

# NPS AT CREW

# ANNUAL REPORT

# 2014-2015









10 April 2015

This report was created as a supporting document to the end of year report presented to the Scottish Government Drug Policy Unit (DPU). The NPS Coordinator post at Crew was funded by the DPU and this document provides an update of the NPS landscape in Scotland over the funded period (01 April 2014 – 31 March 2015).

Crew was established in 1992 in response to the rapid expansion of recreational drug use. We work throughout Scotland to provide credible, up-to-date information on the drugs that people are taking so they can make informed decisions about their own health. This is achieved using our stepped care approach to provide support and education (including harm reduction) in collaboration with volunteers, service users and professionals.

This year has been challenging for Crew; the impact of NPS has increased pressure on our services and this has been combined with cuts in funding. If you would like to support the work of Crew we would love to hear from you! Email us at: [finance@crew2000.org.uk](mailto:finance@crew2000.org.uk) or visit [www.justgiving.com/crew2000/](http://www.justgiving.com/crew2000/)

Our heartfelt thanks go out to everyone who has supported Crew. Thank you!

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## What are NPS?

**The definition of New Psychoactive Substances (NPS) varies widely.**

**Generally, they are drugs that can have mind altering properties but are not always controlled by drug laws.**


NPS are more commonly known as legal highs, as many of them are legal and they are designed to have psychoactive effects.

The effect, duration and appearance of the drug will vary but most NPS are chemicals produced in a lab and come in powder, pill or herbal form. A liquid version, containing synthetic cannabinoids, is available for use in e-cigarettes/vapourizers.



NPS are also known as novel/new drugs, legal highs and legals and are usually branded with names which are euphemistic and misrepresentative. Examples would include herbal extracts, room incense, novelty collectors' items and research chemicals.

The term legal high might incorrectly imply that these substances are safe. Legal doesn't mean safe. Many people find the term legal high misleading but it is difficult not to use, especially when working with people who take them.



In the recent past NPS were often sold under names, such as 'plant food' or 'bathsalts' but this is less common now.

These products are not dual purpose and therefore mis-selling them is in violation of trading standards legislation.

This Walter White brand also hinted at harm reduction information by telling users to 'water well'.

As the law caught up with these products the vendor introduced a sticker using the term 'research chemical' which is more difficult to define than 'bathsalts'.

**Walter White Bathsalts use sparingly per bathroom  
Always water well to prevent osmosis.**

An example of NPS rebranding | Street Collection Data | Crew | JAN15

## Why do people take them?

The use of drugs is widespread and includes not just NPS and illegal substances but alcohol, caffeine and medicines - which many people do not consider to be drugs.

People take legal and illegal drugs for many, often similar, reasons including relaxation, addiction, insomnia, pain relief, escapism, social norms, to get high, self-medication, to have fun, to lower inhibitions, peer pressure, because they want to, to increase connection with others and music, to increase creativity, increase sexual arousal, curiosity, tradition, religious or spiritual beliefs, to lose/gain weight, to cope with grief, loneliness, trauma etc.



A number of other factors come into play in the market of NPS.

**Marketing – bright, colourful and appealing.** The marketing is clever and looks legitimate. It is not representative of potential harms and people may underestimate the drug.



**Availability – shops, online, friends and dealers.** In the last year new 'head shops' (i.e. shops specialising in drug paraphernalia and NPS) have opened and other vendors (such as newsagents) are selling these products in Scotland. The market is steady and no new restrictions on their sale have been introduced (apart from those included in the Misuse of Drugs Act 1971). They are also attractive to retailers as profit margins are very large. For example, the stimulant ethylphenidate is sold for approximately £15-20 per gram in a shop but online it is only £2.50 per gram (Chemical Wire price | 05JAN15).

**Price** – Although those who buy their NPS from a shop are getting ripped off, they are generally cheaper than illegal drugs. NPS are typically also stronger/more pure than traditional drugs and therefore a smaller amount may be needed to achieve the desired effect.

<b>Synthetic cannabis (1 g)</b> £6.00-£8.00		<b>Cannabis (1 g of grass)</b> £10.00-£13.00
<b>Research stimulants (1 g)</b>  £10.00-£20.00		<b>Amphetamines (1 g)</b> £10.00-£30.00 <b>Cocaine (1 g)</b> £40.00-£100.00 <b>MDMA powder (1 g)</b> £30.00-£50.00

An example of NPS vs traditional drug prices according to New Psychoactive Drug Booklet | Crew | JUL14

**Drug tests – in treatment, in prisons, in the work place.** Those subject to mandatory drug testing will see the appeal of consuming a drug that doesn't show up on a test. The detection technology is expensive and test standards, allowing the identification of these chemicals, are rare meaning people can sometimes consume NPS without it showing in test results. By imposing additional restrictions, such as drug drive testing (in England and Wales), we may also inadvertently encourage people to switch from traditional drugs to NPS.

**They are legal – most of them.** Of the 18 samples tested by TICTAC Communications Ltd, none were covered by legislation.

# Happy New Year

**Can you believe it is now 2015 already!! NEW YEAR NEW LAWS!!!**




A new legislation will come into affect on Wednesday the 7th January.

It will ban 5-Meo-Dalt and AMT.

So here is your last chance to get some great deals before they are all gone.

18's and over only

You can order these products by calling [REDACTED] on Monday or Tuesday. 12-4pm

ROCKSTARS.

LADY B'S.

Synthetic psychedelic sale before ban on 07JAN15



Vendors typically sell off stock when a ban is imminent and will switch their marketing to other products not covered by legislation. It is worth considering that if chemicals are classified, users may switch to other potentially more dangerous compounds that we will know even less about. For example, synthetic cannabinoids are stronger now than those banned in the past. (*Synthetic cannabinoids are not herbal but are chemicals sprayed onto inert plant material to mimic the effect of cannabis*).

A change in legal status does not always stop use and if a desirable drug (e.g. mephedrone) is made illegal it can be driven underground with the consequence that it generally becomes more expensive, less pure and more difficult to control.

A further complicating factor is that the legal status of NPS varies across the world. For example, New Zealand banned many NPS in 2014. Vendors traded internationally and products currently banned in NZ can now be found in head shops in Edinburgh. This introduced more drugs into the UK market and highlights the importance of working at an international level.



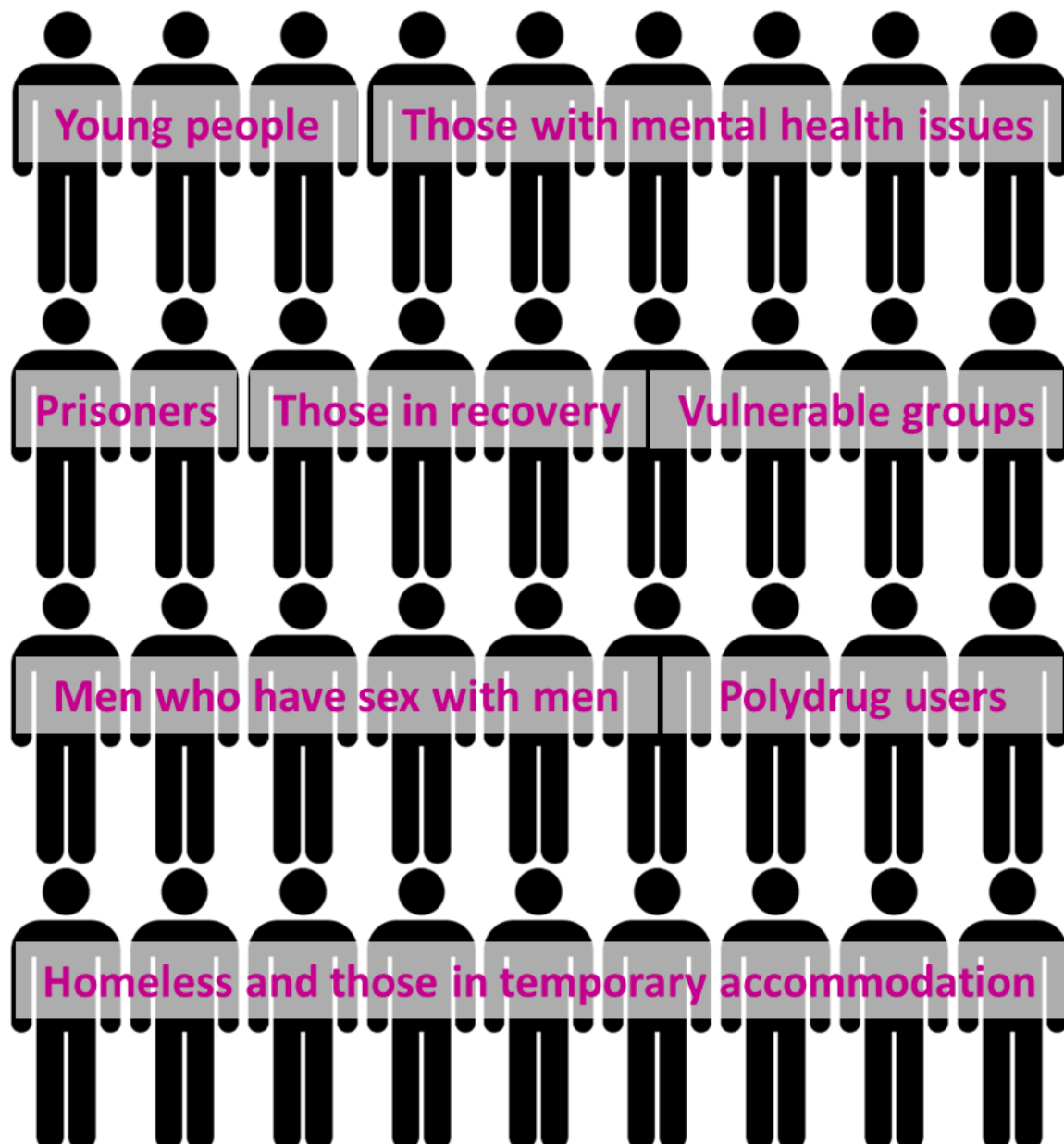
A packet of NPS sold in Edinburgh but originating from New Zealand | NOV14

**Safer alternative – if it is harmful it wouldn't be legal, right?** Are solvents, alcohol and tobacco safe because they are legal? The legal nature of NPS may give some people the impression that they are safe, which can encourage use. No drug is safe and during and after use, it usually becomes evident that these drugs are powerful and have the potential to cause harm, although effects will depend on the substances used, the dose and the individual.

## Who takes NPS?

**People from all strata of society have the potential to consume NPS and we must avoid stereotypes.**

Most drug use is recreational and not recorded; however, pockets of problematic NPS use have appeared in a range of settings including (but not limited to) those shown below. A full list of NPS concerns can be found in Annex 2.





**The Drugs Wheel** is a guide to some of the most commonly-used recreational psychoactive substances in the UK.

**STIMULANTS**

ah-7921  
buprenorphine  
dihydrocodeine  
fentanyl  
heroin  
methadone  
morphine  
mt-45  
o-desmethyltramadol  
tramadol

**EMPATHOGENS**

4/5/6-abb, 5/6-ebb  
5-maib  
butylone  
ethlyone (bk-mdea)  
mda  
mbdb  
mdea  
mdma  
serotoni (4,4, dmar)

**PSYCHEDELICS**

2cb, 2ce, 2ci  
25b/c-nbome  
5-meo-dalt  
ald-52  
amt  
dmt  
dom  
lsd  
lsz  
mescaline  
psilocybin

**DISSOCIATIVES**

2-ne1 / sts-135  
5f-akb-48  
5f-pb22  
akb-48  
fub-pb22  
salvia  
methoxyphenidine  
nitrous oxide  
ether  
dxm  
peyote  
ayahuasca  
bk-2cb  
d-lysergamine  
methamnetamine  
1p-lsd  
mdat  
mdai  
5-iai  
(iap)  
5-ai  
3-4 ctmp  
3-fpm  
ethylphenidate  
mpa  
codeine (orc)  
kratom  
nortilidine  
w-15, w-19

**CANNABINOIDS**

am-694, 1201, 2201  
cannabis  
cp-47, 50, 55  
dronabinol  
hu-210, 211, 243  
jwh-015, 018, 200, 210  
mim-2001  
marinol  
ur-144, 5f-ur-144  
urb-75, 754  
pcp  
n-ethylketamine  
methoxetamine  
ketamine  
4-meo-pcp  
3-meo-pcp  
3-ho-pcp  
2-meo-ketamine

**DEPRESSANTS**

alprazolam  
chlordiazepoxide  
diazepam  
flunitrazepam  
ghb  
methaqualone  
pentobarbital  
temazepam  
zolpidem  
zopiclone

**Outer Ring:** Controlled or regulated in the UK  
**Inner Ring:** Legal in the UK

† Regulations apply to sale of these substances

The Drugs Wheel by Mark Adley is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Permissions beyond the scope of this license may be available by contacting mark@thedrugswheel.com.

