

# TLFB STANDARD UNITS: FOLLOW-UP YEAR 1

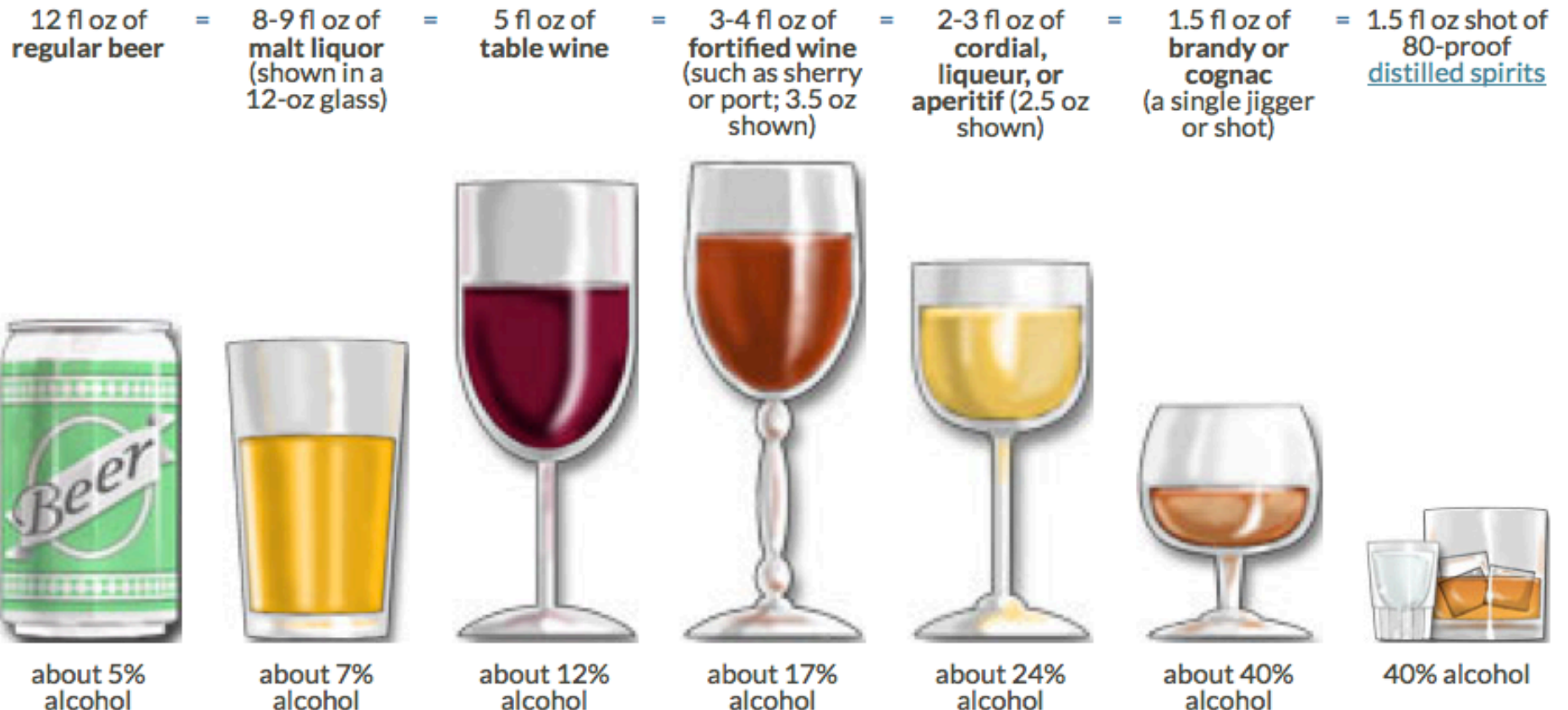
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**Adolescent Brain Cognitive Development**

# What is “a Drink” of Alcohol?

- **Alcohol-** measuring in **Standard Drinks**
- One 12-ounce bottle of beer or wine cooler
- One 5-ounce glass of wine
- One shot (1 ½ ounces) of 80-proof hard liquor



# What is “a Drink”?

- Standard drinks in Common Containers

regular beer (5% alc/vol)	malt liquor (7% alc/vol)	table wine (12% alc/vol)	80-proof <u>distilled spirits</u> (40% alc/vol)
12 fl oz = 1 16 fl oz = 1⅓ 22 fl oz = 2 40 fl oz = 3⅓	12 fl oz = 1½ 16 fl oz = 2 22 fl oz = 2½ 40 fl oz = 4½	750 ml (a regular wine bottle) = 5	a shot (1.5-oz glass/50-ml bottle) = 1 a mixed drink or cocktail = 1 or more 200 ml (a "half pint") = 4½ 75 ml (a "pint" or "half bottle") = 8½ 750 ml (a "fifth") = 17

Although the "standard" drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. In addition, while the alcohol concentrations listed are "typical," there is considerable variability in alcohol content within each type of beverage (e.g., beer, wine, distilled spirits).

