. Commonly sold in gas stations and convenience stores, they are not approved or regulated for consistency and potency by the FDA. They have addiction potential and negative effects on the human body and mind. While legislators work to control Nootropics with DEA regulations, manufacturers continue to produce substitutes.

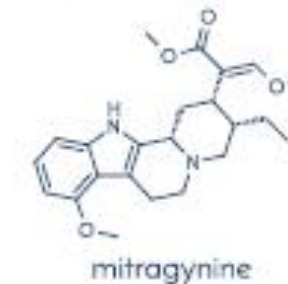
Tianeptine

- Commonly known as "ZaZa®" or "Tiana®"
- Works as a full opioid, effects similar to heroin
- Now banned in Alabama but other nootropics are replacing its spot on gas station shelves
- High potential for abuse which may lead to psychological and physical dependence
- High doses can cause drowsiness, confusion, difficulty breathing, coma, and death



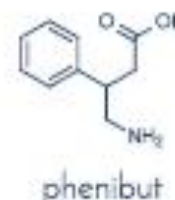
Kratom (Mitragynine)

- Animal testing has supported that it is stronger than morphine, an opioid with extreme addiction potential
- In 2014 an NIH study revealed that over half of regular users of Kratom developed severe dependence
- Known side effects: Weight loss, dry mouth, chills, nausea, vomiting, constipation, changes in urine, liver damage, muscle pain, dizziness, drowsiness, hallucinations, depression, delusion, breathing suppression, seizure, coma and death



Phenibut

- Commonly known as "Sleep Walker®" and "Phrenze®"
- GABA-mimetic and stimulates dopamine receptors
- Can be sold in forms of powder, capsules, and crystals
- Even when taken as directed, users can experience severe withdrawal symptoms
- Intoxication/overdose symptoms: Sedation, decreased consciousness, agitation, combativeness, delirium, and psychosis
- Intense withdrawal symptoms: Anxiety, agitation, tremulousness, heart palpitations, and insomnia
- Police describe individuals as combative, hallucinating, lost control of bodily functions



Need Help? Just Call.

Recovery Resource Center 205.458.3377 (8:30am - 5pm)
R.O.S.S. 844.307.1760 (Anytime, 24/7)

Sources:

<https://pubmed.ncbi.nlm.nih.gov/11830761/>
- "Phenibut (beta-phenyl-GABA): a tranquilizer and nootropic drug"
<https://pubmed.ncbi.nlm.nih.gov/30852710/>
- "Phenibut (beta-phenyl-gamma-Aminobutyric Acid): an Easily Obtainable 'Dietary Supplement' With Propensities for Physical Dependence and Addiction"
<https://pubmed.ncbi.nlm.nih.gov/24698080/>
- "Kratom (Mitragyna speciosa) dependence, withdrawal symptoms and craving in regular users"
<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/kratom/art-20402171>
- "Kratom unsafe and ineffective"
<https://www.alacounty.org/tianeptine-an-emerging-alabama-public-health-threat/>
- "tianeptine: an emerging Alabama public health threat"
<https://www.addictioncenter.com/stimulants/antidepressants/tianeptine-addiction-abuse/>
- "tianeptine: addiction and abuse"

News Articles on Phrenze Red:

<https://reynolds.com/news/local/police-link-gas-station-drug-to-recent-overdoses-in-alabama>
<https://abc3340.com/news/local/police-issue-safety-warning-after-four-overdoses-on-gas-station-product-in-blount-county>
<https://whnt.com/news/boaz-police-resident-concerned-about-nearly-overdoses-on-phrenze-red/>

Kratom

What is Kratom:

- Kratom is a tropical tree native to Southeast Asia. Consumption of its leaves produces both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychotic symptoms, and psychological and physiological dependence. Kratom leaves contain two major psychoactive ingredients (mitragynine and 7-hydroxymitragynine). These leaves are crushed and then smoked, brewed with tea, or placed into gel capsules. Kratom has a long history of use in Southeast Asia, where it is commonly known as thang, kakuam, thom, ketum, and biak. In the U.S., the abuse of kratom has significantly increased in recent years.

How is it Abused:

- Mostly abused by oral ingestion in the form of a liquid, tablet, capsule, or extract. Kratom leaves may also be dried or powdered and ingested as a tea, or the kratom leaf may be chewed.

What are the Effects:

- Can produce opioid like effects for users, some users in Asia report using it as a substitute for opium.
- At low doses, kratom produces stimulant effects with users reporting increased alertness, physical energy, and talkativeness. At high doses, users experience sedative effects. Kratom consumption can lead to addiction.
- Several cases of psychosis resulting from use of kratom have been reported, where individuals addicted to kratom exhibited psychotic symptoms, including hallucinations, delusion, and confusion.

What Does it do to the Body:

