

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE BILL**No. 111** Session of
1999

INTRODUCED BY DERMODY, GANNON, BLAUM, PESCI, M. COHEN, BISHOP,
READSHAW, CALTAGIRONE, TRELLO, L. I. COHEN, PRESTON AND
WALKO, JANUARY 25, 1999

REFERRED TO COMMITTEE ON JUDICIARY, JANUARY 25, 1999

AN ACT

1 Amending the act of April 14, 1972 (P.L.233, No.64), entitled
2 "An act relating to the manufacture, sale and possession of
3 controlled substances, other drugs, devices and cosmetics;
4 conferring powers on the courts and the secretary and
5 Department of Health, and a newly created Pennsylvania Drug,
6 Device and Cosmetic Board; establishing schedules of
7 controlled substances; providing penalties; requiring
8 registration of persons engaged in the drug trade and for the
9 revocation or suspension of certain licenses and
10 registrations; and repealing an act," regulating gamma
11 hydroxybutrate acid.

12 The General Assembly of the Commonwealth of Pennsylvania
13 hereby enacts as follows:

14 Section 1. Section 4(4) of the act of April 14, 1972
15 (P.L.233, No.64), known as The Controlled Substance, Drug,
16 Device and Cosmetic Act, amended November 26, 1978 (P.L.1392,
17 No.328), is amended to read:

18 Section 4. Schedules of Controlled Substances.--The
19 following schedules include the controlled substances listed or
20 to be listed by whatever official name, common or usual name,
21 chemical name, or trade name designated.

22 * * *

1 (4) Schedule IV--In determining that a substance comes
2 within this schedule, the secretary shall find: a low potential
3 for abuse relative to substances in Schedule III; currently
4 accepted medical use in the United States; and limited physical
5 and/or psychological dependence liability relative to the
6 substances listed in Schedule III. The following controlled
7 substances are included in this schedule:

8 (i) Any material, compound, mixture, or preparation, unless
9 specifically excepted or unless listed in another schedule,
10 which contains any quantity of the following substances:

- 11 1. Barbital.
- 12 2. Chloral betaine.
- 13 3. Chloral hydrate.
- 14 4. Ethchlorvynol.
- 15 5. Ethinamate.
- 16 6. Methohexital.
- 17 7. Meproamate.
- 18 8. Methylphenobarbital.
- 19 9. Paraldehyde.
- 20 10. Petrichloral.
- 21 11. Phenobarbital.

22 (i.1) Gamma hydroxybutrate acid.

23 (ii) The secretary may by regulation except any compound,
24 mixture, or preparation containing any drug or controlled
25 dangerous substance listed in subclause (i) of this schedule
26 above from the application of those provisions of this act
27 covering controlled drugs, if the compound, mixture, or
28 preparation contains one or more active medicinal ingredients
29 not having a stimulant or depressant effect on the central
30 nervous system: Provided, That such admixtures shall be included

1 therein in such combinations, quantity, proportion, or
2 concentration as to vitiate the potential for abuse of the
3 substances which do have a stimulant or depressant effect on the
4 central nervous system.

5 (iii) The secretary shall by regulation exempt any
6 nonnarcotic substance from the control under this act if such
7 substance may, under the provisions of the Federal Food, Drug,
8 and Cosmetic Act (21 U.S.C. 301 et seq.), be lawfully sold over
9 the counter without a prescription.

10 * * *

11 Section 2. This act shall take effect immediately.

HOUSE OF REPRESENTATIVES
REPUBLICAN CAUCUS

BILL SUMMARY

DATE: 2/9/99

COMMITTEE: Judiciary

BILL NO.: HB 111

PRIME SPONSOR: Dermody

PRINTER'S NO.: 92

PREPARED BY: Brian J. Preski

PHONE NO.: 2-6946

A. PRELIMINARY SUMMARY:

This legislation amends the act of April 14, 1972 (P.L. 233, No. 64), the "The Controlled Substance, Drug, Device and Cosmetic Act" to include gamma hydroxybutyrate acid, hereinafter "GHB", as a Schedule IV substance under this act.

The practical effect of this addition to Schedule IV is to establish that this drug will not be able to be possessed within this Commonwealth without, or pursuant to, a valid prescription See 35 P.S. 780-113(15)

Effective immediately.

B. EXISTING LAW:

Gamma-hydroxy butyrate

GHB is a powerful and quick-acting depressant. It is a naturally occurring substance found in many human tissues. Previous clinical studies with GHB suggest that it works by "normalizing" sleep. It is a safe, nontoxic substance that has been found effective in the treatment of narcolepsy. When administered at night, it has been shown to improve sleep and to control cataplexy, sleep paralysis and hallucinations. It has been reported that narcolepsy patients have been exposed to clinical doses of GHB with no consistent ill effects for up to 12 years of treatment. See "Preventing GHB-Aided Sexual Assaults Without Hindering Treatment of Americans with Narcolepsy: A Proposal for the State of Pennsylvania" January 6, 1999, Orphan Medical.

