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

Some pipes are designed with a water bowl which cools the vapor prior to being drawn into the lungs.

Heat is added, usually with a cigarette lighter, causing the crack or meth to vaporize so it can be drawn into the lungs.
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:**

![Dopamine Release Graph]

- Cheese burger
- Sex
- Nicotine
- Morphine
- Cocaine
- Meth
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

**THE HEART**
- Fast, erratic heart beat
- High blood pressure
- Damaged blood vessels

**METH MOUTH**
- Dry mouth, black rotting teeth

**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

- 2017-2018: 1117
- 2016-2017: 920
- 2015-2016: 637
- 2014-2015: 442
- 2013-2014: 475
- 2012-2013: 359
- 2011-2012: 415
Manitoba deaths related to methamphetamine overdose

- Contributed to death
- Caused death

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<td>2017</td>
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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

1. **Rush**
   - Duration: 5-30 min

2. **High**
   - Duration: 5-15 h

3. **Binge**
   - Duration: 3-15 d

4. **Tweaking**
   - Duration: 4-24 d

5. **Crash**
   - Duration: 1-3 d

6. **Withdrawal**
   - Duration: 2-3 weeks up to 6-8 weeks
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. Klinic Crisis Line: 1-888-322-3019
5. Youth Emergency Crisis Stabilization Services: 204-949-4777


CAMH (2016). Methamphetamine straight talk. Toronto, ON: Centre for Addiction and Mental Health

CAMH (2012). Methamphetamine, do you know... Toronto: ON: Centre for Addiction and Mental Health


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!
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.)
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

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<tr>
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<th>June 2017-Dec 2017 (6 months)</th>
<th>Jan 2018-Sept 2018 (9 months)</th>
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<tbody>
<tr>
<td><strong>Number on Patrol</strong></td>
<td>741</td>
<td>737</td>
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<td><strong>Total Needles Found</strong></td>
<td>31</td>
<td>504</td>
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<td><strong>Care Kits Supplied</strong></td>
<td>103</td>
<td>483</td>
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<td><strong>Homeless Identified</strong></td>
<td>29</td>
<td>50</td>
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<td><strong>Total Contacts Made</strong></td>
<td>900</td>
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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

<table>
<thead>
<tr>
<th>City of Brandon Poverty Committee</th>
<th>City of Brandon Special Planning Council</th>
<th>City of Brandon Community Mobilization Westman HUB</th>
<th>Brandon Neighborhood Renewal Corporation (Homelessness)</th>
<th>City of Brandon Youth Centre</th>
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<td><strong>Safe &amp; Warm Shelter</strong>&lt;br&gt;(November to March)</td>
<td>Housing First</td>
<td>Meredith’s Place</td>
<td>Mary’s House</td>
<td>A Way Home (Youth)</td>
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<td>Helping Hands Centre (M-F)</td>
<td>Bannock In The Park</td>
<td>Father’s Pantry</td>
<td>Pizza &amp; Bible Night</td>
<td>Food For Thought</td>
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<td><strong>Addictions</strong>&lt;br&gt;Foundation of MB</td>
<td>Brandon Friendship Centre</td>
<td>Salvation Army</td>
<td>Samaritan House</td>
<td>7th Street Health Access</td>
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<td><strong>Adult and Teen Challenge</strong></td>
<td>Southwest MMF</td>
<td>DOTC</td>
<td>Brandon Urban Aboriginal Peoples’ Council</td>
<td>Elspeth Reid Family Resource Centre</td>
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<td>Various AA Groups (10)</td>
<td>CFS Offices (7)</td>
<td>Youth for Christ</td>
<td>Westman Immigrant Services</td>
<td>YWCA</td>
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<td>Nar Anon Family Group</td>
<td>Police&lt;br&gt;-Brandon&lt;br&gt;-Dakota Ojibway&lt;br&gt;-RCMP</td>
<td>Citizens on Patrol</td>
<td>Downtown Ambassador Program</td>
<td>Brandon Bear Clan Patrol</td>
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<td>Daabida Bi-Azhegiwen (Keeping Coming Back)</td>
<td>Legal</td>
<td>Manitoba Housing</td>
<td>The Counselling Centre for Hope, Healing and Encouragement</td>
<td>United Way</td>
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<td>Westman Families of Addicts</td>
<td>Victim Services</td>
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<td>Thrift stores&lt;br&gt;-MCC&lt;br&gt;-Nearly New&lt;br&gt;-Value Village&lt;br&gt;-Super Thrift</td>
<td>John Howard Society</td>
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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.
“Improving Access and Coordination of Mental Health and Addiction Services: A Provincial Strategy for all Manitobans”

Comprehensive continuum of evidence-informed services and support

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

Culturally relevant

Evidence-informed

Trauma-informed

Investment in the mental wellness of Manitoba’s Indigenous peoples

Healthy and competent mental health and substance use workforce

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

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

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

Strategic priorities

Principles
Recovery-oriented
Welcoming and respectful
Person- and family-centered
High quality and innovative
Accountable
**Strategic priorities**
- 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**
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**Vision**
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**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
- 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:

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