

Lobby

What are the concerns you have about meth use in your community?





Northwest (HHS Region 10)

PTTC

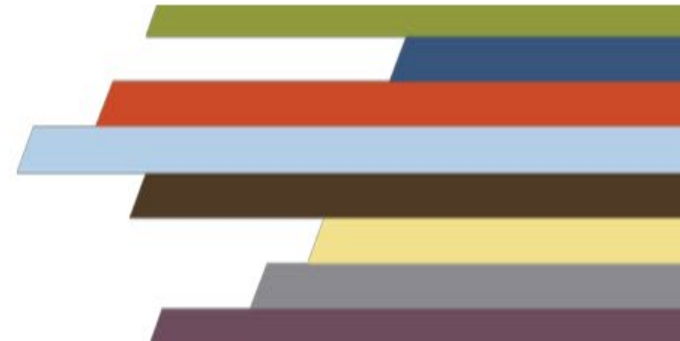
Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Regional Methamphetamine Use: What Prevention Practitioners Need to Know

Steven Freng, Psy.D., MSW



Disclaimer

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Northwest (HHS Region 10)

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WASHINGTON STATE UNIVERSITY

CASAT
Center for the Application of
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University of Nevada, Reno



- Upcoming Webinar Events!
 - **January, 2020:** E-Cigarettes and Vaping
 - **February, 2020:** Alcohol Regulation



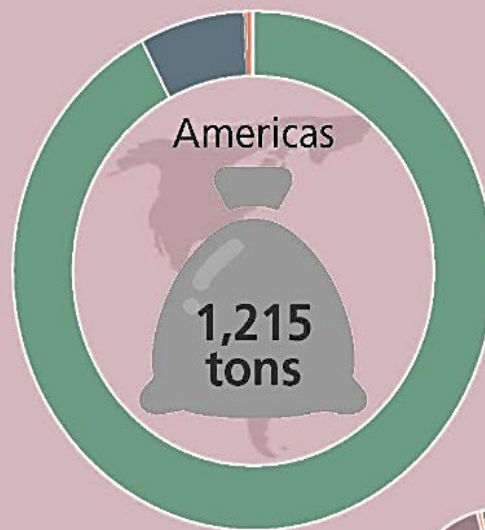
Steven Freng, Psy.D., MSW,
Prevention/Treatment Manager for the
Northwest High Intensity Drug Trafficking Area
(NW HIDTA)

The NW HIDTA, is a region of fourteen counties within Washington State that has been designated by the White House Office of National Drug Control Policy for special law enforcement and chemical dependency initiatives. Dr. Freng has acquired over 30 years of experience as a chemical dependency professional, having worked in clinical, supervisory, administrative and managerial capacities in the development and delivery of chemical dependency prevention and treatment services in the State of Washington.



Global seizures 2017

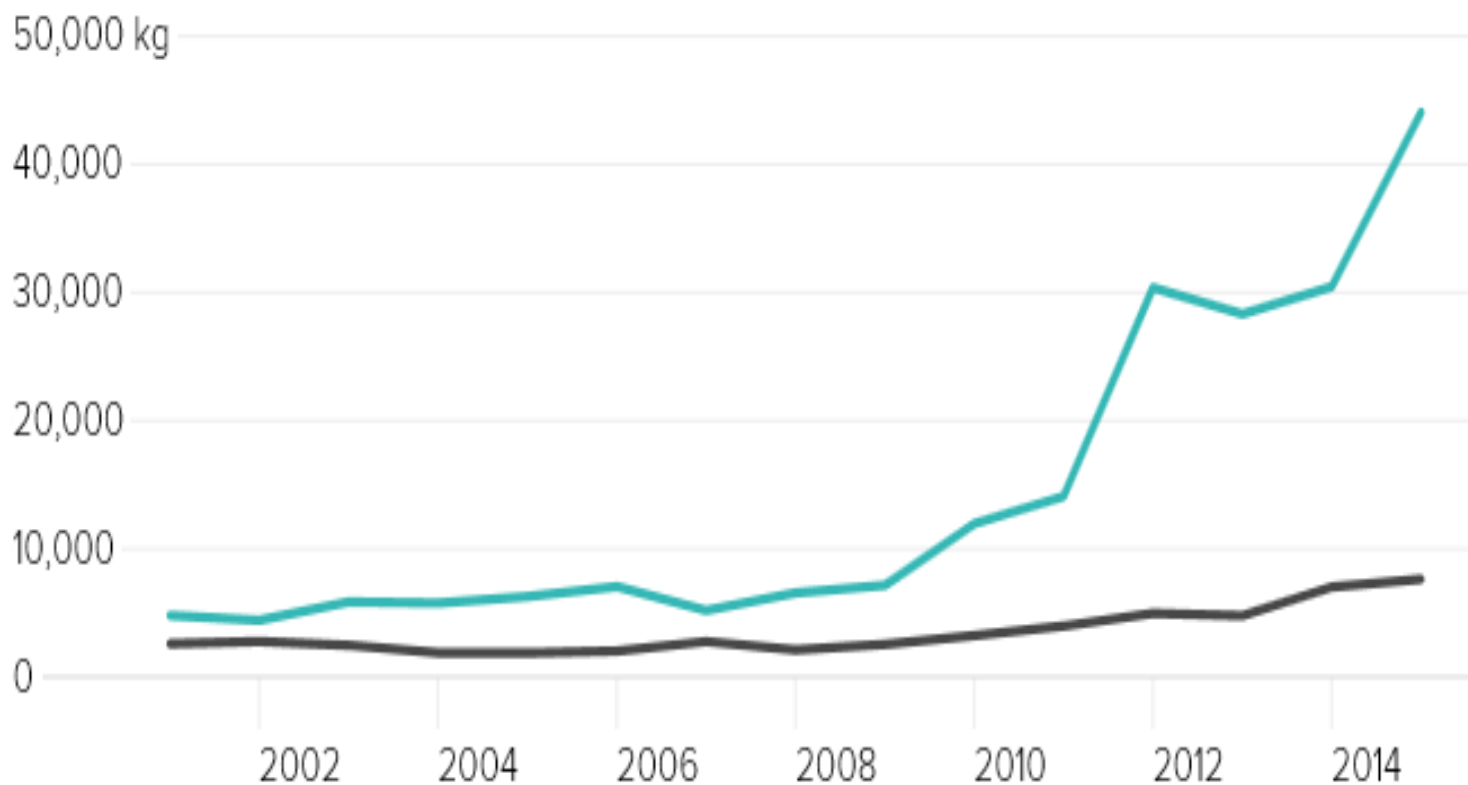
- cocaine
- methamphetamine
- amphetamine
- "ecstasy"
- NPS stimulants
- others