The following are the general guidelines for scheduling of narcotics:

Schedule I: High potential for abuse; no currently accepted medical use in the United States; a lack of accepted safety for use under medical supervision.

Schedule II: High potential for abuse; currently accepted medical use in the United States; currently accepted medical use with severe restrictions; abuse may lead to severe psychic or physical dependence.

Schedule III: A potential for abuse less than Schedules I or II; well documented currently accepted medical use in the United States; abuse may lead to moderate or low physical dependence or high psychological dependence.

Schedule IV: A low potential for abuse related to Schedule III; currently accepted medical use in the United States; limited physical and/or psychological dependence liability relative to substances listed in Schedule III.

Schedule V: A low potential for abuse related to Schedule IV; currently accepted medical use in the United States; limited physical and/or psychological dependence liability relative to substances listed in Schedule IV.

Currently, there are no restrictions on the possession of GHB within this Commonwealth.

BJP:cmw

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE BILL

No. 183 Session of
1999

INTRODUCED BY BENNINGHOFF, BELARDI, FAIRCHILD, TIGUE, CHADWICK,
FEESE, ARGALL, ARMSTRONG, BARRAR, BLAUM, CLYMER, L. I. COHEN,
DALEY, FARGO, GEIST, HARHAI, HENNESSEY, HERMAN, JOSEPHS,
KAISER, MAHER, MAITLAND, MARSICO, McILHATTAN, NICKOL, ORIE,
RAMOS, READSHAW, ROSS, SAYLOR, SCHRODER, SCHULER, SEYFERT,
LYNCH, SHANER, B. SMITH, S. H. SMITH, STEELMAN, SURRA,
E. Z. TAYLOR, J. TAYLOR, TRAVAGLIO, TRELLO, C. WILLIAMS,
WILT, M. N. WRIGHT, YEWIC, ZUG AND SOLOBAY, JANUARY 27, 1999

REFERRED TO COMMITTEE ON JUDICIARY, JANUARY 27, 1999

AN ACT

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2 "An act relating to the manufacture, sale and possession of
3 controlled substances, other drugs, devices and cosmetics;
4 conferring powers on the courts and the secretary and
5 Department of Health, and a newly created Pennsylvania Drug,
6 Device and Cosmetic Board; establishing schedules of
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8 registration of persons engaged in the drug trade and for the
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10 registrations; and repealing an act," further providing for
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- 17 4. Ethchlorvynol.
- 18 5. Ethinamate.
- 19 6. Methohexital.
- 20 7. Meprobamate.
- 21 8. Methylphenobarbital.
- 22 9. Paraldehyde.
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6 central nervous system.

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8 nonnarcotic substance from the control under this act if such
9 substance may, under the provisions of the Federal Food, Drug,
10 and Cosmetic Act (21 U.S.C. 301 et seq.), be lawfully sold over
11 the counter without a prescription.

12 (iv) Gamma-hydroxybutyrate and gamma hydroxybutyric acid
13 sodium salt.

14 * * *

15 Section 2. This act shall take effect in 60 days.

HOUSE OF REPRESENTATIVES
REPUBLICAN CAUCUS

BILL SUMMARY

DATE: 2/9/99

COMMITTEE: Judiciary

BILL NO.: HB 183

PRIME SPONSOR: Benninghoff

PRINTER'S NO.: 171

PREPARED BY: Brian J. Preski

PHONE NO.: 2-6946

A. PRELIMINARY SUMMARY:

This legislation amends the act of April 14, 1972 (P.L. 233, No. 64), the "The Controlled Substance, Drug, Device and Cosmetic Act" to include gamma hydroxybutyrate and gamma hydroxybutyric acid sodium salt, hereinafter "GHB", as a Schedule IV substance under this act.

The practical effect of this addition to Schedule IV is to establish that this drug will not be able to be possessed within this Commonwealth without, or pursuant to, a valid prescription. See 35 P.S. 780-113(15)

Effective in 60 days.

B. EXISTING LAW:

Gamma-hydroxy butyrate

GHB is a powerful and quick-acting depressant. It is a naturally occurring substance found in many human tissues. Previous clinical studies with GHB suggest that it works by "normalizing" sleep. It is a safe, nontoxic substance that has been found effective in the treatment of narcolepsy. When administered at night, it has been shown to improve sleep and to control cataplexy, sleep paralysis and hallucinations. It has been reported that narcolepsy patients have been exposed to clinical doses of GHB with no consistent ill effects for up to 12 years of treatment. See "Preventing GHB-Aided Sexual Assaults Without Hindering Treatment of Americans with Narcolepsy: A Proposal for the State of Pennsylvania: January 6, 1999, Orphan Medical.

