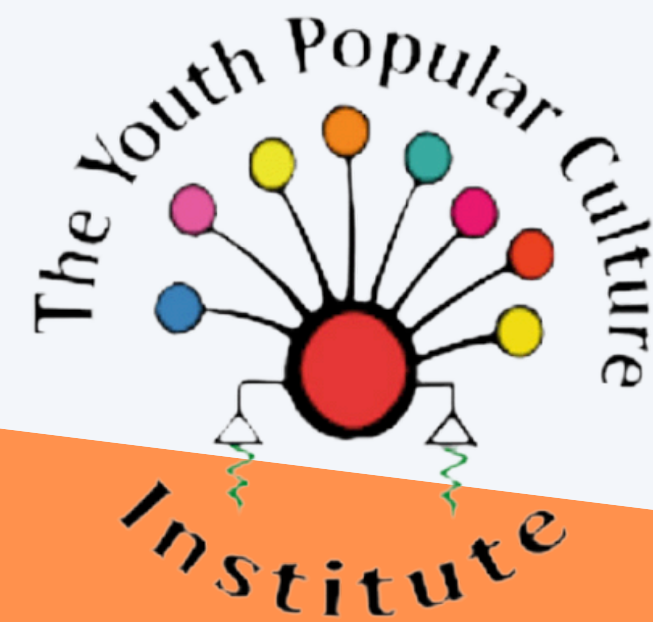
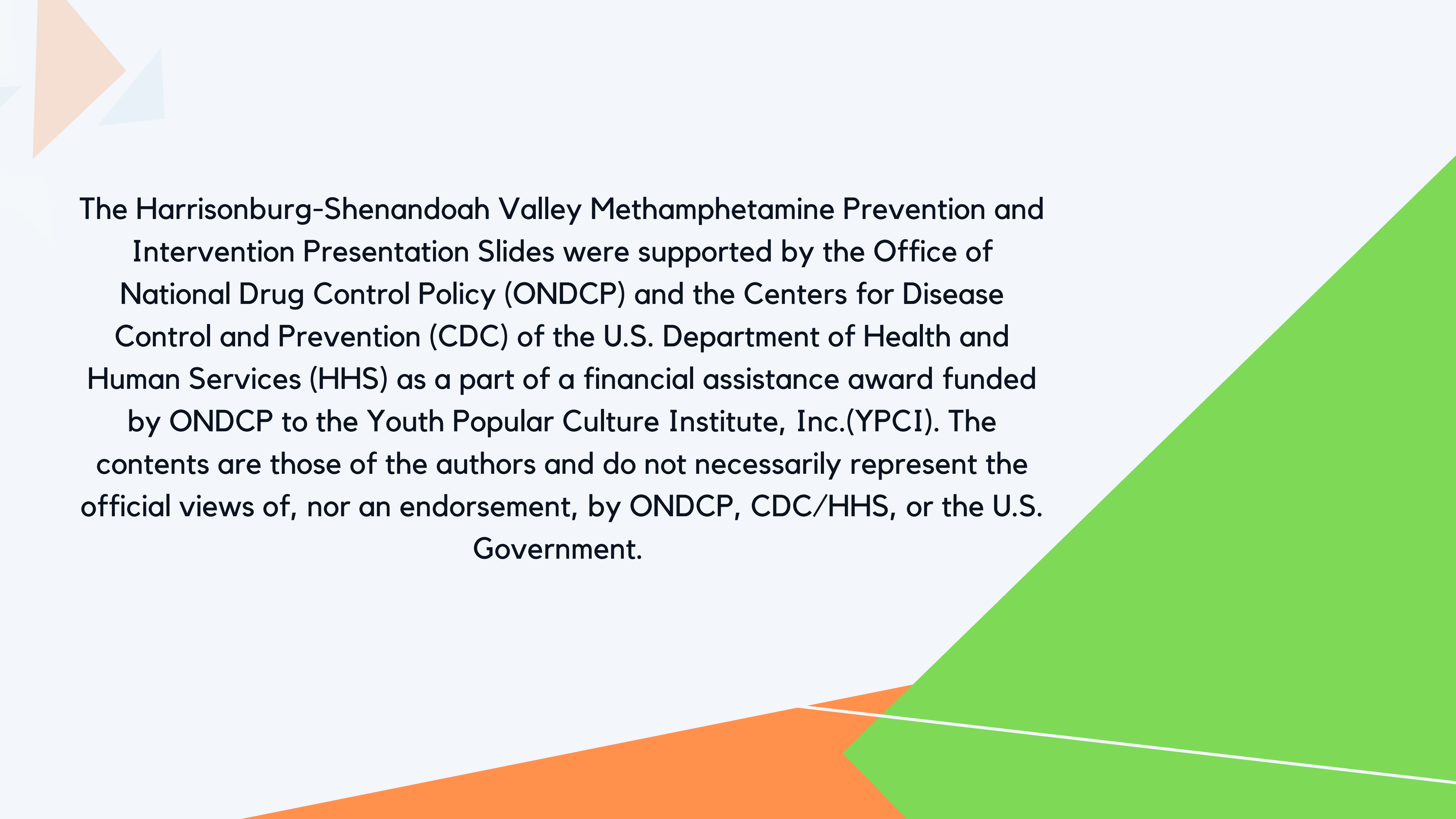


# Harrisonburg, VA - Shenandoah Valley Methamphetamine Prevention and Intervention Presentation Slides





The Harrisonburg-Shenandoah Valley Methamphetamine Prevention and Intervention Presentation Slides were supported by the Office of National Drug Control Policy (ONDCP) and the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as a part of a financial assistance award funded by ONDCP to the Youth Popular Culture Institute, Inc.(YPCI). The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by ONDCP, CDC/HHS, or the U.S. Government.

# **The Harrisonburg, VA - Shenandoah Valley Meth Prevention and Intervention Presentation Slides were made possible by the M.A.P. Production Team...**

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...and our funders, collaborators,  
and partners.

