

METH

Our Nation's Crisis

• TOOLKIT FOR CHANGE •

CONTENT OVERVIEW

Use This Toolkit to Battle Meth in Your Community

The materials on this CD contain the latest information about methamphetamine (meth), including five audience-specific action guides for community leaders, schools, parents, employers, and health care professionals. It is packaged with three video documentaries on DVD. Together, the CD and DVD form a comprehensive toolkit to help communities respond to the growing meth problem.

What's included in this CD:

1. **A letter to readers** from Nick Motu, Senior Vice President, Hazelden Publishing and Educational Services: "Meth: Our Nation's Crisis *reflects the latest thinking and most effective resources for communities to use against meth.*"
2. **A *Meth Primer*** that provides basic facts on this synthetic stimulant—also known as "ice," "glass," "crystal," and "crystal meth"—and offers examples and statistics showing that meth is a severe threat to the health and safety of communities.
3. **A *Guide for Community Leaders* that includes:**
 - specific examples of what's working in other communities
 - how to start a community coalition to combat the meth issue
 - how to identify and mobilize local resources, and plan and implement local meth prevention projects
- how to promote the additional guides for schools, parents, health care professionals, and employers, all available on the *Meth: Our Nation's Crisis* CD
- how to create a regional meth media campaign to include news stories, public service announcements, radio interviews, and opinion editorials
4. **A *Guide for Schools* that includes:**
 - specific examples of what's working in schools to address the use of meth
 - how to teach young people to stay off drugs
 - signs and symptoms of meth use
 - tips for guidance counselors, school nurses, and administrators on how to help students who are using meth, or alcohol and other drugs
 - how to create a drug-free school policy
 - five 50-minute lesson plans that introduce the meth issue to students of all ages
 - "Tips for Teens: The Truth about Methamphetamine" (printable one-page fact sheet)
5. **A *Guide for Parents* that includes:**
 - straight talk about meth
 - signs and symptoms of meth use
 - reasons why adolescents use meth
 - specific examples of what you can do to keep your children off meth
 - tips for talking to children about drugs
 - how to get your child's school involved

6. A *Guide for Health Care Professionals* that includes:

- descriptions of the various medical complications of meth use
- common emergency room treatment for meth users
- how you can determine if a child is living with parents on meth
- how first responders can help children
- meth and dental health
- procedures for screening patients for substance abuse
- example protocols for medical evaluation of children found in meth labs

7. A *Guide for Employers* that includes:

- statistics on the high cost of drug abuse and the growing rate of meth use on the job
- how to know if your business is at risk
- what to do if you suspect an employee is using drugs on the job
- how to communicate a company philosophy that encourages employees to get treatment
- how to develop a workplace policy that addresses drug addiction
- information on drug testing
- information about restricting sales of common retail products that can be used to produce meth

8. A *Campaign Resources Guide* that includes:

- sample cover letter introducing your meth-awareness campaign
- three sample press releases to recruit support in your community
- printable fact sheets: “The Truth about Methamphetamine” and “Meth Myths”
- four sample meth-awareness posters

9. A *Meth Resource Directory* that includes:

- contact information for some of the highest-quality resources on meth
- resources for addicts, schools, employers, law enforcement, local governments, and community task forces

What's included in this DVD:

1. ***Meth: Shadow Across America*** is a 28-minute video for general audiences that covers the extent of emerging meth problems from the perspective of law enforcement and treatment professionals. The Hazelden Foundation and Twin Cities Public Television's (TPT) Minnesota Channel present experts who discuss what meth is, the dangers of meth labs, addiction, and possible solutions to this growing menace.
2. ***Life After Meth*** is a 28-minute video for general audiences that shows that although meth use devastates individuals and families, recovery from addiction—even meth addiction—is possible. The Hazelden Foundation and TPT's Minnesota Channel present the compelling personal stories of six people living in recovery from meth addiction.
3. ***Walking on Thin Ice*** is a 21-minute teen-oriented video that describes how meth is seeping in from society's fringes to infect mainstream America. It gives straight facts from the perspectives of teens, police, and a paramedic whose true stories detail the ravages of the drug. Viewers learn about meth's negative effects on the body, brain, and behavior, and its side effects. This video also covers refusal skills—real-life advice from teen peers.

Print and Distribute the Guides

All of the information contained in the guides on this CD may be printed, photocopied, and distributed to important stakeholders in your community. Provide the *Guide for Schools* to teachers, guidance counselors, school nurses, and administrators in all the schools in your county. Distribute the *Guide for Parents* at community and school meetings on meth. Offer the *Guide for Health Care Professionals* to physicians and stakeholders at major hospitals and emergency room facilities in your county. The *Guide for Employers* should be provided to employers developing a workplace drug policy, and to pharmacists and retailers who sell pseudoephedrine cold remedy products that could be used to “cook” meth. Use the samples in the *Campaign Resources* section to create your own press releases, posters, and brochures.

Schedule Video Discussions

Educational videos can enhance prevention programs. Using the three videos on the DVD, hold community video discussion events to educate teens and adults on the dangers of meth.

You Can Reduce Meth’s Impact on Your Community

Many communities have already come together as a powerful force in the battle against meth by creating meth action coalitions that define specific goals and coordinate local citizens—including legislators, business owners, retailers, teachers, health care professionals, and parents—toward a strategy that works. Use the guides in this toolkit to help your community create and implement a strategy that supports these five initiatives, which are proven to reduce the drug’s impact:

- increased community action (forming local coalitions and task forces)
- meth education programs that emphasize prevention
- legislation that makes the key meth ingredient, pseudoephedrine, hard to get
- commitments by business owners and retailers to voluntarily monitor pseudoephedrine purchases, as well as suspicious sales of other chemicals and items used to manufacture meth
- meth treatment that includes continuing care/aftercare

The main goal of *Meth: Our Nation’s Crisis* is to provide communities with the needed information and tools to combat the meth crisis and minimize its social and economic impact. Model communities nationwide have united their citizens and lawmakers to keep meth off the streets in their neighborhoods, but continuing preventative action at the state and local levels is essential to ensure that meth will not become the next drug of choice of a new generation.



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