

What is Spice?

Spice is a man-made cannabinoid that changes the chemicals in a person's brain. It is like the chemical in marijuana, but affects you differently. It should not be ingested. Many of the chemicals used in spice are now illegal.

What are Some Other Names for Spice?

There are several other names that spice can be called. Some of these names might include **K2, fake weed, joker, black mamba, kush, kronic, potpourri or skunk.**

How Do People Use Spice?

- It can be smoked by rolling it in papers.
- It can be mixed with marijuana.
- It can be a liquid that can be vaporized or inhaled using e-cigarettes (herbal or liquid incense).

What Does Spice Do to the Body?

Spice contains a chemical called "THC," which binds to receptors in the brain. THC is the mind-altering chemical in marijuana. The effects of spice are stronger than the effects of marijuana because spice attaches more strongly to brain receptors than marijuana does. The effects of spice can be unpredictable, which makes it dangerous.

What Are the Short-Term Effects of Spice?

- Feeling calm or happy.
- Having a change in awareness.
- Not being in touch with reality.
- Increased heart rate.
- Vomiting.
- Feeling anxious or restless.
- Seeing things that are not there.
- Feeling confused.
- Having violent reactions.
- Having suicidal thoughts.

What are the Long-Term Effects of Spice?

It is possible to overdose on spice. You can also become addicted to spice. If you are using spice, talk to your doctor to get help quitting. You may have headaches when you try to quit. When you quit using spice, you may have headaches, anxiety, depression, and irritability.

What Treatment is Available?

The first step in getting treatment is admitting you have a problem. Recovery can require a lot of time, patience and courage. Talk to a health care professional about treatment options in your area. Options include individual, group and intensive outpatient therapy. There are also free support groups that may be suggested.

How Can I Help Someone I Know Has an Addiction?

You cannot force or guilt the individual into getting help or quitting the drug. The individual has to want to quit and get help. **What you can do is:**

- Do not engage in the substance use with them, guilt them or throw away the drugs.
- Talk to them about why you are concerned and give specific examples.
- Set boundaries and stick with them.
- Take care of yourself. Manage your stress in a healthy manner.

Where Can I Get Help?

It's important to talk to your doctor to get help. Your doctor can help you decide what treatment options are best for you. You can also call MDwise customer service at **1-800-356-1204** and request to speak to a care manager. If you need additional help, **Indiana 2-1-1** is a free, 24-hour service that connects you to food, shelter and housing assistance, employment services, counseling resources, and much more. **Call 2-1-1.**