If we could sniff or swallow something that would, for five or six hours each day, abolish our solitude as individuals, atone us with our fellows in a glowing exaltation of affection and make life in all its aspects seem not only worth living, but divinely beautiful and significant, and if this heavenly, world-transfiguring drug were of such a kind that we could wake up next morning with a clear head and an undamaged constitution-then, it seems to me, all our problems (and not merely the one small problem of discovering a novel pleasure) would be wholly solved and earth would become paradise."

ALDOUS HUXLEY
1894 - 1963
CW2 Kevin Smith
Community Prevention Liaison

In Defense of America's Future
Substance Abuse;

The Nation’s Number One Health Problem

• Enormous burden on health care system.

• Contributes to death & ill health to millions every year.

• Single largest factor for high cost of health care.
Substance abuse

- chronic, relapsing health condition
- treatment multiple times before successful
- It affects everyone!
Up – To Date Results

• **Overall, rates of current illicit drug and alcohol use are down** from peak levels in the late 1970’s & early 1980’s, respectively, and current tobacco use has declined since the mid 1960’s.

• **Public awareness** about the dangers of substance abuse **is up**.

• **Prevention and treatment strategies are increasingly effective** when applied to reduce substance abuse and it’s effect on the nation.
Extent Of The Problem Nationally

- 1 in 4 deaths attributed to ATOD
- 546,000 deaths a year!
DRUG USE FROM 1980-2005
Prevention efforts are Working
Drug use Among 12-17 year olds Down 21%

% Reporting Past Month Use of Any Illicit Drug (Age 12-17)

<table>
<thead>
<tr>
<th>Year</th>
<th>%</th>
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<tbody>
<tr>
<td>1997</td>
<td>11.4</td>
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<tr>
<td>1998</td>
<td>9.9</td>
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<tr>
<td>1999</td>
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<td>2000</td>
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</tbody>
</table>
Success with 12-17 year olds is not reflected in 18-25 year old age group.

% Reporting Past Month Use of Any Illicit Drug (Age 18-25)

- 1997: 14%
- 1998: 16.5%
- 1999: 19%
- 2000: 21%
Children are the Victims

Over the past three years, the Iowa Department of Human Services classified almost 1,000 Iowa children as victims of abuse due to parents manufacturing meth or possessing meth precursor chemicals.
METH IS THE DRUG OF CHOICE

1/3 of men entering prison list meth as their drug of choice

2/3 of women entering prison list meth as their drug of choice – a 27% increase in only one year
DRUG TRAFFICKING AND ABUSE COSTS EVERYONE

• Costs every man, woman and child $960 a year
• Clean-up costs between $5,000 and $20,000
  – 1 lb. Meth=5-6 lbs. Toxic waste
• Many thefts are committed by drug users and manufacturers
The Mexican Nationals' drug cartel has become a very powerful organization mainly because of its production and distribution of methamphetamine. The cartel has a curb on the methamphetamine market, unlike the cocaine market, which is shared with the Colombians.
Meth distribution from Los Angeles

Meth distribution from Central Arizona
The most commonly abused drugs in Iowa:

- Alcohol
- Tobacco
- Marijuana
- Methamphetamine
- Cocaine/Crack
- Ecstasy & other club drugs

Marijuana is the most commonly used and abused illegal drug in the state.
Primary Substance of Abuse for Clients Screened/Admitted to Substance Abuse Treatment SFY 2003 - IDPH

- Alcohol: 60%
- Marijuana: 15%
- Meth: 10%
- Cocaine/Crack: 5%
- Other/Unknown: 5%
DRUGS ARE A SERIOUS PROBLEM

- Costs every man, woman and child $960 a year
- Clean-up costs of meth labs between $5,000 and $20,000
- Many thefts are committed by drug users and manufacturers
Businesses are Losing Billions of Dollars a Year Due to Substance Abuse

- 70+% of illegal drug users work in full and part-time jobs
- 52% of those workers are daily users
Total of All Meth Clandestine Laboratory Incidents Including Labs, Dumpsites, Chem/Glass/Equipment Calendar Year 2004

Source: National Clandestine Laboratory Database
Total: 15,994 / 49 States Reporting
METH IS A SERIOUS PROBLEM

1/3 of men entering prison list meth as their drug of choice

2/3 of women entering prison list meth as their drug of choice – a 27% increase in only one year
Adolf Hitler
(1889-1945)

Was known to be a heavy user of Methamphetamine during the later years of WW II.
The crystal methamphetamine phenomenon

Crystal methamphetamine, or ice, is a white, odorless crystalline form of the stimulant methamphetamine. When smoked in crystalline form, the pleasurable — and addictive — effects are immediate and last up to 12 hours. Other forms of methamphetamine, such as powdered, are not commonly abused in Hawai‘i.

