

Substance on the Rise

# Understanding the Dangers of Kratom

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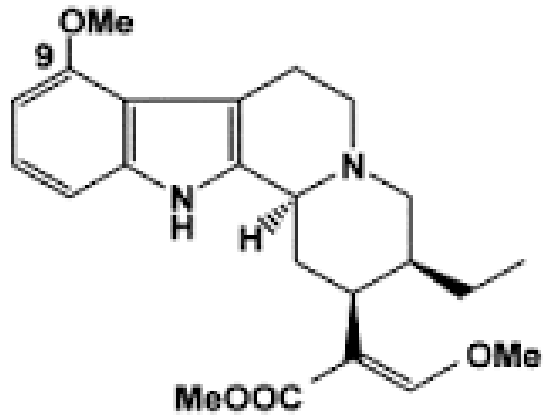


# Kratom

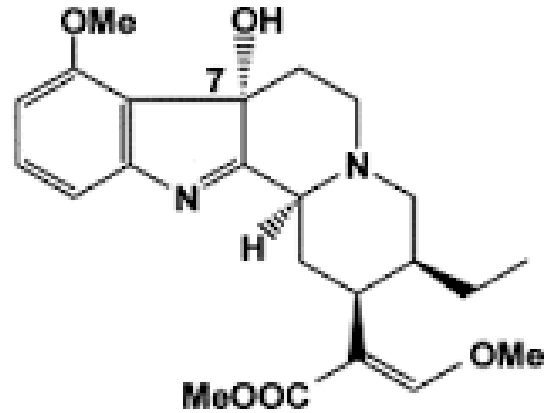


Kratom is an herbal extract that comes from the leaves of an evergreen tree called *Mitragyna speciosa* that grows in Southeast Asia.

- It is commonly available in vape shops, gas stations, and online in powders, teas, capsules, and liquid “shots”.
- Low doses → Stimulant effects
- Higher doses → Opioid-like effects



Mitragynine



7-Hydroxymitragynine

- Kratom leaves contain many chemical compounds (known as bioactive alkaloids) that can affect the body.
- The most well-studied compounds related to kratom are mitragynine and 7-hydroxymitragynine.

# Mitragynine

The most abundant alkaloid in the leaves of the *Mitragyna speciosa* (kratom) tree, making up most of the plant's total alkaloid content.



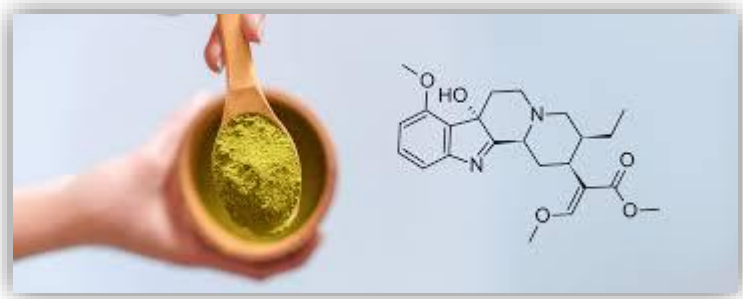
Acts as a partial agonist on opioid receptors. It is significantly less potent than 7-OH and interacts with other non-opioid receptors.

Typically consumed in kratom leaves or whole-leaf powder, though extracts are also available.

At low doses, it is linked to stimulant-like effects such as increased energy and alertness. At higher doses, it provides more sedating and analgesic effects.

# 7-Hydroxymitragynine

Naturally present in kratom leaves, but only in very small, trace amounts. It is also produced in the liver as a primary metabolite when the body processes mitragynine.



Significantly more potent than mitragynine and morphine. Studies suggest it can be 10–13 times more potent than morphine and up to 40 times stronger than mitragynine at the mu-opioid receptor.

