

Methamphetamine: The Basics

Jamie Tompkins



Agenda

- What is methamphetamine?
- How is methamphetamine made?
- How is methamphetamine used?
- How does methamphetamine affect users?
- What are the short- and long-term effects?
- How common is methamphetamine use?
- Who uses meth?
- What do meth users look like?
- Treatment and prevention of the spread of meth use?
- Who can you reach out to for help?



What is methamphetamine?

- A derivative of amphetamine
- A powerful stimulant
 - Stimulants increase energy and alertness
 - Can last up to 15 hours
- Can kill brain cells



What does meth look like?

- The powdered form is commonly referred to as speed, crank, or chalk



What does meth look like?

- It can be sold as chunks, pressed into tablets, or made into capsules



What does meth look like?

- The crystalline form is known as krank, crystal, glass, ice, shards or points



How is meth made?

- There are different types of labs and a wide variety of recipes.



How is meth used?

- Depends on the form, the user and the location.



Smoked



Injected



Snorted



Ingested



How is meth used?

- Crack or meth pipe



How is meth used?

- Light bulb pipes are common



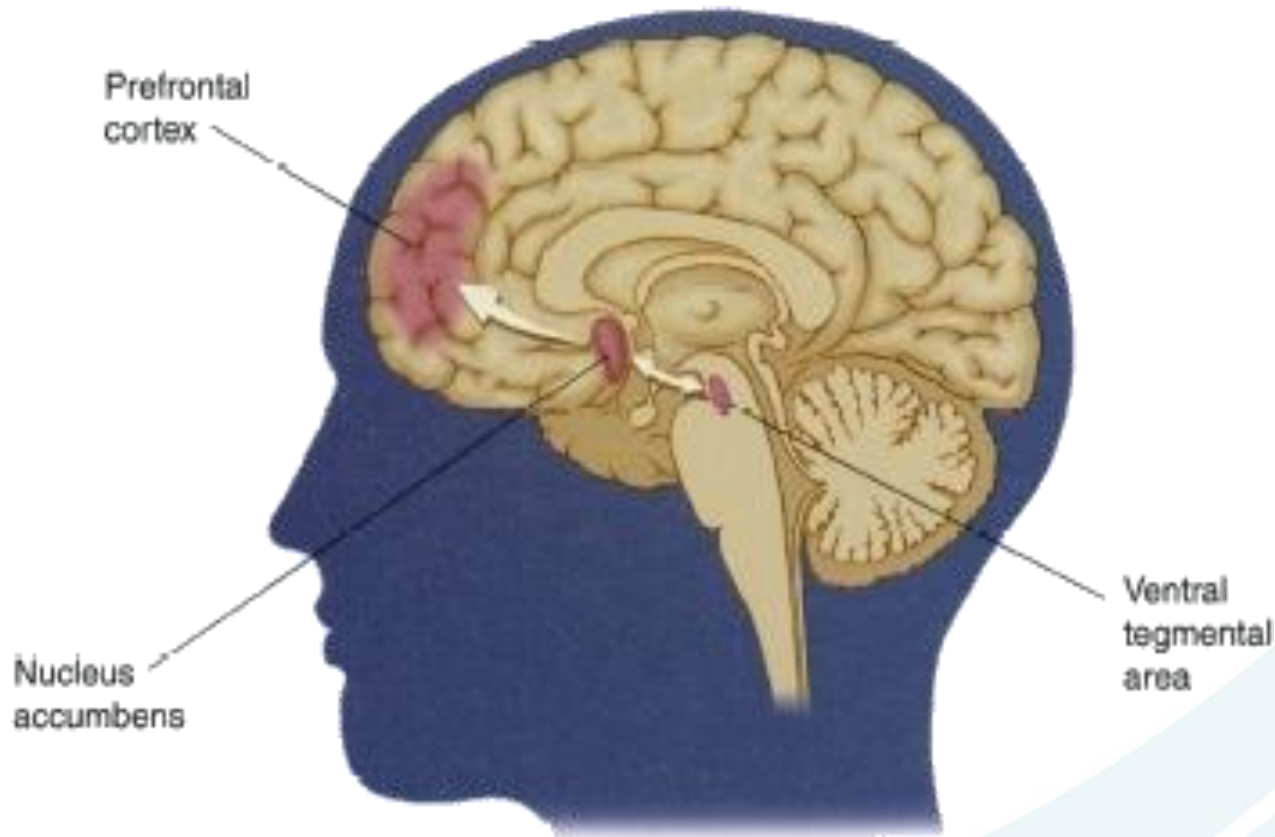
How is meth used?