# Cigarette Use

- **Tobacco Cigarettes- Measuring in number of cigarettes.**
- 20 per pack. A carton =10 packs.
- “Small cigars” with filters= count as cigarettes



- **E-Cigarettes: measuring in times you used per day.**

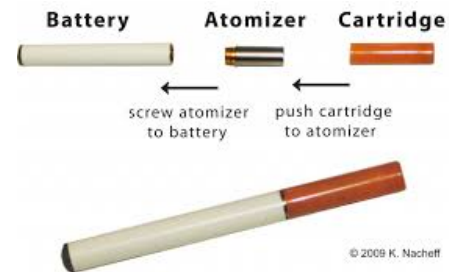
- Each vape pen has a **cartridge** for nicotine.
- **Follow-up questions:**
- Amount of liquid: Pen-style cartridge=1 ml; pipe cartridge=4ml; cigar cartridge=2 ml. Most bottles are 10 ml.
- The strength of nicotine can be 6mg-24 mg/ml.
- Device type [closed (throw away) or re-chargeable (battery) device]

From Breland (2016)

**Disposable**  
Examples of closed e-cigarette types



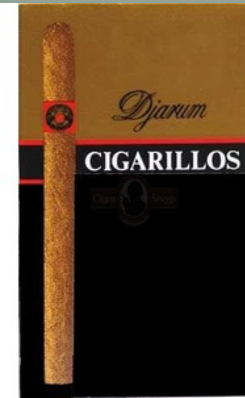
**Battery, Re-Chargeable**  
Examples of open e-cigarette types





# Cigars, Hookah, Chew

- Cigars or cigarillos-  
measure in **# of cigars**  
5 Cigarillo = 1 cigar



- Hookah & Pipes- measure in **number of hits.**
- Smokeless Tobacco (chew, snuff, snus)- measure in **# of pinches** (aka, dips, or pouches)
  - Typically 15 pouches per tin



# Nicotine Replacement

- Nicotine Replacement-
- measure in # of standard Doses
- Inhaler, patch, lozenge, gum





# Marijuana- Smoking Joints, Bowls, Pipes, Blunts

- **Measuring in Grams used per occasion**
- **1 joint= .5 grams** (average amount- see picture below)
- **1 blunt= typically 1-2 grams.** (code under “**blunts**” if tobacco+MJ, code under “**smoked MJ**” if it only contains MJ)
- **1 bowl=.25-.5 grams.**
- **10 1-hits on pipe=.5 grams.**
- **1 gram=2 joints** (1-2; “pinner”=.3 oz)
- *The smallest amount we'll record is .05 g (1 hit)*
- **1 ounce= 28 grams= 56 “joints”** (assuming avg size joint=.5 grams).
- **Quarter (1/4) oz= 7 grams** (or 14 joints with .5 grams)
- **Eighth (1/8) oz= 3.5 grams** (or 7 joints with .5 grams)
- **Nickel bag= \$5 worth of marijuana** (typically **.5 grams** or 1 joint)
- **Dime bag= \$10 worth of marijuana** (typically **1 gram**, or 2 joints)



**Blunts** (may or may not contain tobacco)



**Bowl**



**Joints**



**Bong**

# Marijuana- Purchasing Sizes



*Note: Size dependent on flower density  
For more info: [leafly.com/knowledge-center](https://www.leafly.com/knowledge-center)*

# “Times Used”

- **Times used per day = separate occasions used per day** (a period when you used a drug, then *took a break* from using the drug; typically the break period would be at least 1-2 hours, you may sober up during the break, and the setting may change between occasions).
- **Example 1:** You used a drug in the morning (two hits of the drug) before school, then again an hour later (three hits of the drug) at school, then again at lunch time (one hit), then when you got home from school (two hits) and again before bedtime (one hit).
  - This would equal **five occasions or times used**.
- **Example 2,** you used a drug in the morning and continued used through the afternoon (six hits of the drug over several hours with very few breaks), then you sobered up for few hours and used again before bedtime (two hits).
  - This would equal **two occasions or times used**.