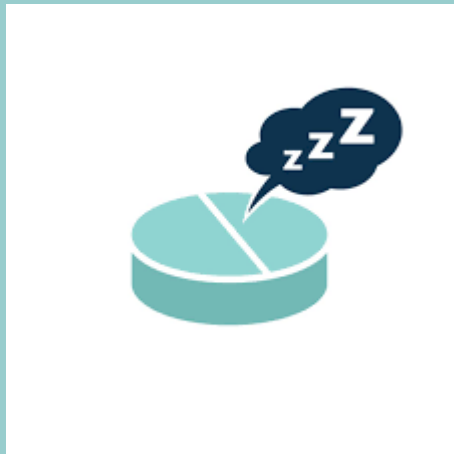
Modern extraction and synthetic techniques allow for the creation of concentrated 7-OH products (shots, gummies, tablets) that are far more potent than traditional kratom, which increases health risks.

Primarily responsible for the stronger euphoric, sedative, and potent pain-relieving effects associated with kratom, especially at high doses.

# Opioid-like effects

1

Sedative effects  
like relaxation,  
tiredness



2

Pain relief,  
activation of opioid  
receptors



3

Confusion



# Stimulant-like effects

1

Alertness



2

Increased energy



4

Rapid heart-rate



# Side Effects



**Weight loss**



**Drowsiness & Dizziness**



**Tremors or seizures**



**Nausea, vomiting, or dry mouth**



**Constipation & muscle pain**



**Delusions & hallucinations**



**Depression**



**Liver damage**



**Trouble breathing**



**High blood pressure**

# Legalities of Kratom

1

## No federal ban:

Kratom is not currently listed as a controlled substance under the U.S. Controlled Substances Act.

2

## FDA warnings:

The FDA has **NOT** approved kratom for any medical use and continues to issue warnings to consumers about its potential health risks.

3

## Marketing restrictions:

Due to FDA action, it is illegal to market kratom as a dietary supplement, food additive, or drug.

4

## "Drug of concern":

The DEA has formally listed kratom as a "Drug and Chemical of concern".

# State Bans

- Alabama
  - Arkansas
  - Indiana
  - Louisiana
  - Rhode Island
  - Vermont
  - Wisconsin
- 

# Local Bans

**California:** Legal at the state level but banned in San Diego, Oceanside, and Newport Beach.

**Colorado:** Legal statewide but illegal for human consumption in Denver.

**Florida:** Legal statewide but banned in Sarasota County.

**Illinois:** Legal for those 18 years and older but *banned in the cities of Jerseyville, Alton, Edwardsville, Glen Carbon, & Granite City.*

**Mississippi:** Legal statewide but banned in Union County.

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# Treatment Options

## Medication-assisted treatment/ recovery (MAT/MAR):

The use of medications in combination with counseling and behavioral therapies, which is effective in the treatment of opioid use disorders (OUD) and can help some people to sustain recovery.

## Intensive Outpatient Substance Use therapy (can include MAT):

More than 9 hours of therapy support per week which includes individual therapy, group therapy, and case-management

## Detox/Residential/Rehab program:

Typically 28-30 days, covered by most insurances, must not leave during program, cannot have cell phones, must be actively use substances, some allow MAT

## Outpatient Substance Use therapy (can include MAT):

Up to 9 hours of therapy per week which includes individual therapy, group therapy, and case-management

## Extended Care/Transitional Living/Sober Living:

Typically up to 6 months, can leave for work, have some independence, often grant funded, some insurances cover, most allow MAT

Scan the QR code to easily  
access Centerstone Services



RecoverWithUs.org

RECOVERWITHUS.ORG

# Getting Connected

Methadone, Suboxone, & Vivitrol are all offered at the following Centerstone locations, with Substance Use Outpatient offered at all Illinois locations:

Alton – 2615 Edwards St. Alton, IL 62002

Marion – 202 S. Bentley Marion, IL 62959

***Call 1-877-467-3123 to set up an initial assessment for substance use or mental health treatment***