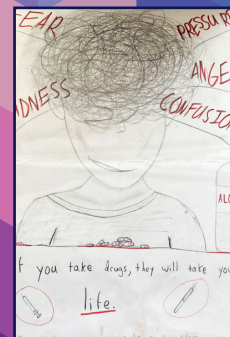
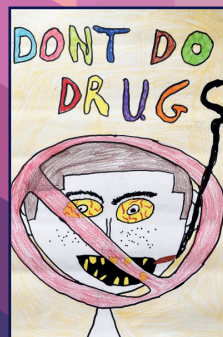
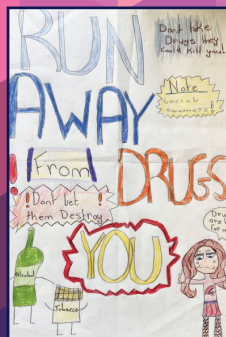
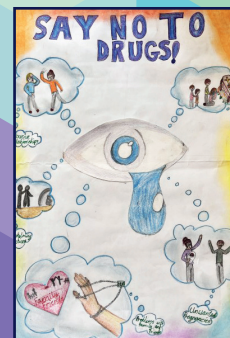
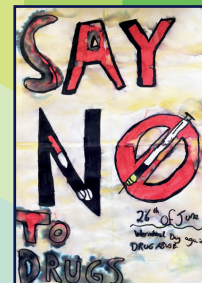




ART POSTER COMPETITION WINNERS 2022/23



Athlone Drug Awareness Group were invited to give a talk to the cadet branch of Order of Malta in Athlone in March 2023.

Newsletter created and distributed by the Athlone Drug Awareness Group.
For more information please contact Athlone Drug Awareness Group

Phone: 085 2353111
Email: athlonegroupawareness@gmail.com
www.athlonegroupawareness.ie



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www.mrdatf.ie

Disclaimer: Even though care has been taken in the preparation and publication of this newsletter, Athlone Drug Awareness Group does not assume legal or other liability for any inaccuracy, mistake, misstatement or any other error of whatsoever nature contained herein.

NEWSLETTER
ISSUE 15

2023

pink Elephant

**FEATURING
EDIBLES**



**Athlone
Drug
Awareness
Group**



FEATURED DRUG: EDIBLES

If you think that you or a friend have consumed a synthetic cannabinoid, it is important not to be afraid to get medical help by calling 112/999.

CANNABIS EDIBLE PRODUCTS

Cannabis 'edibles' are food products infused with cannabis. Edibles come in many forms including baked goods, sweets, jellies, 'gummy bears', chocolates and lozenges. We are also aware of cannabis drinks available on the Irish market known as 'THC lean'.



EFFECTS AND RISKS ASSOCIATED WITH CANNABIS EDIBLE PRODUCTS

The effects a person experiences will be based on:

- Their existing mind-set
- The settings they are in
- Personal factors
- Tolerance to cannabis
- How much is consumed and if the product contains unknown compounds

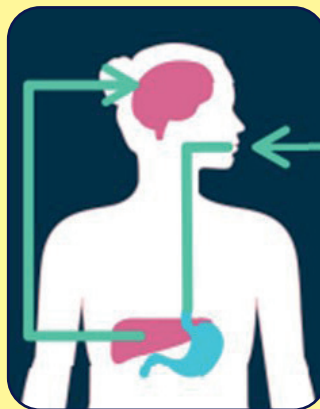
WHY DO PEOPLE USE EDIBLES?

People may choose to use if they want to avoid smoking. Some sought after effects include:

- Relaxation
- Happiness, laughter, euphoria, to feel 'high'
- For fun or enjoyment to socialise with friends
- Self-medication
 - Some people may not react as expected. This can lead to unwanted effects such as:
- Feeling too high
- Anxiety or panic
- Paranoia or negative thoughts
- Hallucinations
- Increased heart rate palpitations

(Read full document at <https://www.drugs.ie/resources/factsheets/>)

- Drugs.ie



For people who use cannabis, we remind them of the current risk of synthetic cannabinoid exposure and encourage people not to be afraid or hesitate to get medical help if someone has an unexpected reaction or becomes physically or mentally unwell following use.

https://www.drugs.ie/news/article/hse_drug_trend_risk_communication_on_cannabis_jellies_adulterated_with_synt

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Effects of ingestion

The effects will be felt anything from 30 minutes to 2 hours after ingesting. This can vary from person to person. When eaten, cannabis first travels to the stomach and then to the liver before the bloodstream and the brain. Eating can cause more potent effects compared to smoking due to how the liver processes edibles.

