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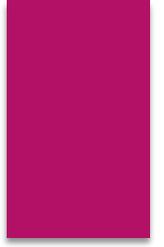
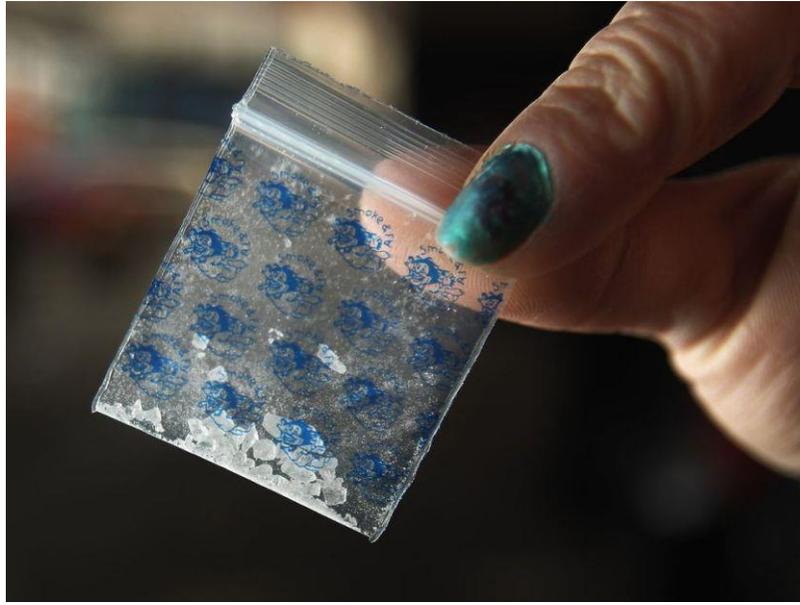
Crystal Meth Awareness

Why are we here today?

- ▶ Crystal Meth, also known as Crank, Jib, ISH, Tech, Ice, TINA is a powerful and highly addictive stimulant that affects the central nervous system.
- ▶ This drug is a danger to indigenous communities.
- ▶ Crystal Meth is in our community and destroying the lives of our family members.
- ▶ Crystal Meth is unlike any other drugs
- ▶ Crystal Meth is low cost and easily accessible to all our people.

What is Crystal Meth

- ▶ Methamphetamine is an addictive synthetic stimulant that causes the brain to release a surge of dopamine, creating a high that lasts from 6-24 hours.
- ▶ It can be smoked, snorted, orally ingested, rectally injected and injected intravenously “slamming” .
- ▶ It is available in many different forms and the color can range from white to yellow and red to brown.
- ▶ Meth comes in a powder form that looks like granulated crystals and in a rock formation (ice).



Stages of a Meth Binge

- ▶ Instant feeling of euphoria and rush that lasts about 20-40 mins
- ▶ Feelings of being High can last up to 3 days after depending on dosage and tolerance.
- ▶ Bingeing can last anywhere from 4-15 days or longer
- ▶ Crash

How is Meth Made

- ▶ It is a multi-step cook process
- ▶ The key ingredient is ephedrine or its cousin, pseudoephedrine, cook it into meth, and process it into a form for consumption.
- ▶ These chemical can be cheap, everyday household items like ammonia, lye and red phosphorous scraped right from a match box cover.
- ▶ Start to finish the cooking process can take about 48 hours. The solution needs to be heated, producing toxic fumes and the chance of explosion.

What are the effects of Meth

- ▶ Meth works on the brain and body in three main ways:
 1. It displaces neurotransmitters, such as serotonin and noradrenaline from storage areas in nerve cells, causing the cells to release these chemicals even when they are not needed.
 2. It increases the release of dopamine, a neurotransmitter that regulates pleasure and body movement.
 3. It inhibits the action of monoamine oxidase, an enzyme that usually breaks down dopamine and noradrenaline.

What does Meth do to our body?

- ▶ Side effects of meth include convulsions, dangerously high body temperature, stroke, cardiac arrhythmia, stomach cramps, and shaking.
- ▶ Chronic abuse can lead to psychotic behaviour including intense paranoia, visual and auditory hallucinations, and out of control rages.
- ▶ Chronic users develop sores on their bodies from scratching at crank bugs of which describes the common delusion that bugs are crawling under the skin.
- ▶ Long term use may develop anxiety, insomnia and addiction.
- ▶ After meth-amphetamine use is stopped, several withdrawal symptoms can occur, including depression, anxiety, fatigue, paranoia, aggression and an intense craving for the drug.
- ▶ Psychotic symptoms can sometimes persist for months or years after use has ceased.

Why Meth?