# Prevention & Early Intervention

Prevention and early intervention are critical components in the quest to save lives and build a safe and drug-free Harrisonburg and Shenandoah Valley. Here's why:

**1. Prevention is Better than Cure**

**2. Early Intervention Can Change Trajectories**

**3. Enhancing Public Safety**

**4. Building Resilient Communities**

**5. Economic Benefits**

**6. Engaging with Diverse Populations**



# **The Facts about Meth**

# **What is Meth?**

**Methamphetamine, commonly known as meth, is a highly addictive synthetic stimulant drug that is illegal to use and affects the central nervous system. It belongs to the amphetamine class of drugs and is chemically similar to amphetamine.**

# What Does Meth Look Like?



Meth typically appears as a white, odorless powder or in crystalline chunks or crystals. It can also come in a clear or bluish rock-like form called "crystal meth."

# How is Meth Used?

## Injection & Plugging



Meth can be dissolved in water or alcohol, then injected using a syringe, providing a rapid and intense "rush" or "flash." Plugging involves dissolving the drug in water and injecting the solution into the rectum or vagina using a syringe without a needle, providing a rapid absorption rate.

## Orally

Meth can be ingested in its pill form. Users might also sprinkle the drug on food or mix it with drinks.



## Snorting

The crystalline form of meth can be crushed into a powder and inhaled through the nose, where it is absorbed into the bloodstream through nasal tissues.



## Smoking

Crystal meth, which resembles clear crystals or bluish-white rocks, can be smoked. This is commonly done using a glass pipe, similar to the way crack cocaine is smoked.



**All of these methods of administration come with significant health risks, both from the drug itself and the route of administration. For example, injection can increase the risk of transmitting infectious diseases like HIV or hepatitis.**



# Physical and Mental Effects

The effects of meth can be short term, long term, and prolonged – accompanied by various risks and dangers. Short-term effects can be intense and immediate. They include:

- Increased heart rate and blood pressure
- Decreased appetite
- Dilated pupils
- Heightened wakefulness
- A sense of increased confidence and well-being
- Increased energy
- Euphoria

# Long Term and Prolonged Effects of Meth Use Can Include:

**IRRITABILITY**

**DEPRESSION,  
ANXIETY, AND  
PSYCHOSIS**

**ANXIETY**

**WEIGHT LOSS**

**PARANOIA**

**DENTAL PROBLEMS  
(OFTEN REFERRED TO  
AS "METH MOUTH")**

**AGGRESSION**

**SKIN SORES**

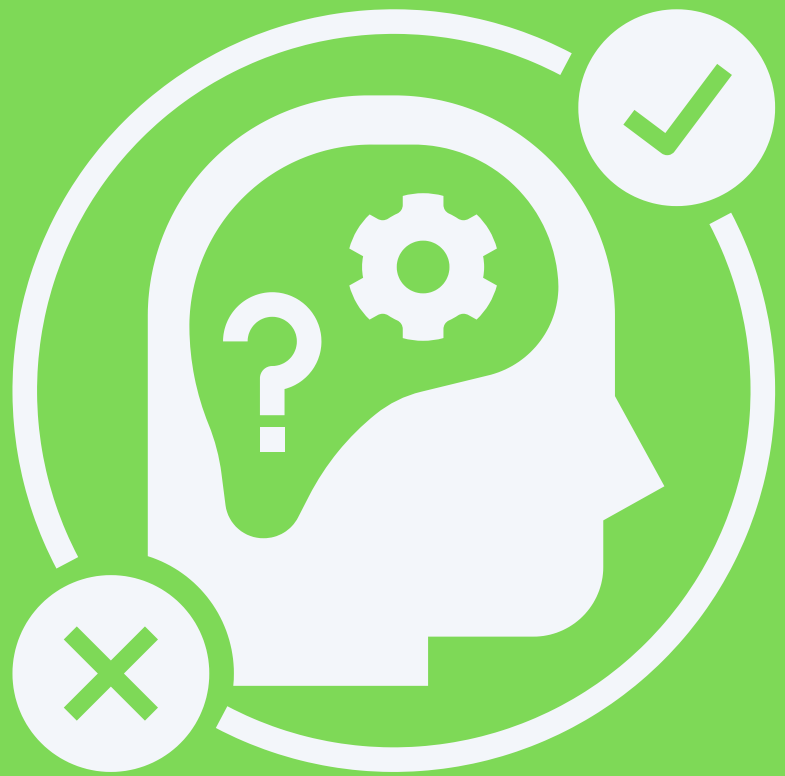
**INSOMNIA**

**INCREASED RISK OF  
INFECTIOUS DISEASES DUE TO  
RISKY BEHAVIORS  
ASSOCIATED WITH DRUG USE**

**MEMORY  
LOSS**

**PROLONGED METH USE CAN  
CAUSE SIGNIFICANT DAMAGE  
TO THE BRAIN, RESULTING IN  
MEMORY LOSS**

# Why Is Meth So Addictive?



Meth produces immense amounts of dopamine, which is a chemical that affects the brain making the user feel good and experience heightened pleasure. Prolonged use eventually leads to people developing a tolerance and needing more of the drug to obtain the same "high" feeling they felt when they first started using the substance.

# The Meth and Fentanyl Connection

Fentanyl, sometimes prescribed for pain, is often laced into meth to amplify its effects or increase its addictiveness.

Because fentanyl is highly potent, a tiny amount mixed into meth can create a serious risk of overdose.

Harm reduction strategies, such as fentanyl test strips, can be used to prevent accidental overdoses.



# Dangers Associated with Meth Production



## Toxic Chemicals

Chemicals can create hazardous fumes and lead to explosions and fires.



## Health Hazards

Individuals cleaning up meth labs are exposed to harsh chemicals that can lead to long-term health issues.