- Injecting is a recent trend



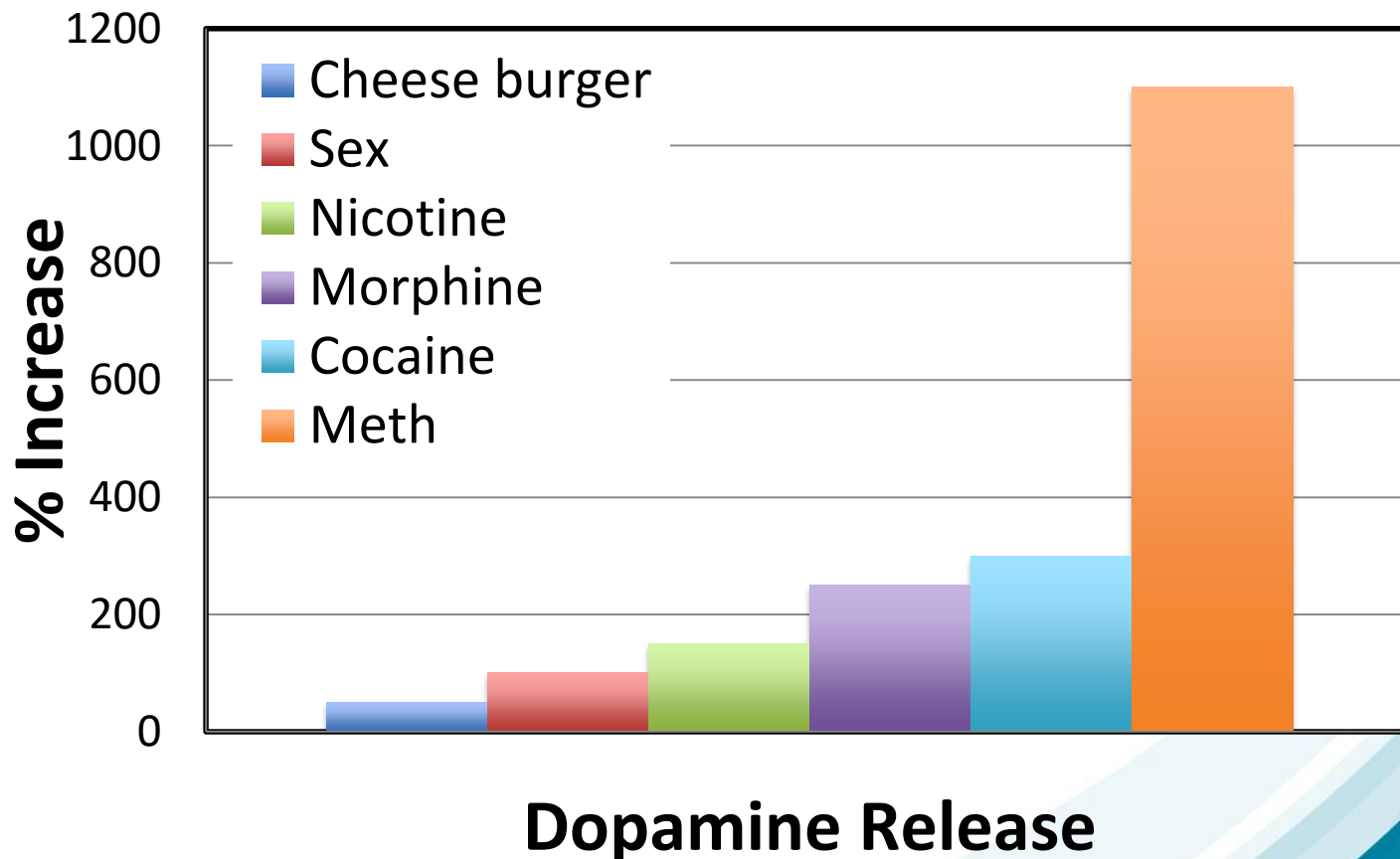
How does meth affect users?

- Dopamine & Reward:



How does meth affect users?

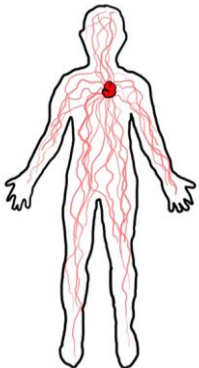
- Dopamine & Reward:



Dose-related effects

Low-moderate

Euphoria, “rush”
Alertness/wakeful
Increased confidence
Hyperactivity
Loss of appetite



Higher doses

Talkativeness
Aggression
Restlessness
Repetitive behaviour



Very high/bingeing

Agitation, confusion, panic
Anxiety, irritability
Negative mood
Violent behaviour
Impaired motor skills
Impaired thinking
Persistent repetition of meaningless behaviours
Auditory hallucinations
Feeling of insects under skin
Paranoia



How does meth affect the user?

Common short term affects:

- Energetic & alert
- Happy & excited
- Reduced appetite
- Dry mouth/cracked lips
- Flushed clammy skin
- Increased heart rate
- Shortness of breath
- Trouble speaking
- Aggressive/violent
- Feeling suicidal
- Diarrhea/constipation
- Trouble coordinating movements



How does meth affect the user?

