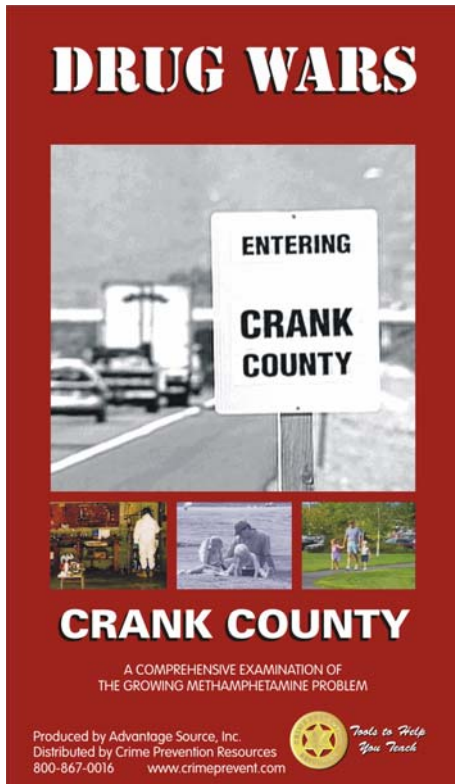


Audience Handout

This CPR Productivity Pack is for use with the video:

Drug Wars: Crank County



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Discussion Questions based on the video

- 1) What is meth?
- 2) What other names is meth known by?
- 3) Why is meth dangerous?
- 4) What medical conditions can meth cause?
- 5) What is “tweaking”?

Letters from meth addicts from stopdrugs.org

I am a full time college student who went from an excellent student, unforgettable athlete, caring daughter, sister, and friend to an "addict". I've only been using and abusing for two months, but already I recognize the problem and have begun to change as a person. I'm only eighteen-years-old and "Crystal" was the first drug I had ever tried and the only thing I took a liking to. Why "crystal meth"? It's 5:30 a.m right now and I'm "spun" but calmed. My back is aching and my eyes are almost blurred over. I know what I "need" to do, but I am constantly finding excuses to use. I need to lose weight? I need to stay up and study? I need to be in the best mood to meet with so and so? Yet, every single time I pick up that hit, my stomach twists in knots due to the shame I have brought to myself. Can you really become addicted that quick? I don't use everyday or for more than a day straight, but I "feign" for it out of a "mental need". I tell myself why I "need" it. Today was the first time I tweaked in about eight days, my friends were so proud of me. It seemed like I was "recovering," but the minute I faced stress (financially) and sadness...I "needed" that hit.

I got into this addiction when I began dating my "dealer", but he didn't do the drug at all, and didn't even like to breathe it second-hand, so why did he give me as much as I wanted, even if I didn't ask for it? In the beginning I was the girl of his dreams, good girl meets bad boy... so why did he introduce me to it? Today is much different than before meth.... I no longer speak to my father and I am too ashamed to be around my younger siblings and extended family. I received academic probation because I dropped a class putting me three credits under to keep my scholarship. I am pushing my friends away and this drug is destroying me. I would never ever introduce this to anyone I know, and I wish I could still be that naive college freshman more interested in success, sports, and friends. Why didn't I just say no? How can I end this before its grasp is too strong???

Meth made me everything that I wasn't. Meth gave me everything I lacked. I was full of energy. I lost weight. Suddenly I had a passion for cleaning things. I was motivated, outgoing, outspoken, interesting, confident, and oh-so alert!! The question for me became "why NOT do meth?"

I got clean in 1995, while pregnant with my daughter. I stayed clean for about 3-1/2 years. During the first "dance with the devil" I lost everything. When I relapsed, it only took 17 months to loose everything that I had worked for during those 3-1/2 years clean.

I lost my daughter first. I thought I had it under control and was "maintaining" pretty well. But... "I was only fooling myself." The next thing to go was my job, then my home, and then my car. All of those things would be enough, wouldn't you think? Well, I only mentioned the material things. The immaterial things that I lost were worth a lot more. I guess the biggest thing I lost was myself. Meth turned me into a person that I didn't know. Everything that I was when I was clean was the COMPLETE and TOTAL OPPOSITE of what I became on meth.

