

Meth:

What's Cooking In Your Neighborhood?



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Center for Substance Abuse Prevention
www.samhsa.gov

Overview

- What is meth and where does it come from
- What are the effects
- Who uses meth
- What is the impact on others
- What can be done
- Who can do it
- Where can we get more information



What is meth and where does it come from?



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Meth

Methamphetamine

Speed

Uppers

Chalk

Crystal

Glass

Crank

Ice

Most widely abused illicit drug in the world after marijuana



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What is meth

Highly addictive stimulant

Odorless, bitter-tasting, white crystalline powder

Smoked, snorted, injected, taken orally



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Where does meth come from?

- Meth/many ingredients come from Mexico
- Secret laboratories can spring up quickly
- U.S. production and availability of meth are increasing



What are the immediate and long-term effects?



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The effects of meth

- Dramatically affects the brain
- Alertness/wakefulness
- Feelings of increased strength/renewed energy
- Intensified feelings of sexual desire
- Feelings of invulnerability
- Feelings of increased confidence/competence



What's the downside?

Meth users suffer severe effects and consequences:

- Depression
- Binge and crash pattern of use
- Crash phase—“tweaking”—often includes feelings of anxiety and emptiness
- Addiction
- Brain damage



What comes after the “high”?

- Irritability/aggressiveness/frustration
- Anxiety
- Depression
- Fatigue
- Paranoia
- Hallucinations or delusions
- Intense cravings for the drug



Long-term effects

- Brain damage
- Memory problems
- Insomnia
- Decreased appetite and anorexia
- Increased heart rate and blood pressure
- Breathing problems
- Increased risk of stroke
- Increased risk of HIV/AIDS, hepatitis B and C, and other diseases from shared needles.



Who uses meth?



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Anyone can be a potential meth user

Interstate truck drivers

White-collar workers

Restaurant, construction, and factory workers

Gay men

People with AIDS

Students

Youth at all-night parties

People seeking weight loss

Athletes

People producing meth



Who uses meth

Age of first use: teens

Very easy to go from casual use to being addicted



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What is the impact on others?



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Meth production and its effects

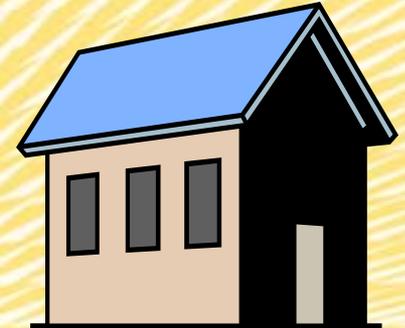
Over-the-counter ingredients

Easily made at home

Manufacturing = cooking

Dangerous chemicals and toxic residue

Labs can and do explode unexpectedly



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Non-users suffer too

- Domestic violence and child neglect
- Threats to physical safety of community members:
 - *One in six meth labs explodes or catches fire*
 - *Every pound of meth leaves behind 5–6 pounds of toxic waste*
- Property values decline, crime escalates



Meth and pregnancy

Consequences for Infants:

- Premature delivery
- Low birth weight
- Abnormal reflexes and extreme irritability
- Learning defects



Meth—the impact on children

- Neglect
 - Daily needs
 - Health and hygiene
 - Malnutrition





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What can be done?



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Treatments

Drug education

Family and group therapies

Self-help groups

Medication

More research is needed for special populations



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Caregivers can prevent meth use

Establish and maintain good communication

Be involved in the child's life

Make clear rules and enforce them

Be a positive role model

Teach children to choose friends wisely

Monitor children's activities

Learn about meth and its risks



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Preventing meth use

Requires the entire community working together

Families

Faith communities

Schools

Service groups

Media

Professional
organizations

Law enforcement

Social
services

Businesses

Treatment agencies

Health organizations



Community action can prevent meth production

Individuals CAN make a difference

Recognize and report potential labs and dealers



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Identifying meth labs

Variety of ingredient jars and containers

Cold medicine, acetone, camping fuel, paint thinner

Lithium batteries

Propane tanks with blue fittings

Strong chemical smells



Indicators of meth labs and dealers

Houses

- Windows covered
- Porch lights coded
- Drug paraphernalia litter
- Lights left on for long periods

Traffic

- Frequent vehicle or foot traffic
- Taxis



**Where can we get more
information?**



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Resources

- SAMHSA's National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686, www.SAMHSA.gov.
- Informational Web sites
 - whitehousedrugpolicy.gov
 - www.nida.nih.gov
 - www.preventiondss.org
 - www.clubdrugs.org
 - www.cadca.org
 - www.usdoj.gov/dea/agency/domestic.htm