Designed in collaboration with DrugWatch: an informal association of charities, organisations and individuals who share an interest in establishing a robust early warning system in the UK for all types of drugs.

**Drug Watch**

The Drugs Wheel | version 1.2.3 | 15MAR15

**Whilst hundreds of chemicals have been synthesised and thousands of brand names created, there are only a few chemicals that have become popular in Scotland. By law, the ingredients must be listed on the packet making it easier for people to determine the contents of their drugs.**

The NPS most commonly recorded at Crew are ethylphenidate (subject to temporary class drug order as of 10APR15), methiopropamine (MPA), 5F-AKB48 and 5F-PB-22 (Annex 1 and 2).

### **Desired effects**

Drugs can be categorised using [The Drugs Wheel](#) to establish expected effect and more details can be found by searching on [MY CREW](#). The most common categories are stimulants ('uppers') and cannabinoids. Stimulants generally increase heart rate, confidence, euphoria and energy. Synthetic cannabinoids are chemicals designed to mimic cannabis and effects include relaxation and detachment from reality.

### **Negative effects**

Many people who take drugs will experience few negative effects. The overall effect of a drug depends on a number of factors including the type of drug, how the person is feeling, where they take the drug, what dose is taken (some packets can contain more than 50 doses!) and if they are mixing with other substances (including alcohol).

**Dependency** – must be taken as seriously as addiction to heroin or alcohol. Also, with dependency comes withdrawal (after cessation of drug taking), which can be painful and long-lasting.

**Mental health** – Crew's service users have reported that both synthetic cannabinoids and stimulant NPS have caused episodes of drug induced psychosis. Synthetic cannabinoids are strong and effects include aggression, depression, anxiety, paranoid delusions and suicidal ideation. In high doses NPS use has been linked to chaotic and out of character conduct, inappropriate sexual behaviour (such as flashing) and a lack of inhibition when around traffic.

**Physical health** - stimulant NPS can increase energy, sex drive and confidence but decrease the desire to sleep or eat. Repeated high doses of stimulants, combined with little rest, increase the chance of experiencing stimulant induced psychosis which is characterised by hallucinations, delusions and thought disorders. Health can also be affected by contracting viruses and infections which can be spread by engaging in unsafe sexual practices and through sharing drug paraphernalia including needles, spoons, tooters/snorters and pipes.

**Injecting** – most NPS injectors are injecting stimulants (primarily mephedrone, ethylphenidate and MPA) and the process of injecting NPS differs from heroin. Some NPS contain compounds which will not dissolve (such as microcrystalline cellulose) and injecting these substances blocks veins, causing wounds and abscesses. Poor injecting practice and/or hygiene also contributes to infections seen across Scotland. The high from injecting stimulants is short lived and users may inject more frequently (than they would with heroin) and an increase in injecting results in an increase in discarded sharps. A harm reduction guide has been created by the Scottish Drugs Forum and NHS Greater Glasgow and Clyde and can be downloaded from [SDF's website](#).



### Synthetic cannabinoid case study – Clockwork Orange | Male | 19

I've smoked cannabis since high school. My friends would pick me up and we'd drive about and get high. Last year my dealer stopped selling. I was gutted but thought it would be a good opportunity to clear my head for a bit. The cravings were strong and I read about a legal version so I got some from the shop. I got a gram bag for £8, went home and rolled a joint. I thought I would need more to get the same effect as weed. After a few draws it hit me and I didn't feel good and went to lie down for a bit. I felt helpless and was praying that no one needed me to do anything. After about 15 minutes I felt alright. When I was high I didn't really like the effects but when I was sober I wanted it and I bought more. The 3g bags were cheaper and I felt like I couldn't stop smoking till the whole bag was finished. The more I smoked the worse the effects were but after the first few times it wasn't as 'rushy'. I started to question everything. It was much greyer than normal and although I had a good life I couldn't understand what the point was to the extent that nothing mattered. I did this for months until I got my hands on real weed again. I'm glad I realised my life was good and the clockwork [*Clockwork Orange – plant leaves mixed with 5F-AKB48*] just made it feel like it wasn't. Once I watched a film about crack when I was stoned – I actually thought I was one of them and was paranoid I'd given myself a disease like the people on the show.

### Stimulant case study – Snow White | Male | 32

Me and my partner love coke. Our friend introduced us to Snow White [*sold as a research chemical and contains a blend of stimulants – ethylphenidate and MPA*] which was 'a bit cokey'. We go through a gram in a weekend so it lasted longer [*than cocaine would*], was cheaper and you knew it wasn't cut with all the normal shit. It was 'speedy' but helped me to have a better night. Normally we would snort it but the burn [*of the nasal lining*] was bad so I'd also put it in drink. The main negative was the comedown. Once I had to take a line at work because I felt so bad. It worked but I'd promised myself I'd only do it at the weekend.

### Depressant case study – Etizolam | Female | 26

I was using etizolam [*depressant, benzodiazepine, 1 mg, sold as a research chemical*] for about 2 years. I'm always nervous and someone first introduced me to etizolam at a party. I'd taken some ketamine and wasn't having a great time. I was a bit para when a friend gave me one [*1 mg etizolam tablet*] to chill out. It worked and I didn't feel my usual self. I ordered them online and started to take one in the morning. I felt good and could work and go out easier. They were so cheap and would make me feel chilled but happy at the same time, and I wouldn't get the cloudiness in the head like I did when I was prescribed benzos. A few months ago the website stopped selling. I still had a batch so decided to come off them (by this time I was taking 6-8 [*mg*] a day) and I tried to gradually reduce. Five days after I taken the last I couldn't eat or sleep and the days were filled with dread, sweating and sickness. I thought I was dying but didn't want to get help as I was too ashamed. After a few weeks the withdrawal was still awful but the feeling of dying were subsiding and I was able to eat and drink a little. I was going to try to get more but hopefully the worst is over. I liked it, the effects were good and it made my life better but the withdrawal isn't worth it.

## Other Key Issues

**Credible information** – Independent sources of information, such as [MY CREW](#), are generally the most informative. Reports in tabloid newspapers are often dangerously sensationalist and information can be inaccurate and misleading.

**Services** - Many services are under resourced and workers may lack knowledge and confidence required to engage with this new profile. The stigmatisation of people who take drugs also prevents people accessing treatment and some people may not see traditional alcohol and opiate services as being suitable for their needs.

**Education** – Training isn't just needed for drug workers but for all workers who engage with vulnerable groups such as those who work in; social work, emergency services, criminal justice, prisons, mental health, housing etc.

There is a shortage of resources designed for people who take drugs but online forums have proven to be useful in providing information about the pros and cons of NPS. Peer-led programs continue to be successful and combine education, recovery and lived experience to produce credible and relatable support.

It is also essential that we provide comprehensive and appropriate education to groups, such as school children, before problematic use arises.

**Testing** – Even if someone is educated and experienced, the effect of a substance cannot be guaranteed as there is no easy way to tell what is in your drug. Anonymous testing of drugs would act as a way of gathering information on current drug use and trends, and this can be used to inform suitable harm reduction messages. It would also highlight 'bad batches' in circulation.

**Monitoring** – This is needed across the board but especially in health care settings, as currently there is no uniform approach to deal with NPS. Although collecting data is difficult, it does not mean it should not be done and the lack of data hinders the development of responses. Recording the substances people have ingested prior to presenting, where possible, would create a national picture of harm, which can be used to develop local systems.

**Funding** – It is difficult to improve some of these issues without money. NPS has placed an increased demand on many services but little funding is available to cope and this can lead to clients missing out on treatment and support.

Without your support Crew will need to cut services over the next few months. If you can help us out please do not hesitate to get in touch by emailing [finance@crew2000.org.uk](mailto:finance@crew2000.org.uk) or by using the details at the front of this report.



## Considerations

**Know the drug!** - We have had reports from service users experiencing unexpected side effects from cannabis. Upon investigation it has been found that the drug was a synthetic cannabinoid and not herbal cannabis. The lack of distinction between synthetic cannabinoids and cannabis, from both users and workers, could lead to inaccurate reporting of potential harms.



**Other drugs** – Depending on the service, workers should be aware of other drug trends, for example the use of club/party drugs (MDMA, cocaine, amphetamine), image enhancing drugs (fillers, steroids, tanning agents), study drugs (adderall, modafinil) and prescription drugs (gabapentin, pregablin, benzodiazepines). The more information we have, the more ably we can respond.

**Mental health** – One of the biggest challenges for workers is signposting problematic clients to appropriate support. If someone presents in a drug induced mental health crisis, workers at drug services may not have the skills or facilities to help. Mental health services are hesitant to help as it is 'drug induced'. Where does this leave people with mental health issues when drug services aren't equipped and when mental health services are unwilling or under-resourced? Drug use and health go hand in hand and we need a stronger, more collaborative approach to deal with this problem.

## Current regulation of NPS

NPS are easier to buy than alcohol. There are no regulations on having products out of sight, or in plain packaging, or to limit purchasing hours or to prevent sale to minors as packets are labelled 'not for human consumption' or 'not approved for human consumption'. As a result of this labelling, those who sell the substances are unable to provide information (such as expected dose, effect or duration) without breaking the law. This facade is dangerous and Crew believes the best way to reduce harm is to give people as much timely information as possible so they can make their own decisions about their use.

It is not feasible to individually ban every psychoactive chemical as chemistry is more flexible than drug policy. The number of new compounds reported to the European Monitoring Centre for Drugs and Drug Addiction rose from 81 in 2013 to 101 in 2014 (New psychoactive substances in Europe | An update from the EU Early Warning System | EMCDDA | March 2015).

The following changes were made to The Misuse of Drugs Act between April 2014 and March 2015.

10 JUNE 14	24 JUNE 14	07 JANUARY 15	11 MARCH 15
<p>Classified: NBOMe compounds (A) Benzofurans (B) Lesdexamphedamine (B) Zopiclone/zaleplon (C) Tramadol (C)</p> <p>Reclassified: Ketamine (from C to B)</p>	<p>Classified: Khat (C)</p>	<p>Classified: AH-7921 (A) LSD related (A) Tryptamines including AMT and 5-MeO-DALT (A)</p> <p>Rescheduled: GHB (from 4 to 2)</p>	<p>Classified: MT-45 (A) 4,4'-DMAR (A)</p>

Amendments to The Misuse of Drugs Act (1971) for the period 01APR14 – 31MAR15

## The future of NPS?

The UK Government is under increasing pressure to introduce a 'blanket ban' on these substances. One difficulty in adopting a blanket ban (based on psychoactive effect) stems from the fact that there would need to be exemptions for specific substances. For example alcohol, nicotine and caffeine have a psychoactive effect but are viewed as being 'acceptable' and therefore will be exempt, despite their potential to cause harm.

There are also a number of other points that would need to be considered if the sale of NPS were to be prohibited. While some may stop using drugs, many will continue. If they do continue, some may change to legal substances (such as alcohol) or use drugs bought online (which is more difficult to monitor) or via more traditional dealer networks (where the drugs are generally more expensive and where the composition and quality may vary substantially). An increased market of illegal drugs can fund crime and complicate control whilst increasing harm if those who take illegal substances are criminalised. Of those who stop some will have a tolerance to NPS and stopping may be problematic. Regardless of the outcome, it is important that we invest in this area of the health service to help the large numbers of people affected by drug use.