National Drug Seizures of Meth Outpace Heroin

■ Heroin ■ Methamphetamine



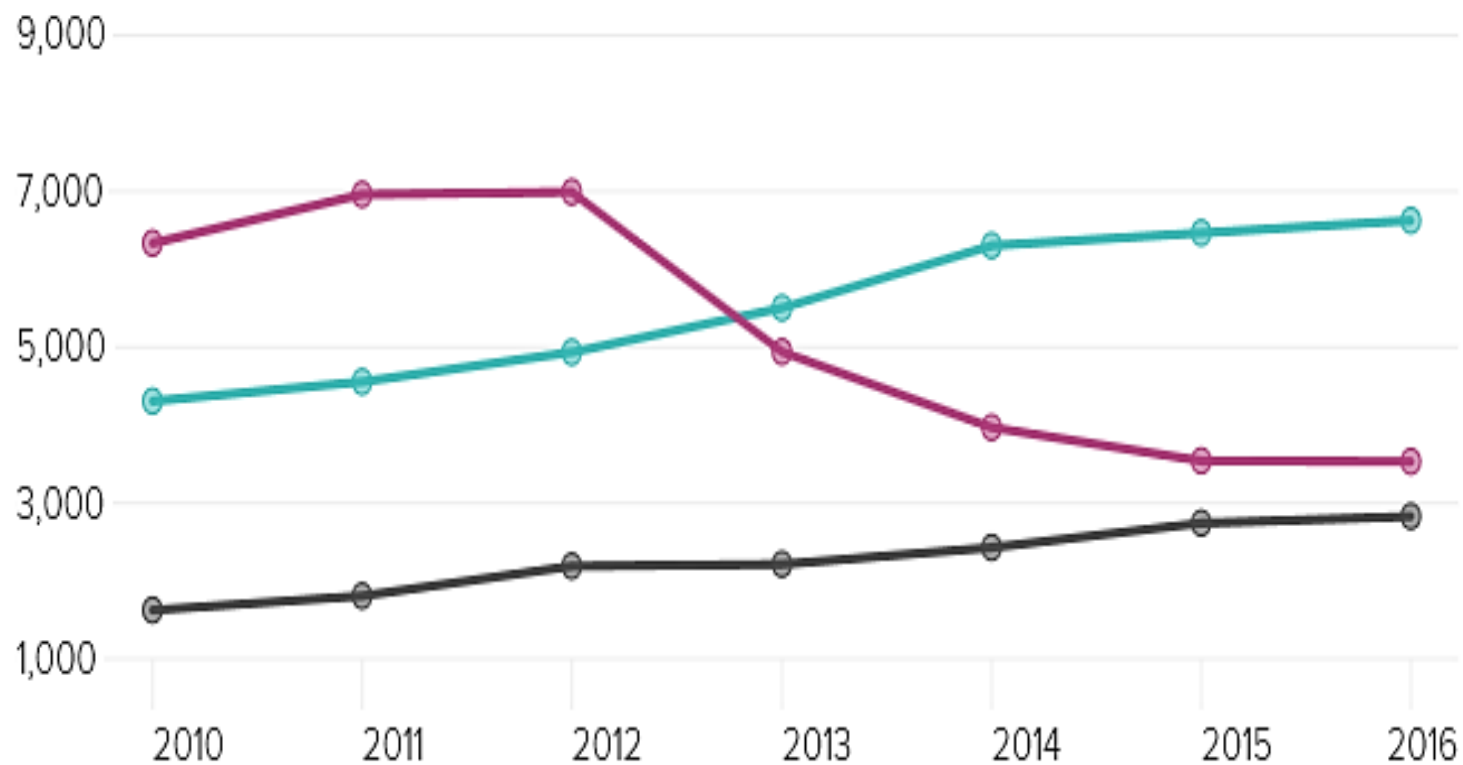
NBC NEWS

Data: National Drug Control Strategy Data Supplement



Federal Drug Prosecutions By Primary Drug

■ Methamphetamine ■ Heroin ■ Marijuana

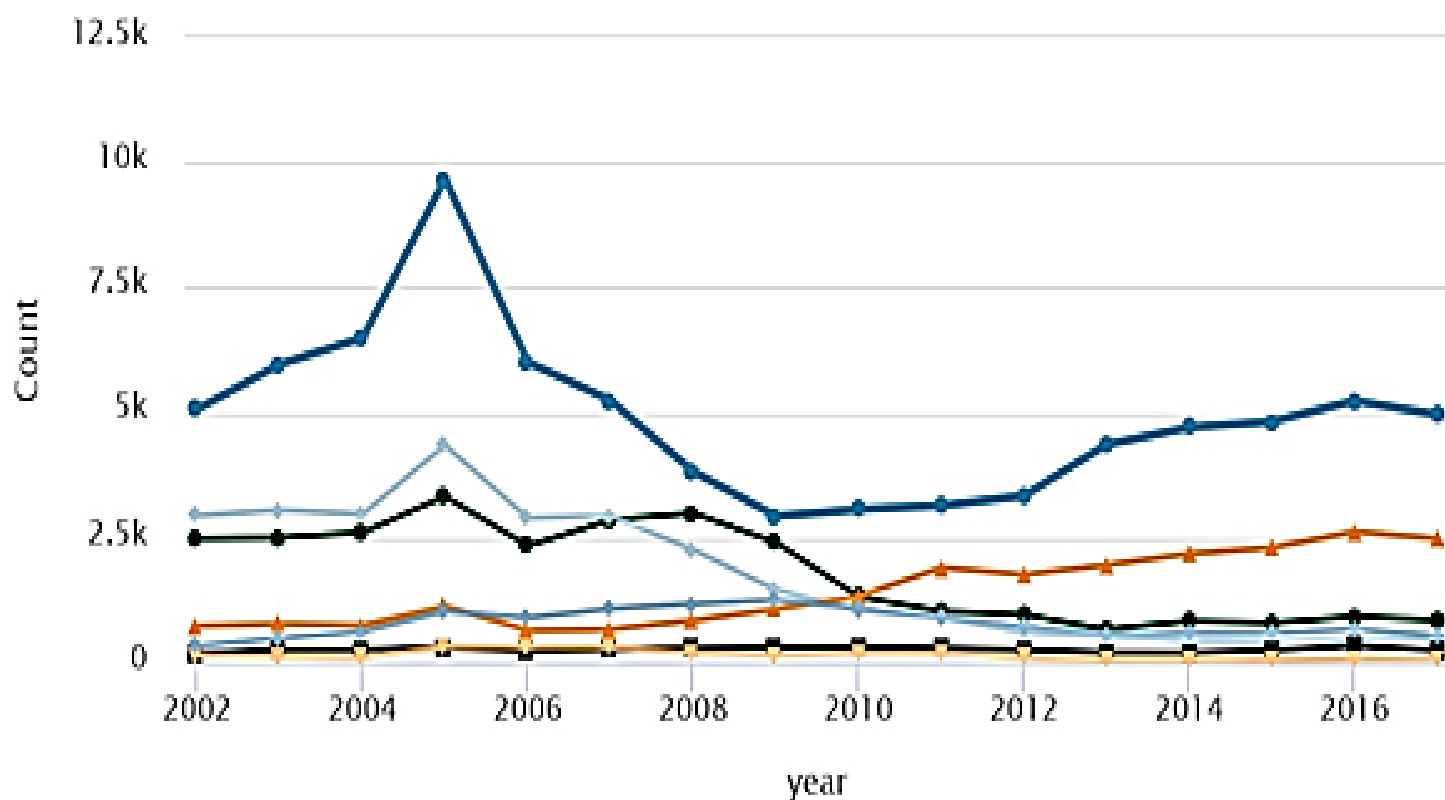


NBC NEWS

Data: U.S. Sentencing Commission



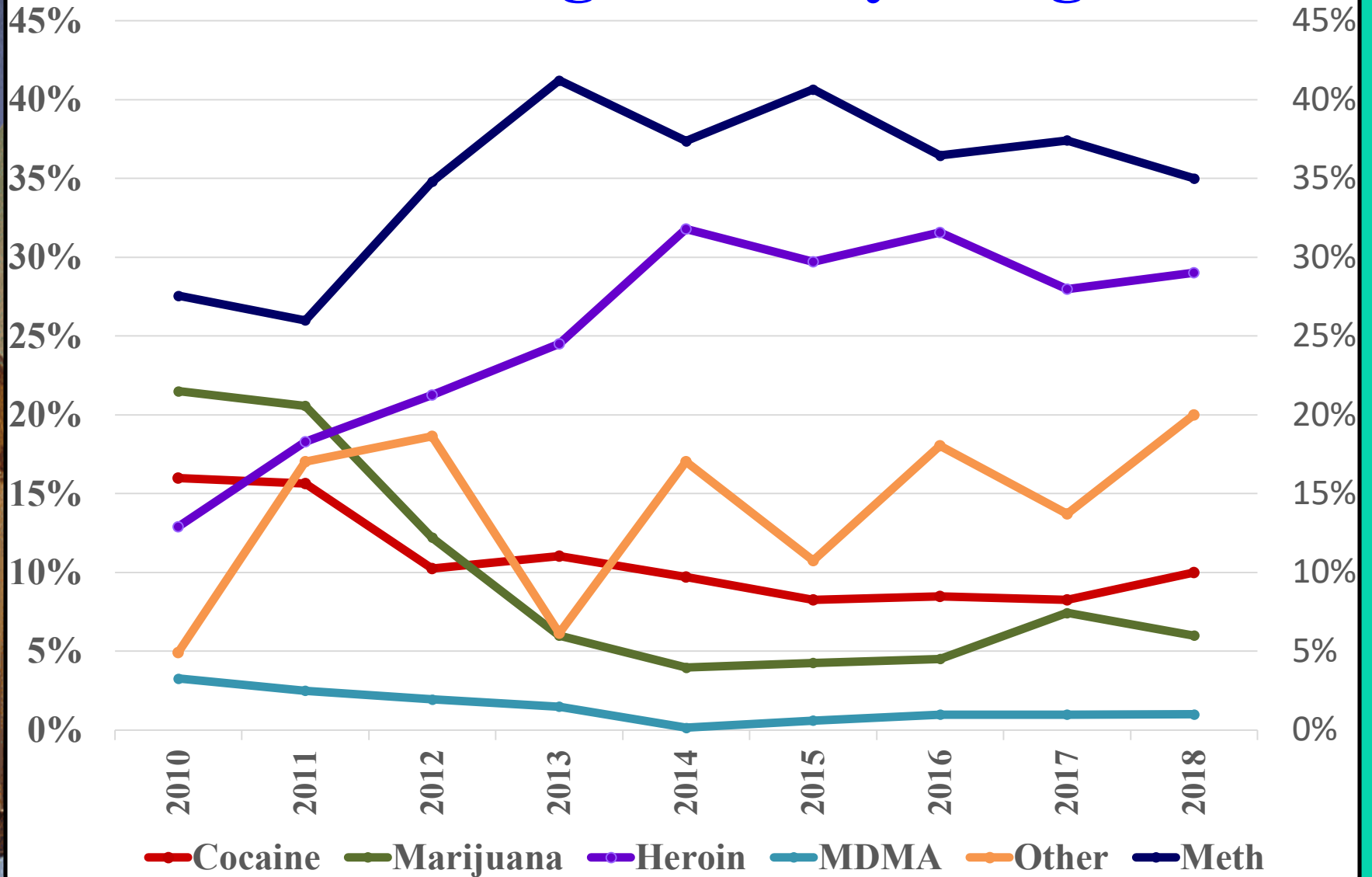
Counts of crime lab cases by drug result, statewide



- ◆ Cannabis
- ◆ Cocaine
- ◆ Depressants
- ◆ Heroin
- ◆ MD(M)A
- ◆ Methamphetamine
- ◆ Other opioids

Analysis by UW ADAI. For data sources, see text or adai.uw.edu/Wadata

Percentage CEV by Drug



Methamphetamine



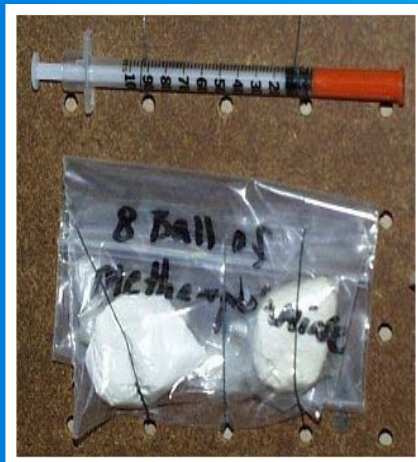
Methamphetamine powder



Copyright 2002 Publishers Group



Methamphetamine crystals
Photo by Payin2Much, © 2002 Erowid.org



Copyright 2002 Publishers Group
www.streetdrugs.org

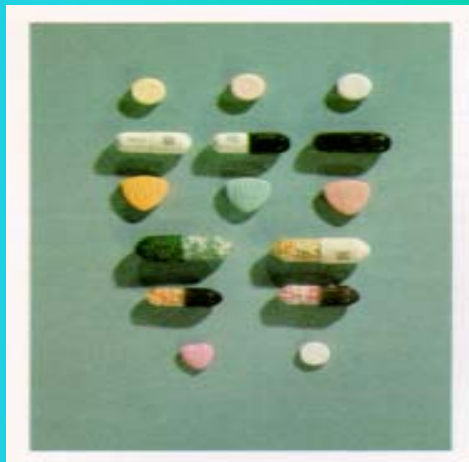


FIG 3: Global methamphetamine seizures

GLOBAL QUANTITY SEIZED:



COUNTRIES REPORTED:



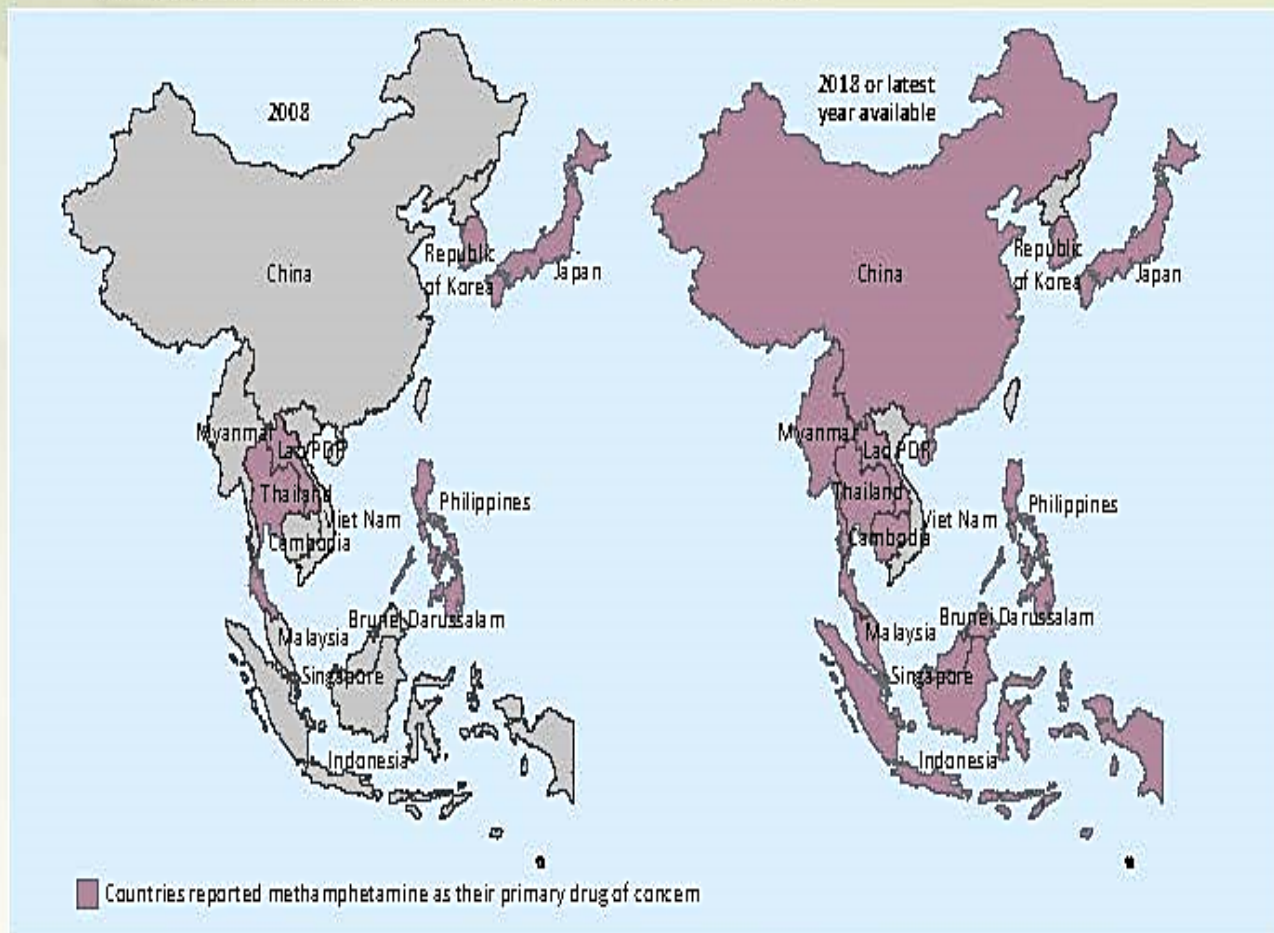
REGIONAL DISTRIBUTION OF METHAMPHETAMINE QUANTITIES SEIZED, 2008 AND 2017 (PERCENTAGE)



Source: UNODC Database, 2019.