What is crystal methamphetamine?

Methamphetamine is an addictive stimulant that strongly activates certain systems in the brain, specifically the central nervous system. Small doses can raise alertness and block hunger. It’s sometimes used as a temporary treatment for obesity.

- **Commonly known as** speed, meth, and chalk. In smokable form, it’s called ice, crystal, crank and glass.
- **Appearance:** White, odorless, bitter-tasting crystalline powder. Ice is a large, clear crystal that is smoked in a glass pipe.
- **Duration:** Snorting produces effects within 3 to 5 minutes; oral ingestion produces effects within 15 to 20 minutes; smoking produces effects that last for hours.
- **Risks and side effects:** Anxiety, emotional swings, paranoia, violent behavior, fever, convulsions. Increased blood pressure may cause death from burst blood vessels in the brain or heart failure.

Sources: U.S. Drug Enforcement Administration, National Drug Intelligence Center, Associated Press

Where it comes from

Drug producers use solvents to convert powdered methamphetamine to a nearly pure, crystal form of the drug. Most of the powdered and crystallized drug is smuggled in from Mexico and California.

By the numbers

Estimated cost of an ounce of ice in 1977:

- **$10,000**

In 2000:

- **$3,000**

Approximate number of doses in one gram of ice:

- **30**

Estimated cost of one gram in Honolulu:

- **$300**

NUMBER OF METHAMPHETAMINE LAB SEIZURES IN HAWAI‘I (federal, state and local)

Anhydrous Ammonia Is Not A Friendly Chemical

• Because of its extremely low temperature, strong attraction to moisture and chemical makeup, anhydrous ammonia destroys human tissue.

• Anhydrous Ammonia can turn skin into a *gooey mass* and suck every drop of moisture from eyes, lungs, the throat and mouth. *Injuries are often disfiguring and permanent.*

• It is a very strong alkali and can cause severe chemical burns when it comes into contact with the skin. A freeze burn can also result due to the extremely low temperatures of anhydrous ammonia. The affected skin may turn into a *gooey mass that is very slow to heal.*
Health Effects

- Vapors can cause severe burns to the outer tissues of the eyes, nose, throat, and lungs
- Direct contact with liquid can cause severe freeze burns to the skin
- Detectible by the nose at low concentrations
- At large concentrations, vapor can cause convulsions, coughing, and difficult and painful breathing
- Prolonged exposure can cause suffocation
METH: Bait and Switch

• Meth promises social, mental and physical well-being (great sex, a cure for depression and a slim figure)
  • It produces skin sores, despair and death

• Meth bills itself as a recreational drug
  • It is used more continually – more than 20 days a month – than cocaine or heroin
  • Almost always used with other drugs
Most meth users admitted to treatment are poly-drug users.

Nationwide: Meth increasingly used with cocaine/crack, marijuana, heroin and alcohol.
METH: Not Just Any Speed

• Meth is an overwhelmingly addictive Central Nervous System Stimulant (psychostimulant)

• Meth is very different than cocaine or amphetamine, in terms of addictive power, physical and psychological effects.
  • It lasts in the body and brain much longer, at higher levels … causes more damage.

• Some forms and uses of meth are worse than others… all are extremely harmful
Methamphetamine:
aka: meth, speed, go, crank, ice crystal, glass, chalk, peanut butter

• Powerfully addictive psychoactive stimulant
• Increases energy & sexuality, while decreasing appetite
• Smoked, snorted, orally ingested or injected
• Paraphernalia includes: razor blades, mirrors, straw syringes, spoons, light bulbs & surgical tubing

• Effects can last 4 to 24 hours depending on the method of use (On-set of effects are within 5 to 10 seconds)
• “Tweaking” can last 24 to 36 hours
• BINGE & CRASH
Methamphetamine

Psychological Effects:

- Excessive excitation
- Irritability
- Anxiety
- Panic-paranoia
- Severe depression
- Psychotic and violent behavior
- Visual and auditory hallucinations
- False sense of confidence and power
- Compulsive cleaning or repetitively sorting and disassembling objects
Meth: the drug

