

Substance Category	Examples
Alcohol	Beer, malt liquor, wine, and distilled spirits
Illicit drugs (including prescription drugs used nonmedically)	<ul style="list-style-type: none">• Opioids, including heroin• Cannabis (may be legalized by state laws)• Sedatives, hypnotics, and anxiolytics• Hallucinogens• Stimulants, including methamphetamine-like substances, cocaine, and crack• Dextromethorphan and other cold medications
Over-the-counter drugs (used nonmedically)	Dextromethorphan, pseudoephedrine, and other cold medications
Other substances	Inhalants, such as spray paint, gasoline, and cleaning solvents; Delta-8 THC

Table 19.1 Categories and Examples of Substances