

# EDAS YP SUBSTANCE MISUSE TEAMS NEWSLETTER



## LEAN or PURPLE DRANK

Some of our young people in Poole have reported the use of Lean also called Purple drank. Lean is typically made up of a cough syrup containing codeine and Promethazine which is an antihistamine, mixed with a soft drink (usually Sprite) and hard sweets (see picture). The concoction creates feelings of a dissociative sense, euphoria, lethargy, drowsiness, and impairment of their motor skills.



Young people under the influence may present with slow, slurred speech, constricted pupils, slow heart rate, loss of balance and coordination. In many cases lean is used along with alcohol or other drugs, upping the risks even more. Promethazine and codeine are depressants of the central nervous system, which controls respiration, so when these drugs are taken together in high doses, a person can stop breathing. These risks are even more significant if another depressant like alcohol is used in conjunction with lean.

**If you are concerned someone has overdosed on lean you should call 999 immediately.**

## Buscopan or hyoscine/scopolamine tablets

Although the origin for using this substance seems to stem from the prison population, a few of our young people in Dorset have mentioned smoking Buscopan. The reported effects of smoking the crushed tablets were that of using similar hallucinogens e.g. feelings of euphoria, blurred vision & a general sense of relaxation and well-being. However the side effects that they described as a result were heart palpitations, insomnia, nausea, memory loss, irritability and a failure to concentrate. High doses of hallucinogens or when mixed with other substances &/or alcohol can cause a person to overdose.



## On a brighter note!



Across the summer holidays our teams put on a summer programme of activities and events for the young people accessing our services. This year the two most popular events were Go Ape which is based at Moors Valley and The Donkey Sanctuary at Sidmouth.



A total of 24 young people accessed the summer activities and a great time was had by all. Our key workers are now back in work mode and are back out in the community doing what they do best, supporting the young people whose lives are adversely affected by their own or someone else's substance misuse.

**FOR FURTHER ADVICE & INFORMATION OR TO MAKE A REFERRAL PLEASE CONTACT THE TEAMS ON 0800 043 4656 Option 2 for Dorset or 01202 741414 for Poole**