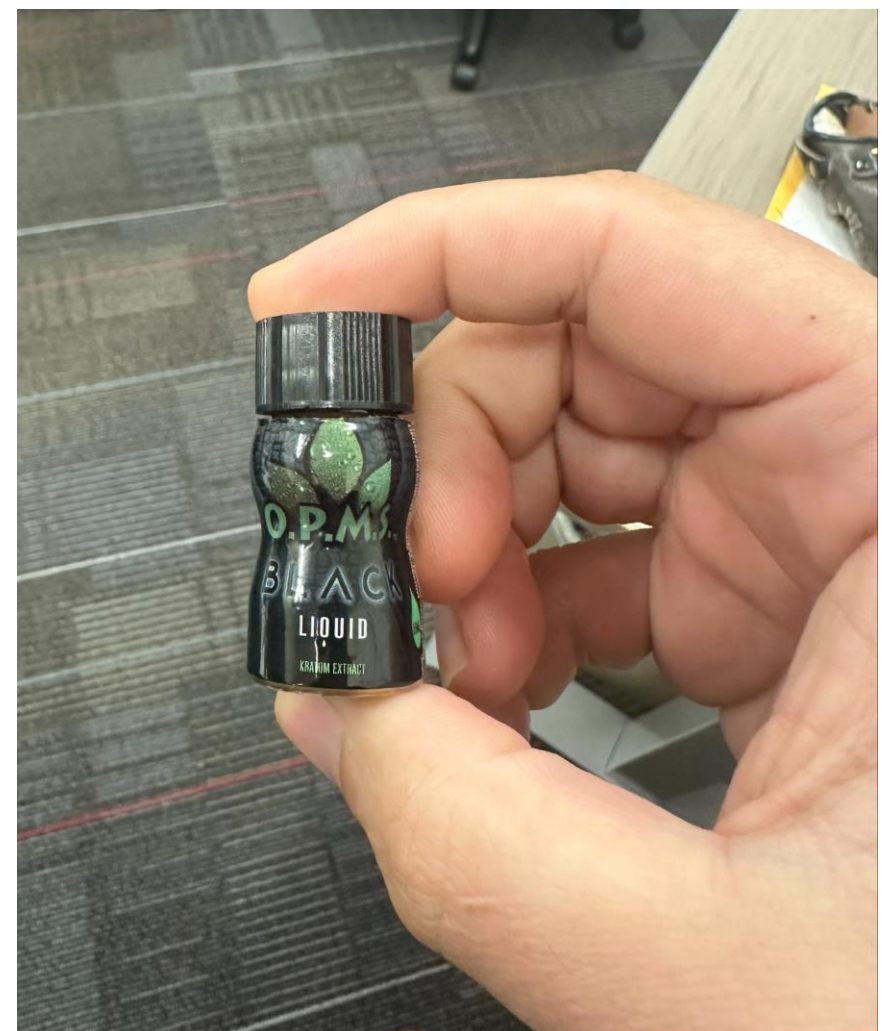
- Kratom's effects on the body include nausea, itching, sweating, dry mouth, constipation, increased urination, tachycardia, vomiting, drowsiness, and loss of appetite. Users of kratom have also experienced anorexia, weight loss, insomnia, hepatotoxicity, seizure, and hallucinations

What is its Legal Status:

- Currently regulated in 24 states, WA is not one. Kratom legislation was introduced in 2022 but did not make it past the first reading.



Example of a Kratom display case in a gas station



FAMILY DEMANDS JUSTICE WITH \$10 MILLION LAWSUIT AFTER OREGON MAN DIES FROM KRATOM OVERDOSE

Posted on 4th March
Michael Cowgill

The family of a man from Oregon, who died after using [kratom](#), is seeking \$10 million in damages through a wrongful death lawsuit. This case is against a Portland, Oregon area head shop chain and unnamed individuals. The family's demand for compensation is in line with past cases, including a recent [\\$15 million award in Florida](#).

The family of a man from Oregon, who died after using kratom, is seeking \$10 million in damages through a wrongful death lawsuit. This case is against a Portland, Oregon area head shop chain and unnamed individuals. The family's demand for compensation is in line with past cases, including a [\\$1.2 million verdict in Florida](#) and a [\\$2.5 million jury verdict in Washington State related to kratom](#).

The lawsuit ([Case No. 24CV10003](#)) was filed by Matthew's mother, Mary T. Circuit Court of Oregon for Multnomah County. The defendants named in the lawsuit are Kratom, Inc. and its parent company, Kratom Supply Company, LLC, and unnamed upstream suppliers of kratom. It alleges that the kratom product's lifecycle, from import to sale, played a role in Matthew's

**A SECOND KRATOM-RELATED WRONGFUL
DEATH LAWSUIT FILED IN THE SAME WA
COUNTY AS RECENT MULTI-MILLION
DOLLAR KRATOM VERDICT**

his love of fishing, gardening, cooking, and his family. A dedicated and good distributor, Jordan was in good health but struggled with hand and back

substance, says it's a roughly

Kratom is not regulated as a
Enforcement Administration
has not approved kratom for
require the agency's sign-off

Kratom was the cause of 91 overdose deaths from July 2016 to December 2017, according to a [report](#) from the Centers for Disease Control and Prevention. But some estimates put the toll far higher: An analysis by The [Washington Post](#) found kratom listed as the leading or partial cause of death in at least 4,100 deaths from 2020 to 2022, and an [investigation by the Tampa Bay Times](#) last year found that more than 580 people in Florida alone had died from kratom-related overdoses since 2013.

In a letter published Monday in the journal *Annals of Internal Medicine*, a group of researchers called kratom an “emerging issue” and suggested that physicians consider asking patients about their kratom use, the same way they do about cannabis, cocaine, methamphetamines or heroin. The paper suggests that as of 2022,



Tianeptine

What is Tianeptine:

- Called “gas station heroine” by government leaders. Also known by street names such as Tianna or Zaza, Tianeptine is a prescription medication marketed as a tricyclic antidepressant in Europe, Asia, and Latin America. It is often marketed as a supplement or research chemical in the form of either tianeptine sulfate or tianeptine sodium through unregulated vendors. Due to its legal status in the US some retailers have also began selling it as a dietary supplement.

How is it Abused:

- Mostly abused by oral ingestion in the form of a capsule or liquid.

What are the Effects:

- Effects the body similarly to drugs like morphine. Tianeptine affects several key brain functions, it activates opioid neurotransmitter receptors, inhibits glutamate receptors, and modestly potentiates dopamine. Unlike common antidepressants it does not cause any long-term changes in serotonin levels. In high doses, tianeptine can have effects like an opioid which can lead to addiction and other serious health conditions such as respiratory depression and overdose.

What Does it do to the Body:

- Possible side effects of tianeptine include nausea, constipation, abdominal pain, headache, light-headedness, and changes in dreaming. In high doses, or when combined with other synergistic drugs such as alcohol, phenibut or benzodiazepines, tianeptine can cause drowsiness, confusion, difficulty breathing, coma, and death.
- There are studies showing high potential for addiction to tianeptine when it is misused for its opioid like properties. Prolonged misuse of tianeptine at high doses is known to cause withdrawal symptoms consistent with other opioid drugs or potentially worse. The misuse of and addiction to tianeptine is well documented in Europe, and there are more and more cases of tianeptine addiction being reported in the United States. The CDC reported a significant surge in tianeptine abuse or misuse reports in recent years.

What is its Legal Status:

- Tianeptine is federally legal, not approved by the FDA, and is currently unregulated. Recently banned by Alabama, Michigan, Mississippi, Tennessee, Georgia Indiana, and Ohio.