- Ingested – 1 to 3 hours
- Snorted – rapid onset
- Smoked - immediate
- Injected - immediate
Signs of the “Typical” Meth Addict

- Very paranoid
- Nervous
- 14 - 50 years old
- Usually white males or females
- “Anyone”
- Older model, trashy vehicles
- May rent multiple storage lockers
- Smell of chemical odors
Meth “Binge & Crash”

Binge: can last up to 3 days characterized by re-dosing in effort to obtain original rush, close with period of confusion, “tweaking”

• Crash has 4 phases:
  – 1. Insomnia, exhaustion, fatigue, paranoia, auditory hallucinations, violence, irritability, aggression
  – 2. Intense sleep: up to 3 days, body can starve & begin to catabolize muscle: danger of coma & seizures
  – 3. Intense hunger, eating, disorientation, depression
  – 4. Depression: lasting up to 5 months
Physical Symptoms of Methamphetamine use

- Appears run down or has frequent illnesses
- Change in normal appetite
- Decline in personal hygiene – very bad breath and rotting teeth, severe body odor
- Unhealthy complexion
- Injuries or bruises with no reasonable explanation
Physical Symptoms of Methamphetamine use, con’t

• Increased respiration
• Welts on skin – “Meth Acne”
• Picking and scratching at the skin
• Loss of appetite and severe weight loss
• Elevated heart rate and body temperature
• Insomnia, chronic fatigue or tiredness
• Dilated pupils
• Extreme sweating
Meth Users: Effects of Chronic Abuse

- Hair, Tooth and Bone loss
- Malnutrition, Anorexia, Anemia
- Cardiovascular and Cerebrovascular damage
- Damage to Liver, Kidneys and Resp. System
- Long-term/permanent Neurological Damage
  - like that from Stroke, Parkinsons, Alzheimers
- Chronic Depression with Suicidal Thinking
- Persistent Psychiatric problems
- Changes in Cognition, Personality and Behavior
Meth Users: Reasons for Hospital Admission

Richards et al. 1999.

• #1: Trauma: gun shot wounds, stabbings and assaults; Accidents and falls
• #2: Psychosis, agitation, hallucinations
• #3: Other physical complaints: tonic-clonic seizures, syncope, suicidal attempts, and skin infections.
Emotional & Social Consequences

- Delinquency
- School Problems
- School Absenteeism
- Criminal Behavior
- Homelessness
- Shame
- Attachment Disorders

- Isolation
- Poor Peer Relations
- Unemployment
- Poverty
- Addictions
- Poor Anger Mgmt.
- Chaotic Lifestyle
How methamphetamine works in the body

Amphetamines replicate the stimulant the brain manufactures to respond to stress. Methamphetamine has an effect on the body similar to adrenaline, a survival hormone that allows people to function beyond normal limits.

**Straight to the brain**

1. Meth enters the brain cells from the bloodstream.
2. It produces a storm of neuro-chemical activity having the brain release chemical messengers, called neurotransmitters, to stimulate sections of the brain.
3. Meth affects the cerebral cortex and causes the experiencing of heightened energy, elevated euphoria and powers of reasoning and thinking.
4. The drug also targets the limbic area—or pleasure center—which controls food, fight, flight and the sex drive.

**Triggering the pleasure centers**

- Methamphetamine enters the nerve cell...
- Releasing dopamine...
- Which then fits into specialized receptors located on other nerve cells, creating a rush of pleasure.

**Damage and death: Effects of prolonged use**

- **Small doses:** euphoria, decreased appetite and increased blood pressure, pulse, respiration and alertness.
- **Increasing doses:** agitation, irritability, paranoia, hallucinations of sights and sounds, convulsions, coma, death.
- **Withdrawal:** depression, protracted sleep.

**Cerebral cortex**
- It is devoted to the senses. It enables an individual to see, hear, smell, taste and touch. It also facilitates speech and the understanding of words.

**Limbic system**
- The limbic system influences instinctive behavior similar to animal responses that relate to survival.

**Brain stem**
- It's the brain’s lowest portion and controls basic functions such as heart rate, breathing, eating and sleeping.

**Smoking ice: From the lungs to the brain**

Smoking crystal methamphetamine sends the drug quickly to the brain. From the lungs, meth molecules immediately enter the bloodstream and travel to the left side of the heart, which pumps it into the brain, then through all the body.

A single dose of methamphetamine lasts for 6 to 8 hours.