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Schedule V: A low potential for abuse related to Schedules IV; currently accepted medical use in the United States; limited physical and/or psychological dependence liability relative to substances listed in Schedule IV.

Currently, there are no restrictions on the possession of GHB within this Commonwealth.

BJP:cmw

COSMO NEWS STORY

GHB is clear and nearly tasteless—and one dose in your drink can leave you utterly defenseless against sexual assault. Rapists know about it. So should you.

By **Mary K. Moore**

With reporting by Leah Ginsberg

■ When she woke up, Julie Simmons* couldn't figure out how she'd made it back to her house in Los Angeles. She looked down. She was naked, but she didn't recall getting undressed. All she remembered was having dinner in her date's apartment and then falling asleep on his couch. When she called him, he told her that she'd had too much to drink the night before and he had driven her home. That struck her as odd—she knew she'd only had a couple of beers—but she believed him. What choice did she have?

Two weeks later, Julie slipped in the shower and hit her hands on the floor. The cold slap of the tile jarred loose a memory too horrible for her to comprehend: She was on her hands and knees on the bathroom floor as her date stood behind her. Then came a searing pain. The memory was vivid and undeniable. Julie had been raped and, until that moment, she hadn't even remembered it.

When a woman thinks of rape, she usually pictures a burly stranger with a knife dragging her into a poorly lit parking lot or behind a bush. When she considers date rape, she pictures a guy she likes but does not know too well suddenly pinning her down, refusing to hear her nos. But an insidious new weapon at the potential rapist's disposal makes force unnecessary. It's clear, it's liquid, and an eyedropperful, slipped into a drink when you're momentarily distracted, can knock you cold in a matter of minutes. The drug is gamma hydroxybutyrate—also known as GHB, Grievous Bodily Harm, or Easy Lay.

"Two years ago, this drug wasn't really even on the radar screen," says Trinka Porrata, a detective supervisor in the Los

**Some names have been changed.*

THE DATE RAPIST'S SCARY NEW WEAPON

Angeles Police Department narcotics division and a nationally known expert on designer drugs. "Now it's one of our main focuses, and it's showing no signs of slowing down." In fact, the Drug Enforcement Administration attributes 32 deaths and 3,500 incidents, including overdoses, to GHB since 1992. The official numbers probably don't reflect the real scope of the drug. GHB leaves the body after 12 hours, so many suspected cases can't positively be pinned to it; it's also new enough that many emergency rooms fail to recognize it when a rape victim comes in. "But just judging from the activity over the past two years, this drug is on the brink of taking over," says Porrata. And it's everywhere. "It's happening in restaurants, at parties, in clubs, on dates, in people's homes," says Cynthia Peterson, victim's services director at the Contra-

up a batch. "The recipe for Toll House Cookies is more difficult," says Robert S. Hoffman, M.D., a toxicologist at New York City's Poison Control Center.

In addition, GHB is virtually undetectable once it's in your drink. It's clear and dissolves quickly, and its slightly salty taste is easily masked by a strong or flavorful drink like a margarita or a Long Island iced tea. (By contrast, Rohypnol's maker, Hoffman-La Roche, recently reformulated Rohypnol to turn blue when it hits clear liquid.)

Because GHB is home-brewed, its potency can vary wildly from batch to batch. This means even a single dose can prove deadly. "The people who are making GHB at home to sell on the street are amateur chemists," says Dr. Hoffman. "But what they don't realize is that the formulas aren't exact, and the amount that simply

January 30, 1997, when she was a 23-year-old student living in Southern California. According to Jeffries, her date, a 35-year-old man who said he was younger, pressed her hard to do the shot he had brought over from the bar. "Immediately, I felt buzzed," says Jeffries. "I couldn't see clearly and I started to teeter out of my chair. It was like I was very drunk, but it didn't make any sense because I had had only one drink." Soon after she noticed those signs, she blacked out.

She recalls slipping in and out of consciousness throughout the night until she finally awoke on the floor of a dingy shower in her date's apartment with hot water beating down on her. She was naked, lying in the fetal position. "I remember him coming into the bathroom," says Jeffries. He was completely naked and forced her to perform oral sex. "It

HOW TO SPIKEPROOF YOUR

You like to have fun—but this drug-rape thing is pretty scary. Here's

- **Never accept a drink sent by a stranger.**

Choose your own poison—and watch the bartender pour it.

