

“Crystal Meth” For Teens

It has many names: *Tina, Crank, Croak, Crypto, Crystal Ice, Fire, Glass, Meth, Tweek, White Cross.* No matter what you call it, it's still methamphetamine.

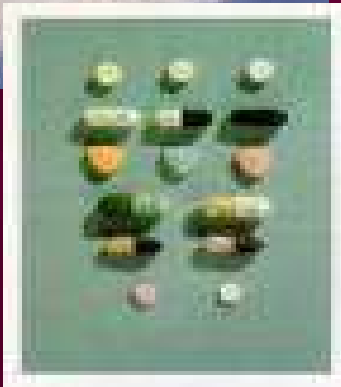
**Tell us what you know
about Crystal Meth**



What is Crystal Meth?

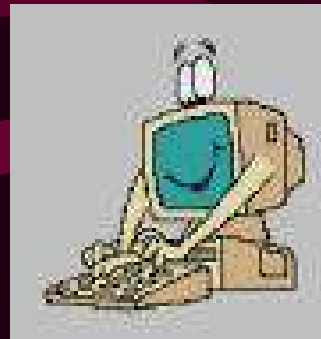
- Amphetamine or Methamphetamine?

Smoked
Injected
Snorted
Swallowed



Why Do People Start Using it?

- Improve mental and physical performance
- Alertness
- Weight loss
- Energy
- To Feel really good
- Social Influences:
Media, Friends, Family



Physical Effects (User)

- Increased body temperature

- Increased blood pressure

- Weight loss, malnutrition

- Increased heart rate

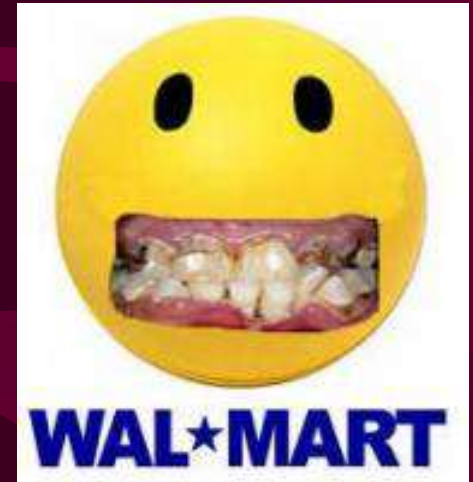
- Sweating

- Insomnia



Physical Effects (User)

- Uncontrollable/involuntary body movements
- Shortness of breath
- Seizures
- Continuous/excessive dilation of pupils
- Damage to internal organs; lungs, liver, heart, brain
- Open dry sores, “Crank Bugs”
- “Meth Mouth”
- Severe Burns



Crank Bugs:

The body's natural reaction is to try and eliminate the toxins. Users itch and scratch which causes the open sores.





The addict after and before the meth addiction



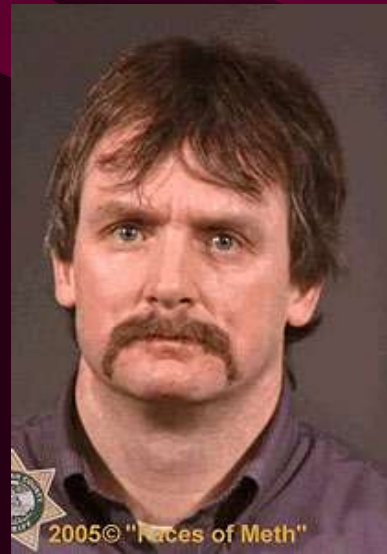


**2.5
Years
Later
(Age 42)**



2005© "Faces of Meth"

1.5 Years



2005© "Faces of Meth"

3 months later



“Meth Mouth”



Severe “Burns” or even “Death”





1 Year of Use

1 Year of Use

2 Months of Use

4 Years of Use



5 Years of Use

6 Months of Use

7 Months of Use

11 Months of Use



8 Months of Use

5 Years of Use

4 Months of Use

1.5 Years of Use



3 Months of Use

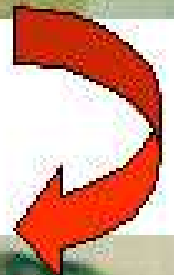
2.5 Years of Use

4 Years of Use

2.5 Years of Use



10 Years of Meth Use



Children Exposed to *Meth*



Short Term Effects

- Increased wakefulness, breathing, and heart rate
- Decreased appetite
- Dry mouth
- Overheating
- Tremors and Convulsions
- Depression as it wears off