# Marijuana Edibles

- **Edibles** come in many forms (cookies, brownies, candies)
  - Measuring in **times you've used per day** and **milligrams of THC** (if known)
  - **Max dose in mg**
  - standard “serving size” in CO is **10 mg**;
  - 1 gram of ground marijuana with 10% THC=100 mg THC; divide by number of servings
    - edibles can range 1-1200 mg
    - Do you know the strain or brand of your edible?



# Marijuana Concentrates

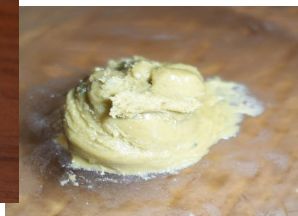
- Measure in **times you've used per day**, and **dose in milligrams (if known)**
- **Dose-** purchased in grams, typical dose in milligrams (mg)
  - **¼ ounce (7 grams) flowers=1 gram hash or oil.**
  - Typically sell in **1 gram units**
  - Can get approximately **25 “dabs”** from **1 gram**
  - **Typical dab “dose”** is around **40mg**



Bubble hash



Wax



Budder



Shatter

# Marijuana Concentrates

- **Follow-up questions: Type Used**
  - **Hash:** purified cannabis resin
  - **Kief:** dry concentrate method
  - **Water Hash:** bubble hash, solventless wax, ice wax
  - **CO2 Oil:** utilizes Co2 oil to extract THC
  - **BHO (solvent extracted):** wax, shatter, crumble, oil, honeycomb, moon rock, nectar



Bubble hash



Wax



Budder



Shatter



honeycomb

- **Follow-up Questions:**
  - How do you typically use it? (pipe, vape pen, dab/butane?)



# Marijuana infused alcohol

- Marijuana (THC)-infused alcohol
  - Measure in standard drinks (12 oz beer, 1.5 oz liquor, 5 oz wine)
  - Can be brewed with hemp, CBD or THC



# MJ infused tinctures

- **Marijuana tincture** (concentrated THC or CBD in alcohol prep)
  - **Measure in 1 ml droppers**
  - typically take 2-3 ml or .5 teaspoons (2.5 ml)
  - 1 oz= 30 ml doses
  - Whole container typically 1-4 oz
  - Can be made with high CBD or THC



sweet  
mary jane



THE HEMP  
BOISSEUR  
g.com

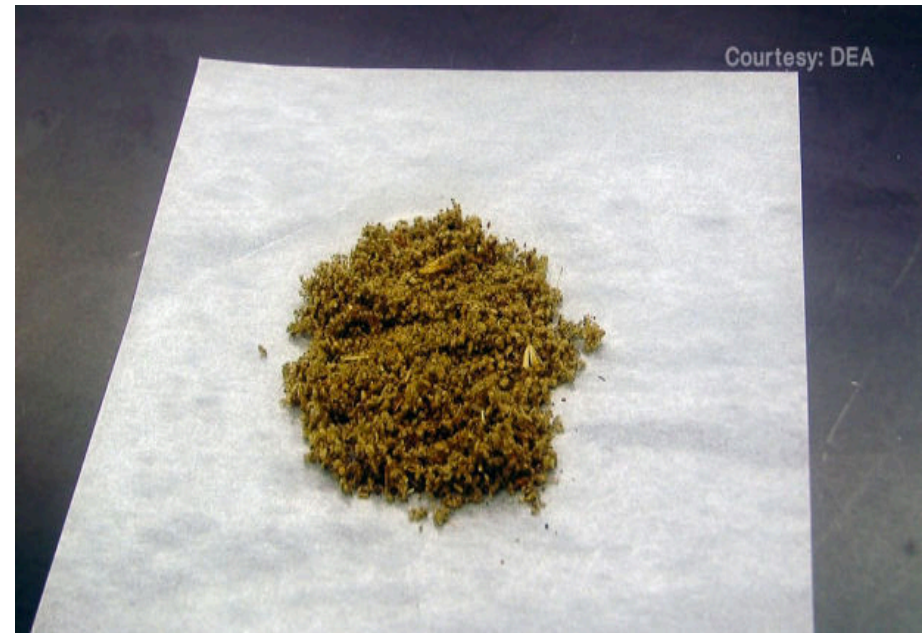


# Synthetic (fake) Marijuana- Spice or K2

- Fake weed, synthetics, herbal incense, Spice, K2
- Measured in grams



1 Gram K2





# Stimulant Drugs- Cocaine

- Cocaine, crack cocaine
  - **Measure in times you've used per day**
  - **Follow-up questions:** how you use it



Crack Cocaine



“line” of cocaine



2 grams of cocaine

# Stimulant Medications- ADHD Meds

- Ritalin, Adderall, ephedrine
- In a way your doctor did NOT prescribe
  - **Measure in pills**