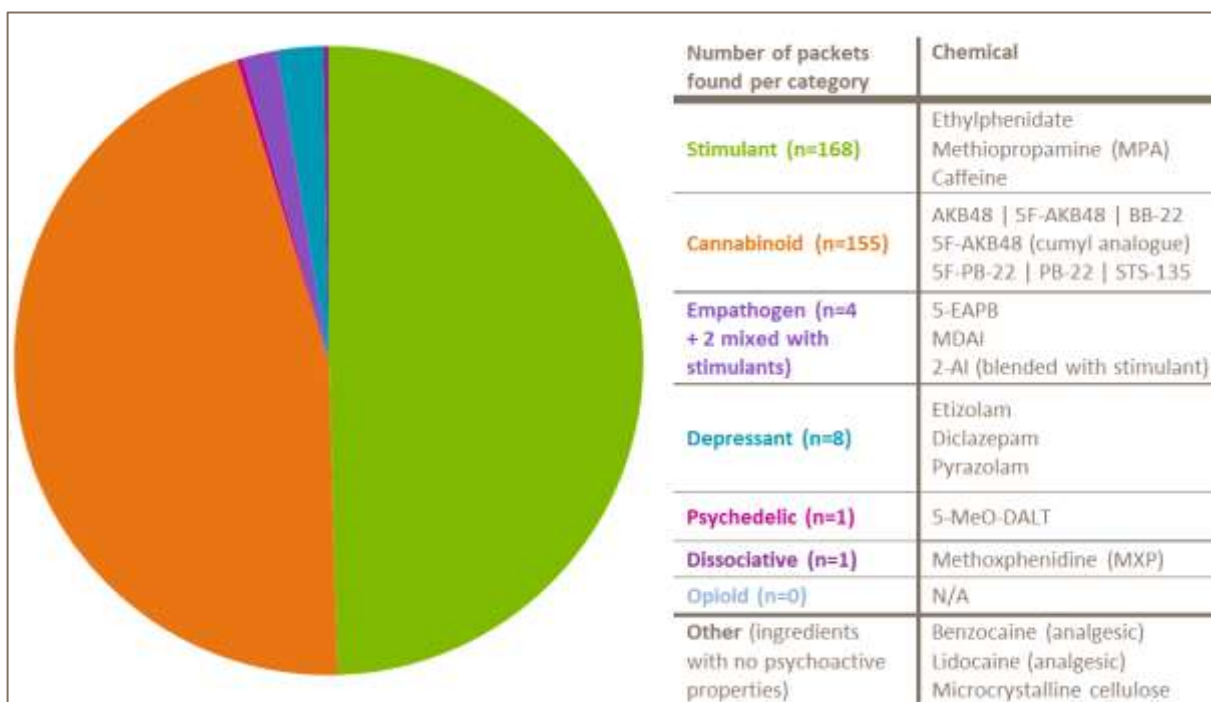
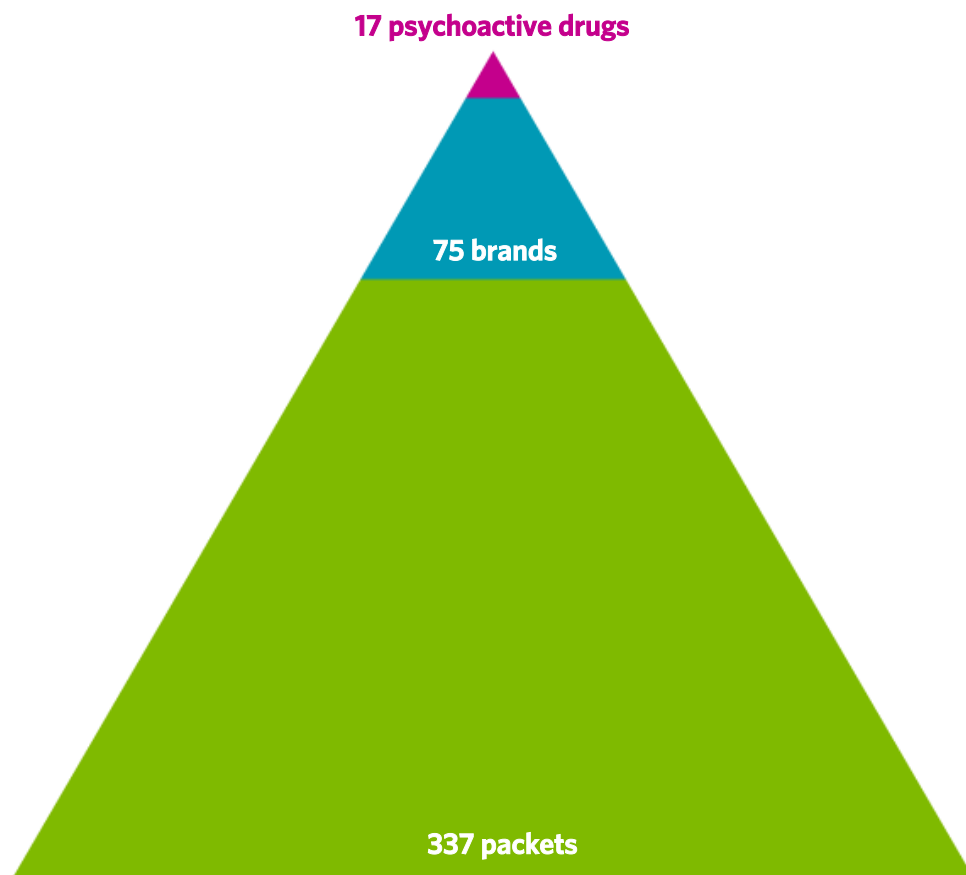
No ban will stop drug taking and criminalisation of people who take drugs should be avoided. Crew's aim is to reduce harm and although great progress is being made we cannot fully achieve this until a rational, evidence based approach to the regulation of NPS (and other drugs) is adopted.



From the **21<sup>st</sup> of June 2014 – 31<sup>st</sup> of March 2015**, Crew collected **337** NPS packets. **316** were picked up from the streets surrounding Crew (with the fantastic help of our local street cleaner), **7** were handed in by staff at a local hospital and **14** were samples given to us from head shops.

Despite many drugs being available, there were only **17** psychoactive substances (including caffeine) present across the **337** packets (according to listed ingredients). These drugs can be categorised according to effect and **96%** were either a stimulant or a cannabinoid (50% and 46% respectively).

Details on the individual chemical ingredients can be found in [Crew's New Psychoactive Drug Booklet.](#)





# **18** samples were **tested** by TICTAC

BRAND NAME	INGREDIENTS AS LISTED ON PACKET	TEST RESULTS FROM TICTAC
Burst bathsalts (duck)	ethylphenidate	ethylphenidate (pure)
Ocean burst	ethylphenidate	ethylphenidate (impure, dilute)
Columbiana	ethylphenidate, caffeine	ethylphenidate, caffeine
Psyclone (clown)	ethylphenidate, caffeine	ethylphenidate, caffeine
Ice-n-berg	ethylphenidate	ethylphenidate
White mm	MPA, caffeine	MPA, caffeine
Ivory Dove Ultra	MPA	MPA (methiopropamine)
China White	MPA	MPA
MDAI dark brown	MDAI	MDAI (impure)
Methoxphenidine	MXP	MXP (methoxphenidine)
Loop	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
King B	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Wicked	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Berries	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Spunout	5F-PB-22, 5F-AKB48	5F-AKB48 only
Psyclone (clown)	5F-PB-22, 5F-AKB48	5F-AKB48 only
Clockwork Orange	5F-AKB48	5F-AKB48
Kronic Pineapple Express	5F-AKB-48 (cumyl ring analogue)	5F-AKB-48 (cumyl ring analogue)

All bar two (spunout and psyclone) contained what it said on the packet and all substances were legal.

Most packets list a **LONDON, UK** address.

Branded packets *Quick Silver Ultra*, *Black Mamba*, *Spike 99*, *Warrior* and *Mind Charge* are from **LATVIA**. *Bliss Ultra* is made in the **USA**. *Kronic Pineapple Express* is from **NEW ZEALAND**.



Breakdown of all NPS packets. Brand names can also be searched on [MY CREW](#).

Brand name	Quantity of packets	Ingredients as listed on packet. <i>Note: sometimes packets of the same name can contain different ingredients.</i>	Comments (cells in green indicate the ingredients have been confirmed by TICTAC).
<b>Stimulants</b>			
Blanca	2 x unknown	Ethylphenidate	
Bliss	1 x 250mg 1 x 500mg	MPA	From USA
Blue Stuff	11 x 1g 10 x 500mg	Ethylphenidate	Most common stimulant brand
Burst bathsalts (duck)	5 x 1g 2 x 500mg	Ethylphenidate	Ethylphenidate (pure)
Charly Sheen	3 x 1g	MPA	
China White	2 x 2g 4 x 1g	MPA, benzocaine	MPA
Ching	11 x 1g	Ethylphenidate, lidocaine	
Columbiana	2 x 500mg 12 x 1g	Ethylphenidate, caffeine	Ethylphenidate, caffeine
Exotix Ultra	1 x 2 pills	Ethylphenidate	
Exotix Super Strong	1 x 2 pills	MPA	
Gogaine	1 x 1g	MPA	
Green Beans	2 x 2 (275mg pellets)	MPA, 2AI	
High grade	1 x 1g	None listed	
Ice-n-berg	1 x 1g	Ethylphenidate	Ethylphenidate
Ivory Dove Ultra	1 x 1g	MPA	MPA
Magic Crystals	1 x 500mg	Ethylphenidate	
Mind Charge	2 x 200mg	Ethylphenidate, microcrystalline cellulose	
MPA (clear bag)	1 x no weight	MPA	
Mr White	10 x 500mg 3 x 1g	Ethylphenidate	
Ocean burst	1 x 250mg	Ethylphenidate, microcrystalline cellulose	Ethylphenidate (impure, dilute)
Pink Panthers	13 x 2 (300mg capsules)	80% MPA	
Posh	7 x 1g	Ethylphenidate, benzocaine	
Psyclone (clown)	1 x 1g	Ethylphenidate, caffeine	Ethylphenidate, caffeine
Quick Silver	4 x 200mg 4 x 1g	MPA, microcrystalline cellulose	From Latvia
Quick Silver Ultra	15 x 200mg	MPA, microcrystalline cellulose	From Latvia
Snow Blind	1 x 1g	MPA, benzocaine	
Snow White	14 x 1g	Ethylphenidate, MPA	

	1 x 500mg		
Spangled	1 x 1g	Ethylphenidate, 2AI	
Sparkle	1 x 500mg	Ethylphenidate	
Speed Rush	1 x 2 capsules	Ethylphenidate	
Sub Zero	4 x 1g	Ethylphenidate	
Walter White	6 x 500mg	MPA	
White mm	1 x 1g	MPA, caffeine	MPA, caffeine
Yeah Bitch!	1 x 1g	Ethylphenidate	
YPDOUT	1 x 1g	Ethylphenidate, caffeine, lidocaine	
Number of stimulant brand names: 35		Number of stimulant packets: 168	
Cannabinoids			
Afghan Black Ultra	2 x 1g	5F-PB-22	From Latvia
Annihilation	2 x 1g	No label on back	
Annihilation Vol II	3 x 1g 1 x 3g	5F-PB-22, 5F-AKB48, BB-22	First time BB-22 has been seen in street collection data
Berries	2 x 1g	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Black Mamba	7 x 1g 2 x 3g	5F-PB-22, 5F-AKB48	One packet from Latvia
Black Mamba Ultra formula 1	2 x 1.5g	5F-AKB48	One packet from Latvia
Blue Cheese	2 x 3g	5F-PB-22, 5F-AKB48	
Bud-a-licious	1 x 1g	STS-135, PB-22	
Clockwork Orange	9 x 1g 3 x 3g	5F-AKB48	5F-AKB48
Clockwork Orange Reloaded	3 x 1g	5F-PB-22, 5F-AKB48	
Diesel	2 x 1g	5F-AKB48	
Exodus	2 x 1g	5F-PB-22	
Exodus Damnation	15 x 1g 5 x 3g	5F-PB-22, 5F-AKB48	
Genesis	2 x 1g	5F-PB-22, 5F-AKB48	
Herb (research)	1 x 0.5g	AKB48, 5F-AKB48	
Herbal Haze	2 x 1g	STS-135, PB-22	
King B	4 x 1g	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Kronic Pineapple Express	7 x 1.5g 9 x 3.5g	5F-AKB-48 (cumyl ring analogue)	Confirmed by TICTAC. Product from NZ. Not normally found in herbal blends.
Loop	2 x 1g	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Meadow Sweet	1 x 1g	STS-135, PB-22	
Pandora’s Box	14 x 1g 14 x 3g	5F-PB-22, 5F-AKB48	Most common cannabinoid brand
Paradox Fusion	3 x 1g	No label on back	
Psyclone (clown)	1 x 1g	5F-PB-22, 5F-AKB48	5F-AKB48 confirmed. No 5F-PB-22 in packet but listed as ingredient.