MAP2: Countries reporting methamphetamine as their primary drug of concern in East and South-East Asia, 2008 and 2018 (or latest year available)



Source: Drug Abuse Information Network for Asia and the Pacific (DAINAP) and Official communication with Japan and the Republic of Korea, January 2019, in UNODC, 2019a.

Note: Data for Democratic People's Republic of Korea, Hong Kong, China, Mongolia and Taiwan Province of China are not available. The boundaries and names shown and the designations used on the map do not imply official endorsement or acceptance by the United Nations.

Questions for you...

What is the primary origin of global supply of meth to US?

- China
- Mexico
- Canada
- Europe



Methamphetamine

- U.S. supply originates primarily in Mexico although clandestine domestic production continues as a wider range of “recipes” are employed
- Trafficked by Mexican DTOs; border seizures increased nearly 350% from 2011 to 2016 (17,509 kgs. at Southwest Border points of entry)
- Methamphetamine ranked 1st as a regional threat within the NW HIDTA region
- Methamphetamine ranked 2nd in prevalence within the NW HIDTA region
- Price has continued to drop to \$70-\$125 per gram (\$3,500 per pound) – a third the cost of a pound of cocaine; purity has also steadily increased to app. 70%



Brief Methamphetamine History

- **1887** – Ephedrine and Amphetamine synthesis in Germany, followed by methamphetamine synthesis in Japan in 1919
- **1930s** - Available over-the-counter as Benzedrine inhalers to treat asthma; widely abused during Prohibition – first article published linking meth use to addiction
- **WWII** - Amphetamines routinely supplied to both Allied and Axis soldiers
- **1940s-50s** - Heavily abused by Japanese civilian population during post-war reconstruction; widespread prescription use for depression and weight loss in the U.S. and Scandinavia





"...if the individual is depressed..."

"... if the individual is depressed or anhedonic... you can change his attitude... by physical means just as surely as you can change his digestion by distressing thought... *In other words, drugs and physical therapeutics are just as much psychic agents as good advice and analysis and must be used together with these latter agents of cure.*"

Myerson, A.—*Anhedonia*—*Am. J. Psychiat.*, July, 1922.

When this was written—in 1922—the only stimulant drugs employed in the treatment of simple depression were of limited effectiveness.

Only in the last decade has there been available—in Benzedrine Sulfate—a therapeutic weapon capable of alleviating depression, overcoming "chronic fatigue" and breaking the vicious circle of anhedonia.



BENZEDRINE SULFATE TABLETS

(racemic amphetamine sulfate)

SMITH, KLINE & FRENCH LABORATORIES, PHILADELPHIA, PA.

IN MILD PSYCHOGENIC DEPRESSIVE STATES . . .

this

IN MINUTES!

... WITH

RAPHETAMINE PHOSPHATE

Brand of Amphetamine Phosphate

Break through RAPHETAMINE Phosphate's stimulating action against depression, chronic fatigue and apathy in mild psychogenic depressive states... and in the management of obesity.

With RAPHETAMINE Phosphate's effect limited to hyperactivity, cardiac disease, or hypertension, no special precautions for treatment, tolerance may be prolonged.

Newly accepted powdered RAPHETAMINE Phosphate can successfully be used in treating bulimic and anorectic behavior in the treatment of obesity.

Clinical supply of both dosage forms available on request. Write to Medical Service Department, R. J. Strassenburgh Co., Rochester 14, N. Y.



Strassenburgh
ESTABLISHED IN 1881



CHEERFULNESS

MENTAL
ALERTNESS

OPTIMISM

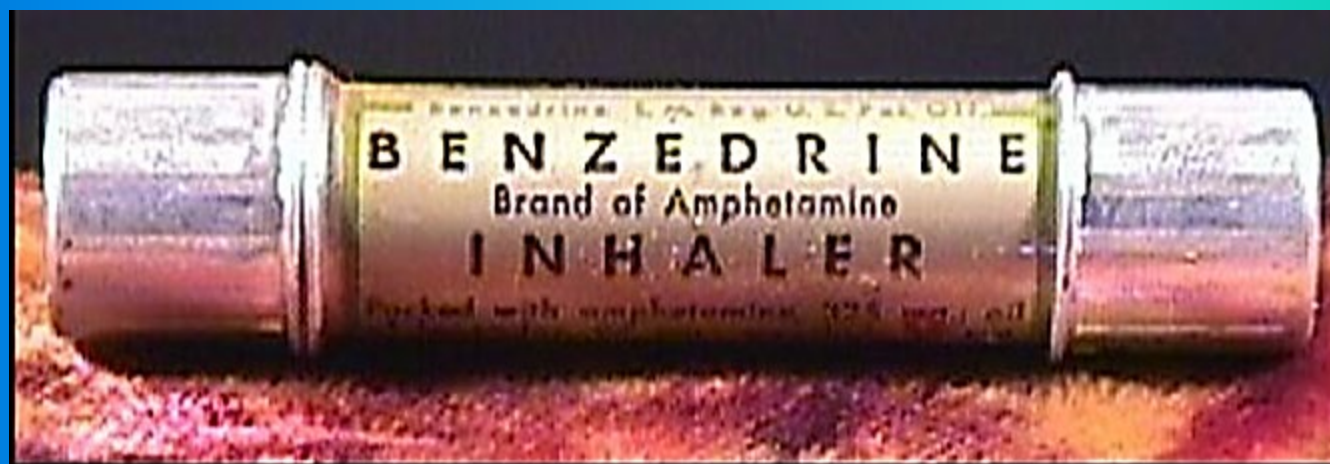


FORBIDDEN: RAPHETAMINE Phosphate, powdered, contains 10 mg. racemic amphetamine phosphate per tablet. It is available in bottles of 100, 500 and 1000.



TOLERATED: RAPHETAMINE Phosphate tablets containing 5 mg. amphetamine racemic amphetamine phosphate per tablet are available in bottles of 100, 500 and 1000.



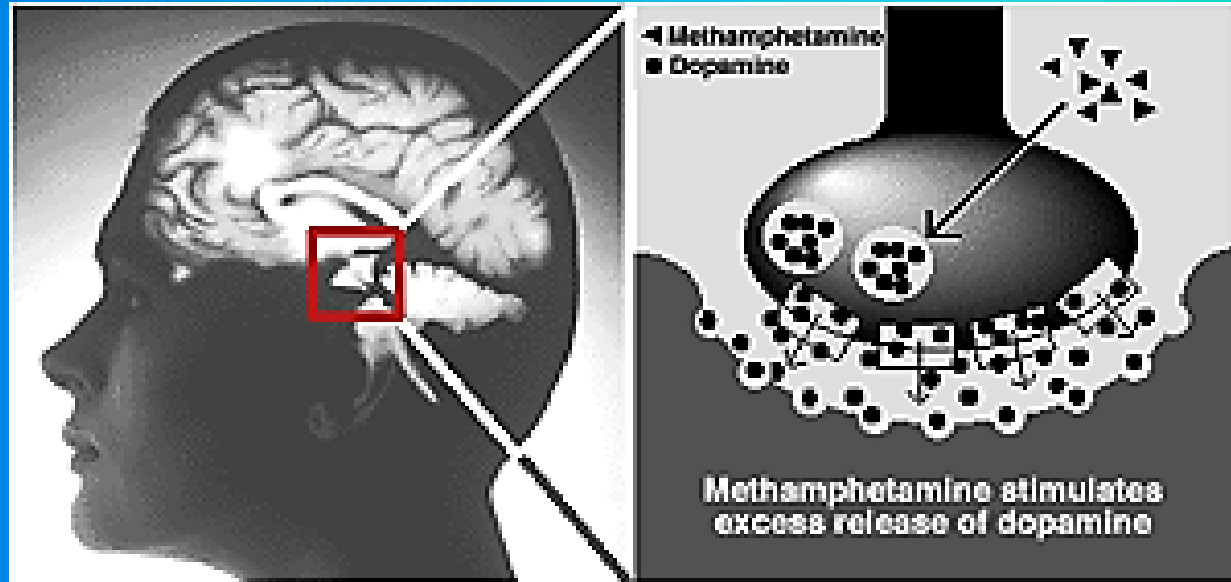


Brief Methamphetamine History

- **1950s-60s** - Truckers, students, housewives, athletes and “bohemians” abuse readily available supplies of Dexedrine and Methedrine “diet pills”. IV injection (prescription and illicit) promotes use
- **1960s-70s** – Outlaw motorcycle gangs engage actively in methamphetamine production and trafficking – “P2P” method (phenylpropanolamine) requires remote lab locations. 1970 Controlled Substances Act imposes Schedule II restrictions on use and availability – P2P restricted in 1984
- **1990s** – Internet “recipes” proliferate – home cooks and Drug Trafficking Organizations inundate communities



Neurological Effects



Dopamine plays an important role in the regulation of pleasure. In addition to other regions, dopamine is manufactured in nerve cells within the ventral tegmental area and is released in the nucleus accumbens and the frontal cortex.

Dopamine is normally recycled in the body. Once fired, methamphetamine blocks the return of the dopamine. But meth also destroys the terminals that fire the dopamine. Permanent damage results from improper regrowth of tissue.

Measuring Pleasure

Stimulants boost the normal brain levels of dopamine, with methamphetamine producing an excessive spike in dopamine:

“Dopamine Index”

Cheeseburger	1.5
Sex	2.0
Nicotine	2.0
Cocaine	4.0
Methamphetamine	11.0

(Source: UCLA Integrated Substance Abuse Programs/Michael Mode, *The Oregonian*)



Acute Effects

- Increased wakefulness and physical activity
- Decreased appetite
- Faster breathing
- Rapid and/or irregular heartbeat
- Increased blood pressure and body temperature

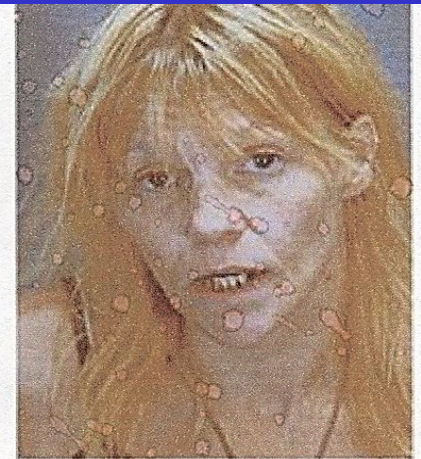


Cycle of Use, Addiction

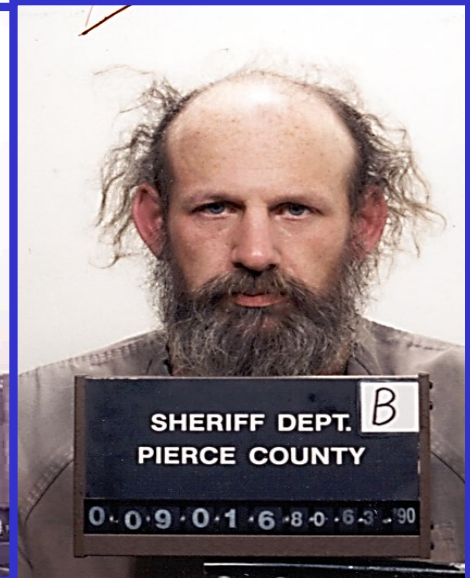
- **Rush**
 - 5-30 Minutes
 - Euphoria, energy
- **High**
 - 4-16 Hours
 - Distractible, unpredictable
- **Binge**
 - 3-15 Days
 - Hyper, delusional
- **Tweaking**
 - 4-24 Days
 - Irritable, paranoid
- **Crash**
 - 1-3 Days
 - Heavy, unrousable sleep
- **Withdrawal**
 - 30+ days
 - Depressed, confused, severe cravings



