



METH IS NOT JUST A BIG CITY PROBLEM

METH (Methamphetamine) has become the most dangerous drug problem of small-town America. Traffickers make and distribute the drug in some of our country's most rural areas. Twelve to fourteen year old that live in smaller towns are 104% more likely to use meth than those who live in larger cities.

One of the reasons meth is such a threat in rural America is because it is cheap and easy to make. Drugs that can be bought over the counter at local stores are mixed with other common ingredients to make meth. Small labs to cook the drug can be set up on tables in kitchens, countertops, garages or just about anywhere.

Meth hurts not just individuals, but families, neighborhoods and entire communities

Meth is a powerfully addictive and violent drug. Its use can result in fatal

kidney and lung disorders, brain damage, liver damage, chronic depression, paranoia and other physical and mental disorders. Recent studies have demonstrated that meth causes more damage to the brain than alcohol, heroin, or cocaine.

Promising prevention practices use a variety of coordinated multidisciplinary approaches. Multidisciplinary team members include law enforcement, district attorney's office, medical personnel and child protective services.

Parents who use meth may exhibit:

Extreme mood fluctuations, violent behavior, depression, poor impulse control, lack of attention to hygiene, and psychotic episodes. As drug use continues parents are often unable to meet the basic needs of their children.



For more information on what you can do to detect and halt the use of methamphetamine visit the National Center on Substance Abuse and Child Welfare at: www.ncsacw.samhsa.gov/