Severe short term affects:

- Convulsions (severe muscle spasms)
- High body temperature/blood pressure
- Irregular heart beat
- Stomach cramps
- Stroke
- Death if above side effects do not get medical attention

Long-term effects



THE BRAIN

BLEEDING OR STROKE
AGGRESSION, PARANOIA,
HALLUCINATIONS OR 'CRACK
BUGS' DEPRESSION, ANXIETY
AND MEMORY LOSS



METH MOUTH

DRY MOUTH, BLACK
ROTTING TEETH



THE HEART

FAST, ERRATIC HEART BEAT,
HIGH BLOOD PRESSURE,
DAMAGED BLOOD VESSELS



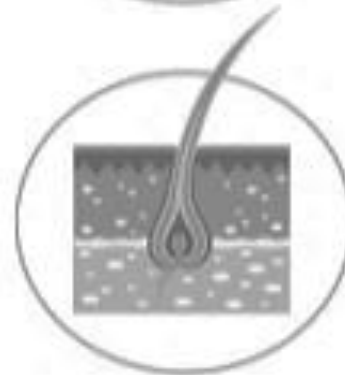
KIDNEYS AND LIVER

DAMAGE FROM POOR
NUTRITION



THE MUSCLES

WEAK, LACK OF
COORDINATION



THE SKIN

AGED SKIN,
SORES

Meth & Psychosis

- Meth users are much more likely to experience psychosis than the general public
- After psychotic episode, further episodes are more likely
- Almost 25% of regular meth users will have psychotic symptoms in a year
- Key risk factors:
 - Intensity of use (high doses for long periods of time)
 - Dependence on meth
 - History of schizophrenia
 - Cognitive impairment
 - Childhood trauma (↑ adverse childhood events)
- About 1/3 of people with meth-induced psychosis go on to develop primary psychosis



How common is meth use?

- AFM:

Trend for both youth & adult clients over the past 5 years towards increased methamphetamine use

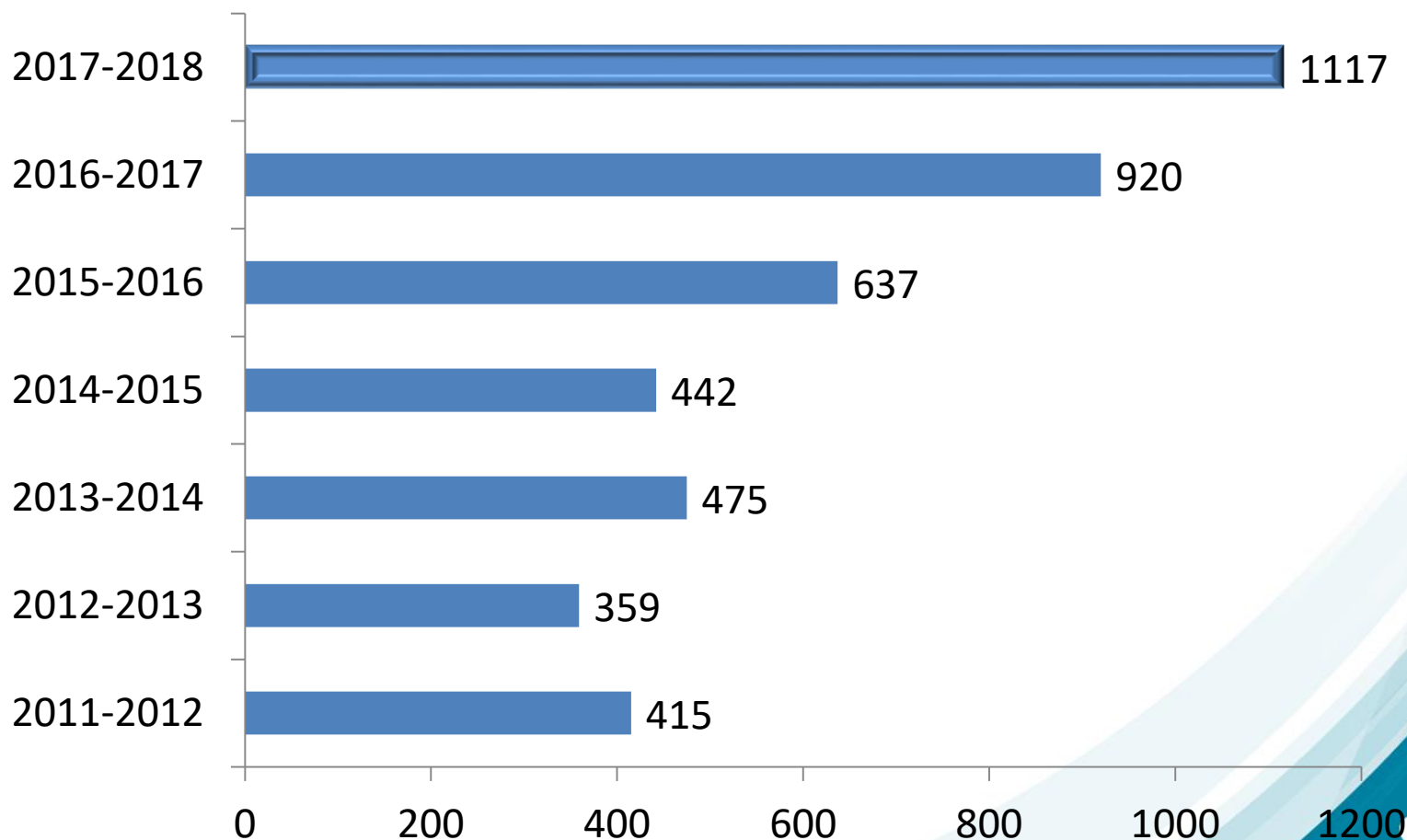
Past year use: youth 3.4 - 6.1%
 adult 3.7 - 8.4%

