

METHAMPHETAMINE (METH)

PREVENTION ACTIVITIES

Prevention System of Services, Community Youth Engagement

PROVIDING COMMUNITY EDUCATION AND AWARENESS REGARDING THE RISKS AND HARMS OF METH USE.

- All SAPC-contracted Prevention Providers conduct **evidence based and locally innovative programs** which include meth prevention curriculum for the communities that they serve.

COMMUNITY MOBILIZATION AIMED AT EMPOWERING COMMUNITY MEMBERS AND DEVELOPING STRATEGIES TO ADDRESS LOCAL METH ISSUES.

- Providers engage community advocates in order to receive community feedback on how to best increase safe public health resources for the community, as a deterrent for illegal drug use.
- Community advocacy have also led to renovations in local park settings which enhance wellness and discourage illicit drug use in the community.

FOSTERING PARTNERSHIPS THROUGH COALITION BUILDING BETWEEN STAKEHOLDERS FROM NON-PROFIT, PRIVATE, AND GOVERNMENT SECTORS.

- Safe West Hollywood Community Coalition (SWHCC) led by SAPC prevention providers, developed a five point action plan to address meth usage in West Hollywood.
- The Act Now Against Meth (ANAM) coalition regularly meets with County BOS Health Deputies to address and recommend county wide methamphetamine specific services, including prevention, treatment, mental health, housing, and policy with emphasis on the LGBT community.
- The Meth Prevention Committee, as part of the SAPC led Meth Task Force, was convened to ensure Countywide coordination and collaboration among meth prevention experts and stakeholders from various sectors.

DATA COLLECTION TO ASSESS THE SCOPE OF THE METH ISSUE INCLUDING THE IDENTIFICATION AT-RISK POPULATIONS AND HOTSPOTS, AS WELL AS THE ASSESSMENT OF METH RELATED COMMUNITY ATTITUDES, KNOWLEDGE, AND BEHAVIORS.

- Providers conducted community surveys at major events to track trends in perceptions of meth use in the community.
- Countywide needs assessments are conducted, including a major focus on community knowledge, attitudes, and behaviors around meth.

SAPC Vision: Healthy Communities that are safe and free from Alcohol and Other Drug (AOD) problems

METH, OR METHAMPHETAMINE, IS A HIGHLY ADDICTIVE STIMULANT DRUG.



Stimulant drugs like meth and cocaine increase dopamine in pleasure centers of the brain in the short-term but depletes dopamine in the long-term. This can lead to feeling down and substance use disorders (also known as addictions). Stimulant drugs also impact other brain chemicals that can cause hallucinations and can cause problems with the heart, skin, teeth, and other areas of the body.

SHORT-TERM RISKS

Even in small doses, meth can make it hard to eat, sleep, or relax. Meth can also cause potentially deadly heart problems including:

- Rapid heart rate
- Irregular heartbeat
- Hypertension or elevated blood pressure
- Heart attacks

Hyperthermia (increased body temperature), seizures, and strokes may occur with meth overdose, and if not treated immediately, can result in death.

METHAMPHETAMINE (METH) PREVENTION ACTIVITIES

DEVELOPMENT AND/OR ADVOCACY OF METH PREVENTION POLICY SUPPORTING METH EDUCATION & AWARENESS, HARM REDUCTION.

- Providers meet regularly with the city government to request the opening of a controlled medically supervised injection facility to include clinical supervision, counseling, and referrals to health and social services, including drug treatment.
- Providers urge county departments and elected officials to convene relevant experts and stakeholders in the fields of public health, drug treatment, housing and homelessness, prevention and education, harm reduction, social services, and mental health to ensure services and service providers are trained to demonstrate better health outcomes.

LAUNCH OF COUNTYWIDE MASS MEDIA CAMPAIGN TO PROMOTE METH PREVENTION EDUCATION AND AWARENESS.

- In the last decade, methamphetamine Emergency Department visits, hospitalizations and death have increased at alarming rates in Los Angeles County. In 2020, the first ever meth prevention campaign was launched in LA County, titled **Meth Free LA County**.
- In early 2021, a social media and digital meth prevention bridge campaign was launched during the heart of the pandemic.
- In the summer of 2021, the Meth Free LA County was relaunched with new creative providing messaging that was more targeted to at-risk groups.

LONG-TERM RISKS

In addition to the short-term risks, using meth for a long time can result in negative side effects and even substance use disorder (SUD), commonly referred to as "addiction." Long-term use can lead to symptoms, like:

- Anxiety
- Confusion
- Insomnia
- Mood disturbances
- Violent behavior
- Psychotic symptoms that can last even after a person stops taking meth:
 - Paranoia
 - Visual and auditory hallucinations
 - Delusions (e.g., feeling insects under the skin)

The more you take meth, the higher the doses you need to feel the same effect. People who use meth frequently may have trouble feeling pleasure or happiness without the drug, which can cause further misuse. Withdrawal symptoms can include:

- Depression
- Anxiety
- Fatigue
- Intense cravings for meth

METH IN LOS ANGELES COUNTY A Growing Problem

Meth use is never safe. From 2008 to 2019, there were approximately 4,300 meth-related deaths in LA county, with a 66% rise in meth-related deaths from 2017 to 2019.

Figure 1. DEATHS TESTING POSITIVE FOR METHAMPHETAMINE
Los Angeles County



SUBSTANCE ABUSE SERVICE HELPLINE

24/7 1.844.804.7500

This document was created by Los Angeles County Substance Use Prevention Network