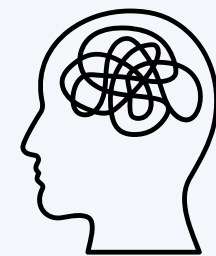
## Environmental Contamination

Chemicals used to make meth and by products of meth can damage natural ecosystems.



## Law Enforcement Efforts

Law enforcement working to discover meth labs and apprehend suspects face many health and safety risks.



## Physical and Mental Effects

Meth can cause individuals to become addicted very quickly which can lead to development of both short-term and long-term health issues that last for life.

# Legal Consequences of Meth Distribution and Use



## **Criminal Charges:**

Possession, sale, or trafficking of meth can result in criminal charges, which can lead to imprisonment, fines, probation, or a combination of these penalties.



## **Felony Convictions:**

Meth-related offenses are often treated as felonies, which can have long-lasting consequences on an individual's criminal record, employment prospects, and access to certain privileges.



## **Child Welfare Issues:**

If meth use is detected in households with minors, child protective services may intervene to ensure the safety and well-being of the children involved.



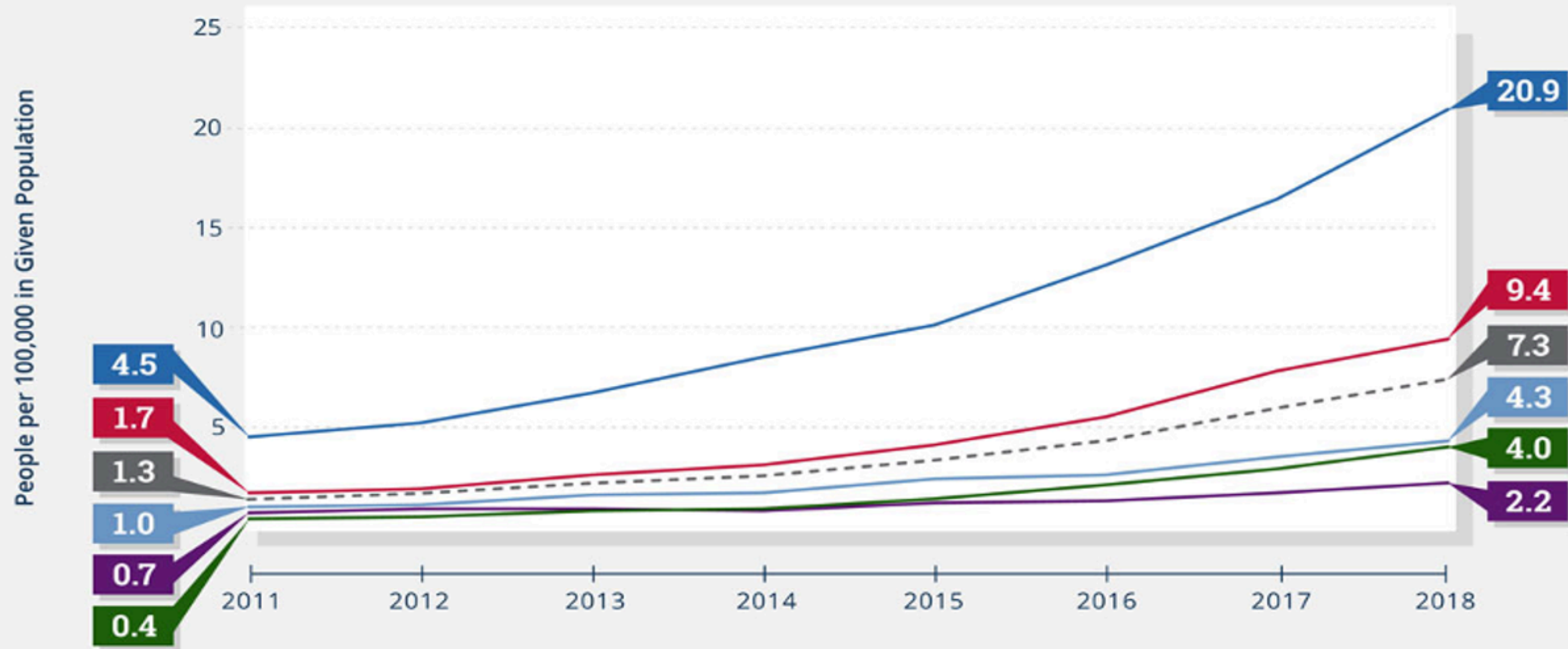
## **Property Forfeiture:**

Meth labs can be seized, resulting in property having to be forfeited.



# **Statistics about Meth**

## U.S. Overdose Deaths Involving Methamphetamine in People Ages 25 – 54\*



American Indian/Alaska Native (Non-Hispanic)

White (Non-Hispanic)

U.S. Average

Hispanic

Asian or Pacific Islander (Non-Hispanic)

Black (Non-Hispanic)

\*Recent national data show that most people who use methamphetamine are between 25 and 54 years old, so investigators limited analysis to this age group.

# National Meth Statistics

The latest NIH statistics show that **32,537** people died from a meth overdose in 2021.