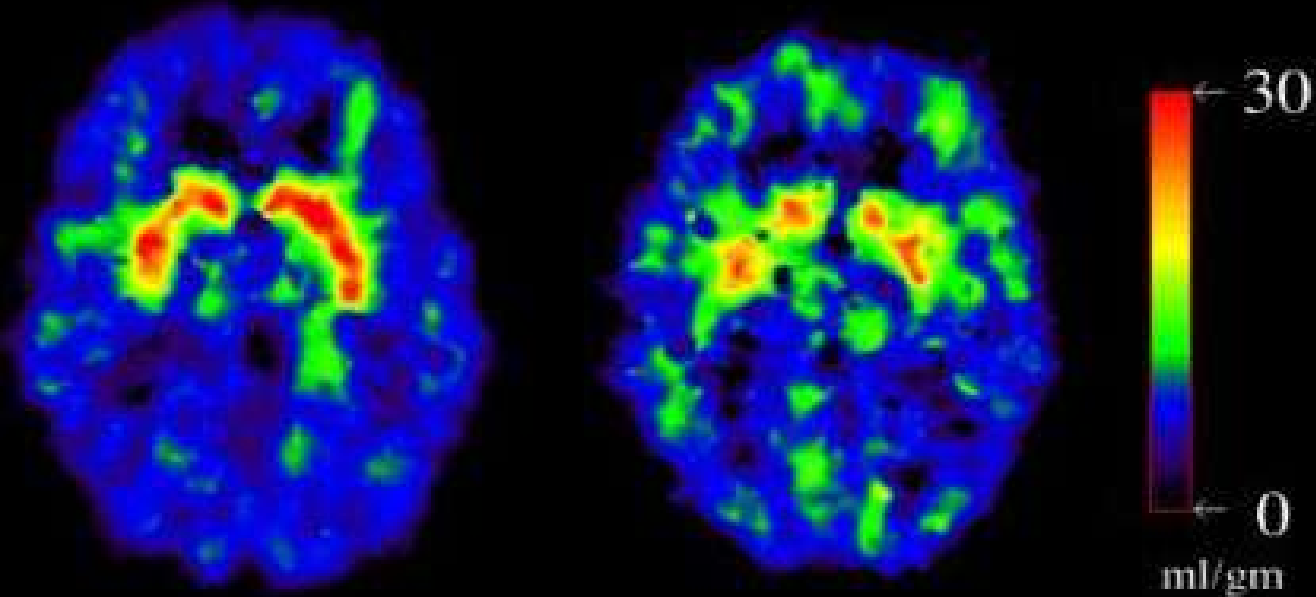
Long-Term Effects

- Anxiety, confusion, and sleep problems
- Hallucinations and delusions
- Methamphetamine Psychosis
- Psychotic behavior
- Chronic depression
- Severe weight loss
- Brain damage



Brain Damage?

Loss of Dopamine Neurons After Heavy Methamphetamine Use



Comparison Subject

METH Abuser

Source: Volkow, N.D. et al., Am J. Psychiatry, 158(3), pp. 377-382, 2001.