- Increases in crimes related to Meth
- Increase in E.R. visits related to Meth

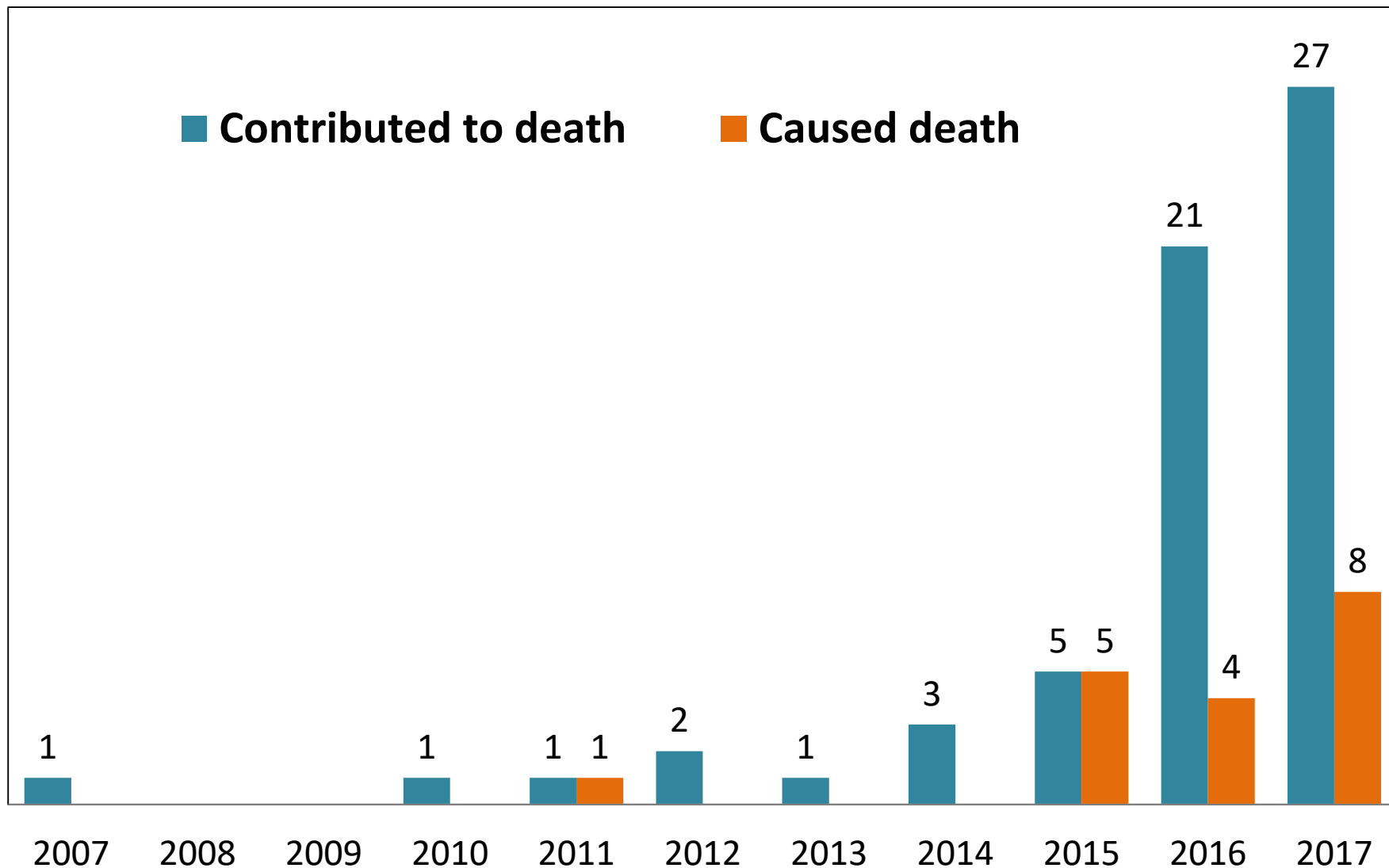


AFM statistics

Meth Use



Manitoba deaths related to methamphetamine overdose



Who Uses Meth?

