Presentation Goals

1. To educate you about the threat of methamphetamine

2. To motivate you to take action in your family and community.
Presentation Topics

Methamphetamine Facts

Effects of Methamphetamine Use on Individuals

Effects on Communities

Families, Prevention, and Intervention

Treatment and Recovery

Communities and Prevention
What is a Substance Use Disorder

- **Substance use disorder (SUD)**, also called drug addiction, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication.
- SUDs affect people from all walks of life and all age groups.
- A SUD is a chronic disease, like heart disease or diabetes.
- It cannot be cured, but it can be managed.
Meth Facts
What is Meth?

Methamphetamine (meth) is a highly addictive stimulant drug.

Meth can be:
- Snorted
- Smoked
- Injected Intravenously
- Eaten or rubbed on the gums

Also known as:
- Crank
- Ice
- Crystal
- Speed

- Tweak
- Chalk
- Glass
Common Signs of Use

The signs and symptoms of a meth addiction are both physical and psychological:

- Sleep disturbances
- Mood swings, explosive outbursts
- Relationship problems, sudden change in friends, & reduced interaction with family
- Unexplained need for money in order to purchase drugs
- Changes in eating patterns
A Cause for Concern

2016
Cost of 1 ounce of methamphetamine in San Diego County = $350-600

2019
Cost of 1 ounce of methamphetamine in San Diego County = $150-325

In the first half of 2019, methamphetamine sampled through the DEA Methamphetamine Profiling Program averaged 97.2 percent purity and 97.5 percent potency.
Use in America

As of 2019,

• 2 million people used meth in the past year

• 0.2% (or 41,000 people) of **people aged 12 to 17** used meth in 2019

• 0.8% (or 275,000 people) of **people aged 18 to 25** used meth in the past year

• 0.8% (or 1.1 million people) of **people aged 28 or older** used meth in the past year

NSDUH, 2019
Effects of Methamphetamine Use on Individuals
Your Body on Methamphetamine

SHORT TERM: Powerful rush, euphoria, long-lasting high can stretch on for days after binge.

INCREASES: drive, blood pressure, heart rate

DECREASES: inhibition, appetite, need for sleep
The Brain on Meth

• Dopamine is a feel-good chemical produced by the brain

• Meth kicks dopamine production into high gear, lighting up the brain

• It changes brain chemistry, and after extended use, the brain stops responding to dopamine.

• The result: users can’t feel good.
Long Term Effects

- Paranoia
- Hallucinations – especially of bugs crawling under the skin
- Depression
- Obsessive behavior
- Agitation
- Insomnia
- Aggression or violent behavior
- Dental damage
- Convulsions
- Heart disease
- Death
Effects on Communities
Friends
Communities
Neighbors
Families
Parents
Children
Public Safety
Children at Risk

• Children Neglected
• Dangerous home environment
Impact of Meth on Communities

Crime

• Methamphetamine drives criminal behavior
• Identity Theft
• Domestic Violence
Impact of Meth on Communities

In San Diego in 2019,

• More than half (59%) of adult arrestees tested positive for meth
• 11,313 misdemeanor/felony arrests for meth sales and possession
Methamphetamine’s Costs to Communities

Total Cost to the United States: $23.4 Billion

• Crime & Criminal Justice
• Hospital and Emergency Room Care
• Dental Care
• First Responders
• Social Services

Rand Corporation, 2009
Families, Prevention and Intervention
The Power of Parents

• Kids who learn a lot about the risk of drugs from their parents are significantly less likely to use drugs.

The chart shows the percentage of San Diego students who have talked with at least one of their parents or guardians in the past 12 months about the dangers of tobacco, alcohol, or drug use.*

*California Healthy Kids Survey (2017-2019)
When Should I Start Talking to My Kids About Alcohol and Other Drugs?