1998



2002



Long-Term Effects

- Addiction
- Extreme weight loss
- Severe dental problems
- Intense itching – leading to skin sores and abscesses
- Anxiety
- Changes in brain structure and function
- Confusion
- Memory loss
- Sleep disorders
- Violent and risky behaviors
- Paranoia – extreme and unreasonable distrust and fear
- Hallucinations



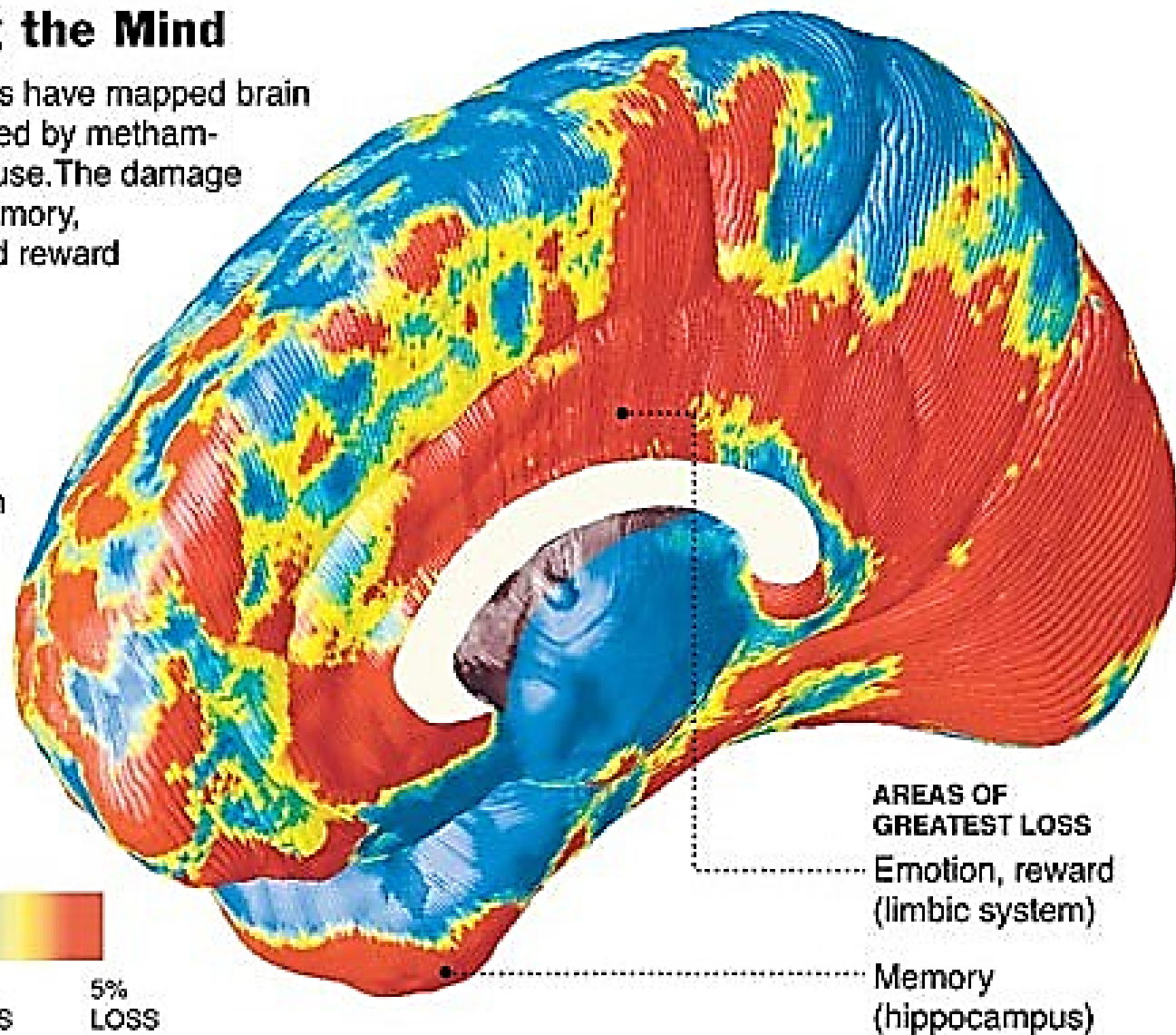
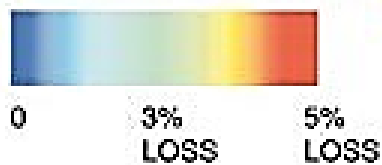
Long-term Physiological Effects



Eroding the Mind

Researchers have mapped brain decay caused by methamphetamine use. The damage affected memory, emotion and reward systems.

Average difference in brain tissue volume of methamphetamine users, as compared with non-users:

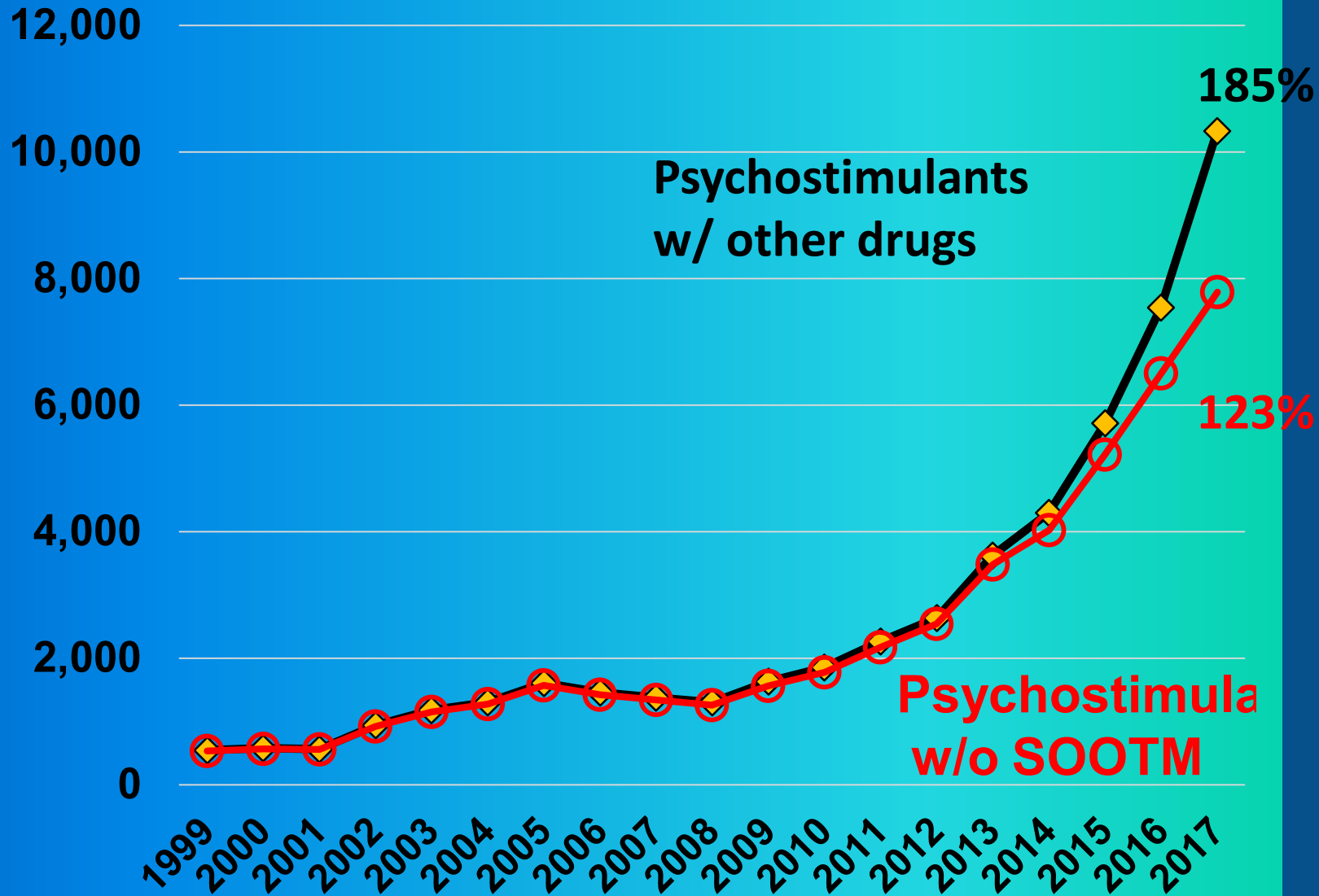


Source: Dr. Paul Thompson, U.C.L.A.

Number of Overdose Deaths

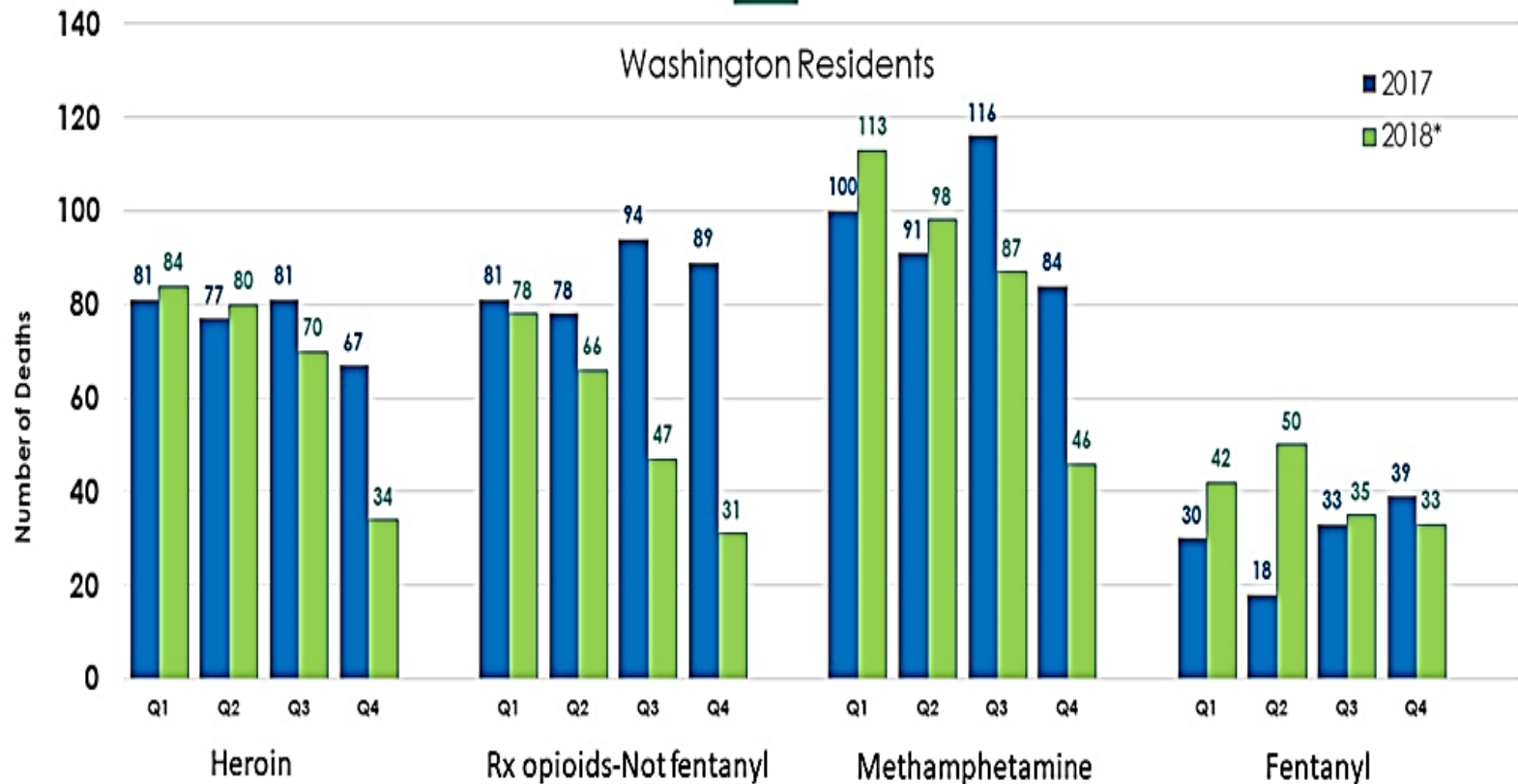


Overdose deaths involving psychostimulants Change 2013-17



*SOOTM = "Synthetic Opioids Other Than Methadone" is a class of drugs recently dominated by fentanyl