Groups at higher risk

- Rural areas
- Students/
Adolescents
- Low income
- Women
- White, male, blue-collar workers
- Disenfranchised
 - homeless
 - club scene
 - co-occurring disorders
 - youth in care (CFS)

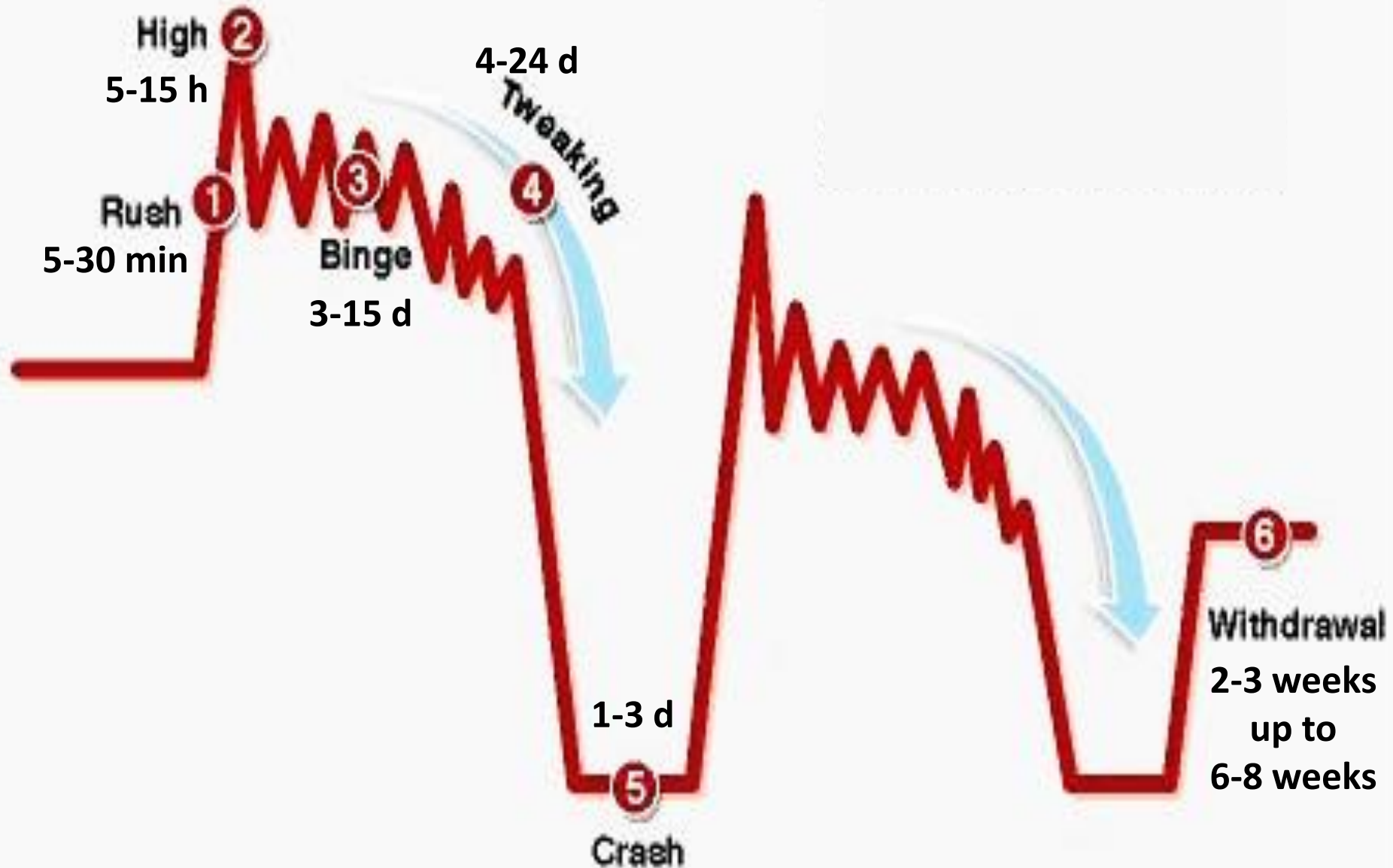


What are the patterns of meth use?

- Casual user
 - MOST common user
 - may be used to stay awake, party or control weight
- Binge user
 - “on a run”
- Chronic user
 - “speed freaks”, “tweakers”



Cycles of methamphetamine use



Possible Indicators of Meth Use

- Irritability
- Anxiety & nervousness
- Lack of focus
- Fast/continuous speech
- Constant change of subject in conversation
- Incessant movement by the user
- Profuse sweating
- Aggressive/violent behaviour
- Small sores on the arms & face – similar to chicken pox

Dealing with Intoxication

- Recognize the signs/symptoms
- Do not confront
- Be aware of what's going on for you
 - Control your own behavior
 - Be aware of personal space
- Reduce stimuli
- Offer water
- Encourage the person to relax
- Use person's name & repetition (broken record)
- Look for areas of agreement
- Don't be afraid to ask for help



Withdrawal and Meth

- Symptoms may last for days with occasional use and weeks/months with chronic use
- Symptoms may include:
 - Fatigue/excessive sleeping – may begin with a long crash (up to 3 days)
 - Apathy
 - Depression & suicidal ideation
 - Anxiety & agitation
 - Paranoia
 - Aggression
 - Intense craving for the drug



Where can help be accessed?