Sample Images of Products Reportedly Containing Tianeptine



Examples of products which may contain tianeptine

Tianeptine



NickRTFM ✓

@NickRTFM · 862K subscribers · 3.9K videos

Stay Connected ...more

Subscribe

Home

Videos

Shorts

Live

Playlists

Community



Post



Nick ✓
@NickRTFM

Declan Rice on zaza today for sure

10:42 AM · 6/20/24 From Earth · **153K** Views

Phenibut

What is Phenibut:

- Phenibut is a non-FDA approved, powerful synthetic depressant. Initially developed in Russia, it is used as a prescription anti-anxiety medication in many countries.

How is it Abused:

- Typically taken as a tablet but may also be found as a powder or taken intravenously.

What are the Effects:

- Acts as a sedative with users experiencing a euphoric high.
- Acts as a drug potentiator, increasing the effects of alcohol, opioids, and other substances.
- Causes agitation, police have reported a common trend among users is combativeness.

What Does it do to the Body:

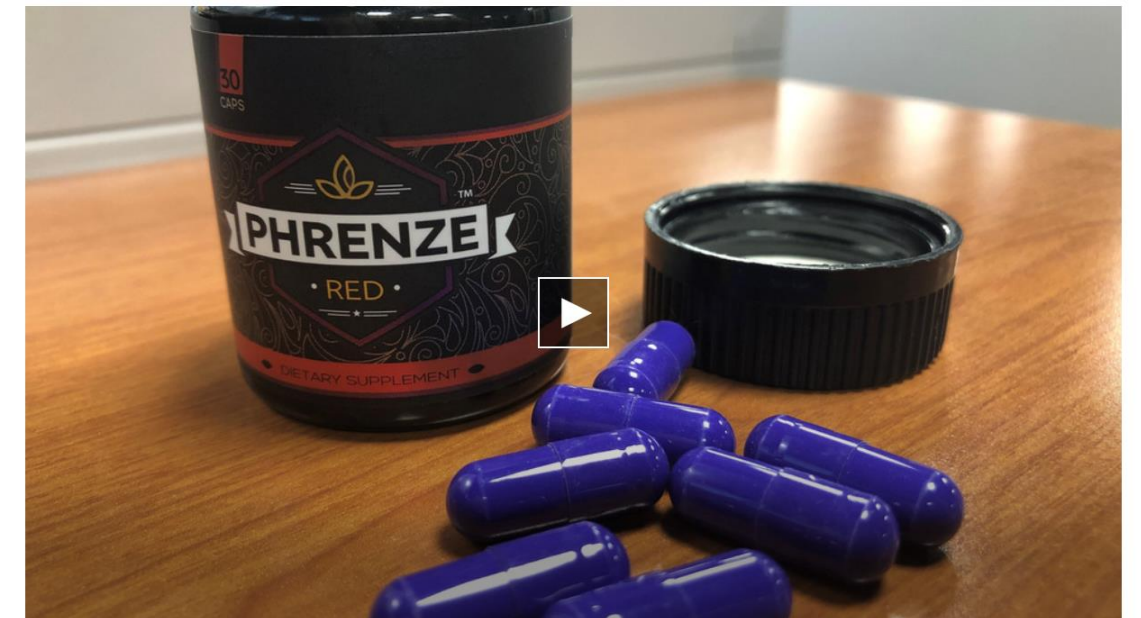
- Phenibut can cause side effects including reduced consciousness, dizziness, nausea, poor balance, and fatigue. Large doses have caused users to lose consciousness, experience trouble breathing, and has caused death.
- Addiction occurs quick. Users who stop taking phenibut experience withdrawal symptoms including anxiety, agitation, seizures, and increased heart rate.
- Acts as a central nervous system depressant, cousin to Xanax.

What is its Legal Status:

- Legal, but FDA has banned its marketing as a dietary supplement. Banned by Alabama.

Supplements sold at Alabama gas stations causing spike in overdoses

by CYNTHIA GOULD | WBMA Staff | Mon, March 29th 2021, 3:52 PM PDT



Florida based MT Brands markets Phrenze Red as "designed to help boost your mood and chill without the crash. But too much of it can cause some very serious side effects. (WBMA)



Examples of products that may contain phenibut

Kava

What is Kava:

- Kava is a beverage or extract made from the *Piper methysticum* plant. In the South Pacific, it's a popular drink that is used in ceremonies for relaxation. The name "kava" comes from the Polynesian word "awa," which means bitter. Kava affects the brain and other parts of the central nervous system. Chemicals called kavalactones that are found in kava are believed to be responsible for its effects. Some users report it as an alternative to sleeping pills or benzodiazepines.

How is it Abused:

- Can be chewed in root form. Also available in a liquid or powdered in capsules or tablets.

What are the Effects:

- Creates a feeling of euphoria, muscle relaxation, and sleepiness. Some users report the effects as similar to alcohol use.

What Does it do to the Body:

- Kava acts as a potentiator for other substances, increasing the effects and risk of damage, especially with alcohol.
- Cases of liver damage and death have been linked to kava use.
- Kava can cause digestive upset, headache, dizziness, and other side effects. The use of kava may affect the ability to drive or operate machinery. Long-term use of high doses of kava may cause kava dermopathy, a condition that involves dry, scaly, flaky skin with a yellow discoloration.
- Kava may have special risks if taken during pregnancy or while breastfeeding because of the presence of harmful pyrone constituents.

What is its Legal Status:

- Kava is federally legal and widely available.



Examples of products that may contain kava

Kava



Best of Olympia
Austin Meadows · 3h · 🌐

...

✕

Golden Hour Tea is a cool new community space in downtown Olympia. It's a bar-like atmosphere, but without the alcohol! They serve iced tea blends on tap (which taste kind of like mocktails honestly), loose leaf tea, kava, etc. and are open into the evening.

It's a large space with tons of games - pool, foosball, giant Jenga, ping pong, board games and more.

Sounds like they just opened this week so they're still figuring out the kinks. This week they are open 4pm-8pm but the manager said they plan to expand to be open 10am-10pm, and will be hosting more community events.

It is a cool space and I'm very glad to see an evening hangout option that's not a bar. Check it out!

502 4th Ave E (across from Last Word Books and McCoys)

Open 4-8pm this week

Follow their social for updates and hours as they expand



goldenhourteaoly

Follow

...

