

UNREGULATED INTOXICANTS IN NH

A COLLABORATIVE PROCESS TO ADDRESS THE ISSUE

05/15/2026



Department of
**HEALTH &
HUMAN SERVICES**



THE NEW HAMPSHIRE TECHNICAL ASSISTANCE CENTER (NHTAC)



NHTAC is funded by BDAS to provide no cost, high-quality technical assistance (TA) to practitioners, communities, policymakers, and other stakeholders that work across the alcohol and other drug continuum of care.



Step 1. Technical Assistance Request Submitted



Step 2. Determine the desired outcomes



Step 3. Work with the client to create deliverables

THE TA REQUEST

The Need:

- Celeste Clark, Raymond Coalition for Youth
 - Over the summer of 2024, unregulated intoxicants seemed to erupt on the market.
 - Ben gave a presentation at our November 2024 RCFY meeting about items they were confiscating.
 - From that time forward the issue seemed to only get worse and more prevalent, leading to increased conversations and the forming of our work group with the NH Drug-Free Community members.

The Request:

- Ann Crawford, New Hampshire Bureau of Drug and Alcohol Services
 - “Making the TA request was pretty easy. I was on a call with DLE and some of the coalition members and the topic came up that these [unregulated intoxicants] were becoming an issue and the group wanted to do some sort of educational campaign. Growth Partners was mentioned and I was asked to submit a TA request for the group.”

DETERMINE THE DESIRED OUTCOMES

DELIVERABLE #1

- Educate local legislators
- Inform local policy
- It was important to the client that the deliverable be finished by the end of December
- The language and design had to speak to legislators:
 - Informative and thorough
 - Quick read

CREATING THE DELIVERABLES

- Conduct preliminary research/literature review
- Meet with the large workgroup
- Create copy and graphics
- Obtain feedback from group leaders and entire workgroup until the client is happy with the result
- Finalize

THE DELIVERABLES (SO FAR...) FOR LEGISLATORS

What you need to know about UNREGULATED INTOXICANTS

None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration (FDA).

All of these products are widely available in smoke/vape and convenience stores in NH.

They are packaged and promoted to appeal to youth; children can and do purchase these products.

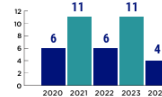


! Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the U.S. Drug Enforcement Administration made it a "drug of concern" in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl**, which has earned kratom the nickname "gas station heroin."

Hundreds of people in the U.S. die from kratom-involved overdose each year. Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

NH Overdose Deaths Involving Kratom



Scan for resources and product photos



! Nitrous oxide ("whippets")

Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older.** Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**



All of these products are widely available in smoke/vape and convenience stores in NH. They are packaged and promoted to appeal to youth; children can and do purchase these products. None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration.

! Amyl nitrite ("poppers")

Amyl nitrite is sold in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with **no age restrictions.** Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death. Drinking amyl nitrite is especially dangerous, often resulting in poisoning and death. **It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.** But because the substance can be used to remove nail polish and clean leather, it is easily available in stores and online via a legal loophole. The FDA strongly warns against inhaling the vapors.

! Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shrumfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**

! Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges. When prepared as a tea, blue lotus's effects are relatively mild. But when vaped or infused into alcohol or inhaled it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech. Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants. There are **no age restrictions** on its purchase in NH. **Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.**

! THC Products

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH.** Some products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.**



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nhtac.org

DETERMINE DESIRED OUTCOMES

DELIVERABLE #2

- Educate parents
- Create more inviting feel by softening colors and adding an image of people
- Add a “What parents/caregivers can do” section
- Use fewer words
- Remove graph and data that focused on overdose

THE DELIVERABLES (SO FAR...) FOR PARENTS AND COMMUNITY MEMBERS

Widely Available Dangerous Products

Pose a New Danger to Kids

All of these products are widely available in smoke/vape and convenience stores in NH. They are packaged and promoted to appeal to youth; children can and do purchase these products. None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration.

Kratom

Kratom is a powerful opioid-like substance. A compound called 7-OH is added to most kratom products, making them as potent as fentanyl and earning them the nickname "gas station heroin." Kratom:

- Is sold as gummies, tablets, shots, powder, and tea.
- Is marketed deceptively as a way to increase focus, aid relaxation, or alleviate depression.
- Currently has no age restrictions on purchase.
- Has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death.

The U.S. Drug Enforcement Administration made kratom a "drug of concern" in 2025.

Nitrous oxide ("whippets")

Nitrous oxide is the anesthetic known as laughing gas. Nitrous is also used in whipped cream dispensers and compressed air canisters for cleaning computer keyboards. It produces a brief high but can cause lasting neurological damage, especially with repeated use.

- Recreational nitrous use has increased since the pandemic, especially among teens younger than 18.
- People can become addicted to nitrous, consuming dozens of canisters of this inhalant daily.
- Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, brain damage, and death.
- Nitrous is marketed under names like Galaxy Gas and in flavors like mango smoothie or vanilla cupcake.
- Videos on TikTok and YouTube celebrate nitrous as a party drug and show youth how to get high off it.

Amyl nitrite ("poppers")

Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death.

- It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.
- But because it can be used to remove nail polish and clean leather, amyl nitrite is easily available in stores and online via a legal loophole.
- Amyl nitrite is marketed as a party drug in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with no age restrictions. In stores, these products are usually located near the energy drink shots, which is concerning because they look very much alike.
- The FDA strongly warns against inhaling amyl nitrite vapors.

Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products.

- You must be 21 to purchase psychoactive mushroom products in NH.
- These are advertised to improve cognitive performance, boost energy, and relieve stress.
- Brand names like Shrumfuzed and Alice Brainstorm emphasize the products' hallucinatory properties.
- Many of these products include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.

Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges.

- When prepared as tea, blue lotus's effects are relatively mild.
- When vaped or infused into alcohol it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech.
- Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants.
- There are no age restrictions on buying blue lotus in NH.
- Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.

THC products

Hemp-derived cannabis products are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products.

- Hemp-derived cannabis products stronger than 0.3% THC are illegal in NH.
- Many products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher.
- Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.

What Parents/Caregivers Can Do

Educate yourself about these dangerous products—Go to vape shops or gas stations and see what is for sale, what the products look like, and how they are promoted.

Talk to your kids—Let them know you understand what these intoxicants are. Make it clear that these products are dangerous and set expectations that your kids avoid them.

Communicate about deceptive marketing—Help your kids grasp that these products often have dangerous hidden ingredients. Talk with them about the fact that companies try to trick youth into buying these substances by making them look like harmless candy.

Research into prevention messaging for youth reveals:

- Not wanting to disappoint their parents/caregivers is a major reason youth avoid alcohol and other drugs.
- Youth do not like being deceived. When they learn that companies are hiding dangerous ingredients and trying to trick them into purchases, they are less likely to take the risk.
- Talking with youth about dangerous products does not encourage them to experiment.



Scan for resources and product photos

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DISTRIBUTION AND USE

- Widely distributed at the State House to inform legislation at the state level
- Distributed at local legislative meetings
- Used to educate school officials
- Used by Student Assistance Programs
- Used as a basis for talking points and discussions with youth

THANK YOU!

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TO REQUEST TA: [HTTPS://NHTAC.ORG/TA-INTAKE-FORM/](https://nhtac.org/ta-intake-form/)



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