A single dose of cocaine lasts only 8 to 20 minutes.
Meth Lab Dangers

- Explosion
- Fire
- Inhalation and exposure to toxic fumes & chemicals
- Adult role models involved in criminal behavior
- Accidental ingestion of chemicals & contaminated food
- Chaotic home environment
- Poor supervision
Hazards and Conditions

- Drugs and drug paraphernalia
- Booby traps
- Exposed wiring
- Guns and weapons
- Chemicals found in the Refrigerator
- Hazardous sleeping area conditions
Clandestine Meth Labs: chemicals & exposure outcomes

- Solvents (toluene, xylene, methanol, etc)
- "Meth", ephedrine & other stimulant intermediates
- Acids & alkalis (hydriotic & hydrochloric acids, lye); burns & internal burns
- Phosphorous, iodine & heavy metals

- Cancer
- Neurotoxicity
- Developmental toxicity
- Reproductive toxicity
- Specific Organ Damage
- Acute vs. Chronic
Meth (Yaba) tablets
Lab Waste Potential Impact

- Air Quality
- Soils
- Surface Water
- Groundwater
“Sooner or later, Methamphetamine Means Death … The death that comes from violence or critical illness, the death of future promise for too many young people, and the death of hope for their families. Methamphetamine carries a prognosis that is worse than many cancers.”

Dr. Micheal Sise, MD
Mercy Hospital
Just a few of the hundreds of sites that sell legal herbs and chemicals, with accessories and remedies available also!

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**Composed of all the resins of the worlds most POTENT legal herbs.** This original chocolate is dark in color, with shiny spots where the resin dried from it's liquid state when being made. The smoke is sweet, not too harsh at all, and very effective. Also know as chocolate Chip Solid Concentrate, this product is quickly becoming one of our best selling smokes! An herb grinder works great with this product and all Solid Concentrates.
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How to make your own honey oil aka hash oil aka hashish oil.
by Bud Oilerman
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Get your published Brain Resin CD cookbook today.
• Yopo is one of the four most widely used types of psychoactive substance in traditional South American Indian cultures, along with Tobacco, Ayahuasca and Virola species.
Yohimbe is the name of the bark of a tree that grows in the woods of South Africa. Yohimbe has an aphrodisiac effect and gives pleasant flows of energy through the body.
**YOHIMBE** Usage:
The herb can be consumed as tea using three teaspoons of bark per person.

**Warning:**
High dosages can cause saliva, produce heavy breathing, bloodpressure can drop and **heart disorders may occur.**

Yohimbe is a MAO-inhibitor. This means that it slows the breakdown of poisonous substances in the brain. Some nutritional supplements, medications and drugs may then cause headaches, but also cause some side-effects, like poisoning. Do not combine Yohimbe with Ephedra and Calamus.
NO WEED
JUST SEED?
NO PROBLEM
Dutch big one construction kit - Roll a perfect Big Joint that puffs and gives you relaxed pleasure for at least three quarters of an hour. It's a great smoke for party, birthday or other festivities, your guests will be pleased to get more than 1 suck of the joint.
Sneaky teaky special - is a pipe and a dug out in one. The first compartment can be used as storage room. This American invention is very practical. This wooden dug out smokes very pleasant and is easy to take with you. Including free pack of suitable screens.
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1: Place your leaves and small buds
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Note: This item is not from The Yankee Candle Store !!!
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Key ring charm or not?
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Sneak a Smoke - Classic pocket pipe. Smokeless so perfect for when you need to "sneak". Rubber mouthpiece. Also the perfect pipe for herbs as Salvia.
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Benzyl, Theobromine, Caffeine, N-Acetyl-
Glutamine, Mucuna Puriens, Griffonia PE,
Vitamin C, Peppermint, Capsicum.

• created to be a safe alternative to illegal pills
• made from the best ingredients to ensure there are no comedowns, headaches or upset stomachs the next morning.

WARNING! The Super Nova Power Pill is extremely strong, do not exceed more than 1 pill in 24 hours.
Bantu-speaking people used inner shavings of the bark for the stimulating and aphrodisiac effect. Yohimbe has also been used at wedding ceremonies. The yohimbe was consumed to seal the contract. It was consumed by everyone before the party would begin.

When not to use Yohimbe Pro
Stargate is a new natural stimulant the effect of which can best be described as natural ecstasy.