9 posts 217 followers 363 following

Golden Hour Tea Olympia
this week 4-8pm
GH is an alcohol-free wellness lounge in Olympia, WA that specializes in a variety of micro-brewed... more

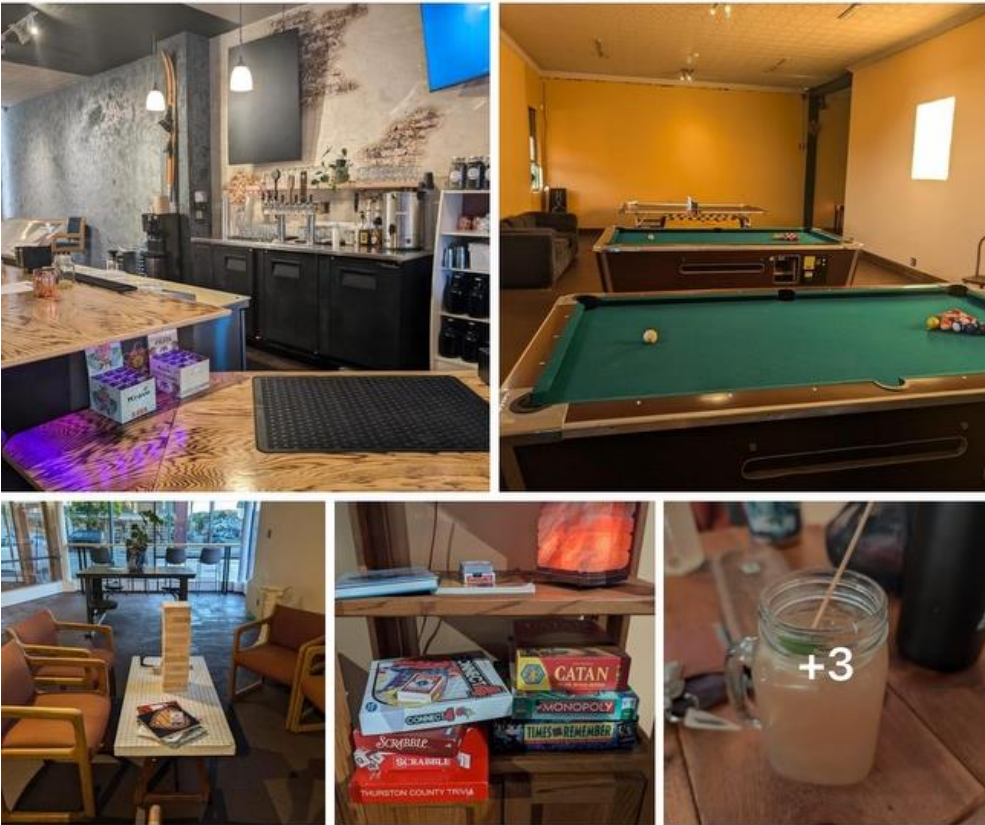
Why Mitra 9 sees itself as the Budweiser of kava, kratom beverages

The brand seeks to capitalize on demand for better-for-you drinks, while targeting the afternoon, when people are looking to relax without the help of booze.

Published Dec. 4, 2023



[Chris Casey](#)
Staff Reporter





251

21 comments 37 shares



Like



Comment



Send



Share

Akuamma

What is Akuamma:

- Native to tropical Africa, akuamma, or *Picralima nitida*, is a plant that produces flowers and seed-filled fruits year-round, both of which have medicinal properties. Many people use the roots and bark after selling its powdered, crushed seeds. Very similar to Kratom, people use both kratom and akuamma for their powerful alkaloids, known for acting as an alternative to other medicinal prescription substances.

How is it Abused:

- Mostly abused by oral ingestion in the form of a powder or capsule. Seeds can also be chewed or ingested whole.

What are the Effects:

- Akuamma seeds tend to deliver a relaxing effect where the results can be summed up as sedation. Some users have described the feeling as similar to alcohol inebriation, minus the loss of coordination or mental focus. Acts as a potentiator, increasing the effects of other substances.

What Does it do to the Body:

- Common side effects of akuamma abuse can include headaches and addiction. Some users have experienced nausea and vomiting.
- Not a lot of research exists on the effects of akuamma on the body however, some evidence exists to suggest in high doses it can act as a toxin in the body. Akuamma may cause damage to several organs and cause hepatocellular damage. Some users have also experienced a slight increase in sodium and potassium levels in their blood.

What is its Legal Status:

- Akuamma is legal and widely considered a natural medicine. Youth seek it out due to its availability and take the substance in large enough doses to get a high effect. Currently available in most retail stores and widely available online. Marketed as alternative in some areas where Kratom is banned.



Examples of akuamma extract products

Damiana

What is Damiana:

- Damiana is a wild shrub that grows in Mexico, Central America, and the West Indies. The leaf and stem are used to make medicine. Became popular as a main ingredient in a popular TikTok beverage in 2021.

How is it Abused:

- Available in a liquid or powdered in capsules or tablets. Available as a tea. Some users smoke it.

What are the Effects:

- Has psychedelic effects when used in high doses. Acts as a hallucinogen and provides a calming effect. Damiana has been sold as an ingredient called “spice,” present in some herbal mixtures that mimic the effects of marijuana.

What Does it do to the Body:

- Taken in high doses can cause convulsions and symptoms similar to rabies. Poisoning has been reported at 200 grams of extract.
- Can cause low blood sugar levels.

What is its Legal Status:

- Damiana is federally legal and widely available.



Examples of products that may contain damiana

HHC

What is HHC:

- HHC (hexahydrocannabinol) is a synthetic cannabinoid similar to THC found in marijuana. Research suggest HHC may naturally occur in trace amounts within cannabis plants but often isn't isolated. HHC is created using hemp so the legality around it is challenging due to the 2018 farm bill making hemp products federally legal. HHC is similar to other hemp derived THC strains such as Delta-9 and Delta-10. HHC is used by many as a replacement for marijuana because it does not show up in typical drug tests.

How is it Abused:

- Similar to marijuana, often in a vape cartridge or eaten as a gummy.

What are the Effects:

- Despite being known for some time, there's still a lack of research on HHC specifically. Most cannabinoid research focuses on THC and CBD. From what is known, HHC and THC have similar effects on the body.
- HHC is reported to have a milder high than THC and last longer.

