“Cheese”: The New Face of Heroin

Black Tar Heroin + Tylenol PM or generic = “Cheese”
What is “Cheese”?

- Black tar heroin combined with crushed Tylenol PM tablets
- Highly Addictive and very dangerous
- Tan-colored powder usually snorted through the nose with a tube, straw, or small ballpoint pen
- Packaged in a small paper bindle or zip lock baggie
- Can be bought for as little as $2
- Popular among Hispanic juveniles, both male and female
- Has been identified in more than a dozen Dallas ISD secondary and surrounding suburbs
The New Teenage Heroin Market

- Cheese, Chees, Cheez, Chez, Chz, Queso, Keso, Kso,…
  (look for these in text messages on cell phones)

- Combination of:
  - Black Tar Heroin
  - Tylenol PM
    (or generic)
What does “Cheese” look like
“Cheese” Packaged In Bindles
“Cheese” Packaged In Bindles

Student was storing his “cheese” in his car radio face-plate case
More “Cheese”
Symptoms of Use

- Drowsiness and Lethargy
- Euphoria
- Excessive Thirst
- Disorientation
- Sleepiness and Hunger
- Sudden change in grades & friends
Symptoms of Withdrawal
(may begin within a few hours of use)

- Mood Swings
- Insomnia
- Headache, chills, nausea, vomiting
- Muscle Spasms/bone pain
- Anxiety, agitation, disorientation
- May last five to six days
Overdose Risks

- Heroin, morphine (heroin metabolite) and diphenhydramine HCl are all CNS and respiratory depressants
- Overdose or combination with other depressants (i.e. alcohol) can cause respiratory arrest and subsequent death
Where Is The Heroin?

Users have become quite proficient at hiding their heroin/“cheese”

- Tennis shoes - under the soles, slipped under the loop in the tongue
- Clothes – Hoodies & Pants - in cuffs, waistbands, pockets
- Backpacks, book bags
- Girl’s bras
- Hair buns or twists
- Binders, inside books
- Inside color markers
- Belt Buckles
- Battery compartments of cell phones
Where is the Heroin? (cont.)

Building Hiding Places

- Restrooms
- Unlocked lockers
- Gym locker rooms
- Under portables
- In desks
- Classrooms
Manufacturing & Distribution

- End users purchase “bumps” of “cheese” from other juveniles or, in some cases, directly from adult dealers
- “Cheese” Can be purchased for as little as $10 a gram
- A single dose or “bump” typically costs $2
- Weights vary when packaged in bindles and stay consistent when packaged in baggies
Student’s Need:

- **Education** – Overview of what “cheese” is, what “cheese” looks like, and harmful effects

- **Prevention** – Promote developmental assets so that students are less likely to engage in risky behaviors and drug testing

- **Intervention** – Drug testing, counseling, and/or treatment
References

Information for this presentation obtained from:

• Dallas ISD Police and Safe and Drug-Free Schools/Abstinence Education Programs, February 2007

• TEA Region X Conference Presentation by Jeremy Liebbe, CPES, DISD Police Department