Psyclone (pink and white)	12 x 1g 1 x 3g	5F-PB-22, 5F-AKB48	
Rapture	2 x 3g	5F-PB22, 5F-AKB48	
Revolver	6 x 3g	5F-PB-22, 5F-AKB48 (and trace of PB-22, AKB48)	
Sonic Boom	1 x 1g	5F-PB-22	
Spunout	1 x 1g	5F-PB-22, 5F-AKB48	5F-AKB48 confirmed. No 5F-PB-22 in packet but listed as ingredient.
Voodoo	2 x 1g 1 x 3g	5F-AKB48	
Voodoo Gold	5 x 1g	5F-PB-22, 5F-AKB48	
Wicked	1 x 1g	5F-PB-22, 5F-AKB48	5F-PB-22, 5F-AKB48
Number of cannabinoid names: 31		Number of cannabinoid packets: 155	
Depressants			
Blues	4 x 5 (1mg tablet packets)	Etizolam	
Chillax	1 x 5 (1mg tablet packets)	Pyrazolam	
Get calm and carry on	1 x 5 (1mg tablet packets)	Diclazepam	
Diclazepam	1 x 5 (1mg tablet packets)	Diclazepam	
Etizolam	1 x 10 pellets	Etizolam	
Number of depressant names: 5		Number of depressant packets: 8	
Empathogens			
MDAI	1 x 100mg	MDAI (dark brown powder)	MDAI (dilute)
5-EAPB	3 x 2 pills	5-EAPB	From headshop
Note: in two stimulant packets the empathogen 2-AI was listed as an ingredient.			
Number of empathogen names: 2		Number of empathogen packets: 4	
Psychedelic			
Blast	1 x 250mg	5-MeO-DALT	Packet found when 5-Meo-DALT was legal. Class A as of JAN15.
Number of psychedelic names: 1		Number of psychedelic packets: 1	
Dissociative			
MonKey Dust (MXP)	1 x 500mg	MXP	MXP
Number of dissociative names: 1		Number of dissociative packets: 1	
Total number of NPS names: 75		Total number of NPS packets: 337	

## Annex 2: NPS Concerns 01 April 2014 – 31 March 2015

This annex contains drug trend data gathered by Crew from April 2014 - March 2015. Data is anecdotal but very meaningful and has been shared to us through service users, volunteers and staff. For confidentiality and where possible the location, gender, service and age have been removed from reports.

It does not contain every report of NPS or drug use but only where a concern has been raised. Many people use drugs without experiencing problems.

This report only includes New Psychoactive Substances (including legal highs) and for that reason the following drug reports are exempt: alcohol, solvents, MDMA, amphetamine, methamphetamine, cocaine, cannabis, LSD, psilocybin, ketamine, medicines (including those prescribed), steroids (and other image enhancing drugs), except when reported as part of polydrug use. For the purpose of this report illegal NPS include GHB/GBL, mephedrone and 2-CB.

Data cannot be compared month on month, as the number of reports received was directly proportionate to how much time was being invested by Crew to gather data.

Outreach and other drug stats will be reported separately. NPS (primarily NPS stimulants) are present in nightlife settings but they have failed to have an impact on the popularity of traditional club/party drugs like MDMA and cocaine.

MDMA, although not an NPS, continues to cause concern due to increasingly high concentrations of MDMA found in ecstasy pills in circulation, as well as the presence of adulterated tablets.

If you or someone you know needs help you can find a drug service in your area by searching: [www.scottishdrugservices.org](http://www.scottishdrugservices.org)

### KEY

**SU** | service user

**SC** | synthetic cannabinoid

**p/** | per

**g** | gram

**mg** | milligram

**L** | litre

**[Italics]** | text added after initial report received

**mL** | millilitre

**NO** | nitrous oxide

**MDMA** | 3,4-methylenedioxy-methamphetamine

**LSD** | lysergic acid diethylamide

**GHB** | gamma-hydroxybutyric acid

**GBL** | gamma-butyrolactone

**Care has been taken to ensure the accuracy and reliability of the information provided, however the notes do not necessarily represent the opinions of Crew and are solely intended for educational purposes.**

## Summary

Where reported:

**94%** of NPS were legal. The recording of legal status was based upon any brand or chemical names reported. They were searched using MY CREW and cross-referenced with The Misuse of Drugs Act (1971).

**78%** involved polydrug use, meaning the service user was taking more than one drug at a time and therefore increasing risk. The most commonly used drugs in addition to primary NPS were other types of NPS, alcohol, cannabis, diazepam (commonly reported as Valium) and methadone.

**83%** were taking either stimulants or synthetic cannabinoids (46% and 37% respectively).

In most of the reports people are taking **extremely high doses in very risky ways**. For example, there are various reports of IV ethylphenidate, where the service user is injecting up to 500 mg of 100% ethylphenidate, multiple times a day. A high IV dose is considered to be 50 mg (this dose should not be taken as a recommendation).

The most commonly reported side effects are issues with mental health (such as low mood and paranoia), wounds (when injecting) and difficulty sleeping.

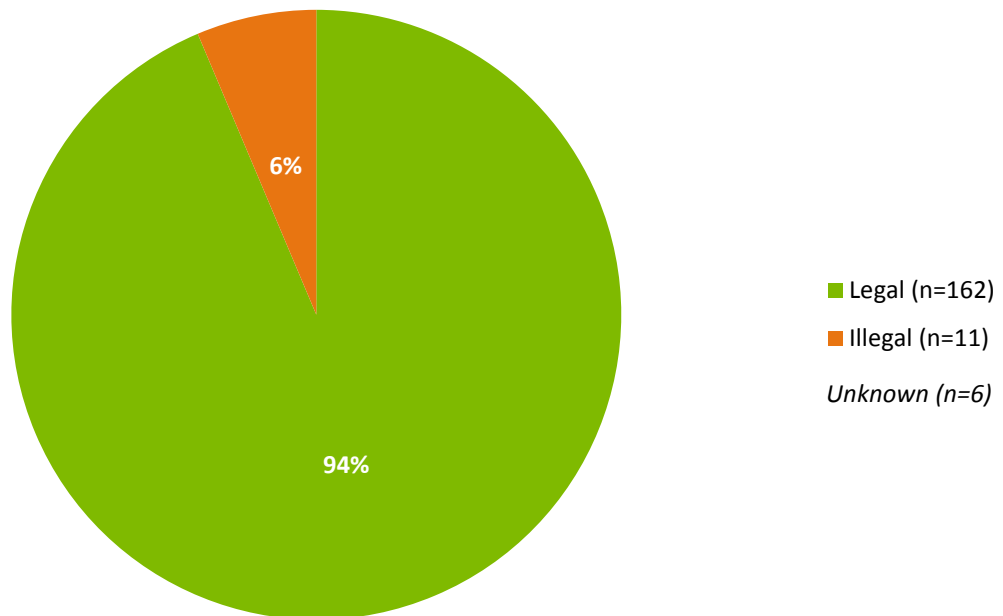
**14 of the 179 reports (7%)** were regarding a child under the age of 16.

We cannot tar all NPS with the same brush. For example nitrous oxide was reported five times as part of polydrug use (and countless times in festival statistics) but we have never had a primary concern about this drug.

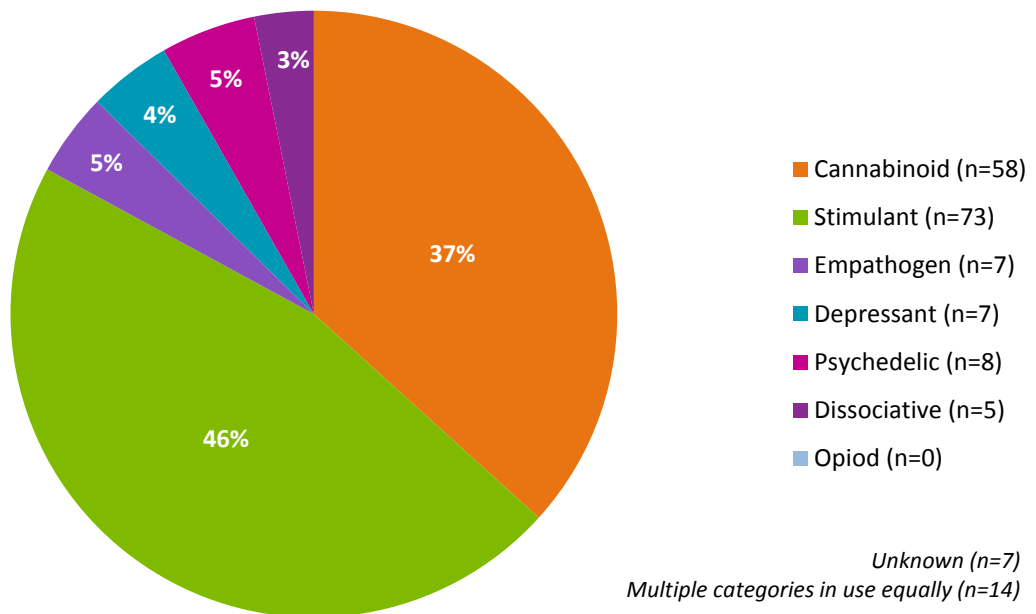
Information regarding user profile has been removed for confidentiality. There is no emergent archetype NPS user and usage patterns depend on the type of substance they are taking, route of administration and socio-economic factors including age, disposable income and family setting.