Quarterly Overdose Deaths by Drug Type (2017 & 2018*)



*2018 Preliminary (to date)
Data run: 11Mar2019

Washington State Department of Health

Source: DOH death certificates

Let's Chat

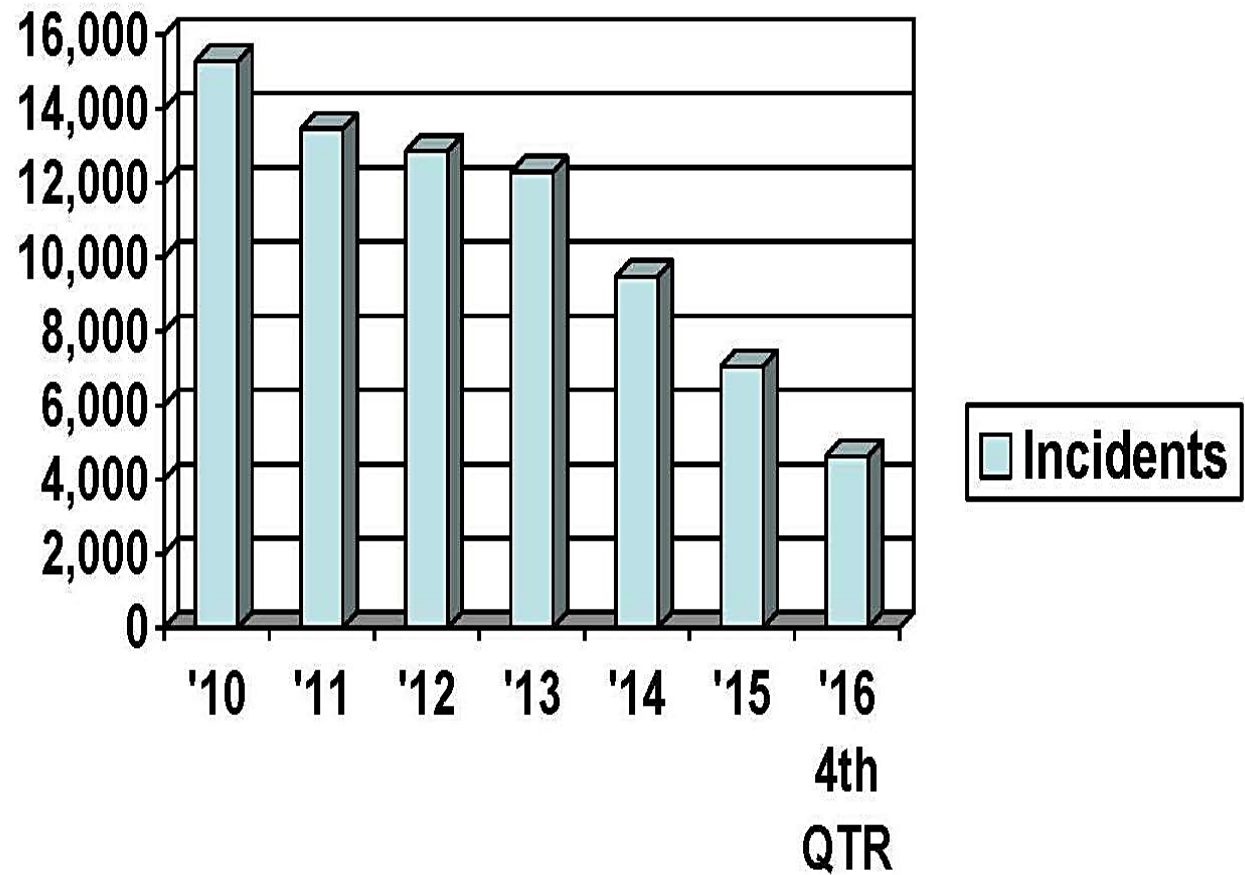


Given what you have heard so far, what do you think are the common cultural norms in the US, driving methamphetamine use, opioid misuse, and polysubstance misuse?

Clandestine Methamphetamine Lab



NATIONWIDE CLANDESTINE METH LAB INCIDENTS:
2010 to 2016 (thru 3rd Qtr)



Clan Lab Seizures by State, 2015

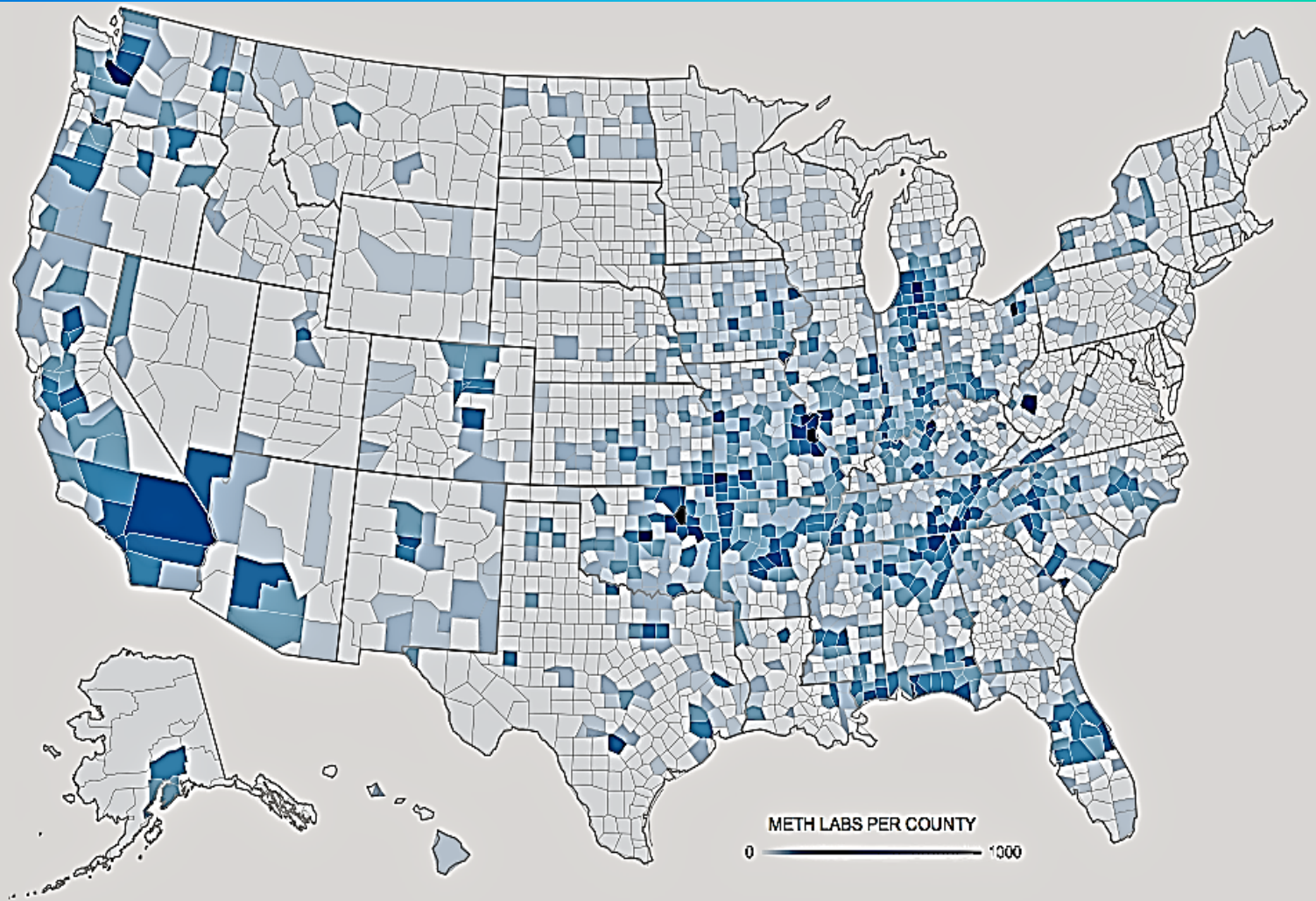
- Indiana 1,796
- Missouri 1,482
- Tennessee 1,375
- Ohio 1,004
- Illinois 668
- Michigan 603
- North Carolina 565
- Florida 510

Other states with at least 200: Kentucky,
Oklahoma, South Carolina, Virginia, Iowa,
Alabama

Total: 11,269



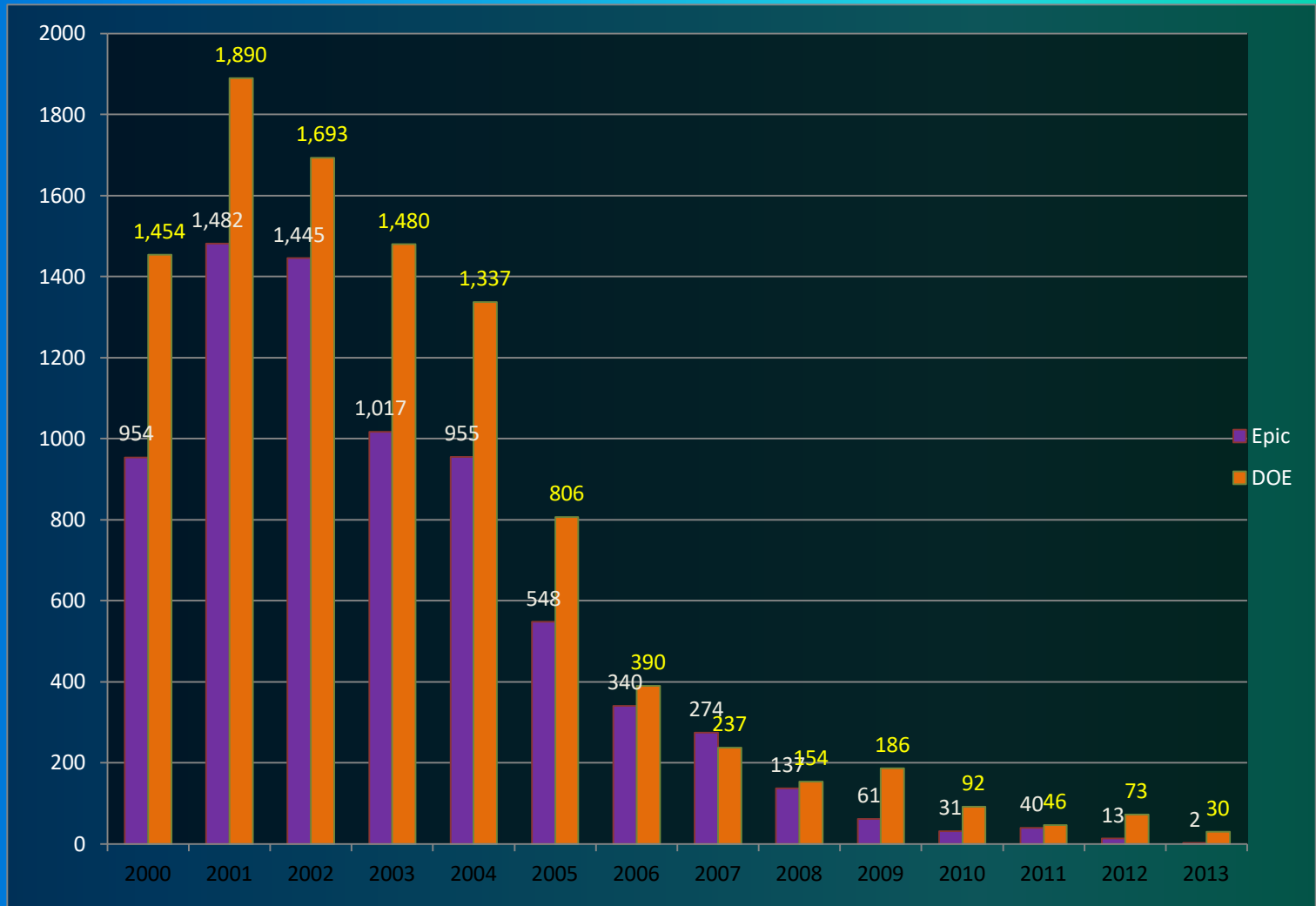
Meth Labs by County, 2004-12



Source: Drug Enforcement Administration's National Clandestine Laboratory Register 2004-2012.