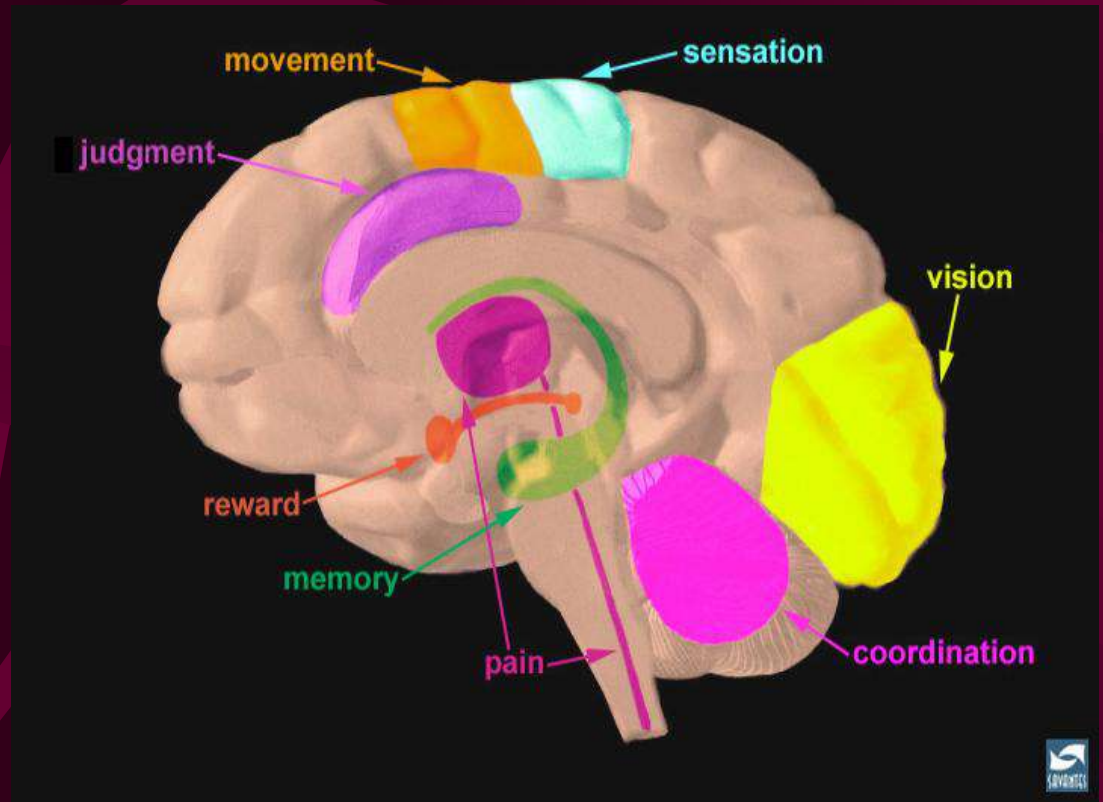
- Brain damage can result from using Crystal Meth. Researchers have reported that as much as 50% of the dopamine producing cells in the brain can be damaged after prolonged exposure to even small amounts of meth.