What Does it do to the Body:

- Similar side effects as THC. Users report anxiety, confusion, difficulty with coordination, dry mouth, increased heart rate, low blood pressure, memory loss, red eyes, slower reaction times, tiredness.

What is its Legal Status:

- WA state banned the sell of hemp-derived synthetic cannabinoids in 2021 however, HHC is not banned by name and some manufacturers argue whether the law applies. HHC is considered federally legal and is widely available online and in states that have not banned hemp derived synthetics.



Examples of products that may contain HHC. Notice how the gummies above are labeled as a dietary supplement.

Psilocybin Mushrooms

What is Psilocybin:

- Psilocybin is a hallucinogenic chemical in certain mushrooms known as magic mushrooms. Eating mushrooms that contain psilocybin can have a variety of effects, ranging from euphoria to hallucinations.

How is it Abused:

- Psilocybin mushrooms are ingested orally. They may also be brewed as a tea or added to other foods to mask their bitter flavor.

What are the Effects:

- The psychological consequences of psilocybin use include hallucinations and an inability to discern fantasy from reality.
- Panic reactions and a psychotic-like episode also may occur, particularly if a user ingests a high dose.

What Does it do to the Body:

- Longer, more intense “trip” episodes, challenging experiences (physical and emotional), psychosis, and possible death.
- Abuse of psilocybin mushrooms could also lead to poisoning if one of the many varieties of poisonous mushrooms is incorrectly identified as a psilocybin-containing mushroom.

What is its Legal Status:

- Federally illegal. Decriminalized in some municipalities like Seattle. Some states starting to legalize the substance.
- Spores are legal and can be purchased online along with grow kits for people to illegally grow their own.



Examples of products that may contain psilocybin mushrooms

Amanita Mushrooms

What is Amanita:

- The Amanita muscaria, also known as fly agaric, is a very poisonous mushroom that can be found in Europe and the UK usually between the months of July and October. It's also been found in Brazil, South Africa, Central Asia and across North America. Recently, it is known for being a psychedelic mushroom species being sold legally in the US, but experts warn of its potential dangers. The main psychoactive ingredient in Amanita muscaria is muscimol, which acts on similar receptors in the brain to alcohol.

How is it Abused:

- Typically comes in the form of a gummy, snacks, joints, and capsules but may be found in many forms.

What are the Effects:

- Experiences with Amanita muscaria vary widely —some users report nothing at all, while others have major trips. Some report euphoria, while others feel sick and scared. It's generally considered to be unpredictable. Effects can last anywhere from 4 to 10 hours.

What Does it do to the Body:

- Known to cause vomiting, a lack of coordination, a loss of touch with surroundings for several hours, size distortion (when things seem smaller or larger than reality), "looping" (when a person gets stuck in a repetitive behavior or thought pattern), and a sensation of flying.
- Has been called dangerous by experts and may cause temporary insanity, coma, and death.

What is its Legal Status:

- Legal in all states except Louisiana.



Examples of products that may contain amanita mushrooms

Amanita Mushrooms



Datura

What is Datura:

- Datura is a genus of nine species of highly poisonous, flowering plants belonging to the nightshade family. Commonly known as Jimson Weed among other names. All species of Datura are extremely poisonous and psychoactive, especially their seeds and flowers. Datura species have occasionally been used not only as poisons, but also as hallucinogens by various groups throughout history.

How is it Abused:

- Eating seeds or mixed with other food/beverages.

What are the Effects:

- Hallucinations, out of body experience.
- Potential for paralysis, amnesia, respiratory depression, arrhythmias, fever, anticholinergic toxidrome, psychosis, and death. Referred to by some users as the most dangerous drug on earth due to unpredictability and intense effects.

What Does it do to the Body:


- Historically used as a poison, modern use is as a strong and unpredictable hallucinogenic drug. Produces strong and varying hallucinations.

What is its Legal Status:

- Naturally growing and legal. Banned or restricted in some counties across the United States.



Datura plant



Example of seeds sold online

\$11.99+

Datura Innoxia SEED POD Moonflower Thornapple 2023
Montana US Organically Grown Pricklyburr Innoxia
Metel Meteloides Trumpet Flower
Egg lady ★★★★★

✓ Arrives soon! Get it by Nov 16-21 if you order today

Number of pods ★

Select an option ▼

Quantity

1 ▼

Add to cart

Salt Nicotine

What is Salt Nicotine:

- The terms nicotine salts, nic salt, salt nic, or salt nicotine all mean the same thing. It's not the salt you put in your food. Nicotine salts are salts formed from nicotine and an acid. They are found naturally in tobacco leaves. Various acids can be used, leading to different conjugate bases paired with the ammonium form of nicotine. Advertisements state nicotine salt products contain 2 to 10 times more nicotine than a standard e-cigarette.

How is it Abused:

- Typically, a liquid used in vape pens.

What are the Effects:

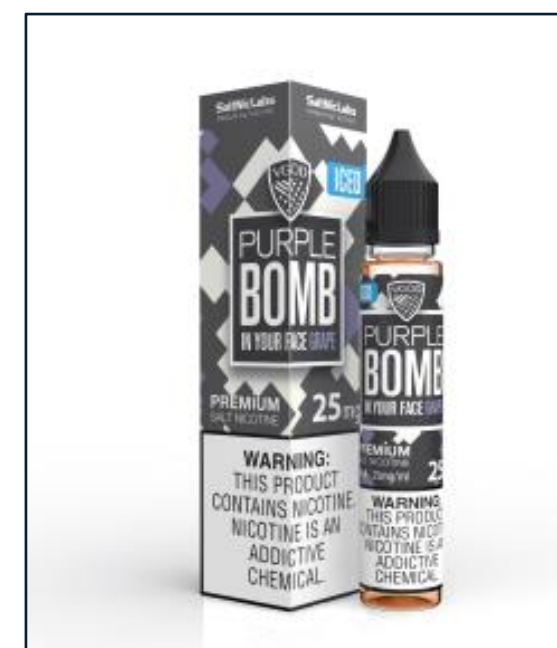
- Same as typical nicotine use. Requires less e-liquid to achieve a nicotine buzz. Produces smaller vape clouds.

What Does it do to the Body:

- Nicotine salts are potentially more addictive — just by virtue of higher concentration, they might be more addictive than regular e-liquid. Lead to higher nicotine blood content in a shorter amount of time, triggering neurochemical reactions faster.
- Nicotine salt might be more likely to alter lung epithelium inflammatory responses, which could increase risk of respiratory illness.