1. AFM: 1-866-638-2562 (toll free)
2. Police: 911
3. Manitoba Health: 1-888-315-9257
4. Klinik Crisis Line: 1-888-322-3019
5. Youth Emergency Crisis Stabilization Services:
204-949-4777
6. Manitoba Suicide Prevention Line:
1-877-435-7170





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Brandon Bear Clan Patrol





Brandon Bear Clan Patrol (BBCP)

- January 19th, 2017 – Brandon Friendship Centre hosted the first community meeting to bring awareness for the need to have a Bear Clan Patrol in Brandon. There had been a recent increase in attacks on women in the downtown area.
- February 6th, 2017 – A Women's Council was formed and consisted of 15 community members.
- April 18, 2017 – BBCP received a start up grant from Brandon Neighborhood Renewal Corporation for radios, vests, flashlights and other supplies required.
- April 23, 2017 – Members of the Women's Council went to Winnipeg to patrol with Winnipeg Bear Clan to understand what they do while on patrol.
- May 18th, 2017 – Second community meeting was held to seek volunteers for the Brandon Bear Clan's first patrol.
- June 2nd, 2017 – Brandon Bear Clan's first patrol!



June 2, 2017 & October 5, 2018





Brandon Bear Clan Patrol

- The Bear Clan offers help, information, supplies and respect to all community members.
- The Bear Clan is a community based solution to crime prevention, providing a sense of safety, solidarity, and belonging to both its members and to the community they serve.
- The purpose of the Bear Clan is to help people and prevent the need for police and authority interventions.
- The Bear Clan will achieve its purpose through a non-violent, non-threatening and supportive manner primarily through relationship building and reconciliation.



Brandon Bear Clan Patrol

- Teachings from Indigenous Knowledge Keepers inform us that like the mother bear protects her cubs, the Bear Clan is responsible for protecting their people.
- The Bear Clan Patrol brings together Indigenous and non-Indigenous community members who can effect change by recognizing the value of Indigenous practices and using them for positive collaboration.
- Respect is paramount when patrolling with BBCP. Respect other patrollers, respect community members dignity, respect confidentiality, respect laws, and respect values.



Brandon Bear Clan Patrol

- Carried By Patrollers While On Patrol:
 - Backpacks that contain care kits, first aid kit, water, food, garbage bags, sharps containers, pliers, latex gloves, hand sanitizer, notepad, paper, rain gear, thermal blankets, socks, gloves, toques.
 - Smaller packs to carry food, water, candy.
 - Patrol vests hold latex gloves, radios /codes, flashlight, community resources cards.
- Packed in Mobile While On patrol:
 - Care kits, cooler of water, food, tea/hot chocolate, blankets, sleep mats, seasonal clothing, footwear, socks, gloves, toques, Naloxone Kits, AED, taxi chits.



Brandon Police Service Stats 2017

- Crystal Meth seized increased by 5445%
 - (44 grams 2016; 2440 grams in 2017)
- Cocaine seized increased by 147%
 - (153 grams 2016; 374.31 in 2017)
- Marijuana seized increase by 2829%
 - (72 grams 2016; 2109 in 2017)
- Break and Enter increase of 33% (cars/homes/garages)
- Fraud up 63%
- Offensive weapons charges up 92% (An increase in paranoia by meth users puts police officers and the community in danger.)
- Trafficking charges are up 170% due to crystal meth use. (Meth is cheap and easy to get and the effects are long lasting.)



BPS / Brandon School Division

- More and more intoxication from meth use/other illegal drugs/ alcohol and co-occurring disorders. (Unlike Cocaine/Heroin a Meth user cannot function)
- An additional \$170,000 was added to the 2018 Brandon Police Services budget to cover the costs of a new civilian position, a police officer, and start-up costs to focus on cracking down on crystal meth distribution and associated human exploitation. (\$50,000 earmarked to convert space in the department in accordance with fentanyl protocol.)
- A recent Brandon School Division report shows a rise in drug use has seen suspensions more than double in the first semester of the school year. Between September to the end of January, there were 183 suspensions, compared to 137 within the same time frame in 2016-17 and 76 in 2015-16. (\$25,000 was included in the city's budget this year for youth addictions prevention to be offered at forums at local schools.)