Map: Tal Yellin / CNNMoney

Clandestine Meth Lab Statistics by DOE and EPIC in Washington State, 2000-13

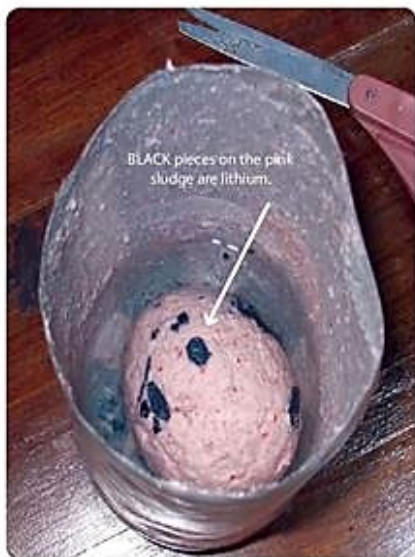


Let's Chat



Are you aware of the clandestine lab seizure data for your state? What trends are you seeing?

Once again, drug-enforcement teams are warning retailers about new signs to watch for – repeated purchases of garden fertilizer or cold packs, a source for ammonia, cold tablets, and lithium batteries. And they're warning the public about the danger of discarded pop bottles that may carry residual chemicals that can be explosive and flammable.



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8-11-2010

ONE-POT METH LABS



"One-Pot" meth lab bottles seized by police.

The "one-pot" meth manufacturing process has been around for several years, but as a vehicle to making meth, this method has grown briskly across America over the last couple years.

Meth labs of the past (referred to as garage labs) required hundreds or thousands of cold tablets, a large quantity of fuel, other household chemicals, glassware and other products and a room large enough to set up the lab. Making meth using the "one-pot" method, is accomplished by pouring all the ingredients into a plastic soda bottle, or other container. The ingredients are then mixed by shaking (shake and bake) the container and regulating the pressure created by the chemical reaction of the cold tablets and household chemicals. The quantity of meth is small, usually enough for one or two doses, with quality varying.

Law enforcement officials claim the new "one-pot" process is more dangerous than the "garage labs". When the "garage labs" caught fire, the "cooker" would simply run away. But with the "one-pot" method, the "cooker" is frequently holding the bottle when it fails. Police in Georgia, Alabama, Oklahoma and other states have linked dozens of flash fires, some of them fatal, to meth manufacturing using the "one-pot" method. Some law enforcement officials are finding that the "cooker" will mix the ingredients in a container at the side of the road then leave it unattended for a couple hours. When the "cooker" returns, if the bottle has not failed he/she will retrieve the meth and pour out the remaining chemicals in the ditch creating an environment and health hazard.



Finished Methamphetamine



“One Pot” Cooking Method



- Not really “meth labs” as we know them
- Precursors mixed in one vessel for reaction
- Ephedrine/pseudoephedrine is still the essential ingredient
- Cold packs are being used to provide ammonium nitrate
- Product is more contaminated and impure than from other methods
- Still as dangerous as other methods
- Still produces toxic waste as with other methods





One-Pot Incident - Driving



One Pot Incident - Bathroom



Let's Chat

- What you are doing in your community to prevent methamphetamine use?
- With whom are you partnering to do this work?



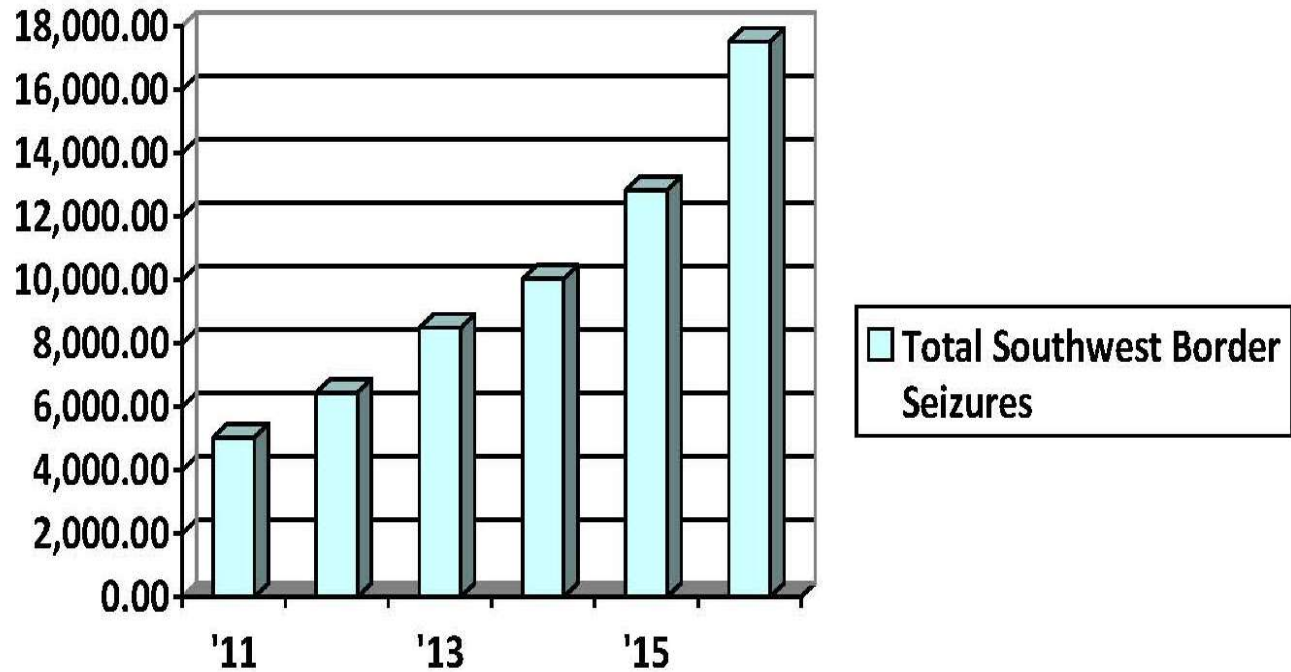
THE BATTLEFIELDS OF MEXICO'S DRUG WAR

In the past decade, the drug war in Mexico has spilled into every corner of the country, leaving more than 200,000 civilians dead. The maps below show the territory of each major cartel, the locations of lucrative drug production and where ongoing turf wars continue to fuel violence.





Southwest Border POEs Total Meth Seizures
2011 to 2016

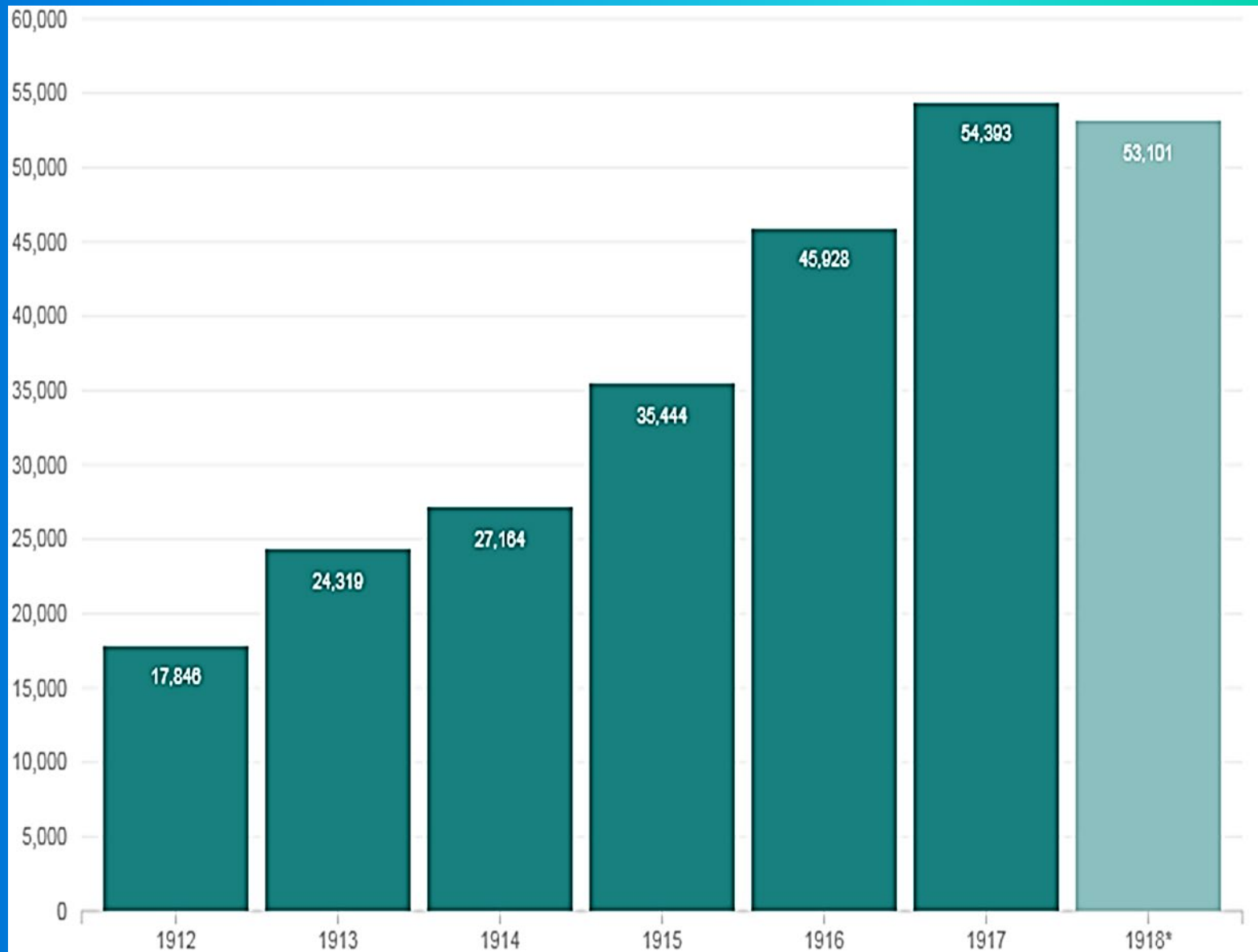


Totals: 2011 = 5,034.49 kgs; 2012 = 6,449.81 kgs; 2013 = 8,485.9 kgs.; 2014 = 10,023.46 kgs; 2015 = 12,822.36 kgs; 2016 = 17,508.95 kgs