What is its Legal Status:

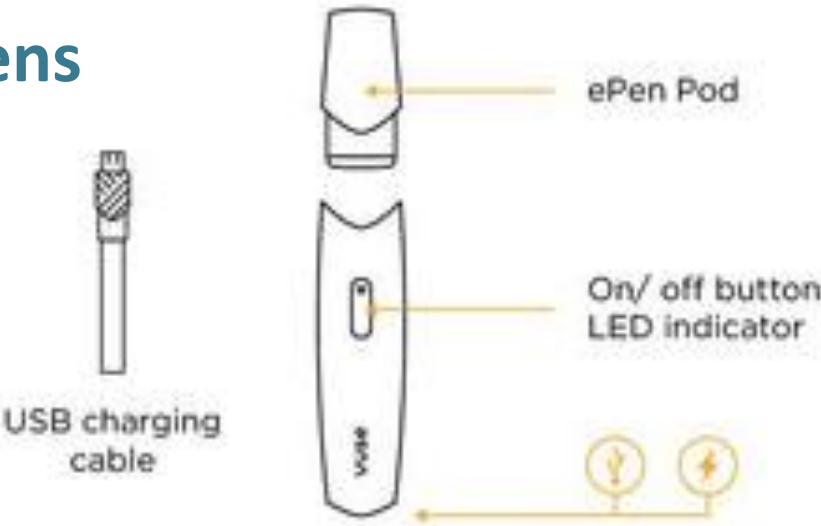
- Legal for those old enough to purchase vape pens.



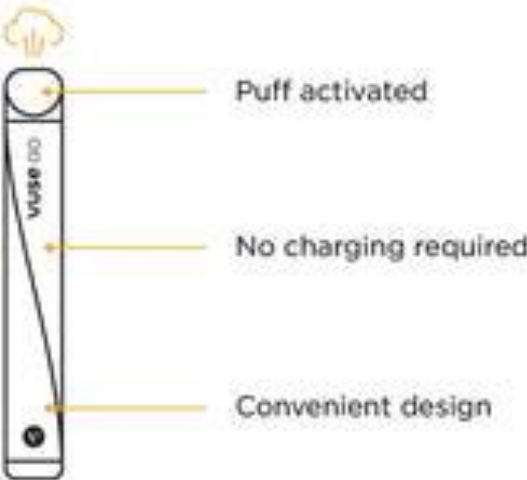
Examples of products that may contain salt nicotine

Vape Types

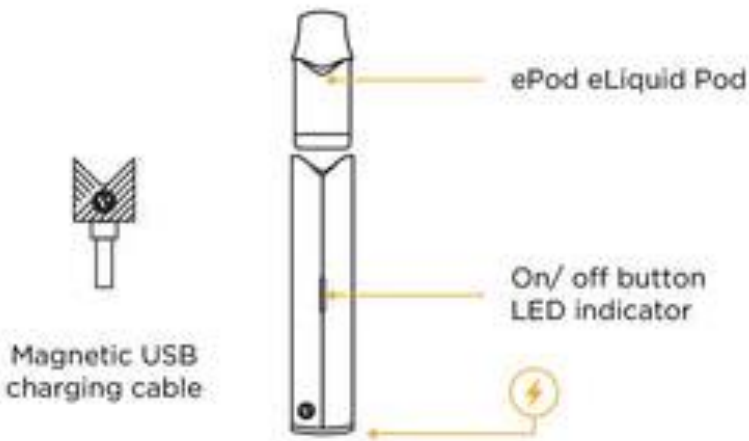
Pens



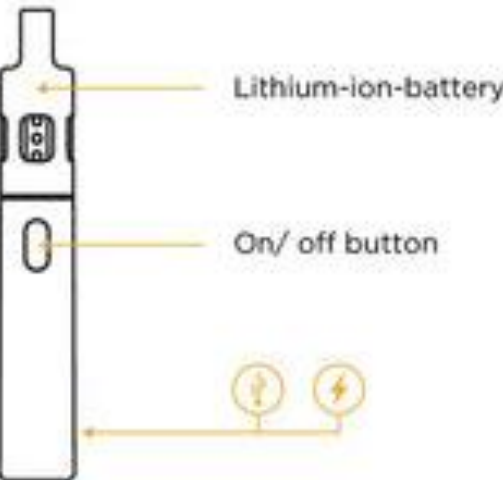
Disposables



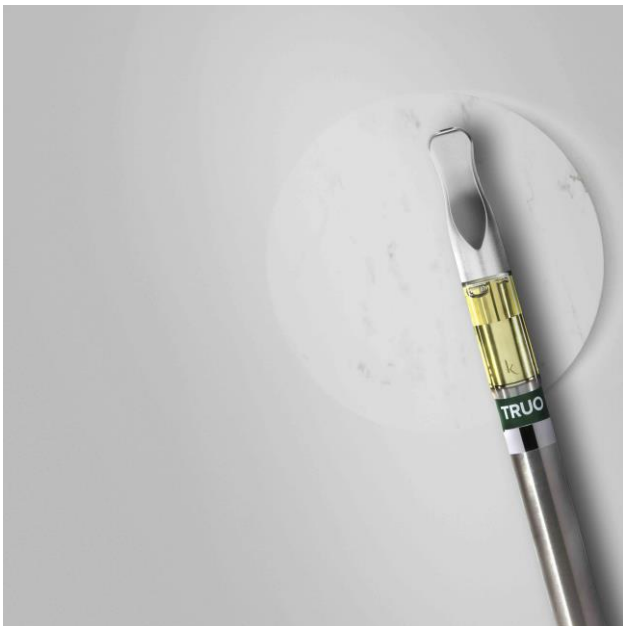
Pods



Box Mods



THC



Dab Rigs



Whippet

What is a Whippet:

- Whippets, or nitrous oxide, are popular "party" inhalant drugs. You may also hear them referred to as "whippits" or "whip-its." The drug gets its name from whipped-cream aerosol canisters that people open to misuse the gas inside. These drugs create a high that lowers your mental and physical pain. Doctors use nitrous oxide as an anesthetic for pain relief. It's common in dentist offices and other medical settings. You may hear people call it "laughing gas." It's safe to use by medical personnel for medical reasons. Nitrous oxide becomes harmful when you use it as an inhalant to get high. Recently, flavored nitrous oxide canisters have started to be sold.