**2.5 million** people aged 12 and over reported using meth in 2021.



# Meth Addiction in Harrisonburg and Surrounding Areas

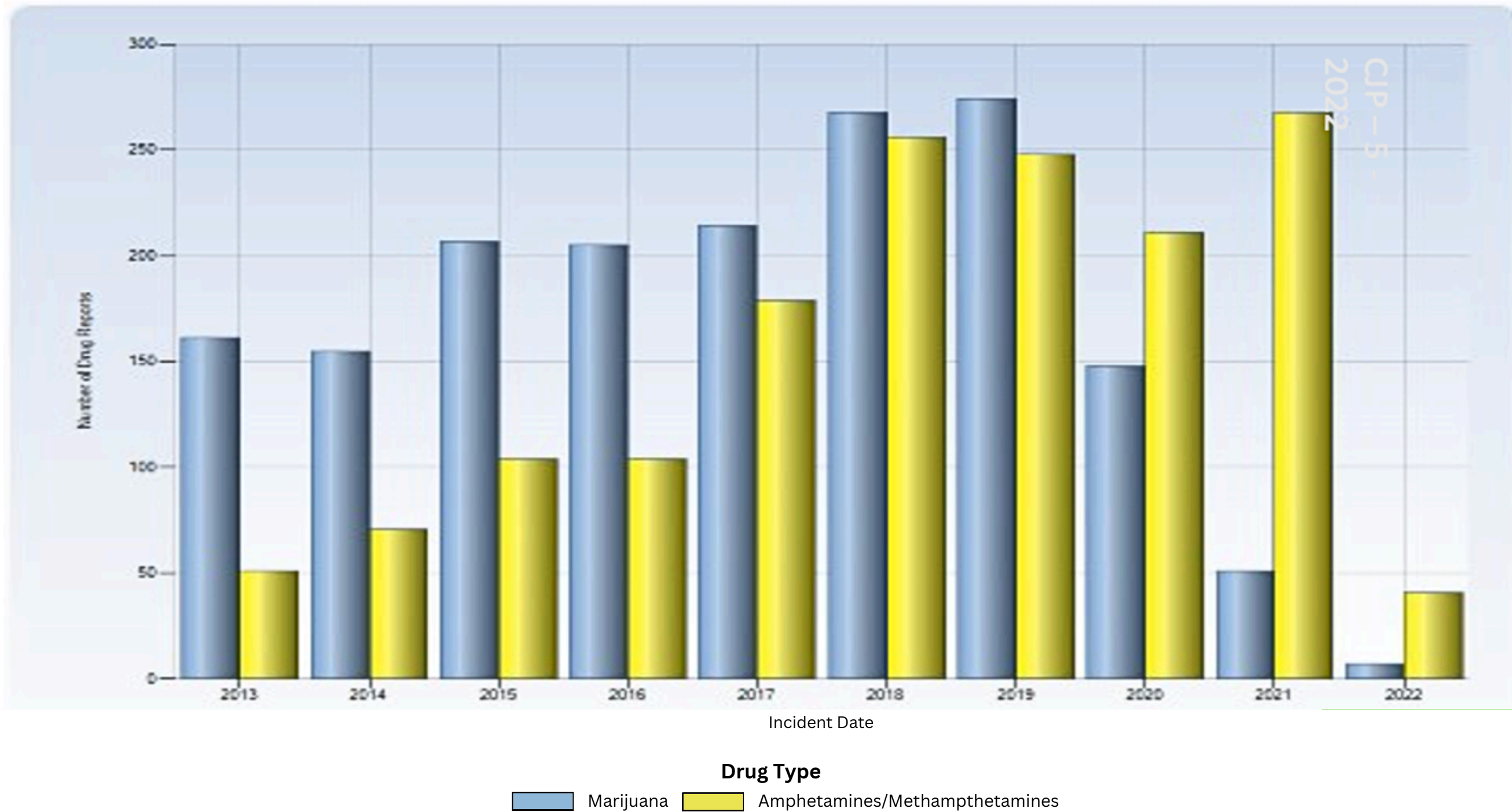


The Shenandoah Valley has experienced many discoveries of meth labs in the area.



In the past few years, local trends show that meth has increasingly become the most commonly seized hard drug of abuse by law enforcement.

## Increase of Methamphetamine and Decrease of Marijuana Seizures 10 Year Trend



This measure counts the number of drug seizures. Up to 3 different drugs may be seized for a single incident.

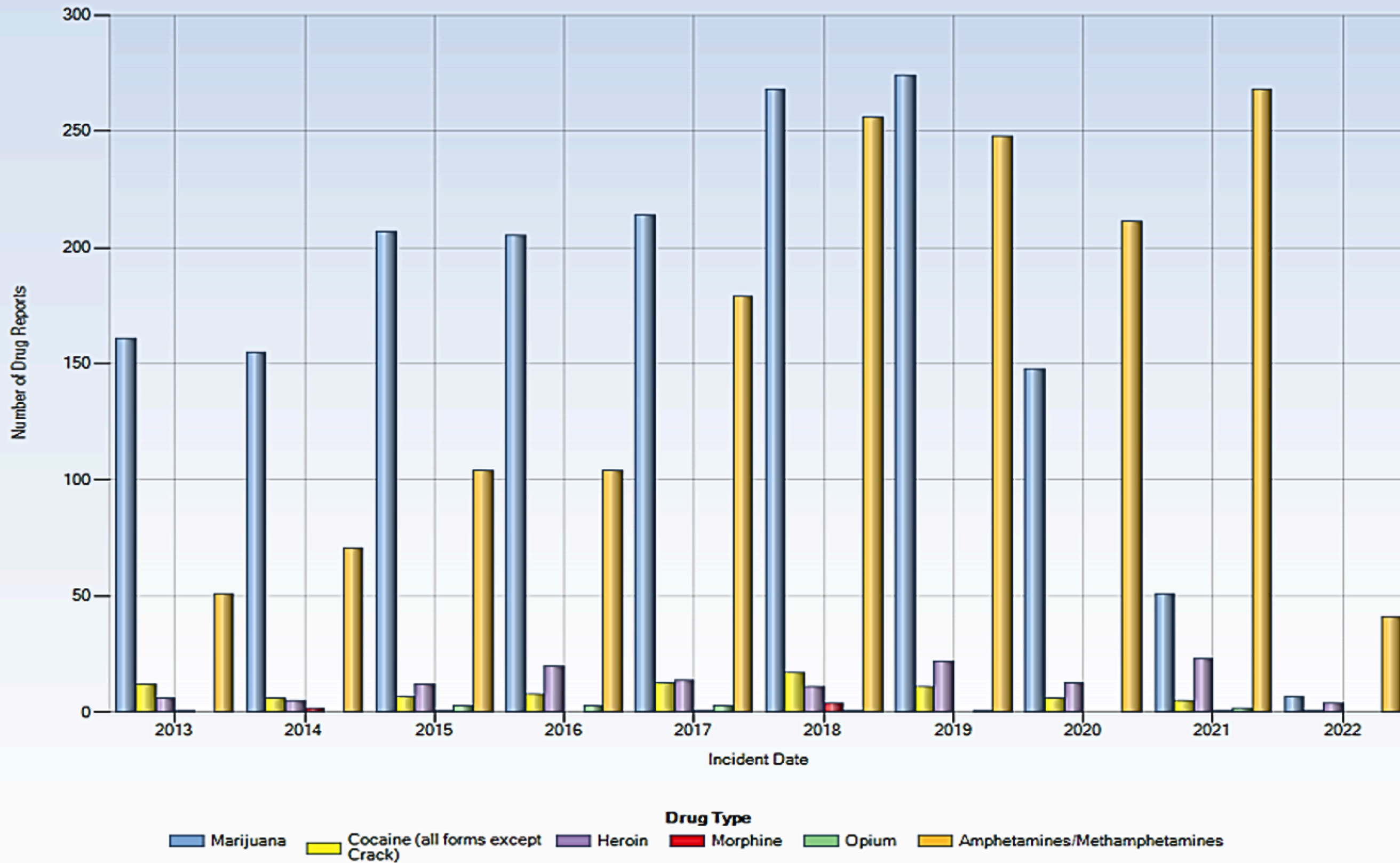
Product of Criminal Justice Planner 2023