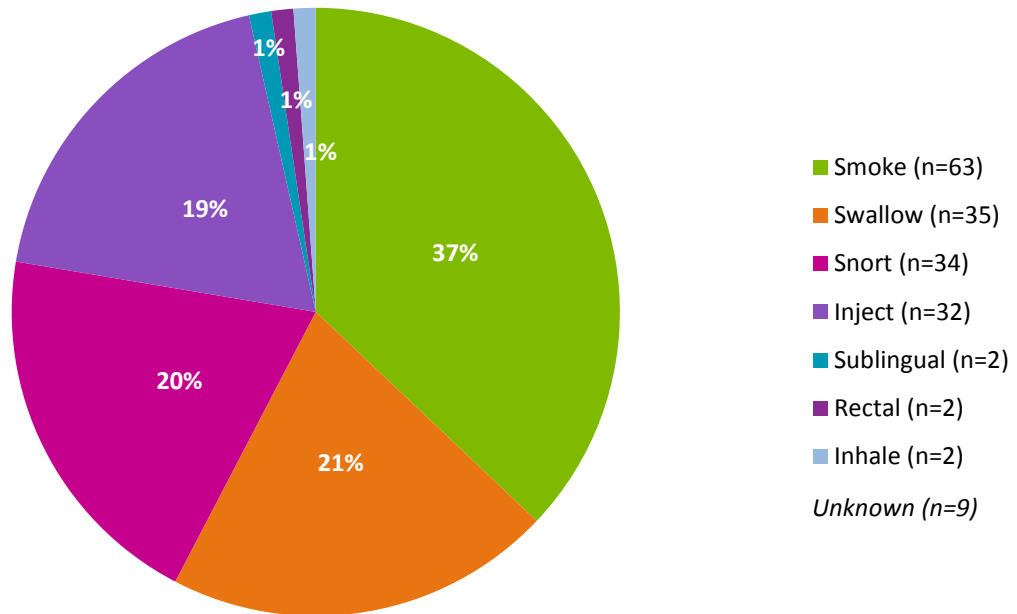
## NPS Legal Status



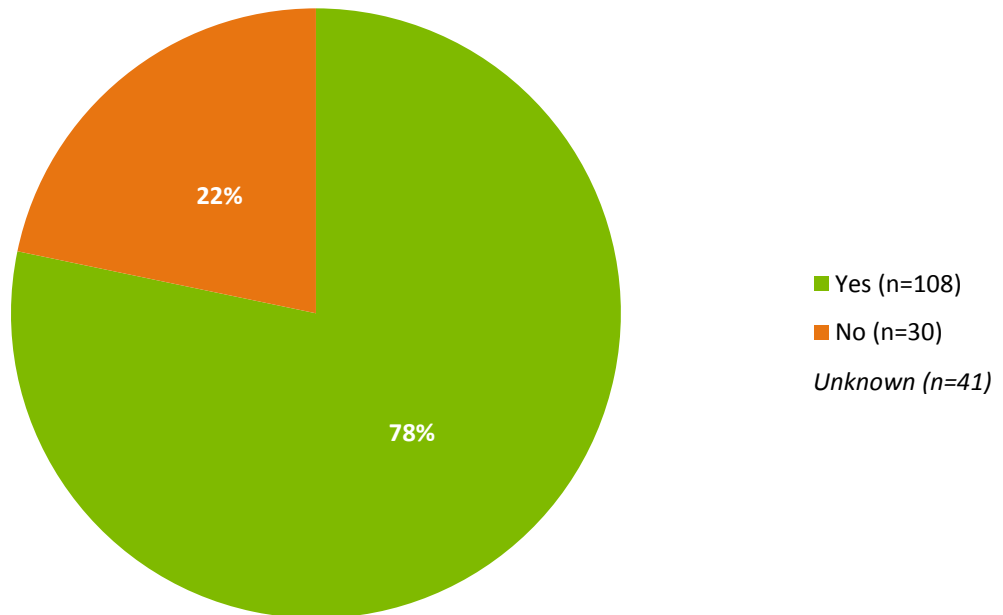
## The Drugs Wheel Category of Effect



## Primary Route of Administration



## Polydrug Use



APRIL 2014 – 18 REPORTS								
DW category of effect	Details of primary drug	Legality	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Stimulant	China White, Poke, Gogaine, Ching, Chang, Charly Sheen, Pink Panthers, Sparkle	Legal	A packet and few pills p/day	Smoke from foil, snort	Pills and powders	Yes	NPS (various stimulants)	Service user (SU) was using a variety of different research chemicals. Building up high tolerance. Very restless. Collecting packets to monitor use. Likes to see how many different ones they have tried.
Cannabinoid	Bombay Blue	Legal	3 g p/day	Smoke in joint	Herbal	Yes	NPS (various)	Tolerance building very quickly. SU felt other services did not treat synthetic cannabis as seriously.
Cannabinoid	Synthetic cannabinoid	Legal	Unknown	Smoke in joint	Herbal	Unknown	N/A	Family member of SU said they had a stroke after smoking SC long term.
Cannabinoid	Synthetic cannabinoid	Legal	Lots	Smoke in joint	Herbal	No	N/A	Had smoked cannabis long-term before. Looking for info as had heard it was causing problems. Had attempted suicide last week but was not currently feeling suicidal, sleep is disrupted and has been for some time. Waking during the night to re-dose.
Empathogen	Pink Panthers	Legal	2-4 pills p/day	Swallow	Pressed pill	Yes	NPS	History of mental health and alcohol abuse. Finding the long term effects of legal highs very unpleasant and needs help to stop. Extreme weight loss. Uncontrollable twitching.
Cannabinoid	Pandora's Box, Genesis, Diesel	Legal	5 g p/day	Smoke in joint	Herbal	Unknown	N/A	Mental health issues, suicidal thoughts, mouth feels like it is 'burning'. Wants help.
Empathogen	Pink Panthers	Legal	3-4 pills p/day	Swallow	Pill	Yes	Valium (to come down)	User reported extreme weight loss (4 stone in 6 weeks). Can't sleep or eat. Becoming paranoid.
Stimulant	Pink Champagne, Exotix	Legal	1 of each	Snort	Powder	No	N/A	Made SU pass out, no memory of the event.
Stimulant	Mind Candy	Legal	1 packet	N/A	Pill	No	N/A	User vomited and blacked out after taking it (one packet = two capsules).
Cannabinoid	Synthetic cannabinoid	Legal	1 g p/joint, several joints p/day	Smoke in joint	Herbal	Yes	NPS (various)	Bad reactions including 'whiteys'. Been to hospital but makes no difference to use. Very aggressive therefore excluded from school. Say they can't afford pollen <i>[hash]</i> .
Empathogen	E=XTC (Formula 1)	Legal	2 pills	Swallow	White pill, no markings	No	N/A	Come down was pretty bad. But when high felt really good, happy, and talkative.
Stimulant	Lots of 'legals'	Legal	1 packet p/day	Swallow	Powder	Yes	Various SC, MDMA, tramadol	Mainly taking stimulant 'legals' but also SC using pipe, MDMA; and tramadol and codeine pills (40 p/week). Feels detached and shaky. Constant sickness and diarrhoea.
Cannabinoid	Clockwork Orange	Legal	Few draws	Smoke in joint	Herbal	No	N/A	They think they had a seizure. Wanted to know if this was possible.
Stimulant	NPS powder (Charly Sheen, Ching, China White)	Legal	Few packets p/week	Snort	Powder	Yes	NPS (various)	Started injecting, well good buzz but had bad reaction one day and started running around in the traffic. <i>[Third report of lack of traffic inhibitions]</i> .
Depressant	Etizolam	Legal	N/A	N/A	N/A	N/A	N/A	Slurred speech, lack of coordination. Blue colour on SU's teeth.



Cannabinoid	Cloudy Vape	Legal	Few drops	Smoke/vape	Oil	Yes	Various SC	Wanted to know if it was better to use this than mixing cannabis with butane.
Stimulant	4MA ('Seratoni')	Legal	N/A	N/A	Powder	N/A	N/A	Reports of it in circulation. Toxic in small doses. <i>[Classified to class A on 11MAR15]</i> .
Cannabinoid	Rapture, Clockwork Orange, Diesel	Legal	3 g p/2-3 days	Smoke in joint	Herbal	No	N/A	Very agitated and upset. Wants to quit smoking SC after 2 years. Feels everything becoming too much, sleep pattern very disturbed and mental health affected. Various life traumas not helping.
<b>MAY 2014 – 27 REPORTS</b>								
DW category of effect	Details of primary drug	Legality	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Cannabinoid	Psyclone, Black Mamba	Legal	8 g/day	Smoke in joint	Herbal	Yes	Caffeine	Said they were fine with Psyclone but used Black Mamba last week and had anxiety attack.
Cannabinoid	Skunk Bomb	Legal	Only a small bit out the packet	Smoke	Herbal	No	N/A	Looking for info on SC named 'skunk bomb' <i>[sounds colloquial, could they mean cherry bomb, atomic bomb?]</i> . Friend passed out and they hallucinated on it.
Stimulant	Burst	Legal	Lots	Inject	Powder	No	N/A	Concerned workers asking about SU injecting, injecting with citric, bad wound sites, 10-20 times per day, mainly in groin.
Cannabinoid	Clockwork Orange	Legal	1 packet	Smoke in joint	Herbal	Yes	NPS (Exodus)	Felt scared, almost lost consciousness, affected heart rate.
Cannabinoid	Diesel	Legal	3 g/day	Smoke in joint	Herbal, more 'bitty' than cannabis	Unknown	N/A	Couldn't sleep if they hadn't smoked it and disturbed sleep when they did. Regular cannabis doesn't do anything for them now. Quite 'moreish'. When first started it they would get heart palpitations but now tolerance has built up this has stopped.
Cannabinoid	Diesel	Legal	Few packets p/week	Smoke in joint	Herbal	Yes	Alcohol, cannabis	User needs to cut down, smokes every day, can't sleep at night without it and feels lost when doesn't have it.
Psychedelic	2-CB	Illegal	At weekends/when working	Swallow	Powder	Yes	Alcohol, cannabis	User thinking about cutting down. Feels alcohol is also a problem because they mix with drugs and says things they regret.
Unknown	Enquired about AH7921 (opiate) or burst?	Legal	N/A	Injecting	N/A	Yes	Methadone	Worker enquiring about synthetic opiate use, her SU say they are using. Discussed harm reduction and likelihood of stimulant injecting. Breakdown in general health of SUs.
Cannabinoid	Clockwork Orange	Legal	3-6 g p/day	Smoke in joint	Herbal	No	N/A	Young person with key worker. Offered harm reduction advice. Experienced horrible withdrawal (mainly mental health concerns) when stopping smoking. Sold to them by local shop.
Stimulant	Ching	Legal	100 mg p/day	Swallow in drink	Powder	No	N/A	Long lasting effects and can't sleep until 3am if taken at 5pm. Can't snort because it's too sore to the nose unless they grind it down first. Still burns a bit.
Empathogen	6eAPB	Legal	1 pill	Swallow	Pressed turquoise pill	Yes	Cannabis, ketamine, NO, Valium, other NPS	User used to take 6-APB but this is now illegal so uses 6eAPB and has had greater side effects. Much more of sharp, blunt comedown than before. Asking advice on going back to Es. Lasted 12 hours. Effects include rushes, increase heart rate and breathing, dilated pupils, jaw clenching, nausea, sweating, alertness,

								clearness, anxiety, increased body temp, visual and auditory hallucinations.
Stimulant	Various 'bath salts'	Legal	N/A	Snort	Powder	Yes	NPS (various)	Wanted information on rectal drug use because the 'bath' salts were eroding his nose (10 years plus of drug snorting).
Stimulant	Various	Legal	Unknown	Snort	Powder	Yes	Speed	Violent and aggressive behaviour.
Cannabinoid	Clockwork Orange	Legal	About 50 mg	Smoke in joint	Herbal	Yes	NPS (salvia x10)	User had used stuff in the past with no problem but bought branded packaging (foil bag) and they had much worse effects. Wanted to warn us it was too strong. Smoked salvia in bong 8-10 draws and felt nothing so had 2 draws of clockwork orange and proper 'f*cked them up'. Heart racing, light heading, felt like they were out of control.
Various	Various. Did not distinguish names or effects	Legal	Unknown	Various	Unknown	Yes	Cocaine, cannabis, salvia, MDMA, ketamine	Can't have sex when not on 'legals', not always safe sex. Was given harm reduction advice and contraception. BBV status unknown.
Stimulant	MPA	Legal	3 sessions/week	Swallow	Powder	Yes	Alcohol (25 units/week)	Anxious, jittery, paranoid.
Cannabinoid	Diesel	Legal	2 g p/day	Smoke in joint	Herbal	Yes	Cannabis, when available	Heavy synthetic cannabis use and mental health issues. Not sleeping.
Unknown	Unknown	Illegal	½ pill [?]	Swallow	Pill	Yes	LSD, MDMA	Suffering from the effects of hallucinatory perception persisting disorder and looking for support. Symptoms include frequent auditory and visual hallucination, difficulty concentrating and depression. Thought HPPD was caused by a bad pill containing a PMA like drug. Probably also an accumulative effect of other drug use. Advised to avoid other psychoactive drugs but has been prescribed anti-anxiety medication.
Stimulant	Burst	Legal	Several times daily	Inject	Powder	Yes	Methadone	Corrosive to skin, bad wounds (not just at injecting sites). Injecting in groin and neck.
Stimulant	Burst bathsalts	Legal	Several times daily	Inject	Powder	No	N/A	Infected wounds, reports of increased anxiety and paranoia. Claims of incredible highs – very addictive.
Stimulant	Burst	Legal	4 g p/day	Inject	Powder	Yes	Methadone, Valium	It seem the SUs reportedly using this were using as they are 'self-harming' and would want to use the drug due to its destructive qualities - not because other drugs were not available.
Various	NPS	Legal	Binging few packets at a time	Various	Powder and herbal	Yes	Alcohol	Mental health problems, chaotic drug use, risky sexual behaviour, wants to give up drugs get a job etc but was very much under the influence.