Drug Prevention Tips for Every Age

- Preschool (2-4 years old)
  - Lay the foundation for healthy habits
- Early elementary (5-8 years old)
  - Discuss how someone should only take a pill from a bottle with their name on it
  - Help them to make decisions for themselves
- Preteen (9-12 years old)
  - A direct approach to your expectations as a parent related to substance use
  - Role play responses to if someone offers them a medication
- Teenager (13-18 years old)
  - Calm and open communication about habits, peers, expectations and consequences

Find more details at www.drugfree.org/article/prevention-tips-for-every-age/
Talking About Drugs

• **Use Teachable Moments**: Using real-life situations as conversation starters

• **Monitoring**: Where, What, When, and With Whom?

• **Be a Parent, not a Pal**: Set rules, expectations, and boundaries...and enforce them.
Treatment & Recovery
• Addiction is a disease, and like other diseases, it can be treated
• Addiction can affect anyone: men, women, adults, teens, rich, and poor
• 19.7 million Americans afflicted – 92% Get NO TREATMENT
VOICES OF HOPE
## Intervention and Treatment

<table>
<thead>
<tr>
<th>Myths</th>
<th>Realities</th>
</tr>
</thead>
<tbody>
<tr>
<td>She can stop if she really wants to</td>
<td>People need help with addiction</td>
</tr>
<tr>
<td>People need to hit “rock bottom”</td>
<td>Acting sooner is better</td>
</tr>
<tr>
<td>Treatment won’t work</td>
<td>Treatment can help – it works for many</td>
</tr>
<tr>
<td>Methamphetamine Use Disorder is hopeless and untreatable</td>
<td>Methamphetamine Use Disorder is treatable</td>
</tr>
</tbody>
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Research shows there are several approaches showing positive results in treating methamphetamine addiction.
Challenges of Methamphetamine Treatment

- Need on-going family and community commitment and support
- Need trust and consistency in the treatment process
- Awareness of long-term cravings
- Need good nutrition and sleep regiment
- Highly agitated – short attention span
- Co-occurring psychiatric disorders
- May need significant medical and dental attention

Treatment requires persistence but it pays off for individuals, families, and communities.
Healing Damage to the Brain

• Methamphetamine appears to damage the brain more severely than other substances
• Brain research indicates dopamine production is significantly reduced for an entire year after use ceases
  • Full recovery from damage to neurons was not realized until two years after cessation in animal studies
• Key ingredients for brain healing are ample amounts of time and abstinence from use
Approaches Showing Good Outcomes

• **Cognitive Behavioral Therapy**: Focuses on how thoughts and feelings influence behavior; changing thought processes that trigger substance use.

• **Matrix Model**: 16-week intensive outpatient program followed by 9+ month support group. CBT-based, individual psychotherapy, relapse prevention training, family group support, and education.

• **Therapeutic Communities**: Drug-free residential settings with treatment stages reflecting increased level of personal and social responsibility.

• **Drug Courts**: Court-mandated and monitored treatment as an alternative to incarceration; based on contingency management.

Sources: UCLA; *Journal of Substance Abuse Treatment*; NIDA Research Report Series: Therapeutic Communities
Communities & Prevention
We are all affected

• Families
• Children
• Neighborhoods
• Homeowners
• Landlords
• Healthcare workers
• First responders
• Hotel workers

• Real estate agents
• Meter readers
• Park employees
• Business owners
• Letter carriers
• Teachers
• Taxpayers
Taking Action

Take Action in Your Family –
Educate, Talk, Support, Self-care and Monitor

Take Action in Your Community –
Network, Volunteer, Speak Up and Speak Out
# Be an Agent of Change

## Talk
- Talk to everyone to keep the conversation going
  - your kids, fellow parents, colleagues, and neighbors

## Share
- Share with family and friends about the presentation, what you have learned and the resources available

## Engage
- Engage with community groups that would be interested in learning more about the Meth 360 presentation

## Monitor
- Monitor your child’s behaviors
Resources
Learn more at methproject.org
WHERE TO START

Call the Access and Crisis Line 888-724-7240 or 2-1-1
Get help
You are your child’s greatest champion and advocate. We are yours. Connect with us for personalized support and services.

Take action
Join us as we work with grassroots advocates and passionate supporters to change how our nation views and treats addiction.

Work with us
If you work in prevention and treatment, the health care system, the government or your community, we can be a partner in making quality care available for families.
VOICES OF HOPE
Thank you!