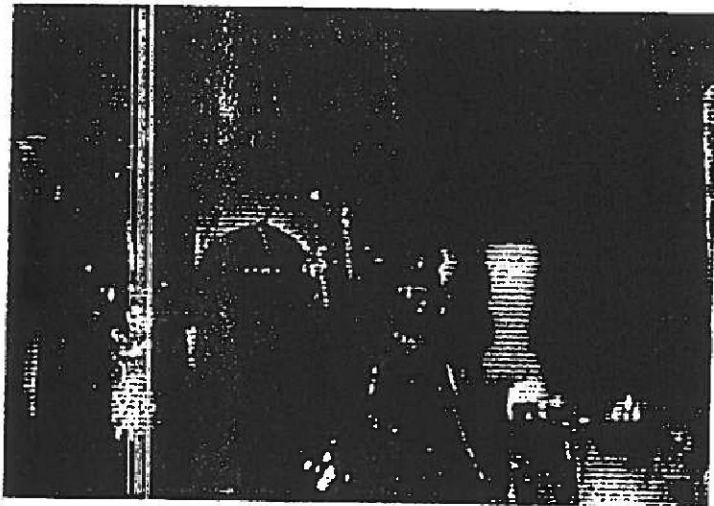
- **Pass on the punch bowl.**

Community quaffs—in a bowl, a carton, an open bottle—are easy to drug. In fact, some snakes spike punch bowls just to see what happens. They may not be rapists, but if you're

drugged, someone else may want to take advantage.

- **Select a designated nondrinker.**

This friend will periodically check on all the women in your group and make sure you've all left the bar, club, or party together. Agree beforehand that she won't let you leave with a man unless she's sure you're sober.



Costa Rape Crisis Center in San Pablo, California. "Anyplace where there's social interaction, GHB could be there."

GHB'S SCARY WEB SPREAD

Slipping a girl a mickey is certainly nothing new, and GHB is hardly the only date-rape drug to make the headlines. Until recently, Rohypnol, aka roofies, was getting all the press. But one twist makes GHB much scarier than roofies: Unlike Rohypnol, which can only be manufactured commercially, GHB is easily produced at home—and anyone with Internet access can find a way to buy both the recipe and the kit with which to cook

intoxicated someone the first time can just as easily kill the next." In 1996 in Texas, for instance, a 17-year-old woman died at a nightclub after consuming a soft drink laced with GHB. In Georgia, a young woman lapsed into a coma after unknowingly swigging GHB mixed with water.

"ALL IT TOOK WAS ONE DRINK..."

Far more often, GHB poisoning doesn't end a woman's life—it just changes it for good. "It felt like an out-of-body experience," says Andrea Jeffries of an encounter with the drug that began on

was like everything was in slow motion," she recalls. "He was trying to push himself in my mouth, but I kept thrashing my head back and forth to make him stop." She blacked out again, and when she came to, she was being anally raped. "He was holding me down by my neck, and I was screaming," says Jeffries. "When he was finished, I just balled up on the bed and cried." As the effects of the drug began to wear off, Jeffries was able to grab a cordless phone and lock herself in the bathroom to call the police. As she cowered in the bathroom pleading to the 911 operator, the man ripped the phone unit out of the wall and

JOHN PHILIP. The models used in Cosmopolitan have no relation to the content of the stories and/or articles.

began ramming the door. Moments after he burst in, the police arrived and were able to usher Jeffries to safety.

During her rape examination, the hospital failed to test her urine—the only conclusive way to detect GHB in the body. But the symptoms sounded all too familiar to prosecutors, who landed a conviction on felony rape charges. The man was sentenced to three years in prison, but Jeffries is still living with the terror of that night. "I'm not the same person I was before," she says. "All it took was one drink and my life was changed forever."

FROM HEALTH PILL TO RAPIST'S TOOL

GHB's path into the hands of sex abusers has been pretty short. It began in health-food stores, where it was sold as a sleep

DRINK

how to protect yourself from predators:

- **Don't do shots.** Strong-tasting shooters you gulp down fast mask GHB's slightly salty flavor.
- **Hold your liquor.** Once you have your drink, don't let it leave your hand until you've finished it. The rapist only needs a millisecond to dose your drink. Don't give it to him.

—LEAH GINSBERG

aid and bodybuilding supplement under names like Gamma Hydrate, Natural Sleep-500, and Somatomax PM. After several complaints of adverse effects, the FDA pulled the drug from shelves in 1990—but it was too late. GHB was already being produced illegally and quickly gained momentum in California and Florida as a party drug. The word among clubgoers was that it reproduced the euphoria of alcohol without giving users alcohol's wicked hangovers. It also gained a reputation for peeling away inhibitions in a hurry. Strippers often turn to the drug if they're nervous about performing, says Porrata.

The first cases of GHB-related sexual assault were reported in those states around 1996. But after recipes showed up on the Internet, other regions of the country quickly caught up:

WHY PROSECUTORS HATE THIS DRUG

Although law-enforcement officials are getting more adept at recognizing a GHB rape case when they see one, another characteristic of the drug makes these cases pretty tough to prosecute: It's a serious sexual stimulant. Says Porrata, "You may have a victim downing two drinks and then she's climbing all over the guy" or experiencing a loss of inhibitions some other way. Porrata cites a case in which a woman was secretly slipped the drug while out at a club with a female friend. "The victim said that after only one drink, she started to feel really silly and couldn't figure out how she was getting so drunk so fast. Before she knew it, she was all over her friend in front of everyone at the bar."