Dopamine

Pleasure

Movement

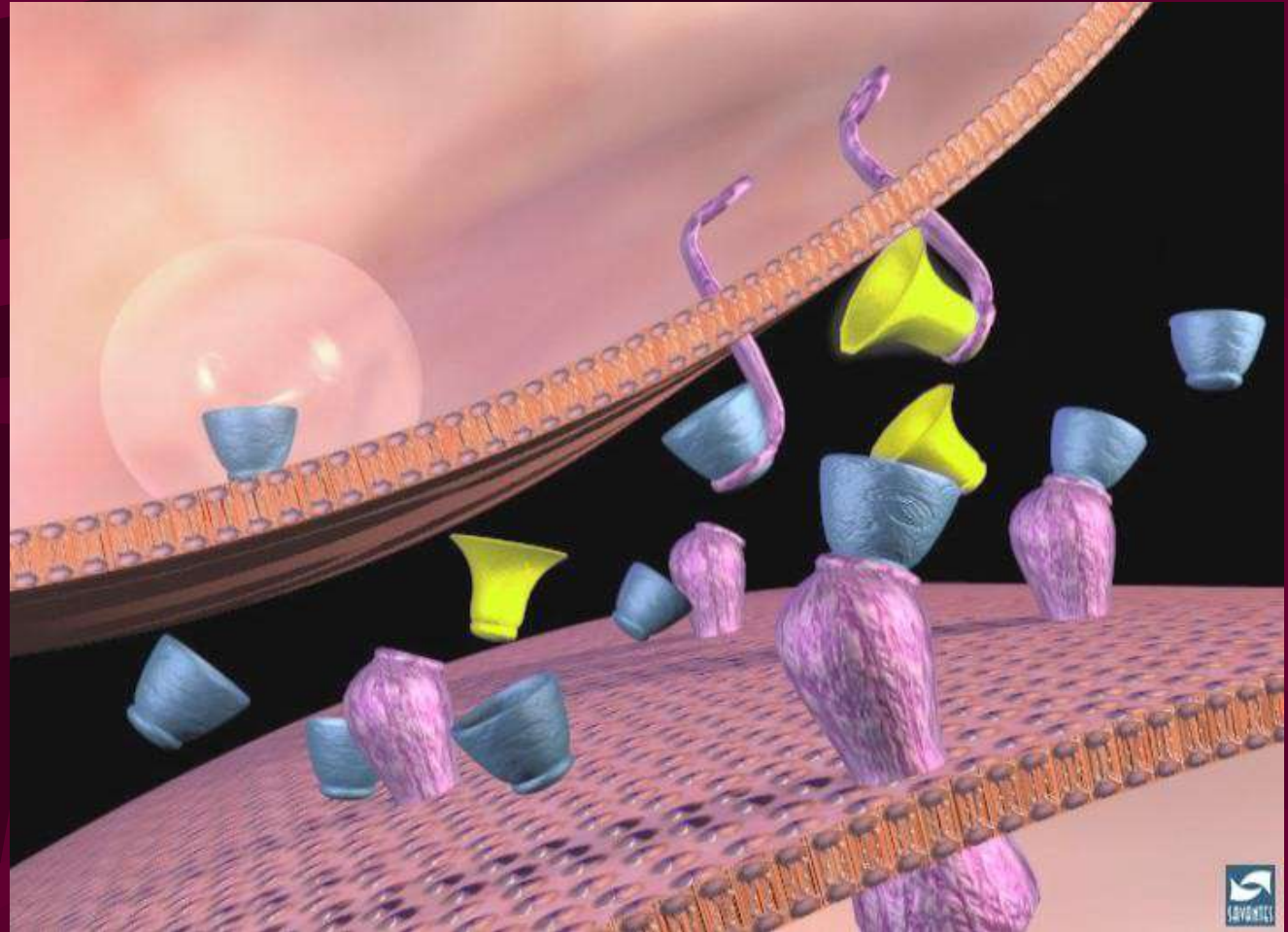
Coordination



Dopamine Transmission

Dopamine

Crystal Meth



“Poor Man’s Cocaine”

- Components Readily available
- Mom and Pop “METH LABS”-
suburban/urban/rural environments
- Easy to Make
- Cheap to make
- Cost 10% of finished
- product just to make it
- Sells for same price as
- cocaine



Where are these *Meth Labs*?

- ★ Houses
- ★ Mobile Homes
- ★ Businesses
- ★ Apartments
- ★ Hotels, Motels
- ★ Garages
- ★ Pole Barns, Sheds
- ★ Storage Facilities
- ★ Cars, Semi-trailers
- ★ Fields, Parking Lots
- ★ Remote Locations







Abandoned buildings such as the school house pictured above, are popular places for impromptu meth lab sites.

Commonly Found Chemicals

- Pseudoephedrine Tablets
(Mini-Thins, Sudafed, etc.)



- Starter Fluid (Ether)

- Denatured Alcohol

- Heet (Methanol)

- Drano, Red Devil Lye

- Anhydrous Ammonia

- Red Phosphorous, toluol, paint thinner

- Sulfuric Acid (Battery Acid)/

Muriatic Acid



Detrimental Affects of these Chemicals

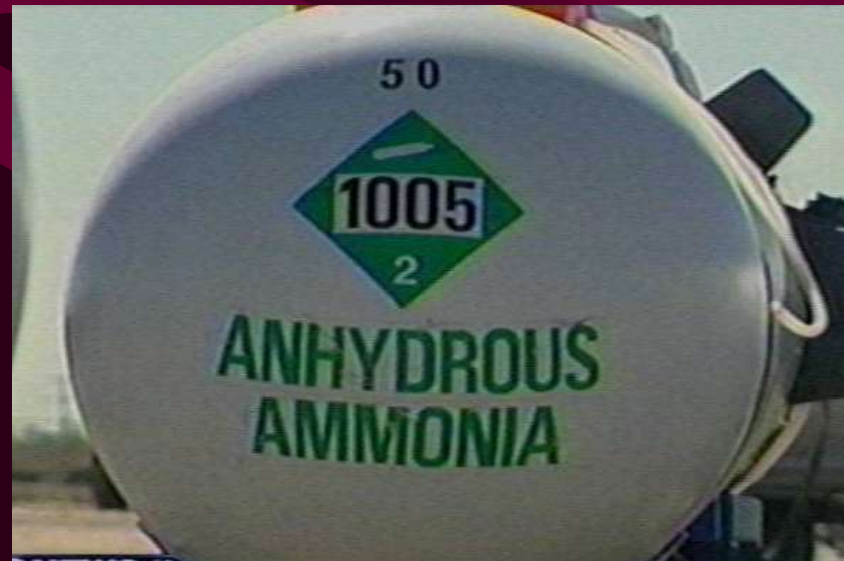
The concern is that these chemicals can and will:



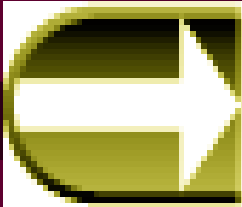
- ★ React to Air
- ★ React to Water
- ★ React to Shock Movement
- ★ React to Each Other
- ★ Attack Eyes, Lungs, Kidneys
- ★ Burn Skin
- ★ Kill you



House Explosions are not
Uncommon!