- ▶ When someone uses Meth, there is an extremely pleasurable “rush” within seconds of smoking, snorting, injecting
- ▶ Long lasting high
- ▶ Feelings of power, joy, confidence, success and high self esteem
- ▶ Increased wakefulness, alertness and concentration
- ▶ Increased sexual desire and performance (may decrease with use)
- ▶ Weight loss(which can result from decreased appetite caused by use)

Negative effects – Short Term

- ▶ Restlessness and shakiness
- ▶ Increased heart rate and blood pressure (chest pain, heart attack or stroke)
- ▶ Increased body temperature (overheating, convulsion and death)
- ▶ Impulsiveness (impaired decision making)
- ▶ Visual hallucinations
- ▶ Formication (a feeling that insects are crawling on or under the skin)
- ▶ Upset stomach, nausea, vomiting and diarrhea

Negative effects- Short Term Continued

- ▶ Uncontrolled body movements, including seizures that can be fatal
- ▶ Amphetamine psychosis: confusion, paranoia and aggressive or violent behaviour
- ▶ Tweaking: uncomfortable, miserable and irritable feelings as the high ends.
- ▶ Crash: fitful sleep for two to four days after binge use and excessive eating after waking up
- ▶ Increased risk of HIV, Hepatitis C and other disease when methamphetamine is used by injection.
- ▶ Risk of sever injury or death from overdose or from reckless behaviour caused by use
- ▶ Risk of harm to unborn children when meth is used by pregnant women(includes:" slower growth before birth, premature birth, low birth weight, possible birth defects, miscarriage or still birth).

Negative effects- Short Term Continued

- ▶ Risk of harm to others from unintentional exposure to the drug or from violent behaviour caused by someone else's use. * Cross contamination*
- ▶ Harm to family life (mistrust, suspicion and despair of family members coping with their loved ones use.)
- ▶ Harm to work or school life (including conflict with colleagues and supervisors, workplace safety concerns and possible job loss or school expulsion.
- ▶ Harm to entire community (crimes, violence, property damage, health care costs, environmental harm related to meth productions; can increase over time.

Negative effects- Long Term

- ▶ High tolerance and strong psychological withdrawal (creates addiction)
- ▶ Disturbed sleep patterns and insomnia
- ▶ Rapid, unhealthy weight loss cause by appetite supressing effects and poor nutrition.
- ▶ Skin sores and infections caused by repetitive scratching and picking
- ▶ Dental problems caused by dry mouth neglected dental hygiene, poor nutrition and the acidity of meth. "Meth Mouth".
- ▶ Sexual problems related to the physical and psychological effects
- ▶ Memeory prblmes and short attention span and difficulty focusing on single tasks
- ▶ Irritability and nervousness

Negative effects- Long term Continued

- ▶ Anhedonia" loss of ability to feel normal pleasure
- ▶ Severe depression, and possible suicidal thoughts.
- ▶ Greatly increased risk for HIV, Hepatitis C and other diseases
- ▶ Increased risk of harm to unborn babies when used by pregnant women
- ▶ Escalating problems in life
- ▶ Harm to family relationship and friendships, problems at work or school, financial difficulties and legal trouble.

Child welfare

- ▶ Children in homes where meth is cooked, smoked, handled will likely have long lasting or permanent damage to their bodies and brains. And are more likely to become addicted.
- ▶ Children in homes where meth is consumed, learn irregular sleep and eating habits that impact development.

What is psychosis

- ▶ Psychosis is an illness of the brain that makes it difficult to think and may cause a person to hear, see or believe things that seem real, but aren't. Crystal meth can cause psychosis on it's own if used heavily or by someone who has some other risk factors for psychosis. Some of those people who get psychosis from using crystal meth keep having psychotic symptoms after they stop using.
- ▶ So crystal meth isn't good for anyone, but it is very important to stop using crystal meth if you have had psychosis or have a family history of mental illness.

Meth Psychosis

- ▶ Meth Psychosis looks different for everyone
- ▶ Group discussion
- ▶ What can we do?
- ▶ Contact:
 - ▶ Sioux Valley Dakota Nations Security 1-204-851-0810
 - ▶ RCMP- 911

Community Approach: What can we do?

- ▶ Educate ourselves, educate our children of the risks.
- ▶ Don't stand by and watch, alert the authorities.
- ▶ Ask for help
- ▶ Culture is prevention
- ▶ Community wide Awareness campaign is needed!

Resource for parents

▶ **YASU- Youth Addiction Stabilization Unit Toll Free 1-877-710-3999 – Winnipeg, MB**

- ▶ * is a short-term program to support families/guardians with a child who has an addiction (using substances severely and persistently) to alcohol, drugs, and all other substances
- ▶ * provides a safe, secure environment for youth to withdraw (detox) from the acute effects of substance abuse (alcohol, other drugs)
- ▶ * provides educational information on substance use, mental health, suicide, sexual health, resources and support
- ▶ * supports / encourages the young person to explore treatment options available in the community
- ▶ * can assist with the referral process to residential treatment if the youth is willing to attend treatment

Local Resources

- ▶ NADAP - 855-2671
- ▶ Dakota Tiwahe Services- 855-2205
- ▶ Crisis Hotline 1-204-512-0874 1-800-316-3511