By the end of the night, the victim had been raped by the man who drugged her, but she was too confused to report it; she remembered only bits and pieces of the assault by the rapist but recalled most of the episode with her friend. "She was so embarrassed that she didn't want to come forward," says Porrata. "She couldn't understand her behavior and she thought she was at fault, when in fact she was under the influence of GHB."

"This drug is the closest thing to authentic Spanish fly that I can think of," says Bob Nichols, assistant state attorney of the sex-crimes unit in Broward County, Florida, and an expert in drug-related sexual assault. "GHB can remove the impulse control that stops a woman from having sex with a stranger."

"If you are incapacitated and can't make a judgment call, that does not give someone the right to rape you," Porrata adds. "But the effects of this drug complicate the issues; there's no question."

PROTECTING YOURSELF—BEFORE AND AFTER

● Drug rapists are slippery, but you can outsmart them. You can't pick the GHB rapist out in a crowded bar—he could be any guy. Nichols says assailants ♦ 280

THE DATE-RAPE DRUG YOU TAKE YOURSELF

Despite the coverage predatory drugs are getting in the news, the number-one date-rape drug isn't GHB or roofies. It's alcohol. Whether lured by a false sense of security or a macho sense of entitlement, women everywhere are holding their own when it comes to bellying up to the bar—with devastating consequences. And according to various victim-counseling centers and law-enforcement agencies, reports of sexual assault in relation to binge drinking (five drinks or more) are on the rise.

In fact, a 1989 study revealed that nearly 3 out of 4 women who were victims of sexual assault had been using alcohol at the time of the incident. In another earlier study, 1 in 5 admitted they had been moderately or extremely intoxicated.

Obviously, this doesn't mean a man has a right to have sex with you without your consent. But drinking, and especially binge drinking, does put you in far greater danger of being attacked and makes prosecuting your attacker much more problematic. "When you drink yourself into oblivion, you're not able to problem-solve your way out of dangerous situations," says Linda Fairstein, chief of the sex-crimes prosecution unit in the Manhattan district attorney's office. And when you get into one, she adds, you may not be able to recall details of the crime. "If you've gotten yourself into a condition where you can't remember—blacked out during a binge, that is—"the jury isn't going to convict the guy."

But even if you were drunk, Fairstein emphasizes you should always make a report. "We may be able to reconstruct the events to build a case against your rapist. And if you don't report it, he'll get away with it—and probably do it again."


(continued from 205) often work in tandem. Knowing this can help you, but not always—unfortunately, one of the pair may be the bartender. Or the two men may pretend not to know each other.

- If you've been poisoned with a typical dose of GHB—one or two tablespoons—the drug will take effect within 10 to 30 minutes, and initially you could start to feel dizzy or nauseous or develop a severe headache. You may already be too incapacitated by then to seek help, so always try to have a friend watching your back when you go out. Many GHB rapists wait until their victim shows visible signs that the drug is taking hold and then offer to “help” by escorting her out.

- If you wake up in a strange place, in different clothes, or naked and you suspect you've been drugged and sexually assaulted, go immediately to the hospital. Don't bathe, brush your teeth, drink, wash your face, or urinate. “If you really have to go, save the urine and bring it with you to the hospital,” says Nichols. “We have a 12-hour window to test for GHB in urine, and if you use the bathroom before we can conduct a test, the evidence is flushed down the toilet.”

- Even if it's been days or weeks since a drugging and sexual assault occurred, report your case to the police. “We may still be able to prosecute your case through a reconstruction of events,” says Linda Fairstein, chief of the sex-crimes prosecution unit at the district attorney's office in Manhattan. “It takes a lot of courage to report a rape,” adds Robert Lipman, senior attorney with the Narcotics and Dangerous Drug section of the U.S. Department of Justice, “but the guys who use drugs to incapacitate women are often serial rapists, and the only way to stop them is for the victims to come forward.”

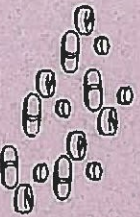
Denise Snyder, executive director of the D.C. Rape Crisis Center in Washington, takes a harder line. “The real people who should be carrying the burden of responsibility are the perpetrators,” she argues. “Men who mix sex with violence should be held accountable on every level until we can uproot the types of sexual attitudes that lead to these crimes.”

But until that happens, keep an eye on your drink. 