How is it Abused:

- Inhalation. To use an inhalant drug, a person will breathe in fumes from a closed source. People may cover their face and the canister with a bag or mask to inhale whippets. Or they may put the gas into a balloon and inhale it from there.

What are the Effects:

- Whippets will create a euphoric high. This happens because they mess with your body's central nervous system. They'll slow down your brain activity as they cut off oxygen to your brain.
- Whippets lower the user's ability to sense things like pain, sound or touch. They also affect the brain's emotional response, cause users to feel lightheaded or hallucinate, and may cause delusions.

What Does it do to the Body:

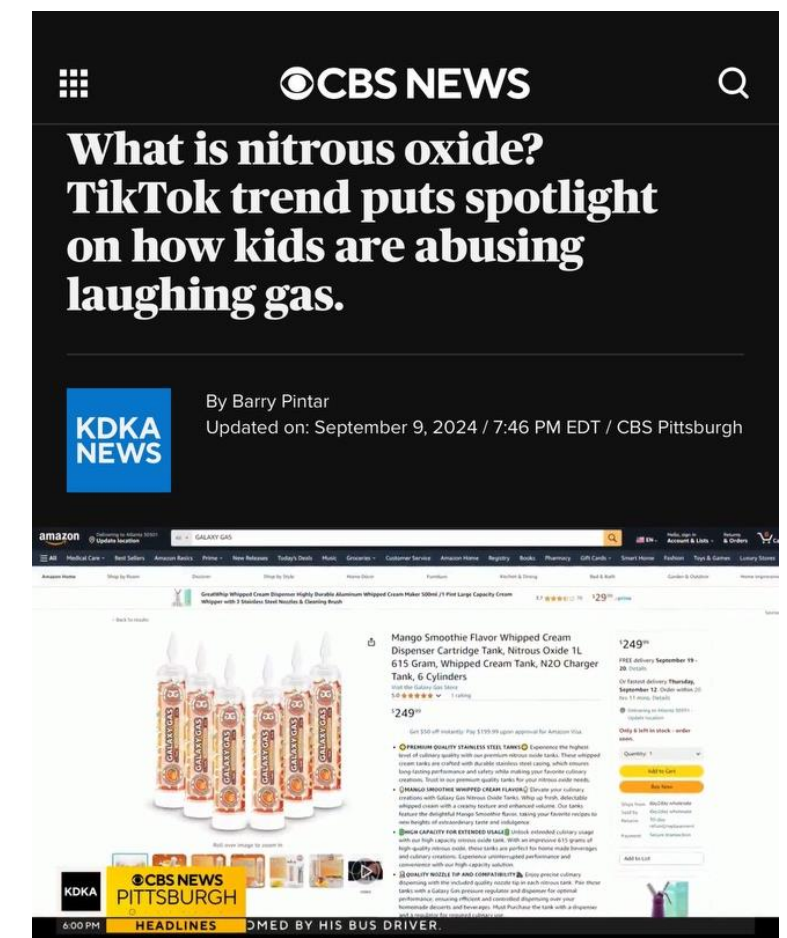
- Whippets aren't physically addictive, but you can develop a psychological addiction to them. This happens because your brain likes the high from nitrous oxide. These highs change your brain's reward center and make you crave it more.
- If you're addicted to whippets, you have a higher chance of dying from them. If you use a lot of nitrous oxide, it messes with your oxygen supply. The drug can cut off your oxygen and cause you to pass out or die. The lack of oxygen can also cause permanent damage to the brain.

What is its Legal Status:

- Legal. Cartridges are easily available and can largely be found in aerosol canisters.



Examples of products that may be used for whippets



PITTSBURGH (KDKA) -- There's a dangerous new trend for a cheap and easy-to-get high. It's been around for years but it's making a comeback.

It's sometimes called whippets or hippie crack or just plain laughing gas. It's been around for literal centuries, but now thanks

Whippet



Xylazine

What is Xylazine:

- Xylazine, or “tranq” as it is known by, is a non-opioid veterinary tranquilizer not approved for human use. It has been linked to an increasing number of overdose deaths nationwide in the evolving drug addiction and overdose crisis. Studies show people exposed to xylazine often knowingly or unknowingly used it in combination with other drugs, particularly illicit fentanyl. Xylazine use is skyrocketing in the United States and is known as the zombie drug for the effect it has on users.

How is it Abused:

- Typically can be found as a liquid or powder and mixed with other drugs.

What are the Effects:

- Will create a euphoric high and put the user into a sleeplike state.

What Does it do to the Body:

- Effects associated with xylazine use include dry mouth, drowsiness, hypertension, and tachycardia followed by hypotension and bradycardia, hyperglycemia, reduced heart rate, hypothermia, coma, respiratory depression, and dysrhythmia. Users who inject xylazine or drug mixtures with xylazine often develop soft tissue injuries that can lead to necrotic tissue and may result in amputation at rates higher than those who inject other drugs without xylazine. Additionally, users may develop a physical dependence to xylazine itself, with some users reporting the withdrawal symptoms from xylazine as, or more, severe than from heroin or methadone; symptoms include sharp chest pains and seizures.

What is its Legal Status:

- Legal for veterinary use as a sedative or tranquilizer for animals such as horses.



Examples of products that may contain xylazine

Nitazene

What is Nitazene:

- Nitazenes are strong synthetic opioids. Opioids include any drug that acts on opioid receptors in the brain, and any natural or synthetic drugs that are derived from, or related to, the opium poppy. Nitazenes were developed by researchers around 60 years ago as an alternative to morphine, but because of their high potential for overdose were never released. Nitazenes have been connected to a number of overdose deaths worldwide.

How is it Abused:

- Injected, inhaled, or swallowed. Mixed in with other drugs.

What are the Effects:

- Will create a euphoric high and put the user into a sleeplike state. 10-40x stronger than fentanyl.

What Does it do to the Body:

- Effects associated with nitazene use include dry mouth, drowsiness, hypertension, and tachycardia followed by hypotension and bradycardia, hyperglycemia, reduced heart rate, hypothermia, coma, respiratory depression, and dysrhythmia.

