

KNOW **MORE**

ABOUT ADDICTION

Genesee County Substance Use Prevention Project



Community Resource Guide

for Methamphetamine Abuse



GREATER FLINT HEALTH COALITION

**MICHIGAN HEALTH
ENDOWMENT FUND**

KnowMoreGenesee.org

METHAMPHETAMINE: WHAT YOU NEED TO KNOW

If you are concerned about or struggling with methamphetamine addiction or know somebody that is, this resource will help you better understand methamphetamine. Know more about methamphetamine and get help if needed.

What is Methamphetamine?

Methamphetamine is a powerful, highly addictive stimulant that affects the central nervous system. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. It is chemically similar to amphetamine, a drug used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy, a sleep disorder. Other common names for methamphetamine include *blue*, *crystal*, *ice*, *meth*, and *speed*.

Know How Methamphetamines are Used

People can take methamphetamine by:

- Smoking
- Swallowing (pill)
- Snorting
- Injecting the powder that has been dissolved in water/alcohol

Because the "high" from the drug both starts and fades quickly, people often take repeated doses in a "binge and crash" pattern. In some cases, people take methamphetamine in a form of bingeing known as a "run," giving up food and sleep while continuing to take the drug every few hours for up to several days.



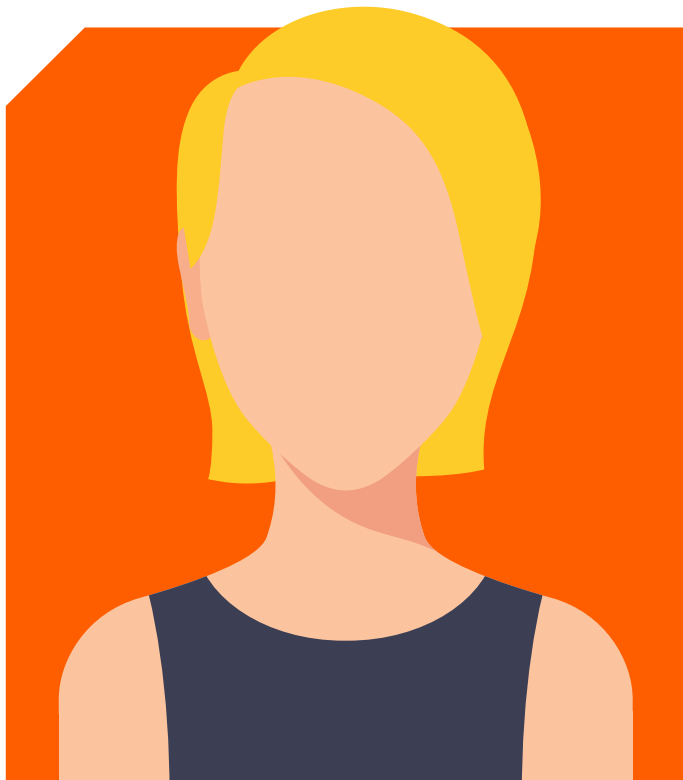
Know the Short-Term Health Effects of Methamphetamine Use

Taking even small amounts of methamphetamine can result in many of the same health effects as those of other stimulants, such as cocaine or amphetamines. These include:

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

Know the Long-Term Health Effects of Methamphetamine Use

- Extreme weight loss
- Addiction
- Severe dental problems ("meth mouth")
- Intense itching, leading to skin sores from scratching
- Anxiety
- Changes in brain structure and function
- Confusion
- Memory loss
- Sleeping problems
- Violent behavior
- Paranoia – extreme and unreasonable distrust of others
- Hallucinations – sensations and images that seem real though they aren't
- Increased risk of contracting infectious diseases such as HIV and hepatitis B and C¹