I am 15-years-old and have currently been addicted to meth for a year now. I steal money from my mom all the time to get it and I've almost lost my best friend over it. We are both doing it and we know we are addicted but all we do is sit back and watch as we spend our life away. I

come from a family with a drug addicted past and now I have carried it on. I want to clean up so much but am afraid of what I will loose without it. I feel that if I don't [get help] soon I will be like all the rest. I want to grow up and have kids and I will break this addiction one way or another cause I have lost my mom to it.

I am a 14-year-old female that lives in northern Idaho. I just thought I would write you and tell you how easily I fell into the use of the drug Crystal Meth. I started with only buying a quarter =1/4 of a gram, just to be cool. Then I moved up to buying 1/2 a gram. for \$50. Now I steal all the money I can from whoever is around when I need it. I try to find \$300 to \$400 every Monday. I just don't want any of the people that read your site to be like "Well, if I just try it once I'll be just fine." I tried it just once for a party enhancer-- to be cool. Now I'm lifting up couch cushions before I sit down to find more money! I weighed 198lbs two and a half months ago now I weigh only 165lbs. I have lost 33 pounds in two months. I don't eat, I don't sleep and nothing can be clean enough. I pick at every imperfection on my self or around me... Please try to explain to your readers it isn't as fun as everyone makes it sound!

I had been using crank for years. I crossed the line between a little line at a party to slamming (when a "friend" said 'you'll like this'). Years passed. More, more of the same. It was such a rush. I was lookin' forward to celebrating my fortieth birthday party in the usual way - a nice big hit. My neighbor found me convulsing on the sidewalk and I was rushed to the hospital. Many days later, when the sedative IV's were removed, the doctors told me I had a CVA-bleed (stroke). Since then I have been clean. I've had breakthrough seizures, requiring hospitalization. The dilantin affects my coordination, memory, and gave me gingivitis & hyper plastic gum disease (just to name a few side effects. The tracks have long since healed, but their many scars remain.

My ex wife is a meth addict and meth cook, or she was before being forced into a really good rehab. My two sons lived with her and while I knew she was doing something I was in denial as I trusted her. Oh all the people at her house when I would go over to pick up the boys were just her friends, I didn't know she kept herself locked in her bedroom peeling the covers off matchbooks and smoking and shooting every fifteen minutes. Her own parents lived right behind her and passed her house everyday "hey honey look at all the folks enjoying themselves at my daughter's house, wave at the grandkids."

Well my oldest son found her little lab (over 500 grams) and told me about it on my weekend. We went to the cops and now she has found the most perfect little rehab situation, 22 years in the state penitentiary! And all those nifty little friends ran like cockroaches when a light is turned on. Here is a woman who went from being married, having a nice house, a 50,000 dollar a year job, nice cars, land in the country, two kids. She slowly lost it all; the job, the cars, the house, the kids, now just a 6x8 room with a small window.

Web Resource Guide

Join Together Online

<http://www.jointogether.org>
617-437-1500

Drug Wars USA
<http://www.drugwars.com>

Crime Prevention Resources
<http://www.crimeprevent.com>
800-867-0016

Drug Abuse Resistance Education
(D.A.R.E.)
<http://www.dare-america.com>

Natl. Clearinghouse for Alcohol &
Drug Information
<http://www.health.org>
800-729-6686

Natl. Institute on Drug Abuse
<http://www.nida.nih.gov>

Web of Addictions
<http://www.well.com/user/woa/>

Minnesota Institute of Public Health
<http://www.miph.org/>

National Drug Prevention League
<http://www.ndpl.org>
410-385-9094

Partnership for a Drug Free America

<http://www.drugfreeamerica.org/>

Drug Strategies
<http://www.drugstrategies.org>

Crime Prevention Resources
info: 541-779-0016
orders: 800-867-0016
fax: 541-772-8239
e-mail: tmonson@advantagesource.com

Life or Meth
<http://www.lifeormeth.org>

Stop Drugs
<http://www.stopdrugs.org>
916-322-2796

Drug Enforcement Agency
<http://www.usdoj.gov/dea/>

For further information contact:
Crime Prevention Resources, Inc.
600 N. Grape St., Medford, OR 97501
Phone: 1-800-867-0016 Fax: 1-541-772-8239
Email: kowens@advantagesource.com
Web site: www.crimeprevent.com