Reduce the Risk of Becoming a Victim of Drug Induced Rape

Suggestions to Protect Yourself

- * When going to a bar, party or social event, never go alone. Friends can watch out for each other.
- * Never accept a drink from anyone except the bartender and watch your drink being mixed.
- * Don't share or exchange drinks.
- * Never leave your drink unattended, allowing someone the opportunity to slip something into it.
- * If you feel you are becoming severely intoxicated after only one or two drinks, get help. Call 911. You may have ingested GHB or Rohypnol.



Danger signals

Unfortunately, someone who seems to be a nice normal person can turn out to be a rapist. Remember: a rapist can be anyone. Rapists come from all social and professional backgrounds. However, there are some men who are more likely to be sexually aggressive than others. Watch out for:

Men who do not listen to you, ignore what you say, talk over you or pretend not to hear you. Such men generally have little respect for women.

Men who ignore your personal space boundaries

Men who express anger or aggression towards women as individuals or in general. (hostile feelings can easily be translated into hostile acts)

Men who have wrong or unrealistic ideas about women (for example, "women are meant to serve men")

What if it Happens To Me?

Don't feel guilty and don't just try to forget about it. You didn't ask to be raped. Any rape is a violent attack that can have traumatic effects on the victim for months and even years afterward. Get help!

If you have unaccounted for time, a lapse of memory, or wake up in a strange place, and feel you have been sexually assaulted, contact a local law enforcement agency and your local rape crisis center immediately. Remember: rapists are repeat offenders. By reporting this crime, you may save someone else from being attacked.

Collect your first urine sample in a clean container. Remember: this may be the only evidence linking the drug to the crime!

Do not bathe, shower, douche, wash clothing, bedding, or disturb anything in the area where the assault occurred. You may destroy valuable evidence!

Who Can Help?

SARCC provides:

24 hour assistance to all victims of sexual crimes in Lebanon County

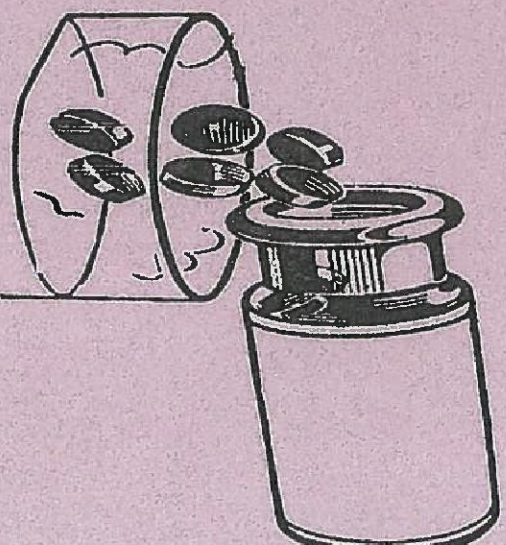
Program services include: assisting the victim with police, medical and legal procedures, crisis intervention, and/or individual counseling, and support groups.

SARCC

Sexual Assault Hotline
272-5308 (24 hours)

For more information on Rohypnol and GHB:
Lebanon County Drug
and Alcohol Commission
274-0427

HOW TO PREVENT DRUG INDUCED RAPE



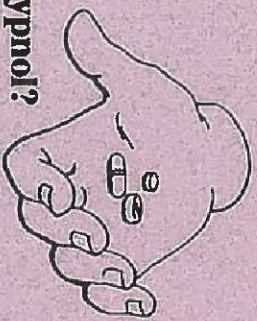
a service of

**The Sexual Assault Resource
and
Counseling Center of
Lebanon County**
272-5308
and

**The Lebanon County
District Attorney's Office**
274-2801

The drugs Rohypnol and GHB are being used to render victims helpless in order to sexually assault them. Both drugs act as a sedative and may make an individual experience amnesia.

The drug is usually administered to the victim in an alcoholic drink at a bar, party, or social function.



What Is Rohypnol? (Flunitrazepam)

This drug is a form of a sleeping pill belonging to the same class of drugs which include Valium, Librium and Xanax.

Common Streets Names

Roffies, Ruffies, Roche, R-Z, Rib, Rope, Stupeti, Shays, Roaches

Use and Effects

Rohypnol is ingested orally, frequently in conjunction with alcohol or other drugs. The effects begin within 30 minutes, peak within 2 hours and may persist for up to eight hours or more depending on the dosage. Adverse effects of this drug are a decrease in blood pressure, memory impairment, drowsiness, visual disturbances, dizziness and confusion, and with some people it can cause excitability and aggressive behavior.

It is commonly reported that persons who become intoxicated on a combination of alcohol and rohypnol have "blackouts" lasting 6 to 12 hours or longer following ingestion. Disinhibition is another widely reported effect. By itself, rohypnol is very unlikely to cause death but with alcohol the possibility exists that the combination could be fatal.

What is GHB?