Various	NPS	Legal	As much as they could afford	Various, normally swallowed	Powder and herbal	Yes	Combination of cocaine; cannabis, LSD; mushrooms; alcohol, MDMA, GHB, drone; salvia, NO, Valium, heroin, ket	Very anxious. Looking for information on recovery, didn't have a 'problem until legal's'. Spoke of multiple complex issues including intimate partner violence.
Cannabinoid	Synthetic cannabinoid	Legal	1 g p/day	Smoke in joint	Herbal	Yes	Valium	Wants to cut down and then stop legal highs, has become completely dependent over the past two years with severe effects on mental health. Has been for mental health assessment but deferred until they are drug free.
Various	NPS	Legal	Few packets p/day	Various	Powder and herbal	Yes	Other NPS	Wanted to talk mainly about the deterioration of relationship since using legal highs. Said they had given up but his partner was completely addicted and wanted some advice engage with the service - harm reduction.
Various	NPS	NPS	Few packets p/day	Various	Powder and herbal	Yes	Other NPS	Advised by GP to contact Crew. 3 year problem with NPS and recently curbed use and feels they need to become social again, get in to groups, get out of the house and stop being isolated. Had become introverted, feelings of schizophrenia, obsessive sexual impulses and now left feeling empty and deflated.
Various	NPS	NPS	Unknown	Swallow	Mix of drugs	Yes	Kratom, benzos and Phenibut (to make an 'e' type feeling)	Long term drug user. Taking legal highs for years but increased use over the past 6 months. Consequently lost his job and found life spiralling out of control.
<b>JUNE 2014 – 22 REPORTS</b>								
DW category of effect	Details of primary drug	Legality	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Stimulant	Mephedrone	Illegal	About 200 mg, 4-5 times daily	Swallow	Powder filled capsule	Yes	Cannabis, cocaine, NO, GHB/GBL, other NPS	Is taking it every day. Has big comedown and withdrawal when stopping. Side effects include jaw clenching, dry mouth, nausea, sweating, eye jitters, blue tingeing, poor concentration, poor memory, paranoia, psychosis, anxiety.
Depressant	GHB	Illegal	50 mL p/week	Swallow	Liquid	Yes	Cocaine (0.5 g p/day)	Ordered online for £80 p/L. Dose has increased and worried about coming off. Feels constantly angry.
Cannabinoid	Synthetic cannabinoid	Legal	1 g per day	Smoke in joint	Herbal	Yes	Cannabis	Wanted to find out more info on NPS being used as they have had stronger cravings than they were used to.
Various	NPS	Legal	Daily, 'as	Swallow, inject	Various	Yes	Alcohol,	Used legal highs because other drugs weren't available but now



			many as poss'				heroin	only really use as easier to get and give stronger effect.
Stimulant	Bath salts	Legal	1 g p/day	Snort	Powder	Yes	Other NPS	Use increasing and looking to cut down. Bad effects when not taking them. They use daily and have been for a few months.
Stimulant	Burst	Legal	0.5 g p/day	Inject	Powder	N/A	N/A	In recovery from heroin but moved to legal highs.
Cannabinoid	Kandy Kush, Dark Kush	Legal	1 g for 5-6 people	Smoke in joint	Herbal	No	N/A	Young SUs thinking that synthetic cannabis was herbal and the same as real cannabis but with different effects. Harm reduction advice given.
Cannabinoid	Synthetic cannabinoid	Legal	Couple of grams p/day	Smoke in joint	Herbal	Yes	Cannabis	Used to smoke cannabis but moved to legal stuff when his dealer couldn't get any one week. Now he struggles to smoke cannabis because it no longer gives a dunt [strong hit].
Cannabinoid	Clockwork Orange	Legal	Few draws	Smoke in joint	Herbal	No	N/A	Ended up in hospital after a few draws, had seizure.
Stimulant	Powders (Charly Sheen, Ching, China White)	Legal	Couple of packets p/week	Snort	Powder	Yes	NPS	Started injecting, 'well good buzz' but had bad reaction one day and started running around in the traffic. Injecting wounds in groin. Injecting straight into wounds.
Depressant	Etizolam	Legal	N/A	N/A	N/A	N/A	N/A	Aggression.
Stimulant	Mephedrone	Illegal	Couple of lines	Snort	Powder	Yes	Alcohol (10 units)	Disorientation, nausea.
Stimulant	Pink Panthers	Legal	1 pill p/day	Swallow	Pill	No	N/A	Experienced bad stomach pains, so bad on one occasion that they were taken to hospital. Also experiences tension and anxiety. Speedy effect. Is currently using approx. one capsule a day.
Stimulant	5-EAPB	Legal	1	Swallow	Pill	No	N/A	User concerned they can't get it anymore and enquiring about alternatives. It was an excellent buzz, very similar to ecstasy.
Stimulant	Magic and Gogaine	Legal	1 g p/session	Snort	Powder	Yes	Alcohol	Suffering from anxiety and panic attacks.
Cannabinoid	Synthetic cannabinoid	Legal	15 joints p/day	Smoke in joint	Herbal	Yes	NPS pills (6 p/week)	Problematic use, SU struggling to control. Can't sleep or eat.
Stimulant	Various	Legal	100 mg line p/half hour	Snort, bomb, smoke	White powder	Yes	Alcohol, cannabis, MDMA, mushrooms	Regular user concerned about children in their area (9-18 years old). They feel they can keep their own use on track. Claims older kids buying online because of price.
Various	NPS	Legal	Unknown	Unknown	Unknown	Yes	Cannabis	Trying to use with cannabis. Wants to stop but needs coping mechanisms to reduce temptation. When high on legal highs they were aggressive, violent and spending family money.
Cannabinoid	Psyclone, Genesis, Exodus Damnation	Legal	Unknown	Smoke	Herbal	Yes	LSD, Burst	Young person experiencing flashbacks after taking an NPS cocktail 2 months ago.
Various	NPS	Legal	Unknown	Unknown	Unknown	Yes	Other NPS	Spoke about out of control legal high use - taking legal highs daily but it was not controlling their activities, relationships, decisions and lifestyles.
Stimulant	Psych Love, Columbinia, China White, Ching	Legal	Binging on many packets at a time	Swallow, wants to inject for better 'buzz'	Powders	Yes	NPS depressants	Relapsed with alcohol and then moved on to street drugs (2 week binge) then legal highs. Reported damage to nose and sensitive eyes. Client has fears that continuing will end in IV use.

Stimulant	Poke, Posh, Blast (psychedelic)	Legal	Unknown	Swallow	Powder	Yes	Mephedrone	Chaotic lifestyle and is facing eviction from housing due to legal high use which has taken over life. Client wants to engage with counselling but faces barriers due to lifestyle, psychotic episodes and hallucinations.
<b>JULY 2014 – 15 REPORTS</b>								
DW category of effect	Details of primary drug	Legality	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Cannabinoid	Synthetic cannabinoid	Legal	>2 g p/day	Smoke in joint	Herbal	Yes	LSD, MDMA	Smoking heavily and daily. General decline in overall health.
Stimulant	Powder	Legal	3 g p/day	Snort	Powder	Yes	Speed, MDMA, alcohol, Valium	Risky polydrug use, display of risk taking behaviour. Valium not prescribed.
Cannabinoid	Synthetic cannabinoid	Legal	3 g p/day	Smoke in joint	Herbal	Yes	Methadone	On hepatitis C treatment while smoking SC for last 2 years. Child smoking amphetamine type drugs and worried about effects on health. Experiencing hallucinations and vomiting.
Stimulant	Various stimulants	Legal	0.5 g p/day	Inject	Powder and crystal	Yes	Heroin and methadone	Detoxed from heroin onto legal highs but now back with heroin too to 'balance my head'. Mental health issues.
Cannabinoid	Synthetic cannabinoid	Legal	Unknown	Smoke in joint	Herbal	No	N/A	Addicted, violent, suicidal and having massive panic attacks. Parent of someone who is taking cannabinoids.
Stimulant	MPA	Legal	1 g p/day	Snort	Powder	Not sure	N/A	Use is escalating.
Empathogen	Purple Bomb	Legal	1 pill	Swallow	Pressed pill, purple, scored line on 1 side	No	N/A	1 pill for £8. Was told by friends it was good quality, bought from a shop, thought to contain MDAl. High was good but bad comedown. Looking for info on harms.
Stimulant	Ching	Legal	1 g p/1-2 days	Snort	Powder	Not sure	N/A	User found it very moreish and had low moods and cravings when he didn't have it. 'Destroyed nasal passages but totally numbed it too'. £20 p/gram.
Stimulant	Snow White	Legal	Not taken yet	Smoke from foil	Powder	Yes	NPS (Walter White)	Headshop told them it was 'speedy' but English wasn't their first language so they didn't think they got enough info. Thought to be MPA and/or ethylphenidate.
Stimulant	Burst, Bingo	Legal	1 g over a week	Inject	Powder	Yes	Heroin	Lumps in inside of leg after injecting Burst in foot. Mixed with citric and had difficulty filtering. Thinks they might have missed one 'shot' as they were shaking too much with the initial rush to inject it all. Reported burning sensations in leg and groin.
Psychedelic	2-CB	Illegal	20mg (on occasion)	In drink	Powder	Yes	4homet, cannabis	Was sold 2CB and taken - similar dosing to 2ci or 2ce - taken 20mg (heavy dose) and this would last 4-6 hours but lasted closer to 16.
Cannabinoid	Various. Loop, King B, Herbal Haze, Pandora's Box, Clockwork Orange.	Legal	3 g p/day	Smoke in joint	Herbal	Yes	Methadone	Ex-opiate user and alcoholic. Enjoys use most of the time but thinks they should cut down. Doesn't want to because their partner stopped and had seizures. Gets no effect from real cannabis. Complex needs.

Stimulant	Various	Legal	1 g p/day	Inject	Powder	Yes	MDMA, mephedrone	Concerned family member, person in question was hospitalized but has showed no regret or remorse and had increased drug use since.
Cannabinoid	Exodus Damnation	Legal	3 g p/2 days	Smoke	Herbal	No	N/A	In recovery for other drugs but nervous about coming off this. Had a few seizures in the past.
Cannabinoid	Herb	Legal	All day, every day	Smoke	Herbal	Yes	Other NPS	Very disorientated, hallucinating and acting very inappropriately. Behaving in a very complex way - thoughts and comments were fragmented and was having problems communicating. Previously in hospital.
<b>AUGUST 2014 – 11 REPORTS</b>								
DW category of effect	Details of primary drug	Legality	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Stimulant	Mephedrone	Illegal	1-3 g p/day	Snort	Yellow/white, crystal powder	Yes	Alcohol, MDMA, GHB	Mental health problems, chaotic behaviour. Not engaging with other services and at risk of losing tenancy.
Cannabinoid	Loop	Legal	1g in a week	Smoke in joint	Herbal	Once	Salvia x20	SU smoked 1 gram in the last week (first time using SCs). Felt alright at the time although a bit depressed (had other worries though). Since stopping Loop they have felt horrible, 'like something bad is going to happen'.
Cannabinoid	Pandora's Box	Legal	Unknown	Smoke in joint	Herbal	Unknown	N/A	Looked after and accommodated young people smoking Pandora's Box who smashed the lights in their bedrooms. <i>[Third report of this].</i>
Stimulant	Burst	Legal	Unknown	Inject	Powder	Yes	Methadone and Valium scripts	Worker request about clients who are using "legal high" alternatives to heroin, they were unsure of any names but did say they're clients were injecting 'Burst'. Advised these were probably stimulant NPS. Will get back with more info.
Depressant	Etizolam	Legal	10 x 1 mg p/day	Swallow	Small, blue, pressed pill	Yes	Alcohol	Increase in use of 'legal vallies'.
Unknown	Blue Luna (brand name)	Unknown	Unknown	Inject	Unknown	Unknown	N/A	Worker request for information about injecting blue luna. Very little info known. No record of this brand name in records or online. Suggested name might be incorrect or a mix of two names potentially. Advised to ask SU questions. Harm reduction advice given.
Cannabinoid	Homemade synthetic cannabinoid	N/A	N/A	N/A	N/A	N/A	N/A	Concerns sellers in Edinburgh are making synthetic cannabinoids themselves <i>[most likely to be manually adding SC powder to plant material, not synthesising the chemicals].</i>
Stimulant	Pink Panthers	Legal	1 pill p/day	Swallow	Pill	No	N/A	Experiences bad stomach pains, so bad on one occasion friend called ambulance. Experiences tension and anxiety. Speedy effect.
Psychedelic	2-C family	Illegal	Few blotters	Dissolve in	Blotters	Yes	MDMA,	Had a bad experience when last on 2CB. Enquired about other