# Meth Addiction in Harrisonburg and Surrounding Areas

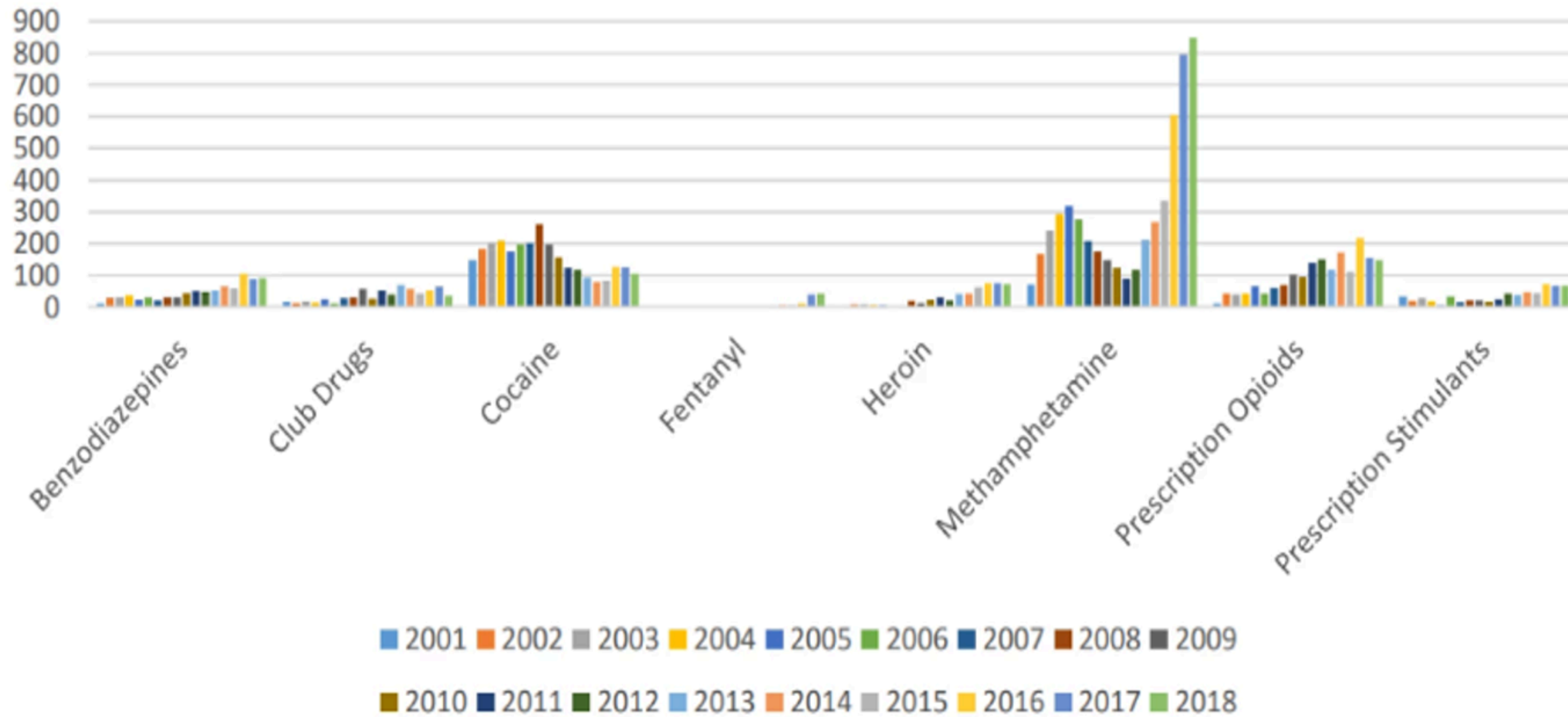
Over the past ten years, law enforcement seizures of methamphetamine have increased, while seizures of marijuana have decreased, particularly since 2019.

# Meth Addiction in Harrisonburg and Surrounding Areas

Although a wide variety of drugs are used by individuals, methamphetamines have become the drug that is most often involved in drug incidences, such as overdoses, in recent years.