Effects: Stargate creates a mixture of deliciously warm euphoric feelings and gives you a large boost of energy. It makes your scalp tingle, you can feel its warmth ebbing through your body and it makes you dance like never before. These effects resemble those of xtc but all natural! Stargate is ideal if your going out- its energy will surprise you. Stargate is also great for an evening at home because it's great sexual stimulant.
The seedpack contains:
* Ephedra sinica 5 seeds
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* Hawaiian baby woodrose (argyreia nervosa) 5 seeds
* Morning glory (ipomoea violacea) 5 grams
* Reed canary grass (phalaris arundinacea) 5 grams
* Angel's trumpet (brugmansia arborea) 5 seeds
* Datura metel 5 seeds
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Destroys all toxins on contact!

Laboratory tested - pH balanced!

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Description: Need to pass a drug test? The Xtreme 1 oz will help you pass a drug test or your money back.

Cleans: Urine - Sweat - Tears - Liver - Digestive - Lymph

Detox Tea

Stinger Detox Drink
**Amphetamines** (Biphetamine, Black Beauties, Crosses, Dexedrine, Hearts), **1-2 days**

**Benzodiazepines** (Ativan, Halcion, Librium, Rohypnol, Valium; Roofies, Tranks, Xanax), **2-3 days**

**Cocaine** (Candy, Coke, Crack, Flake, Rocks, Snow, Whitecoat), **1-2 days**

**GHB** (G, Grievous Bodily Harm, Goob, Liquid Ecstasy, Liquid X), **1-2 days**

**Heroin** (Horse, Smack), **1-2 days**

**Inhalents**, just a few hours

**Ketamine** (K, Kit Kat, Special K, Vitamin K), **2-4 days**

**LSD** (Acid, Blotter, Microdot, Yellow sunshine), **a few hours or up to 5 days**

**Marijuana** (Bud, Blunt, Grass, Herb, Pot, Reefer, Sinsemilla, Smoke, Weed), **2-5 days** (the daily, heavy user can sometimes be detected up to 30+ days)

**MDMA** (Ecstasy), **1-5 days**

**Methadone**, **1-7 days**

**Methamphetamines** (Crank, Crystal, Desoxyn, Glass, Ice, Speed), **2-4 days**

**Oxycodone** (OxyContin, Percolone, Roxicodone), **1-2 days**

**PCP** (Angel Dust, Boat, Hog, Love Boat), **1-8 days**

For chronic drug users, drugs (other than alcohol) can be retained in the system much longer by the chronic-user after their last use. For instance, marijuana and PCP can be detected for up to 60-90 days after lengthy, heavy periods of use.
SO HOW DO WE WORK AGAINST THESE ODDS?
With Federal and State dollars going away
Communities are a priceless resource.
Prevention Implementation Plan

**Environment**-(Creating public will and an environment supportive of the work of individuals and programs)

**Systemic**-(Identify & coordinate existing federal, state, county & local prevention approaches)

**Individual/Program**-(Addresses work done by individuals/programs & promotes standards & competency)
The Trilevel Planning Model

**Environmental Approach**
- Promote benefits of and opportunities for linking approaches
- Enhance opportunities for material distribution
- Infuse standards in print, promotional material and grant funding requirements
- Influence legislation to promote prevention linkages and standards

**Systemic Approach**
- Link national, state and local resources
- Model linking
- Identify and resolve network impediments
- Establish opportunities for linkages

**Individual Approach**
- Identify and provide opportunities to promote standards
- Seek opportunities to encourage competency upgrades

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A Framework for Community Mobilization

Because local people best solve local problems and will support what they help create, the idea is to empower them to do so by providing guidance, support and resources. The following framework, developed in response to needs expressed by communities, provides a working model for effectively mobilizing communities.

The Framework for Community Mobilization describes developmental stages for communities, suggested mobilization strategies for tactics for each stage, desirable outcomes at every step, and areas in which groups may need support as they progress through the developmental stages. The stages themselves are a distillation of many models from a variety of sources.

**DEVELOPMENTAL STAGES**

- Stage 1: Entry/Initiating
- Stage 2: Readiness
- Stage 3: Assessment
- Stage 4: Planning
- Stage 5: Implementation
- Stage 6: Sustaining/Reinforcing/Replanning
Collaboration Among

- Communities
- Local Business
- Existing organizations, agencies, & associations
- State and Local Governmental Agencies

**RESULT information, education & training, initiate policy / law formation or change.**
Contact Information

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Iowa National Guard Counter-Drug Task Force
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Fax 515 281-4535
E-mail; ksmith@idph.state.ia.us