(Gamma-Hydroxybutyrate)

GHB was originally developed as an anesthetic, but withdrawn due to unwanted side effects. It has been used for the treatment of narcolepsy, alcohol withdrawal symptoms, and more recently as a growth hormone stimulant and fat burning drug used by body builders. In 1990 the FDA banned the sale of GHB in the United States.

GHB can be produced in the form of a white powder, but is more commonly encountered as an odorless, clear liquid. GHB has a salty taste which is masked when mixed with a drink. GHB will remain in a person's blood for approximately 4 hours and will remain detectable in the urine until it has been excreted.

Common Street Names

GHB, Liquid E, Liquid X, Grievous Bodily Harm

Use And Effects

GHB is primarily used by body builders with the false assumption that it will burn fat and increase hormone growth. It is promoted as a drug that will increase one's sexual awareness and lead to more sexual activity. Low doses result in a general feeling of euphoria, (similar to being moderately under the effect of alcohol) which include: decreased inhibitions, increase sociability, followed by drowsiness then sleep. Higher doses result in an immediate onset of intoxication leading to a deep unresponsive sleep, shallow breathing, decreased blood pressure and invariably anterograde amnesia. In conjunction with alcohol or any depressant drug it may be fatal.

This drug can easily be disguised in a beverage. Within a few minutes of drinking the liquid, the victim will appear intoxicated and become helpless. The individual coming to her aid will appear as a good samaritan to those watching, but may be the one who spiked the drink and is planning to rape the victim. When the victim regains consciousness she will have

no memory of the attack. Because GHB is quickly absorbed into the human body, evidence will be lost if the victim's blood or urine is not preserved soon after the attack.

Myths and Facts

Myth: The rapist is oversexed, committing this crime on impulse and out of uncontrollable passion.

Fact: Rape is not an expression of sexual desire, but a crime of violence. It is motivated primarily by desire to control and dominate, rather than by sex.

Myth: The victim provokes the attack, possibly by the way she dresses or acts. She is somewhat at fault.

Fact: No one asks to be raped. Studies have shown no correlation between dress, appearance, and age.

Myth: Women can easily avoid situations that can lead to rape.

Fact: Most women who have been raped were in an environment they considered safe and were raped by someone they thought they could trust.



service for cases of sexual assault in which drugs are believed to be involved. This service can be accessed by rape crisis centers, law enforcement and hospital emergency room personnel by calling (800)608-6540. Testing is conducted by an independent laboratory that is certified to perform tests for legal evidence.

Roche established this free drug-testing service out of concern following reports that one of its medicines, Rohypnol, may have been misused in this way. Rohypnol is a prescription medicine available in 80 countries outside the United States for the medical treatment of severe and debilitating sleep disorders. For information on Rohypnol, please call Hoffmann-La Roche at (800)720-1076.

CAN ALCOHOL HAVE SIMILAR SEDATING EFFECTS?

For centuries alcohol has been used to facilitate social assault. Today it remains the substance most frequently associated with date rape, and the most easily accessible sedating substance.

When large enough quantities are consumed, alcohol can have tremendous sedating effects, leaving anyone vulnerable to assault. The physical effects of alcohol are very similar to those of sedating drugs and include impaired judgment and motor coordination, disinhibition, dizziness, confusion and extreme drowsiness. If enough alcohol is consumed, an individual may fall unconscious or may not remember the details of what occurred.

Here are some tips that may help reduce your risk of sexual assault in social situations where alcohol is served:

- *Limit alcohol consumption so you are better able to assess your surroundings, especially if you are in a group setting or with someone you do not know well or trust.*

- *Be cautious about consuming different types of alcoholic beverages at one time. Mixing various types may accelerate the sedating effects.*
- *Eat substantive food before consuming alcohol, as a full stomach may help to curb its sedating effects.*

- *When drinking alcohol in social settings, make arrangements with a friend so that you leave together.*

Most importantly, remember that whether you follow these tips or not, if someone sexually assaults you, it is not your fault. You are never to blame for someone else's actions.

WHERE CAN I GO FOR HELP?

There are a number of resources you can go to for help if you suspect that you have been drugged and sexually assaulted, or if you feel anyone you know may be abusing drugs.

National Institute on Drug Abuse (NIDA)
(301) 443-1124

National Line of the Haight Ashbury Free Clinics
(888)DRUGS-10 or (888)378-4710

A Toll-Free Rape Crisis Hotline
Pennsylvania Coalition Against Rape (PCAR)
888-772-PCAR

Physicians and Health Care Professionals
Please see your local directory.

This brochure is provided by
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SUBSTANCE ABUSE & SEXUAL ASSAULT

WHAT
SHOULD
I KNOW
TO PROTECT
MYSELF?

INTRODUCTION

Recreational drug abuse is not a new phenomenon. Nor is the misuse of alcohol and other substances to facilitate date rape. But the increase in reports of drug misuse warrants renewed attention to combating the problem. This brochure provides some basic facts on the criminal use of sedating substances both for recreational purposes and to facilitate sexual assault.