Peak effects

Full effects can peak within 30 minutes.

Length of effects

The length of effects vary from person to person and can last up to 4 hours or longer for some people. Length of effects: Effects can last up to 12 hours.

Reduce the harms if you choose to use cannabis edibles

It is always safer not to use cannabis edible products at all. If you do, see below information:

- Avoid use if you are under the age of 18:
- Think about the 'set' and 'setting':
- Avoid using if you are feeling low, anxious, depressed, have mental health concerns or a family history of mental health condition Think about your tolerance to cannabis and how much you plan to take
- Consider the duration of effects before use:
- Don't drive after consuming edible products:
- Store products safely to avoid unintentional consumption by children or pets.

Think about the contents:

- You can't be sure of the dose labelled on the products:
- Start low and go slow:
- Avoid taking more 're-dosing':
- Don't use with other substances:
- If you don't react as expected: You should consider not taking any more.

Don't be afraid to get medical help if you or a friend become unwell or feel suicidal after using. The Poisons Centre Public line 01 8092166 is available between 8am and 10pm, 7 days a week. Outside of these hours please get help from your GP or local hospital

Find full document @ <https://www.drugs.ie/resources/factsheets/>

- Drugs.ie

ADAG LOGO

The Students involved in designing our Logo in 1998 Were Ciara Henriquez, Siobhan Mullins, Ciara Kelly and Gillian Russel. The girls were in 6th year attending Our Lady's Bower. Athlone.

They took their inspiration from our slogan: "Shed your last tears for drugs"

They made a few sketches of ideas and did some brainstorming to come up with the final design.

It was the slogan "Shed your last tears for drugs", that lead to the idea of the "eye".

They added the "tear drop" to represent those suffering from the effects of Drug and Alcohol addiction, their families and those affected in wider society.

The girls spoke about being very honoured to meet President McAleese when she visited the school where she was presented with the Athlone Drug Awareness Logo pin.



Galina Fjodorova ADAG, Dessie O'Hanlon Tesco, Frankie Keena ADAG, Jagoda Piatek Tesco, Tina Elliffe ADAG.

HSE Community Alcohol and Drug Service Mullingar

T: 044 939 5200

E: sec.cadsmullingar@hse.ie

HSE Community Alcohol and Drug Service Athlone

T: 090 642 4820

E: sec.cadsathlone@hse.ie

HSE Community Alcohol and Drug Service Tullamore

T: 057 931 5801

E: sec.cadstullamore@hse.ie

HSE Community Alcohol and Drug Service Portlaoise

T: 057 869 2516

E: sec.cadsportlaoise@hse.ie

Merchants Quay Ireland (MQI) DATS (Drug & Alcohol Treatment Support) Project for those over 18 and their families

T: 087 915 0329

E: dats@mqi.ie

HSE CADS adapt Support for under 18s and their families

T: 087 451 8358

E: cads.adapt@hse.ie



TAKE CARE WITH EDIBLES

Signs and symptoms of overconsumption can include:

- Chest pain
- Rapid heartbeat
- Nausea/vomiting
- Slowed down breathing
- Severe anxiety and/or panic attack
- Mental health effects or psychotic episode

Extra risky substances known as 'synthetic cannabinoids' have been found in edible, herbal and vape products in Ireland.

Synthetic cannabinoids are a growing family of man-made chemicals and should not be confused with cannabis. They are known to be highly potent and can cause poisoning or death.

People may be exposed to synthetic cannabinoids without knowing.

Signs of concern to look out for include:

- Intense and strong effects
- Feeling dizzy, confusion
- Abnormal sweating, respiratory issues (difficulty breathing), chest pain/rapid heartbeat
- Nausea and vomiting
- Agitation, aggression, psychotic behaviour, hallucinations, delusions, seizures or fits
- They can also lead to sudden loss of consciousness and death

If you think that you or a friend have consumed a synthetic cannabinoid, it is important not to be afraid to get medical help by calling 112/999

Find full document @ <https://www.drugs.ie/resources/factsheets/>

- Drugs.ie