MRRJ Footprint Felony Drug Certificates of Analysis by Drug Type  
(2001-2018)

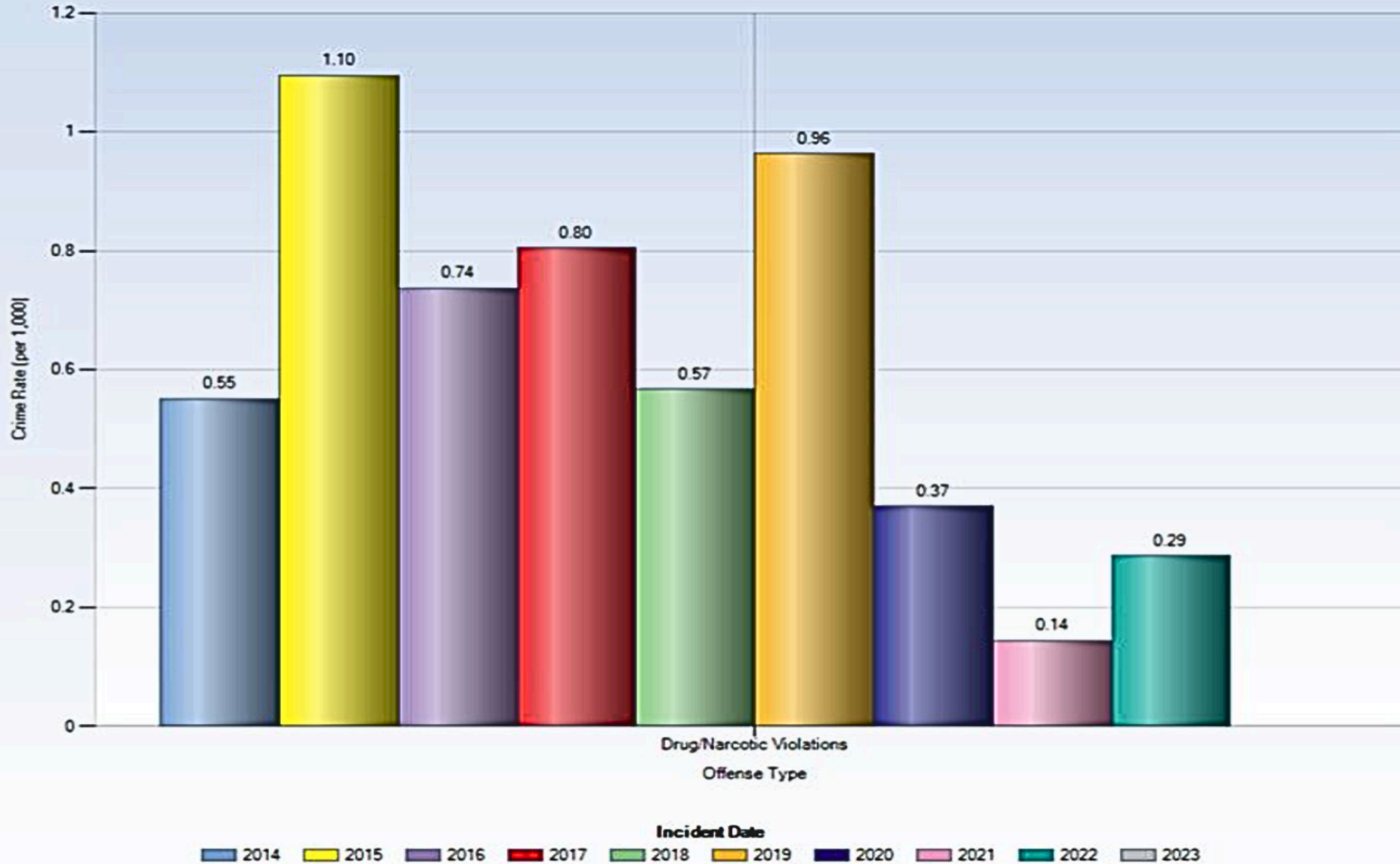


# Meth Addiction in Harrisonburg and Surrounding Areas

Data from the Middle River Regional Jail in Staunton, VA shows the increasing prevalence of methamphetamines in felony drug convictions, particularly since 2012.

# Meth Addiction in Harrisonburg and Surrounding Areas

In 2015, Harrisonburg experienced its highest amounts of drug/narcotic violations with a rate of 1.10 for every 1,000 citizens, compared to recent years up to 2023 which shows decline.