BPS 2017 Report

- Total Criminal Code Violations
 - 2016=5311 2017=6022
- Total Federal Statute Offenses
 - 2016=202 2017=212
- Calls for Service
 - 2016=36,748 2017=39,119
- Crimes Against Persons
 - 2016=943 2017=954
- Crimes Against Property
 - 2016=2845 2017 =3074
- Other Crimes
 - 2016=1523 2017=1596
- Controlled Drug & Substance Act
 - 2016=54 2017=114



Brandon Bear Clan Stats

	June 2017-Dec 2017 (6 months)	Jan 2018-Sept 2018 (9 months)
Number on Patrol	741	737
Total Needles Found	31	504
Care Kits Supplied	103	483
Homeless Identified	29	50
Total Contacts Made	900	2246



BBCP & Safety

- Picking up needles; providing containers for safe disposal of needles.
- Provide supplies to the homeless (blankets, sleep pads, care kits, clothing).
- Walking vulnerable people home as a group (intoxicated, youth, concerned females).
- Have people walk with us if they need a safe place to be in the moment.
- Send people home in a cab to ensure they get home safely.
- Be present during altercations on the street.
- **Teach, Mentor, and Guide** with no judgement/stigma.



Needles 2018

90 pulled from a dumpster
by BBCP at one time.



City of Brandon Material Recovery Facility
pulled these from recycling bins. They put a
plea out to the public to dispose of their
needles properly





Resources & Services

City of Brandon Poverty Committee	City of Brandon Special Planning Council	City of Brandon Community Mobilization Westman HUB	Brandon Neighborhood Renewal Corporation (Homelessness)	City of Brandon Youth Centre		
Safe & Warm Shelter (November to March)	Housing First	Meredith's Place	Mary's House	A Way Home (Youth)	At Risk Youth Program (BSD)	Brandon Ministerial Association (emergency care)
Helping Hands Centre (M-F)	Bannock In The Park	Father's Pantry	Pizza & Bible Night	Food For Thought	Annual Christmas Dinner	Christmas Cheer Hampers / (Other)
Addictions Foundation of MB	Brandon Friendship Centre	Salvation Army	Samaritan House	7 th Street Health Access	Public Health - Prairie Mountain Health (PMH)	
Adult and Teen Challenge	Southwest MMF	DOTC	Brandon Urban Aboriginal Peoples' Council	Elspeth Reid Family Resource Centre	Mental Health	
Various AA Groups (10)	CFS Offices (7)	Youth for Christ	Westman Immigrant Services	YWCA	The Women's Resource Centre	CMHA
Nar Anon Family Group Daabida Bi-Azhegiwwen (Keeping Coming Back)	Police -Brandon -Dakota Ojibway -RCMP	Citizens on Patrol	Brandon Bear Clan Patrol	Westman Crisis Services	United Way	
Westman Families of Addicts	Legal	Downtown Ambassador Program	<div>Not Currently Available: (Needed?)</div> <div>Long Term Treatment</div> <div>Detox Services</div> <div>Sober Housing</div> <div>Year Round Shelter / Soup Kitchen</div> <div>Safe Injection Site</div> <div>Pending: Rapid Access to Addiction Medicine Clinic</div> <div>Other?</div>			
Thrift stores -MCC -Nearly New -Value Village -Super Thrift	Victim Services	Manitoba Housing				
	John Howard Society	The Counselling Centre for Hope, Healing and Encouragement				
	Sexuality Education Resource Centre	1 – 800 # Help Lines x 6				



Addictions Related Services

Addiction :

Addictions Foundation of MB

Adult Teen Challenge

City of Brandon Community Mobilization Westman HUB

Harm Reduction:

7th Street Health Access Needle Exchange Program

Housing First

Pending:

Rapid Access to Addiction Medicine Clinic

Not Currently Available:

Year Round Shelter / 7 day a week Soup Kitchen

Long Term Treatment (longer than 21-28 days)

Detox Services (Complete detox prior to entering treatment)

Sober Housing (Support upon exiting treatment)

Safe Injection Site (Unheard of in MB)