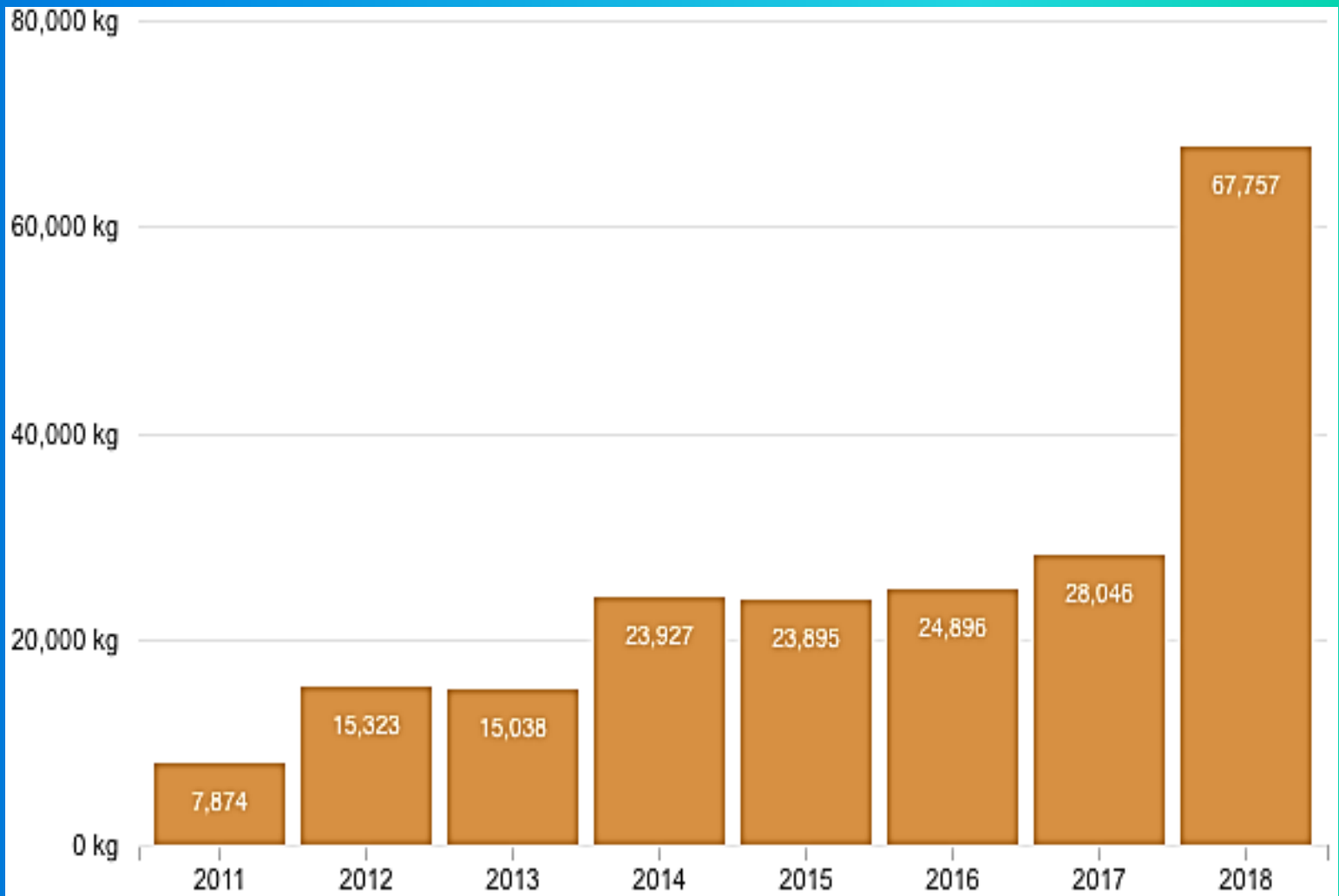
Meth Transportation Routes



Border and Domestic Meth Seizures FY 2012-17 (3rd Qtr.)

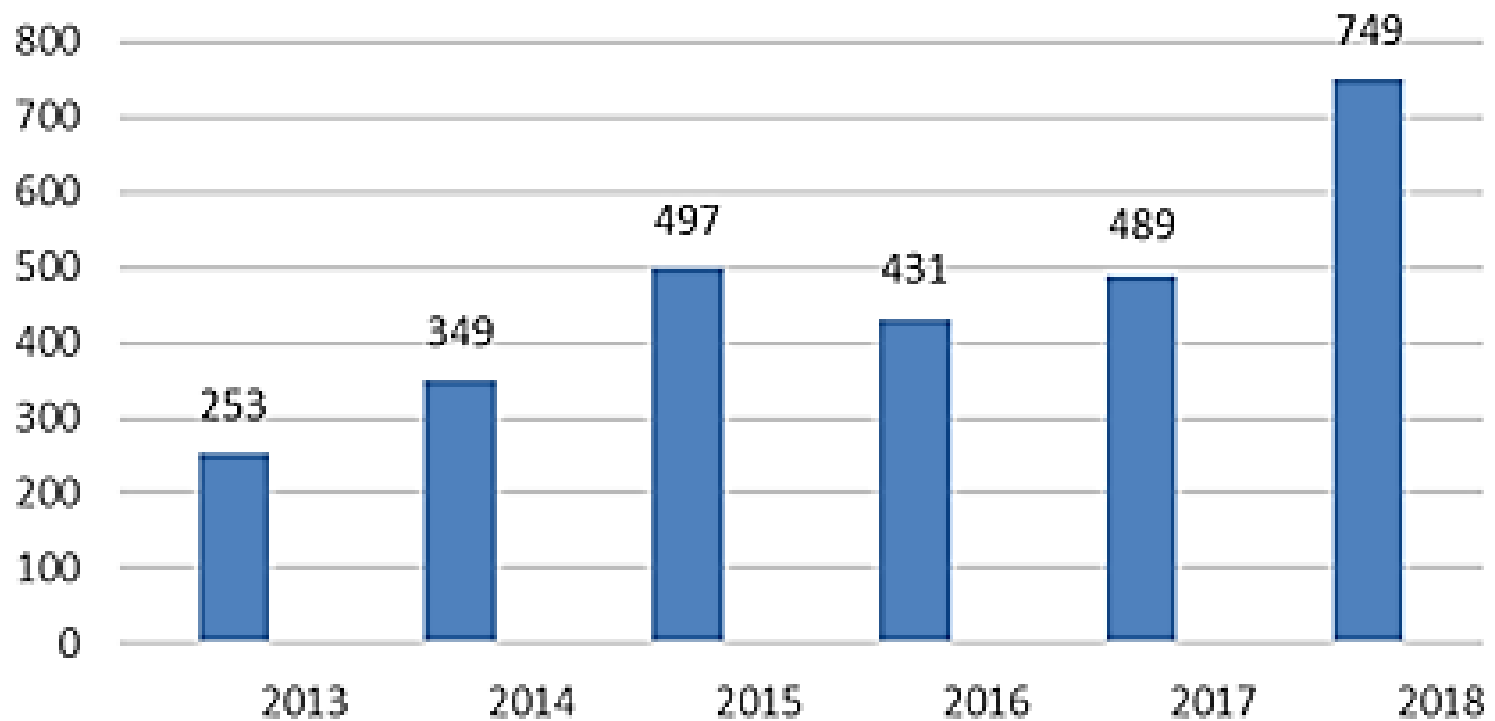


Methamphetamine Seizures within HIDTA Regions Increased 142% from 2017 to 2018





Methamphetamine Seizures Measured in kilograms (kg)

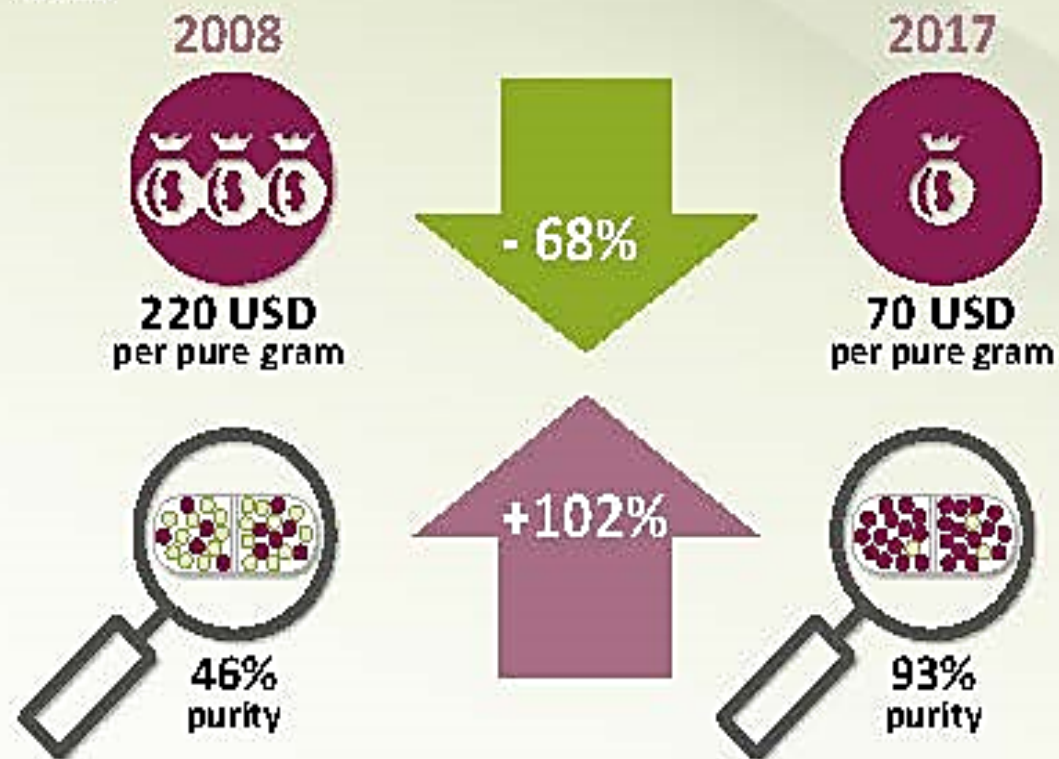


(U) Methamphetamine seizures reported by Northwest HIDTA Initiatives to PMP, accessed April 25, 2019.

906 pounds of Methamphetamine worth \$12.7 million Seized at Texas Border 2/19



FIG.4: Price and purity development of methamphetamine in the United States, January–March 2008 and January–March 2017



Source: DEA, 2010 and 2018.

Note: Purity is defined as a measure of the amount of an illicit substance present in a sample compared to other substances in the sample such as adulterants, diluents or solvents (DEA, 2018).

Mexican Methamphetamine Labs



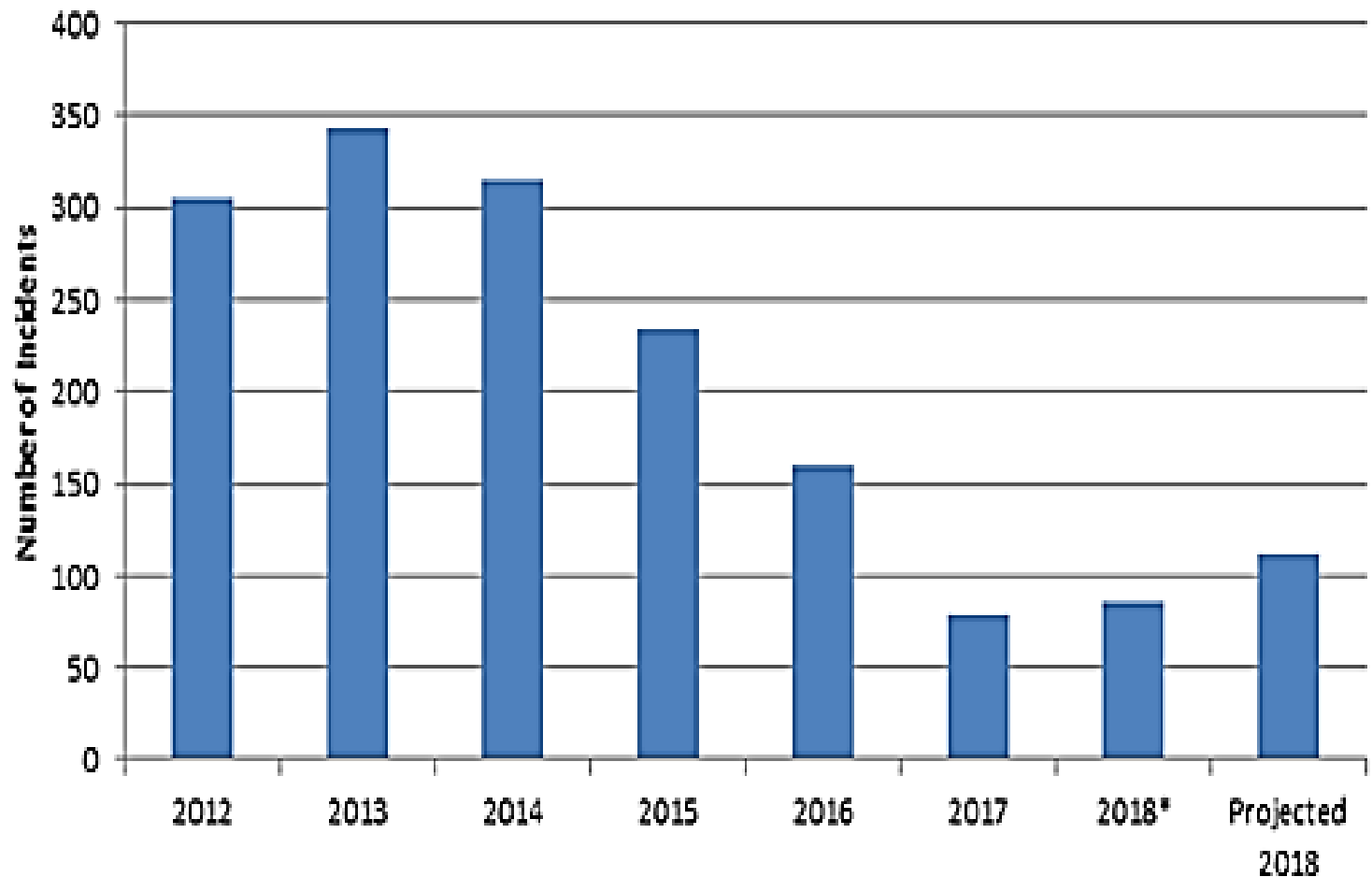
Liquid Methamphetamine Trafficking Method