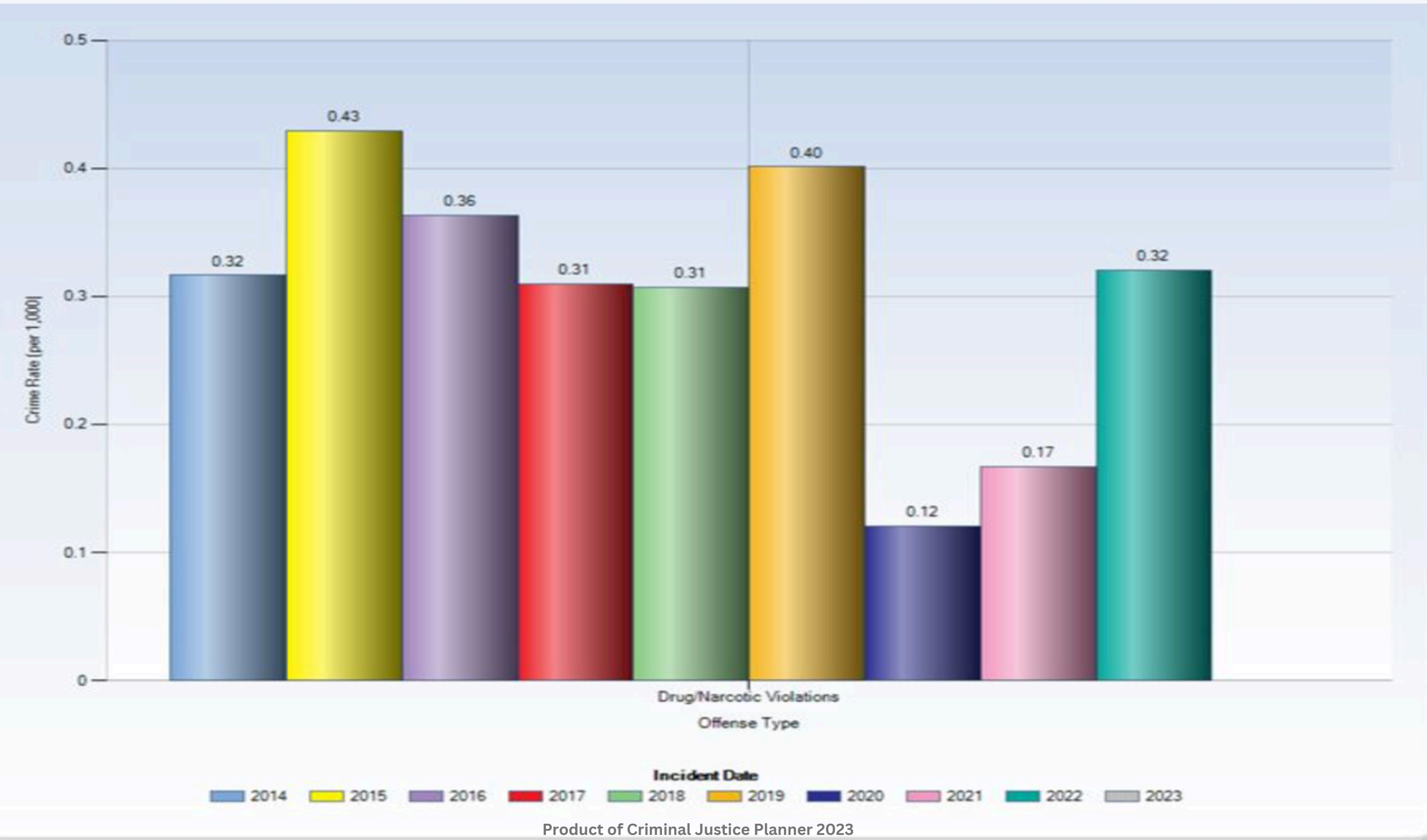


Product of Criminal Justice Planner 2023

## Harrisonburg, VA

# Meth Addiction in Harrisonburg and Surrounding Areas

Arrests related to all drugs are declining in Harrisonburg since 2021, however, they are on the rise in Rockingham County.



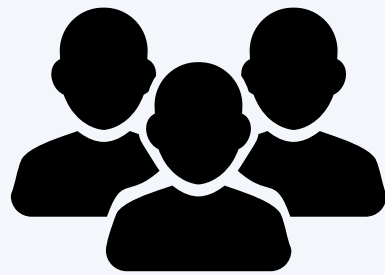
Rockingham County



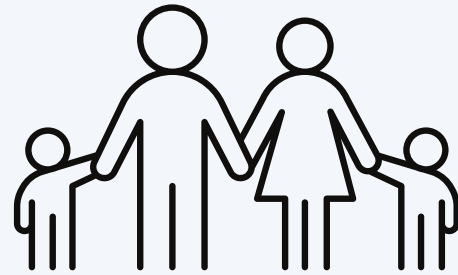
# **Meth Risk Factors**

# Risk Factors for Meth Addiction

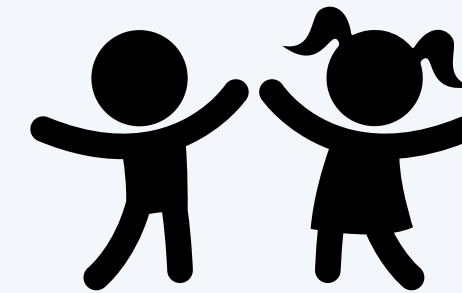
“Risk Factors” are characteristics, conditions, or behaviors that increase the likelihood or probability of developing a disease, experiencing an injury, or triggering a certain negative outcome or event. It’s important to note that having one or more risk factors doesn’t guarantee the occurrence of the disease or negative outcomes, but it does increase the chances compared to someone without those risk factors.



**Peer Influence**



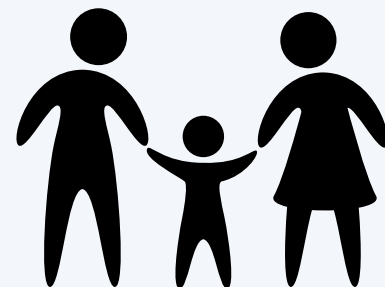
**Personal Family History**



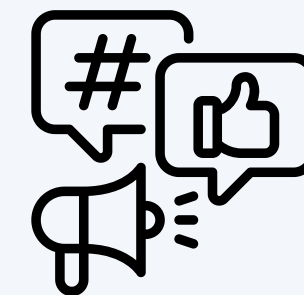
**Past Childhood Experiences**



**Mental Health Struggles**



**Little To No Parental Supervision**



**Social Media**

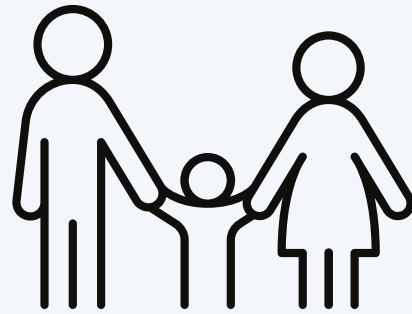




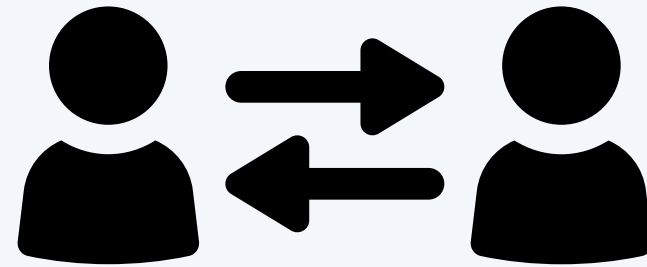
# **Meth Protective Factors**

# Protective Factors for Meth Use

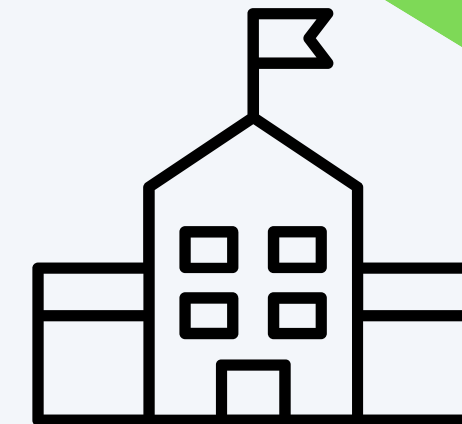
Protective factors, often referred to as domains, can assist youth in making healthy choices by providing resources, information, love, and support.