WHO ABUSES THESE SUBSTANCES, HOW AND WHY?

Sedating substances are used to enhance the effects of alcohol and/or other drugs and to diminish inhibitions. Some drug abusers reportedly use sedating substances to extend the effects of heroin and to diminish the after-effects of crack or cocaine. Unfortunately, these substances also have been misused to commit sexual assault by spiking victims' beverages.

WHAT TYPES OF SUBSTANCES ARE BEING MISUSED TO COMMIT SEXUAL ASSAULT?

Over the decades, alcohol and substances such as chloral hydrate or "Mickey Finns" have been misused to involuntarily sedate individuals for sexual assault. In the past several years, there have been reports in which other substances have been identified, including gamma hydroxybutyrate (GHB), flunitrazepam (Rohypnol), scopolamine, burundanga and ketamine. Recent laboratory tests on the urine of survivors of substance-related sexual assault showed traces of an even greater number of substances, including alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, GHB,

marijuana and opiates. These drugs may come in any form, including powder, pill, tablet or liquid.

Sedating drugs, when criminally misused, often are referred to by a number of street names, of which you should be aware. These include Liquid Escstasy, Liquid X, Grovovus Bodily Harm and Easy Lay for GHB, and Special K for ketamine. Common street names for Rohypnol include Roofies, Roaches, La Rocha and the longer pill.

WHAT ARE THE PHYSICAL EFFECTS OF SEDATING SUBSTANCES?

Individuals may react differently to sedating substances depending on the dosage, their metabolism and sensitivity to the substance, and the presence of alcohol and/or other drugs. There are several reliable signs that an individual may be under the influence of a sedating substance. Possible effects include impaired judgment, disinhibition, dizziness and confusion. If an individual appears extremely intoxicated after consuming a non-alcoholic beverage, or only a small amount of alcohol, they may have unknowingly ingested one of a number of substances. Sedating substances can temporarily inhibit a person's ability to remain awake and conscious. And someone who has been sedated may experience sudden or unexplained drowsiness and have trouble with motor coordination.

Brief periods of impaired memory also may result from the misuse of some sedating substances. This means that the person may not remember what happened while under the drug's influence. Depending on the substance and the presence of alcohol and other drugs in the person's system, more dangerous and sometimes life-threatening side effects may occur.

HOW CAN I REDUCE MY RISK OF BEING DRUGGED AND SEXUALLY ASSAULTED?

There are a number of precautions to take to reduce the risk of being drugged:

- Do not leave beverages unattended.
- Do not take any beverages, including alcohol, from someone you do not know well and trust.
- At a bar or club, accept drinks only from the bartender or server.
- At parties, do not accept open-container drinks from anyone.
- Be alert to the behavior of friends and ask them to watch out for you. Anyone extremely intoxicated after consuming only a small amount of alcohol may be in danger.

WHAT SHOULD I DO IF I THINK I'VE BEEN DRUGGED AND SEXUALLY ASSAULTED?

If you or a friend feel dizzy, confused or have other sudden, unexplained symptoms after drinking a beverage, call a family member, friend, the police, a doctor or 911 for help in getting to a hospital.

HERE ARE GUIDELINES THE DC RAPE CRISIS CENTER SUGGESTS YOU FOLLOW:

- Get to a safe place and call a rape crisis center for information or support. For a toll-free rape crisis hotline, call (800)656-HOPE.
- Determine whether or not you want to report the incident to the police. If there is any chance you do want to report the assault, you should not shower, bathe, douche, change

clothes or straighten up the area until medical and legal evidence is collected because these actions will destroy evidence.

- If you want to report the incident, first call the police and then go to the hospital and have the medical evidence collected.
- Go to a hospital, clinic or private doctor for treatment of external and/or internal injuries, tests for pregnancy and sexually transmitted diseases, and support services.
- Request a urine test as quickly as possible to detect the presence of sedating substances.

Every hour matters. Chances of getting proof are best when the sample is obtained soon after the substance has been ingested, but depending on the substance used, the test can be reliable even on a sample obtained 72 hours later. The test is free and can be requested by law enforcement officers, rape crisis centers and hospital emergency departments by calling (800)608-6540. This test will identify multiple substances, including alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, GHB, marijuana and opiates.

CAN I PROVE I'VE BEEN DRUGGED?

If you think you have been drugged, ask the rape crisis center, the hospital emergency room or the police to take a urine sample as soon as possible. Most substances can be detected through appropriate drug testing. The findings of such tests can provide valuable evidence in a court of law if you wish to prosecute the case, but it is important that the sample be handled according to proper legal procedures. Hoffmann-La Roche, a research-based pharmaceutical company, has made available a free drug-testing