			at weekend	mouth			mephedrone, speed, ketamine	synthetic psychedelics as they think they could be being miss-sold. Taking 2-CB because it is cheaper and easier to get than LSD.
Cannabinoid	Bombay Blue	Legal	1 g p/day	Smoke	Herbal	Unknown	N/A	Hardly any good effects and very difficult to not use. Short lasting, additive. Effects include: rushes, nausea, craving, poor concentration, anxiety, paranoia, emotional.
Stimulant	Burst	Legal	1 g p/day	Inject	Crystally powder	Yes	Methadone	Very distressed SU, emphasising they needed immediate help. Emotional. Multiple necrotic wounds.
<b>SEPTEMBER 2014 – 9 REPORTS</b>								
DW category of effect	Details of primary drug	Legality	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Cannabinoid	Clockwork Orange	Legal	3 g p/day	Smoke in joint/pipe	Herbal	No	N/A	Waking every two hours during the night to redose.
Stimulant	Magic, Gogaine	Legal	1 g/session	Snort	Powders	Yes	Alcohol	Suffering from anxiety and panic attacks.
Empathogen	5-EAPB	Legal	1	Swallow	Small pink pill	No	N/A	Worse comedown and jaw clenching than with E. Teeth have crumbled at back of the mouth.
Dissociative	Methoxphenidine	Legal	1 g/week	Bomb (swallow in paper)	Little lumps of white powder	Yes	Ketamine, when they can get it	Concern the ket in circulation is MXP or mixed with it and/or other synthetic drugs. Much stronger.
Cannabinoid	Various	Legal	2 g p/day	Smoke in joint	Herbal	Yes	Cannabis	SU very concerned about their use of synthetic cannabinoids over 10 month period - using with weed to help sleep - use has spiralled out of control - no money and breaking down of family relationships. Has not been using for three days - upped his use of weed to relax.
Stimulant	Blue, Ching	Legal	Few g p/day between 2	Inject (sometimes), smoke, swallow	White/blue crystal	Yes	Valium	Wanted as much information as possible on changing chemical compounds, addictiveness, paranoia, escalated use. Has been taking chaotically for a while. Lumps in groin.
Psychedelic	2-CB	Illegal	Unknown	Swallow	White powder	Yes	Stimulant NPS	Physically shaking when talking. Long term history of polydrug usage. Taken 2CB 2hrs prior. Is also taking increasing doses of 'legal speed'.
Cannabinoid	Various	Legal	3 g p/day	Smoking	Herbal	Yes	Valium (30 mg)	Smoking 3 grams of legal high and taking street Valium to promote sleep. Sleep pattern is becoming more erratic sometimes does not sleep at all. Used cannabis years ago. Previous bereavements, GP prescribed antidepressants but these stopped a few weeks ago. Thought legal highs were "safe" and concerned by poor memory concentration and speech problems which worsen at work.
Stimulant	Sparkle, QuickSilver	Legal	1 g p/day	Swallow	Pills and powder	Yes	Anti-depressants	Has been using legal highs for about 2 years. Has affected sleep patterns and also impacting on existing mental health issues including bi-polar/ schizoaffective disorder and ADHD.



OCTOBER 2014 – 12 REPORTS								
DW category of effect	Details of primary drug	Legality at time of report	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Cannabinoid	Clockwork Orange, Herbal Haze - vol II/III	Legal	1-3 g p/day	Smoke in joint	Herbal	Yes	Alcohol	Experienced drug user. Been taking SC for over a year. Problem with mental health, feeling very depressed and paranoid. Wants to stop but experiencing cravings.
Stimulant	MPA	Legal	Few g p/weekend	Inject, rectal	Powder	Yes	Mephedrone, meth, ketamine	Normally injects to have better sex but was trying to reduce frequency of injecting by using rectally. After session at weekend anus lining has continued to bleed, concerned about damage. Feels guilty, can't remember using a condom every time. Risk taking and self-harming behaviour.
Empathogen	Green Beans	Legal	Up to 5 packets p/session	Swallow	Pills	Yes	Anti-psychotics	Thought to contain MDAI and 5-IAI although user wasn't convinced as they have struggled to buy MDAI recently. Diagnosed - schizophrenia and binges when 'the voice tells them'.
Cannabinoid	Happy Joker	Legal	N/A	N/A	N/A	N/A	N/A	Concern from worker about the mental health impact of this substance. Information given.
Cannabinoid	Cherry Bomb	Legal	N/A	N/A	N/A	N/A	N/A	Concern from worker about the mental health impact of this substance. Information given.
Various	Burst, MXE, etizolam	Legal, illegal, legal	N/A	N/A	N/A	N/A	N/A	Call for education and harm reduction info after friend had recently died. Found 'Burst' <i>[thought to be ethylphenidate]</i> , methoxetamine, etizolam. Don't know if etizolam had been taken, the others had.
Stimulant	Various	Legal and illegal	N/A	N/A	N/A	N/A	N/A	Increase in reports of amphetamine use by clients. Could this be attributed to the increase in NPS amphetamine derivatives resulting in an increase in general amphetamine use or amphetamine users starting to mix with NPS, which then makes the use more problematic?
Cannabinoid	Various	Legal	Few g p/day	Smoke in joint	Herbal	Yes	Cannabis	Concerned about heavy cannabis and legal highs use. Using services to fix relationship with parents but still feels cannabis has got hold of them and finds the idea of moving on from it hard. SC use makes them feel very despairing and depressed and would like help to stop using safely. Suffers chest pains and headaches <i>[Little distinction made between cannabis and SC]</i> .
Stimulant	Amphetamine like	Legal	Unknown	Unknown	Unknown	Yes	Cannabis, cocaine	Looking for support, just out of hospital for overdose but they can't remember the incident. Neck keeps going into spasms.
Cannabinoid	Various	Legal	3 g p/day	Smoke in joint	Herbal	Yes	Cannabis	Smoking legal highs with their mother and their relationship has been strained because of their continued use and the aggression that ensued whilst under the influence. Have now been imposed

								bail conditions that mean they cannot be around mother for a while and feels it is the best time to get help. Binging every day, smoking around 3 grams a day.
Stimulant	Blue, Burst, Bliss, Poke	Legal	Few g p/day	Inject, smoke, snort	White/blue crystal	Unknown	N/A	In recovery but has been using heavily for a year after going through recovery for previous problematic alcohol use. Now using legal highs very heavily and has begun injecting, as well as smoking and snorting.
Stimulant	Various	Legal	2 g p/day	Inject	White powder	Unknown	N/A	Needs help with intravenous legal highs use. Recovered from opiate use but is now using heavily. Legs are black and blue.
<b>NOVEMBER 2014 – 18 REPORTS</b>								
DW category of effect	Details of primary drug	Legality at time of report	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Stimulant	Columbiania	Legal	1-2 packets p/week	Snort	White, crystalline	Yes	Anti-depressants	Concerns about effect on mental health of vulnerable client. Bleeding from the nose after use.
Stimulant	Various	Legal, illegal	Lots but only on weekends	Inject, snort	Powders	Yes	Alcohol, speed, drone	Anxious because they are on HIV medication but forgot to take it last weekend when high.
Psychedelic	AMT	Legal	18 - 20 mg	Bomb (swallow in paper)	White, fine powder	Yes	Etizolam, to sleep	Thought AMT would last 16 hours but it lasted 26. Effects dipped after about 20 hours (although SU slept for some of time). Upon waking pupils were still fully dilated and remained so for a while. <i>[classified to class A on 07JAN15]</i>
NPS	Various	Legal	N/A	N/A	N/A	N/A	Clients on prescription (SSRIs, methadone, anti-psychotic)	An acute ward finding it difficult to manage behaviour/use. Looking for info on how to help/support someone and information or resources about service that we could discuss with the patients.
Stimulant	Lotus	Legal	Unknown	Inject	Powder	Unknown	N/A	Worker reported SU injecting krokodil going but the name Lotus <i>[Lotus is a NPS stimulant, which can cause similar wounds when injected]</i> . Advised that if it came ready to use in a powdered form it was more likely to be NPS. They presented with open sores that they advised were injection sites and in a very short period of time (a day or two) the service user began to smell of necrotising flesh very strongly. Was asked to follow up but couldn't as SU went to prison the day after this incident.
Depressant	Diclozepam	Legal	5 p/day	Swallow	Small, white pill	Unknown	N/A	A service confiscated diclozepam (5 small white tablets). SU admitted they had bought it as a substitute for Diazepam.

Psychedelic	Bullet	Legal	Everyday	Swallow	Unknown	Unknown	N/A	Concerns around use of Bullet, uncooperative behaviour, loss of memory, lack of self-regard. <i>[Thought to contain 5-MeO-DALT classified as class A on 07JAN15]</i> .
Cannabinoid	Various synthetic cannabinoids	Legal	N/A	N/A	N/A	N/A	N/A	Severe side effects such as paranoia and extreme anxiety. Also, real issues when trying to stop with withdrawal symptoms such as sweats and shakes. No sex drive or desire to socialise.
Cannabinoid	Synthetic cannabinoid	Legal	On occasion	Smoke in joint	Herbal	Yes	Methadone	Concern about SU who said they used no drugs. After further questioning they used synthetic cannabis but didn't mention it because it wasn't a 'real drug'.
Stimulant	Various	Legal	Regularly	Inject	Powder, crystal, not always dissolving	Yes	Various	Finding that the process of injecting is causing some horrendous wounds that react to different dressings. Wounds are at both injecting sites and at weak points in the tissue up and down arms and legs. Patients coming in with up to 30 wounds.
Psychedelic	2-CB	Illegal	10 - 30 mg every half hour till they run out	Sublingual	Blotter or white powder	Yes	Alcohol, cannabis, MDMA, LSD, cocaine, ketamine, NO, Valium, etizolam, mushrooms	Reports horrible odour ('laminated fish guts'). Effects last longer than 6 hours – 'I'm just stil trippin mannnn'. Lots of effects: stimulation, energy, connection, alertness, nausea, dry mouth, palpitation, insomnia, nasal irritation, teeth grinding, urge to talk, paranoia, depression. Risk taking behaviour.
Stimulant	Ethylphenidate	Legal	200 mg p/session	Snort	Clear, crystal	Yes	NO, Valium	Wrecked nose, very harsh if snorting. Effects included energy, stimulation, urge to talk, poor memory, depression, anxiety, irritability, cravings.
Cannabinoid	Voodoo, Voodoo Gold	Legal	Unknown	Smoke	Herbal	Yes	NPS stimulants	In recovery but substance use is becoming an issue again.
Cannabinoid	Pandora's Box, Red Exodus	Legal	1 packet between 6	Smoke	Herbal	Yes	Cannabis, Burst	Young people, use of NPS is increasing because they have nothing to do, normally only smoke weed but go for SC when they can't get any.
Cannabinoid	Various	Legal	1 packet p/day	Smoke in joint	Herbal	Yes	Cannabis, Valium	Living in supported accommodation and trying to come off legal highs, cannabis and particular problems with synthetic cannabinoids (low mood, depression). Causing problem with housing. Other guys are on it.
Stimulant	Burst, Snow White	Legal	Few packets p/day	Inject	Powder	Yes	Valium	Problems whilst using Burst and Snow White for 7 months- mother is having to look after their child and has lost work and college place. Risky sexual behaviour.
Stimulant	QuickSilver	Legal	3 g p/day	Swallow	Yellowy powder	No	N/A	Very chaotic, aggressive - extremely spun out on the floor, bouncing around the back room - panicking about their prolonged use of legal highs. States hadn't taken for over 4 months now but has psychosis and 'parkinsons syndrome' which the hospital

								attributes to legal highs. Displayed complex mental health issues.
Stimulant	Blue Stuff	Legal	1 g p/2-3 days	Inject	Blue crystal	Yes	Heroin	Seeking immediate help for substance misuse. Taken the substance a couple of hours before and was unable to sit still.
<b>DECEMBER 2014 – 11 REPORTS</b>								
DW category of effect	Details of primary drug	Legality at time of report	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Dissociative	Poppers	Legal	1 bottle every few days	Inhale	Liquid	No	N/A	Using on a daily basis and frequent re-dosing.
Stimulant	Burst	Legal	Few packets a day	Inject	Powder	Yes	Alcohol, methadone	Injecting frequently, experiencing extreme delusions, bad skin, sores, incontinence of urine and faeces. Mentioned being shot at (possible hallucination) and community groups hunting 'burstheads'.
Stimulant	Burst	Legal	Few packets a day	Inject	Powder	Yes	Alcohol, Valium	Recently sexual abused by friends whilst at a party under the influence.
Stimulant	Burst	Legal	Few packets a day	Inject	Powder	Yes	Heroin	Sore in groin from injecting. Does not care about health or info on NPS. Says the police tried to stop them getting Burst but 'they still have their ways'. Paranoid delusions.
Dissociative	MonKey Dust	Legal	N/A	N/A	N/A	N/A	N/A	Two individuals required medical attention and attended hospital.
Stimulant	Columbinia	Legal	0.5–1.5 g p/day	Snort	Powder	No	N/A	Worried after experiencing a psychotic episode. Still experiencing headache and chest pains.
Cannabinoid	All synthetic cannabinoids	Legal	N/A	N/A	N/A	N/A	N/A	Drift (headshop) discontinuing sale of SC after been concerned they were causing harm to customers. The sale of other products will continue.
Unknown	Various	Unknown	N/A	N/A	N/A	N/A	N/A	Worker concerned that vulnerable SU were being paid by a headshop to pick up bags of NPS and sell it directly to users in estates as some people can't physically get to the shop.
Unknown	Various	Unknown	N/A	N/A	N/A	N/A	N/A	Young people who are hanging around Westside Plaza and using of NPS. Shop is selling NPS to young people and there has been a rise in the number of people in the area who display aggressive or threatening behaviour. Library is having trouble controlling this as it aims to be an open space for everyone but young people are behaving inappropriately towards staff and users of the service.
Cannabinoid	Rapture, Pandora's	Legal	4 g p/day	Smoke	Herbal smells	Yes	Valium	Looking for counselling and support to cut down use. It has a