**Parents and Caregiver Domain**



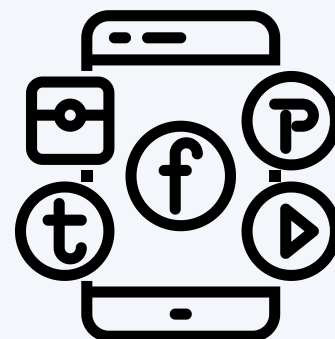
**Peer Domain**



**School Domain**



**Community Domain**



**Traditional and Social Media Domain**



**Individual Domain**

# Community Sector Groups

Community Sector Groups provide many protective factors vital for effective meth use prevention and intervention. These groups include, but are not limited to, the following:

- Businesses
- Civic/Volunteer Organizations
- Colleges and Universities
- Healthcare Professionals
- Law Enforcement
- Media
- Parents
- Religious/Fraternal Organizations
- Schools
- Senior Citizens
- State/Local/Tribal Government
- Substance Abuse Organizations
- Youth
- Youth Serving Organizations

# Common Warning Signs of Meth Use

Recognizing the warning signs of meth use can ultimately serve as a protector factor. A life could be saved and/or this recognition could help someone from developing an addiction.

Furthermore, an understanding of the warning signs puts one in the best position to provide early prevention and intervention resources.

# Common Warning Signs of Meth Use are:

## Physical Signs:

Dilated pupils, weight loss, dental problems ("meth mouth"), skin sores or picking, increased energy and activity, decreased appetite, and a general decline in physical appearance and hygiene.



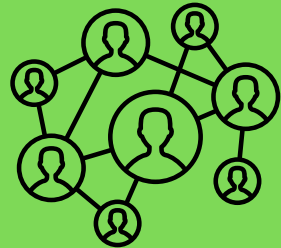
## Behavioral Changes:

Erratic or aggressive behavior, increased irritability or agitation, paranoia, restlessness, hyperactivity, changes in sleep patterns (insomnia or staying awake for long periods), and a decline in academic or work performance.



## Social Withdrawal:

Loss of interest in previously enjoyed activities, neglecting social relationships, and distancing oneself from family and friends.



## Psychological Symptoms:

Intense mood swings, anxiety, hallucinations, delusions, confusion, and impaired judgment.



## Evident Social Media Posts:

Youth may post drug use activities to social media. Even if there is no direct evidence of use, pictures of young people in states of inebriation or speaking in code about use, are common.



## Finding Drug Paraphernalia:

Finding items such as glass pipes, burnt aluminum foil, needles, or small plastic bags that may be used for storing or consuming meth.





**The Center for Substance Abuse Prevention (CSAP)  
Substance Abuse and Mental Health Services Administration (SAMHSA)**

## **The Strategic Prevention Framework (SPF)**

The SPF offers a step-by-step process for guiding and assessing meth use prevention and intervention efforts. Cultural Competence and Sustainability are two cross-cutting principles that should be integrated into each of the five steps.

**Five key steps for prevention and intervention initiatives.**

# Evidence-Based Substance Use Prevention and Intervention

Effective prevention for meth use involves a combination of evidence-based interventions that address the physical, psychological, and social aspects of addiction. Listed are prevention interventions whose components can be used for meth prevention and intervention:

- [Hip-Hop 2 Prevent Substance Abuse and HIV/AIDS](#)
- [Fast Track](#)
- [The Life Skills Training \(LST\) Program](#)
- [The Nurse-Family Partnership Program](#)
- [Positive Action](#)
- [Too Good for Drugs](#)

# Engaging with Diverse Populations

It is essential to address the unique prevention and intervention needs of diverse populations, including but limited to immigrant, rural, and LGBTQ+ communities, who may face additional challenges and barriers.

Culturally appropriate efforts must consider language, cultural norms, remote locations, and other related factors to increase the effectiveness of prevention and intervention strategies.

Collaborating with community organizations, faith-based groups, racial/ethnic associations, and gender and sexuality alliance organizations, for example, can facilitate outreach, education, and support tailored to the specific needs of diverse populations.



# Final Thoughts

In the heart of Harrisonburg, Virginia, and the picturesque Shenandoah Valley, the promise of a brighter tomorrow for our youth is a responsibility we all share. Understanding the challenges they face, particularly the menace of methamphetamine, is crucial. Thus, the introduction of the entire Harrisonburg - Shenandoah Valley Methamphetamine Prevention Bundle is not just a collection of resources; it's a beacon of hope.

The bundle, designed with the welfare of youth in mind, extends a hand of support for youth, families, and communities in need. Offering a wealth of resources for prevention and intervention, it signifies our community's unwavering commitment to safeguarding the future of our young ones. As we look ahead, let the bundle serve as a testament to our dedication and unity in creating an environment where our youth can thrive, free from the shadow of substance abuse. Together, we stand strong for a meth-free Harrisonburg and Shenandoah Valley. Together, we can be the Faces 4 Positive Change because #OURYOUTHMATTER.



# Other Bundle Products

- M.A.P. BROCHURE
- M.A.P. FACT SHEET
- M.A.P. TOOLKIT
- M.A.P. INFO - VIDEO 4 YOUTH



# We'd Love to Hear From You!



## SOCIAL MEDIA

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Facebook & YouTube:

**Faces 4 Change Harrisonburg**

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**#OURYOUTHMATTER #F4CMAP**