Before You Risk It...

- **Stay informed.** In 2001, methamphetamine use sent more people to the emergency room than use of any other club drug. Over half of these cases involved meth in combination with another drug, such as alcohol, heroin, or cocaine.²
- **Know the risks.** There are a lot of risks associated with using methamphetamine, including:
 - Meth can cause a severe “crash” after the effects wear off.
 - Meth use can cause irreversible damage to blood vessels in the brain.
 - Meth users who inject the drug and share needles are at risk for acquiring HIV/AIDS.
- **Look around you.** Not everyone is using methamphetamine. In 2003, 3.2 percent of 12th graders reported having used methamphetamine.



Know the Signs...

- **How can you tell if a friend is using meth?** It may not be easy to tell. But there are signs you can look for. Symptoms of methamphetamine use may include:
 - Inability to sleep
 - Increased sensitivity to noise
 - Nervous physical activity, like scratching
 - Irritability, dizziness, or confusion
 - Extreme anorexia
 - Tremors or even convulsions
 - Increased heart rate, blood pressure, and risk of stroke
 - Presence of inhaling paraphernalia, such as razor blades, mirrors, and straws
 - Presence of injecting paraphernalia, such as syringes, heated spoons, or surgical tubing.
- **What can you do to help a friend who is using meth?** Be a real friend.

What to do if you encounter a Clandestine Methamphetamine Laboratory

- **DO NOT** touch anything in the lab.
- **DO NOT** turn on any electrical power switches or light switches.
- **DO NOT** turn off any electrical power switches or light switches.
- **DO NOT** eat or drink in or around a lab.
- **DO NOT** open or move containers with chemicals or suspected chemicals.
- **DO NOT** smoke anywhere near a lab.
- **DO NOT** sniff any containers.
- **DO** decontaminate yourself and your clothing.
- **DO** wash your hands and face thoroughly.
- **DO** call your local authorities or DEA district office

Environmental Harm:

For each pound of meth produced, five to six pounds of hazardous waste are generated, posing immediate and long-term environmental health risks. The chemicals used to make meth are toxic, and the lab operators routinely dump waste into streams, rivers, fields, backyards and sewage systems, which can in turn contaminate water resources for humans and animals.

Cleaning up these sites requires specialized training and costs an average of \$2,000-\$4,000 per site in funds that property owners are often held liable, for the cost of the cleanup.

For every one pound of meth,
six pounds of waste is created.



Puts Children at Risk:

Hundreds of children are neglected every year after living with parents who are meth "cooks." Children who reside in or near meth labs are at a great risk of being harmed in such a toxic environment, due to the noxious fumes which can cause brain damage and the explosive elements that go into making the drug. Cooking meth is extremely dangerous, and labs often catch on fire and explode.

A child living inside could overdose from meth left out by parents, suffer from attachment disorders or behavioral problems, be malnourished, physically or sexually abused and/or burned or fatally injured from a fire or explosion.

Hospitals and Burn Units:

These chemical burns are tough to treat, and extremely expensive. Much of the care in these specialized units goes uncompensated, which puts a great financial strain on the hospitals and state medical programs.



Healing: Selena, 19, was burned when a lab exploded, spewing molten plastic into her face.

Crime:

Both teenagers and adults addicted to the drug and who have no income to pay for their habit, may steal valuables from their own homes or even their friends' homes. High on meth, there's no telling what a person would do if provoked - people have been killed for not owing up to a drug payment or coming through on a transaction.

Meth why risk it?

growing old
with meth

*Is the
Romance
gone?*



the **F**irst
High

kiss your future
goodbye

extreme neighborhood

Makeover meth
hits
town



BREAKING UP

meth treatment
and you



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Credits

- **Charles Lichon, R.S., M.P.H., Creator of Children's EH Program, Midland County Health Department (CHD) Michigan**
- **Nancy Atwood, M.S., Midland CHD (MI) Sanitarian**
- **Christine Rogers, Meth Response Coordinator, Kalamazoo CHD, MI**
- **Robert Wolfe, R.S., Midland CHD (MI) Sanitarian**
- **John Demerjian and Linda Van Orden, Wayne CHD, MI, Body Art**
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Other presentations include:

- **Body Art**
- **Careers in Environmental Health**
- **Food Safe Issues**
- **Household Hazardous Waste**
- **Meth and Teens**
- **Recreational Water**
- **Sun Wise**

Contact NEHA.org for more information