	Box, Exodus, Herbal Haze, Blue				like fruit tea			'control over life'. Breathing problems. Racing heart. Drooling at mouth.
Stimulant	Blue Stuff	Legal	3 g p/day	Smoke, inject, swallow	Blue crystal	No	N/A	Suicidal ideation. Manic highs and lows. Failed to 'cut off head' but left with deep scars. Taking more NPS to cope.
<b>JANUARY 2015 – 12 REPORTS</b>								
DW category of effect	Details of primary drug	Legality at time of report	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Dissociative	Poppers	Legal	1 bottle p/month	Inhale	Liquid	No	N/A	Concerned about 'the effect on the brain'.
Stimulant	Burst	Legal	Few packets a day	Inject	White powder	Yes	Heroin, methadone, Valium	Injecting frequently, experiencing extreme delusions suicidal thoughts, bad skin (picking at teeth and wounds). Just out of hospital due to injecting wounds. Homeless.
Stimulant	Quicksilver, Blue Stuff, Mind Charge	Legal	Few packets a day	Inject, snort	White, yellow powder	Yes	Various	Injecting concerns. SU has red, hot lump on wrist which is sore to touch. Signposted to med help and given harm reduction advice.
Dissociative	MXP	Legal	Few lines p/weekend	Snort	Lumpy white powder, needs to be crushed	Yes	Alcohol, ketamine, GHB, NO	People are taking 'massive lines of' MXP but in the same doses they would of ketamine and 'getting into a state'. Since there is no ketamine so they are really up for this as an alternative as it is available online for 20p a dose.
Cannabinoid	Oblivion	Legal	5 g p/day	Smoke in joint	Herbal	Yes	Valium, gabapentin, pregablin	Becoming aggressive on a synthetic cannabinoid called 'Oblivion' and wondered if we had any reports of this sort. Normally see people aggressive when they coming off or have built up a tolerance to high doses. Suicidal ideation.
Cannabinoid	Homemade synthetic cannabinoid	Legal	N/A	N/A	N/A	N/A	N/A	Concerns sellers Aberdeen are making synthetic cannabinoids themselves <i>[most likely to be manually adding SC powder to plant material, not synthesising the chemicals]</i> .
Depressant	DXM	Legal over the counter	Unknown	Swallow	Liquid	Yes	Various	User looking for info on DXM <i>[not normally considered to be an NPS]</i> . Drinking high volumes of cough syrups.
Stimulant	Burst, Blue Stuff, Posh	Legal	3-4 g p/day	Inject	White powder	Yes	Alcohol, Valium	Experienced user, concerns about young people using it in their area. They normally injected, sometime put in mouth but has a 'stony chemical/metallic taste'. Would only get 2 hits per packet. <i>[Thought to be ethylphenidate which should give ~50 hits if injected]</i> . Effect include insomnia, shakes, abscesses, large spots and boils over the body (not just at injecting sites), rapid weight loss, high sex drive (engaging in condomless sex, BBV status unknown), made existing mental health problems worse (psychosis and depression). Never went long enough without it to experience comedown/withdrawal. Self-harming.



Unknown	Various	Legal	Unknown	Unknown	Unknown	Yes	MDMA	Looking for NPS info for sibling who use is escalating. Also interesting in info about pink superman/PMMA.
Cannabinoid	Kronic, Exodus, Clockwork (and many others)	Legal	1 g p/day	Smoke in joint and bong	Herbal. Green sometimes brown.	Yes	Cannabis	Cannabis smoker of 25 years. Could always keep use on track but now also using synthetic cannabis and struggling to cope, can't stop because it makes them shaky, panicky, sweaty and emotional.
Stimulant	Various	Legal	1 - 2 g p/day	Injecting	Liquid, crystal, powders	Yes	GHB. GBL. cocaine, alcohol	High risk sexual practices at slamming party which went on for three days and had resulted in injury and feelings of regret and remorse - high usage of legal highs and GHB.
Cannabinoid	Synthetic cannabinoid	Unknown	Couple of grams p/day	Smoke in joint	Herbal	Yes	Alcohol	SU very chaotic, manic and almost aggressive. Wanted to talk about child's use of synthetic cannabinoids. They used drugs themselves now their child is having seizures, spasms and being very challenging and aggressive. Self-harming.
<b>FEBRUARY 2015 – 11 REPORTS</b>								
DW category of effect	Details of primary drug	Legality at time of report	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Stimulant	Blue Stuff	Legal	0.5 g	Snort	Crystally powder	Yes	Alcohol (lots)	Stronger than they thought and thought they might die. Advised to check packet - 100% ethylphenidate. Only small dose required.
Cannabinoid	Synthetic cannabinoid	Unknown	Couple of grams p/day	Smoke in joint	Herbal	Yes	Cannabis	Enquiry from Italy. Friends have been experiencing unexpected effects from cannabis that has been sold 'up and down the county'. Informed them of facts. Likely to be synthetic cannabis. Have advised to get substance tested if they wanted to know for certain.
Stimulant	Blue Stuff	Legal	1 g p/day	Rectal, snort	Blue crystal	No	N/A	Having trouble taking these drugs. Causing a lot of irritation and bleeding when snorting or using rectally. Advised of other methods and preparation techniques and importance of low dose.
Stimulant	Yeah Bitch!	Legal	N/A	N/A	Blue crystal	N/A	N/A	Owner of a headshop. Asking what was in the packets as they 'were concerns they could be harming customers'. Thought it was aimed at IV users. Info given. 100% ethylphenidate.
Stimulant	Ching	Legal	N/A	N/A	White powder	N/A	N/A	Owner of a headshop. Asking what was in the packets as they 'were concerns they could be harming customers'. Info given. 50% ethylphenidate. 10% lidocaine.
Cannabinoid	Kronic Pineapple Express	Legal	N/A	N/A	Herbal	N/A	N/A	Owner of a headshop. Asking what was in the packets as they 'were concerns they could be harming customers'. Info given. 5F-AKB-48 cumyl analogue. Volatile compound.
Stimulant	Snow White	Legal	Binges	Inject	White powder	Yes	GHB, ketamine, meph, meth	Injecting concerns, recently released from hospital after abscess on left arm. BBV status is currently negative but engaging in riskier behaviour. Needle fixation. Enjoys chem-sex. Travels from Edinburgh to London for better parties.

Cannabinoid	Various	Legal	N/A	N/A	Herbal	N/A	N/A	Australian adult organisation interested to hear about resources on NPS and harms of synthetic cannabinoids. Trying to create safer barriers but market is murky and an 'uphill' battle.
Unknown	Sexy V	Legal	N/A	N/A	Pill	N/A	N/A	Looking for information on new 'legal Viagra' and its safety profile. Sexy V thought to contain Acetildenafil. Harm reduction information given <i>[do not use with poppers]</i> .
Various	NPS	Legal	N/A	N/A	N/A	N/A	N/A	Parent needs help with child's escalating use of NPS.
Stimulant	Burst	Legal	0.5 g p/day	Inject	Powder	Yes	Methadone	Just out of prison - wanted to talk about legal high use with methadone script. No longer wanted to get in trouble with the law. Wanted to talk about harm reduction in regards to legal rights and moving forward with addictive behaviour.
<b>MARCH 2015 – 13 REPORTS</b>								
DW category of effect	Details of primary drug	Legality at time of report	Amount	Route of Administration	Appearance	Polydrug Use	Second drug	Notes
Stimulant	Ching	Legal	0.5 g	Snort	Crystally powder	Yes	Alcohol (lots)	Young person at house party had taken 'a few' lines with friend. Friend went berserk and caused damage with baseball bat. Now scared it could affect him. Reassurance given.
Depressant	Etizolam	Legal	6 - 10 mg p/day	Swallow	Blue pill	No	N/A	Stopped taking. Withdrawal is difficult. Been 'dying' and other withdrawal effects include tremoring, restlessness, no sleep, no appetite, head ache, stomach ache, kidney pain, difficulty urinating (very low volume, dark in colour, bad smell). <i>[2 similar reports from NHS Glasgow and SDF]</i> .
Stimulant	Various	Legal	Unknown	Inject	Unknown	Unknown	N/A	Parent concerned about adult who lost both arms due to injecting.
Cannabinoid	Kronic/Pineapple Express	Legal	Unknown	Smoke in joint and pipe	Herbal	NPS	Unknown	Enquiry about two drugs 'Kronic' and 'Pineapple Express'. Very little known by enquirer but their client is demonstrating aggressive behaviour, quite jumpy, symptoms of what one might think was ADHD. Has not been diagnosed with ADHD, also appears paranoid if asked questions. Worker not sure if this is related to the legal high or mental health.
Stimulant	Icenberg, Columbiania	Legal	Unknown	Inject	Unknown	Yes	Methadone	Cousin of person in hospital with septicaemia and damaged heart valve after injecting stimulant legal highs. Thought to need 6 weeks of treatment. Ex-opiate user.
Various	NPS	Legal	N/A	N/A	N/A	N/A	N/A	Difficulties with NPS use on the wards, chaotic behaviour. Have developed a drug and alcohol group as a result and require resources.
Cannabinoid	Unknown	Legal	N/A	N/A	N/A	N/A	N/A	SU struggling to get cannabis at the moment <i>[Scottish central belt]</i> . Looking for information on 'legal weed' as an alternative.

Stimulant	Black Mamba	Legal	A few 80 mg lines p/night	Snort	White powder	No	N/A	SU enjoying NPS and is very careful about what they are taking but look to reduce jaw clenching and teeth grinding because jaw is constantly painful. Harm reduction info given. <i>[User reports Black Mamba to be a white powder stimulant; normally it is a brand name for a herbal-looking synthetic cannabinoid]</i> .
Psychedelic	DMT	Illegal (if prepared)	N/A	N/A	N/A	Yes	Cannabis, psilocybin	Initially asked about the legality of ayahuasca (as DMT) <i>[controlled when prepared but legal if not]</i> . Use of psilocybin is the only thing to alleviate OCD symptoms (been prescribed various SSRI's and other medication before but didn't get on with it). Felt strongly about how it has helped but also anxious because of its legal status, saying they don't like feeling like a criminal so looking for something legal.
Stimulant	Various	Legal	Few packets p/week	Snort, swallow in drink	White powder	Yes	Cannabis, cocaine, alcohol	Parent worried about use. Wants them to get 'clean' so they don't lose relationships or business.
Cannabinoid and Stimulant	Various (including Ching and Burst - ethylphenidate)	Legal	N/A	N/A	N/A	Yes	Other NPS and medication	Mental health workers wanting information about NPS. Dealing with an increasing numbers of people admitted to their wards with issues and more people injecting NPS.
Stimulant	Burst	Legal	1 g p/day	Smoke	White powder	Unknown	N/A	Very agitated and tearful, convinced they were being followed by the spirit of a child. Had suffered a loss a few years ago. Reassurance given. Every day use for several months.
Cannabinoid	'Legal herbs', herb	Legal	0.5 g p/day	Smoke in joint	Herbal in plastic tube	No	N/A	Quite paranoid and was worried their phone was being monitored. Suicidal ideation.