# Cathinones

- Cathinones, bathsalts, drone, M-cat, meph, ivory wave, bliss, bubbles, meow, vanilla sky.
  - Measure in **times you've used per day**



# Stimulant Drugs- Methamphetamine

- Methamphetamine
  - Measure in **times you've used per day**





# Ecstasy/Molly

- Ecstasy, molly, or MDMA
  - **Measure in tablets/pills**
  - Convert powder to pills (typically around 100-125 mg/pill)



Lichtbild der Vorderseite	ADAM	EVA	Amor	Love	Herz	125 mg	Sonne	Halbmond	Herzpfel	VW
Bezeichnung: Rückseite:	ADAM	EVA 130 mg	Amor Bruchrille	Love Herz	Herz Bruchrille	Drops Bruchrille	Sonne Bruchrille	Halbmond Bruchrille	Herzpfel Bruchrille	VW Bruchrille
Käfer	Mercedes	Triple Five	V.I.P.	CAL	PT	Schlitzauge	ANADIN	Boomerang	Bulls	Delphin
Elephant	Hund	Pigs Ringelschwanz	Pelikan	Taube	Friedens- taube	Spatz	Vogel	Kermit	Feuerstein	Batman
Superman	Popeye	Chiemsee	Fido	Häuptling	Sonic Sonic/Bruchrille	Smiley SMILE	Playboy	Schwalbe	Dino	Anker
Pilz	Olympics	Hammer & Sichel	Gorbys CCCP	Kleeblatt	Kleeblatt	Liebessymbol	Yellow Shunshine	Pink Panther	Snowball	Ying Yang

(Fotomaterial: Bundeskriminalamt Wiesbaden)

# Ketamine

- Ketamine, Special K
  - **Measure in times you've used per day**
  - Inject, pill form, snorted, or smoked



# GHB

- GHB, liquid G, georgia home boy
  - **Measure in times you've used per day**
  - Swallowed in liquid or pill form.





# Prescription Sedatives, Tranquilizers, or Anti-Anxiety Medications

- Xanax (“bars”), Ativan, Valium, Rohypnol, sleeping pills.
- In a way your doctor did NOT prescribe
  - **Measure in pills**



# Heroin/Opium

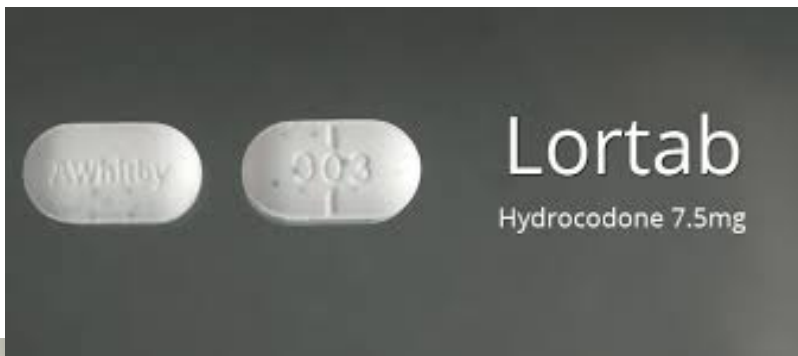
- Heroin, opium, junk, smack, dope
  - **Measure in times you've used per day**
  - **Follow-up: How you use**





# Prescription Pain Relievers

- Vicodin, Lortab, Norco, Hydrocodone, Oxycontin, Percocet, fentanyl, codeine syrup (lean)
- In a way your doctor did NOT prescribe
  - **Measure in pills**



# Cough Medicine

- Cough medicine, cold medicine, DXM
  - In a way your doctor or parent did NOT prescribe
  - **Measure in times you've used per day**



# Hallucinogens

- LSD, PCP, peyote, mescaline, AMT, Foxy, DMT, NBOME, 2-CB, 2-CI (“Smiles”)
  - **Measure in times you’ve used per day**
  - **Note type of hallucinogen used**





# Magic Mushrooms

- Psilocybin, magic mushrooms, shrooms
  - **Measure in times you've used per day**



# Salvia

- Salvia
  - **Measure in times you've used per day**



# Inhalants

- Drugs people sniff or inhale to get high
- Poppers, correction fluid, gas, glue, shoe polish, spray paints, nitrous oxide, whippits, duster
  - **Measure in times you've used per day**





# Steroids

- Arnolds, pumpers, roids
  - **Measure in times you've used per day**
- Injected, or pills



# Bittamugen or Byphoditin

- Bittamugen, byphoditin
  - **Measure in times you've used per day**

