



# ***HOT Sheet***

## **DMT**

**(Dimethyltryptamine)**

A Blair County treatment provider has encountered this drug with several youth it is serving and requested that we distribute a Hot Sheet to inform the community on this drug.

- Is a powerful hallucinogen
- Originally sourced from Amazonian plants or the venom of the Sonoran Desert Toad, but is now produced synthetically.
- Comes in crystalline form and is usually smoked from a pipe or bong in very small doses.
- The primary effects last between 15 and 20 minutes, with a cooling off period of a couple of hours before returning to normal.
- Risks include, sweating, nausea, disturbed vision, panic attacks, throat and lung irritation. It is not uncommon for those who take large amounts of DMT to suffer psychological and emotional difficulties for weeks afterwards. Integration of the trip into daily life can cause anxiety, difficulty focusing on daily tasks, preoccupation with the experience, and insomnia.
- N,N-DMT is a Psychedelic Tryptamine that carries many different names and abbreviations. Street names include Spice, Dmitri, Business Man's Lunch, and Business Man's Special.
- Is illegal in most western countries and is Schedule 1 in the United States. This means it is illegal to manufacture, buy, possess, or distribute. Maximum penalty for possession is seven years in jail. However, N,N-DMT's stronger cousin 5-MeO-DMT remains unscheduled and uncontrolled in all but a handful of countries, thus making it technically legal. ( Nebraska and North Dakota have recently scheduled 5-MeO-DMT, making it illegal)

If you have questions, please contact Patty Karn, Prevention Supervisor at The Blair County Drug and Alcohol Program, Inc. 814-381-0921, [pkarn@blairdap.org](mailto:pkarn@blairdap.org)