Crystal Meth Suspended in Liquid



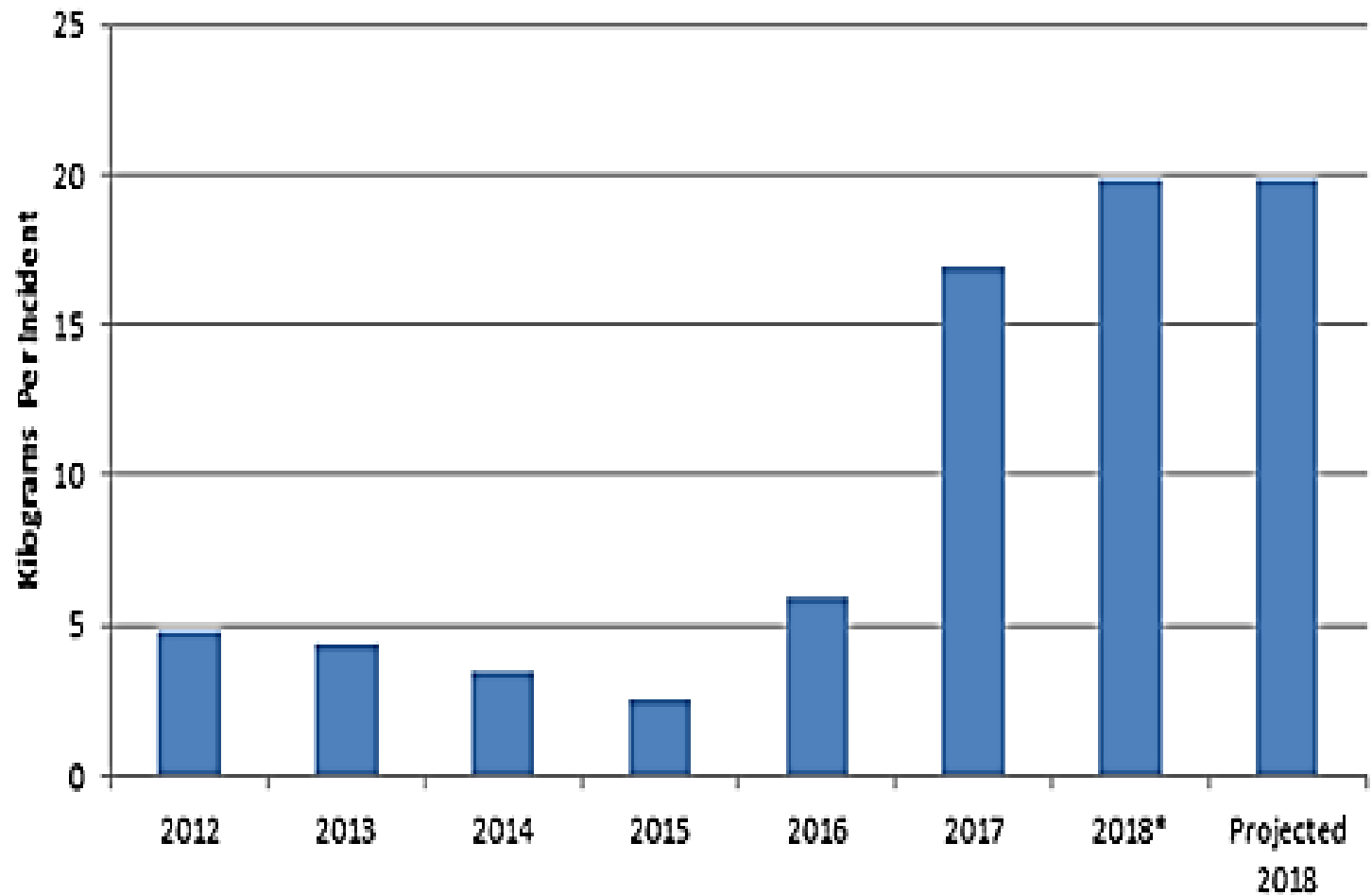


**(U//LES) Figure 3: Methamphetamine in Solution:
Total Number of Incidents in the United States.**



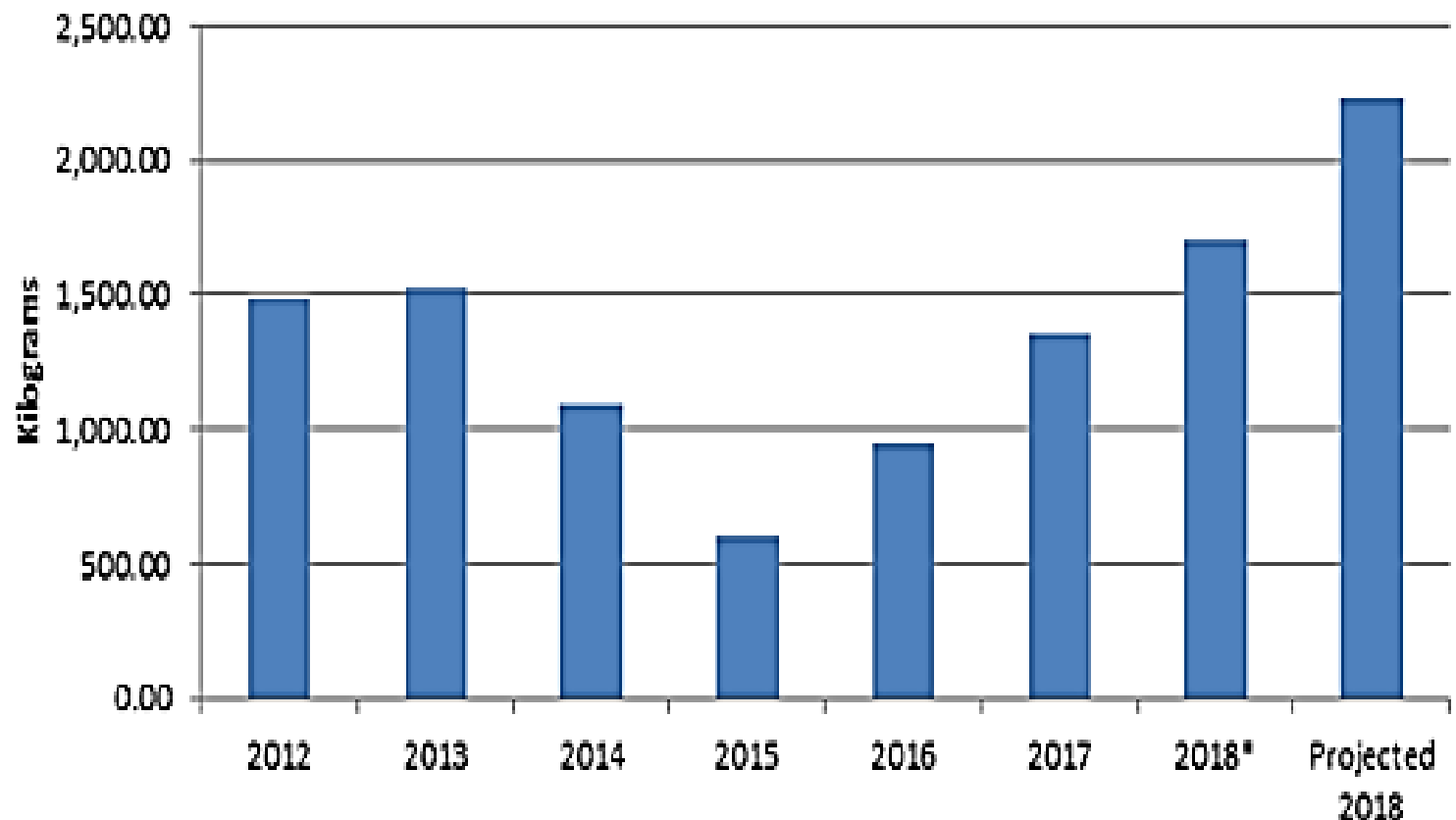


**(U//LES) Figure 4: Methamphetamine in Solution:
Quantity per Incident in the United States.**





(U//LES) Figure 2: Methamphetamine in Solution: Total Quantity of Seizures in the United States.



Liquid Methamphetamine Conversion Laboratory



Components of a Large Capacity Methamphetamine Conversion Site



Methamphetamine in Solution Evaporating





**Meth Plugs Drying
Screens in Bins**



**Meth Shards Being on
Dried by Fans**

Key U.W. Findings

Methamphetamine-involved deaths increased in Washington State from 2008 to 2016; in that time span, deaths quadrupled from 1.3 per 100,000 residents to 5.1 per 100,000.

- **Death rates vary across Washington counties, and by race/ethnicity, with Whites making up the majority of deaths.**
- **Native Americans are over-represented among methamphetamine-related deaths and treatment admissions.**
- **People who use methamphetamine often have social, cultural, and functional reasons for their use, and interventions to reduce use should address these factors.**
- **There is no clearly effective medication to treat methamphetamine use disorders.**
- **Evidence-based treatments for methamphetamine use disorder include contingency management, the Matrix Model, other forms of cognitive behavioral therapy, motivational interviewing, mindfulness-based approaches, and exercise.**
- **Harm reduction strategies present important alternatives to those uninterested in abstinence.**





Take Action

Take Action in Your Family

- **Educate, talk, monitor and email/text**
- Kids who learn about the risk of drugs from their parents are significantly less likely to use drugs.
- But 57% of teens say their parents have not talked with them about ways to turn down drugs

Take Action in Your Community

- **Network, volunteer and speak out**



Other Domains

- Peers –

Curricula teaching how to talk to peers about drug use, and how to resist peer pressure to use drugs

- School –

Curricula teaching about the short- and long-term behavioral and cognitive effects of meth, the toxicity associated with the physiological and neurological damage caused by meth, and addiction

Resources

Meth 360 –

- **Goals:** To educate about the threat of meth
To motivate you to take action in
your family and community
- **Presentation Topics:**
 - Meth facts
 - Effects of Meth Use on Individuals
 - Effects on Communities
 - Families and Prevention
 - Treatment and Intervention
 - Communities and Prevention





Resources

Partnership for Drug-Free Kids

(www.drugfree.org)

National Institute on Drug Abuse (NIDA)

(www.drugabuse.gov)

- *Principles of Substance Abuse Prevention for Early Childhood: A Research-Based Guide*
- *Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators and Community Leaders*

What Comments or Questions Do You Have?



Wrap up!

Make sure to fill out a feedback form!

<https://ttc-gpra.org/P?s=120734>