Gaps Remain

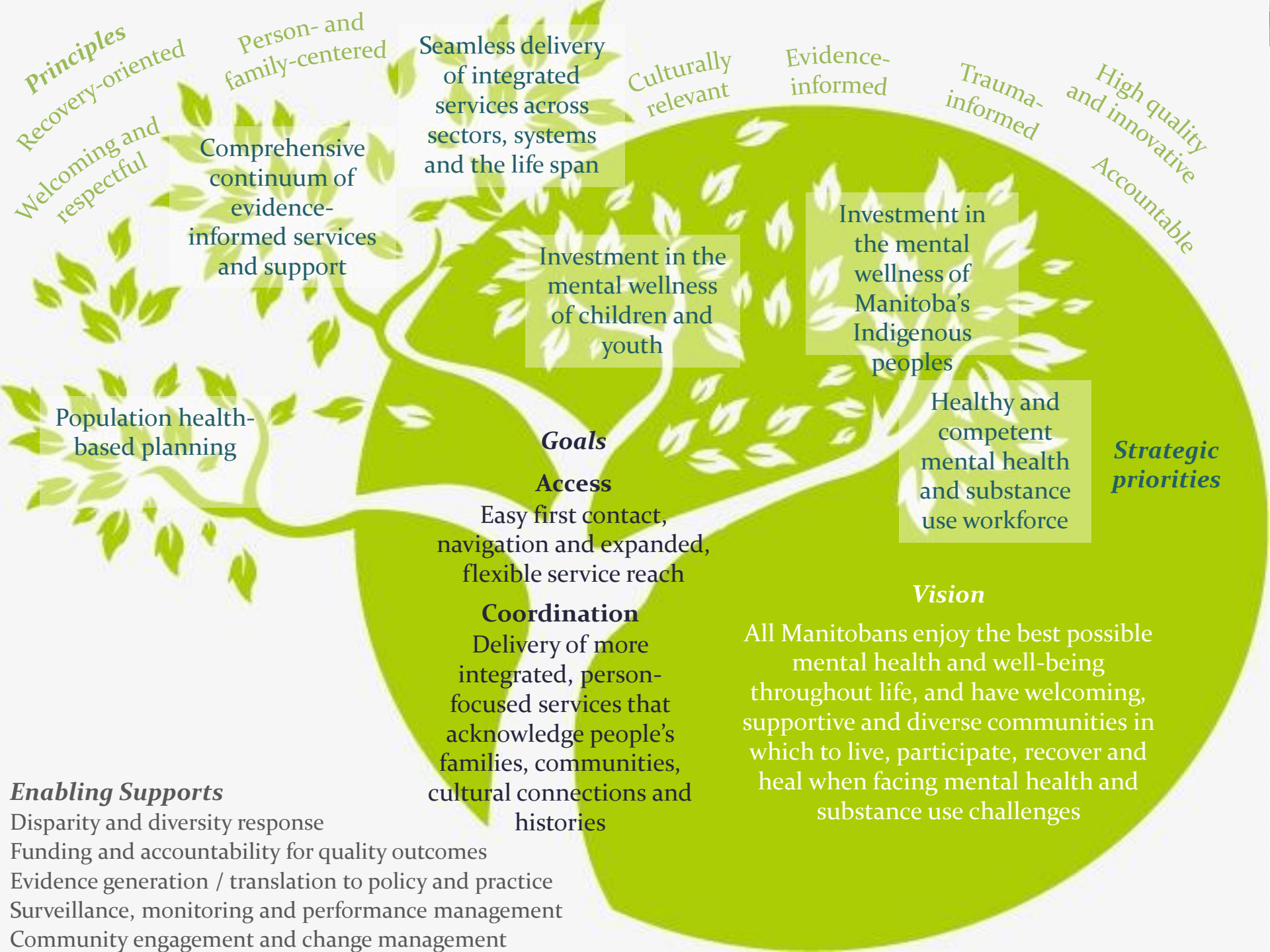
- All these resources and we still have:
 - No where to put people “after hours”. Last October, BBCP had to make a shelter for 3 people to sleep outside after we tried for 45 minutes to find somewhere for them to sleep for the night. (Obstacles: Had to pay a fee; needed ID; had to get a hold of their worker; had to be sober.)
 - People sleeping in dumpsters...sleeping beside dumpsters using the lids as a roof.
 - People dumpster diving seeking needles to use. BBCP has witnessed this first hand.
 - Vital services closed on Statutory Holidays.
 - Too many hoops to jump through to access services.



VIRGO REPORT - 279 Pages

**“Improving Access and Coordination of
Mental Health and Addiction Services:
A Provincial Strategy for all
Manitobans”**

https://www.gov.mb.ca/health/mha/docs/mha_strategic_plan.pdf





Virgo Report

Strategic priorities

Population health-based planning

Comprehensive continuum of evidence-informed services and support

Seamless delivery of integrated services across sectors, systems and the life span

Investment in the mental wellness of children and youth

Investment in the mental wellness of Manitoba's Indigenous peoples

Healthy and competent mental health and substance use workforce

Enabling Supports

Disparity and diversity response
Funding and accountability for quality outcomes
Evidence generation / translation to policy and practice
Surveillance, monitoring and performance management
Community engagement and change management

Vision

All Manitobans enjoy the best possible mental health and well-being throughout life, and have welcoming, supportive and diverse communities in which to live, participate, recover and heal when facing mental health and substance use challenges

Goals

Access

Easy first contact, navigation and expanded, flexible service reach

Coordination

Delivery of more integrated, person-focused services that acknowledge people's families, communities, cultural connections and histories

Principles

Recovery-oriented

Welcoming and respectful

Person- and family-centered

Culturally relevant

Evidence-informed

Trauma-informed

High quality and innovative

Accountable



Are we there yet?

- Better defined collaborative community resources that will accommodate all social issues that can happen in the 24 hours of any given day.
- The process to receive help should not be cumbersome, complicated, and difficult at whatever time of day that you are seeking help.
- 24 hour, 365 day a year ***“One Stop Resource Centre”***.
- As was noted by Mark Frison, ACC President, in his column titled ““Let’s Collectively Say ‘No’ to Crystal Meth” in the October 6th edition of the Brandon Sun - it’s time to stop “diagnosing” and to instead "design, prioritize and champion the solutions”.



Brandon Bear Clan Patrol

Contact us:

- Facebook: Brandon Bear Clan
- Twitter: @BrandonBearClan
- Email: brandonbearclan@gmail.com