What is its Legal Status:

- Illegal



Nitazene powder

Pricing Example



A.P.E.S (Albino Penis Envy)
🍄🐉

Known for their strong potency ,
shroom sizes vary , ranging from 0.5
Grams Per - 7 Grams , you can
request sizing so that their properly
dosed 😊❤️

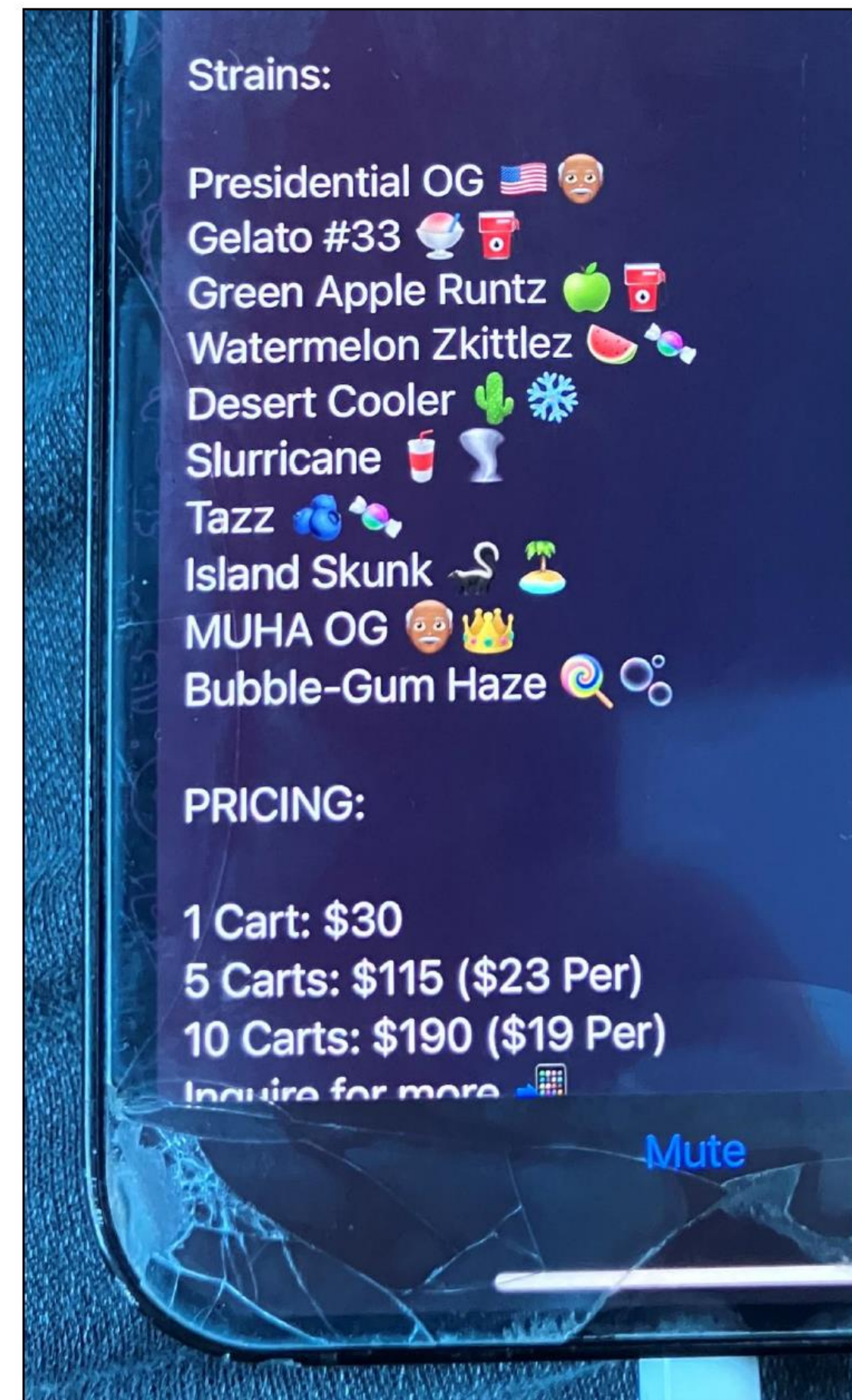
Pricing:

1/8: \$30
1/4: \$50
1/2: \$80
OZ: \$125
QP: \$350

Inquire For More 📞

476 10:15 PM

Mute



Drinks



1000 MG THC DRANK 🧑🏻

As before TAKE THESE WITH PRECAUTION, THEY ARE A TRUE DOSE OF 1000 MG not some bs edibles 😂. ~ Especially with the new nano thc infused drank.

These are very limited (only 20), got these in small quantity because my people wanted these don't expect them last too long. 💔

Sweeter High Pricing:

1 For \$35

Other Items of note

Discreet Vapes

- Companies are creating vape devices in the for of inhalers. When used, these may simply look like inhalers but typically hold a cartridge containing cannabis.
- Companies make hoodies designed to discreetly hide a vape cartridge.

Marijuana Industry Clothing

- Several clothing brands such as Cookies and Spraygrounds backpacks are marketed towards marijuana culture.
- Cookies is a complete cannabis brand who owns marijuana dispensaries and products. It rose to popularity due to successful marketing and promotion by celebrities who use the products.
- Sprayground backpacks grew in popularity for marketing stash pockets which come with a card inside.



Vaporizer Hoodie

★★★★★ (6 customer reviews)

US\$54.99

Your hoodie drawstrings have been reinvented! Now you can discreetly vape with them. This patented drawstring vapor delivery system is compatible with every vape cartridge, e-cigarette, and closed pod system like JUUL, Pax Era, Blu and others.

[Check it out](#)

DEALS OF THE DAY

UP TO 80% OFF!


[Browse Deals](#)

on 

Vaping Hoodie



Example of a Sprayground backpack and the card identifying the stash pocket.



Bestseller

In 20+ carts

\$49.99

Barbasol Stash Can for Cartridges


ScottCountyCustoms ★★★★★


✓ Arrives soon! Get it by Oct 10-15 if you order today

✓ Returns & exchanges accepted

Primary color ★

Select a color





Cookies company logo

A discreet inhaler example next to cartridges

Thank you!

Any Questions?

John.Holbrook@rentonschools.us

206-677-5305