

Today's Class Agenda

- Objectives:
 - **Describe** what Methamphetamines are.
 - **Preview** some facts regarding Meth use.
 - **Provide** examples of how Meth can damage an individual's life socially, emotionally, physically, and intellectually.
 - **List** the effects of Meth use.
- 1. Journal Entry on what you already know about Meth
- 2. Faces of Meth
- 3. Meth Power point
- 4. Meth Word Definition Hunt
- 5. Discuss
- 6. Attitudes Towards Meth
- 7. Discuss and Wrap-up

Faces of Meth

<http://www.drugfree.org/Portal/DrugIssue/MethResources/faces/index.html>



Meth

Mrs. Gudgeon's Health Class

What is Methamphetamine?

- A powerful central nervous system stimulant



What does Meth look like?

- Meth is illegally sold in pills, capsules, powders, and chunks.
- Originally, Meth was used in nasal decongestants, bronchial inhalers, the treatment of narcolepsy, and obesity.

Who is using Meth

- 10 million Americans are using Meth
- Usually associated with Blue Collar workers in rural areas but is ever growing into more diverse users
- All different ages of users from high school to people in their 20's, 30's, 40's of all backgrounds.

What are the Effects of Meth on the Body?

- Meth attacks the brain and spinal cord by interfering with normal neurotransmission
 - Neurotransmitters are chemical substances naturally produced by our nerve cells.
 - These neurotransmitters help our brains send messages to our working muscles and organs.
 - They also help in regulating our thinking.

Effects of Meth on the Body contd.

- The main neurotransmitter that is affected is Dopamine.
- Dopamine is responsible for feeling good, feeling meaningful, and that our lives are worth it.
- Dopamine is a natural reward system.

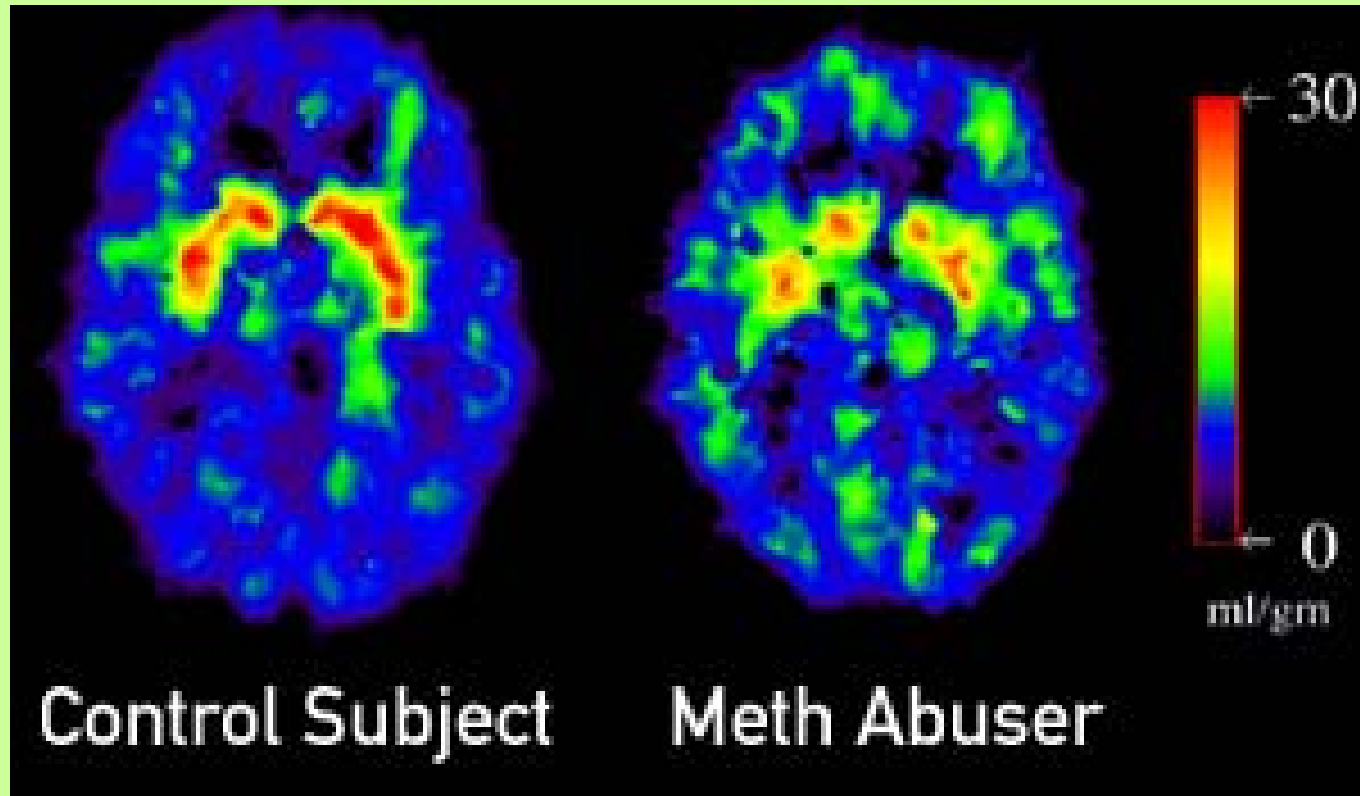
Physical Effects of Meth

- Meth Mouth
- Increased heart rate
- Lowered resistance to illness
- Liver damage
- Convulsions
- Extreme rise in body temperature, which can cause brain damage
- Depression
- Stroke
- Suicide
- Death



Photo of a meth user's mouth. Copyright Dr. Chris Heringlake, DDS, St. Cloud Correctional Facility.

How Meth Effects the Brain



Brain scan images from Dr. Volkow's study. Image copyright Nora Volkow/American Journal of Psychiatry.

Notice the difference in brain chemistry.

Meth's Impact on Communities and Families

- Contamination of Streams
- Harm to Pets
- Landfills
- Toxic Fumes in Neighborhoods
- Neglect of Children
- Child Abuse
- Increased Crime

Meth Values Assessment

- Currently the biggest Meth problem in our country exists in the state of Tennessee.
- The state of Tennessee wants to pass a law like exist in the state of Oregon requiring anyone who needs a cold medication that contains pseudoephedrine be required to obtain a prescription in order to be eligible to buy it.
- How do you feel? Do you agree with this or disagree? Be ready to justify your stance.

Video Clip

- Discussion

Meth Labs that have been seized



<http://www.stopmethaddiction.com/meth-lab-photos.htm>

Recovering From Meth

- At first a 16-week intervention that includes intensive group and individual therapy to promote the behavioral changes needed to remain off drugs, prevent relapse, and establish a new lifestyle unrelated to drugs.
- Most of the time- It takes years of medication and behavior therapy
- They have to have an ongoing commitment to learn to modify their thinking to experience pleasure without the drugs
- Chances of relapse are high

For more info please visit

- <http://www.pbs.org/wgbh/pages/frontline/meth/faqs/>

<http://www.jointogether.org/gethelp/>

<http://www.methresources.gov/>

For Treatment:

Gate House Academy

**For immediate assistance call at
888.730.0904.**