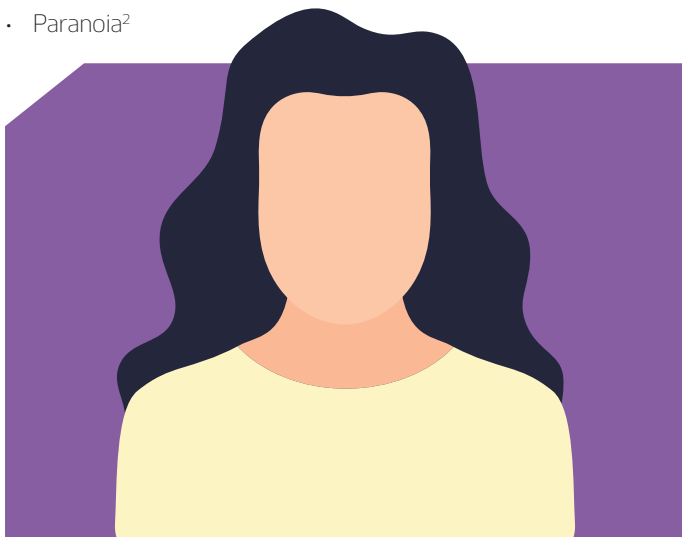
METHAMPHETAMINE OVERDOSE & ADDICTION

Can a Person Overdose on Methamphetamines?

Yes, a person can overdose on methamphetamine. An overdose occurs when the person uses too much of a drug and has a toxic reaction that results in serious, harmful symptoms or death. Methamphetamine can raise your body temperature so much that you pass out. If not treated right away, this can cause death. Death can also occur from heart attack or stroke because the drug raises your heart beat and blood pressure, and constricts blood vessels. Since methamphetamine overdose often leads to a stroke, heart attack, or organ problems, first responders and emergency room doctors try to treat the overdose by treating these conditions.

Know the Signs of Methamphetamine Overdose

- Trouble breathing
- Signs of a heart attack or stroke, such as chest pain or confusion
- Seizures
- High or low blood pressure
- A high body temperature
- Kidney failure, which might cause symptoms such as peeing less or very dark urine
- Intense stomach pain
- Changes in personality or alertness
- Loss of consciousness
- Intensely hyper or aggressive behavior
- Paranoia²



Know About Methamphetamine Addiction

Methamphetamine is highly addictive. The consequences of methamphetamine misuse are terrible for the individual – psychologically, medically, and socially.

When people stop taking it, withdrawal symptoms can include:

- Anxiety
- Fatigue
- Severe depression
- Psychosis
- Intense drug cravings

Know That Support is Available

Remember that addiction is a disease and those suffering should be treated with care and compassion as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor and considering finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experience of others and receive emotional and social support.

¹ NIDA. "Methamphetamine Drug Facts." National Institute on Drug Abuse, 16 May. 2019, <https://www.drugabuse.gov/publications/drugfacts/methamphetamine>

² "Meth Overdose: Signs, Symptoms, and What You Should Do." WebMD, www.webmd.com/connect-to-care/addiction-treatment-recovery/methamphetamine/signs-of-a-meth-overdose-and-what-to-do.

METHAMPHETAMINE ABUSE RESOURCES IN GENESEE COUNTY AND SURROUNDING AREAS

If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) the **Genesee Health System Access Center** at

- (810) 257-3740 (Crisis Line and Virtual Behavioral Health Urgent Care available 24/7)
- TTY (810) 232-6310
- Toll-Free (877) 346-3648
- Text FLINT to 741741 (Crisis Text Line available 24/7)
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday 8 a.m. to 5 p.m.

Please have the follow information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)

- Names of current medicines and doctors
- Guardianship of court papers (if applicable)
- Special education or other school records (if applicable)
- Drugs (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay, therefore, staff will need to know the household income and number of dependents of the person seeking help, a coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Genesee County Prevention and Treatment Directory

Above the Water House

4105 Keyes St, Flint, MI 48504
(810) 877-2907
Women's recovery housing for females with addiction with mild to moderate psychological impairments.

Catholic Charities of Shiawassee and Genesee Counties

901 Chippewa St, Flint, MI 48503
(810) 232-9950

Flint Odyssey House

529 M.L. King Ave, Flint, MI 48502
(810) 238-5888
Residential detox, long-term residential, outpatient, and adolescent substance use disorder services.

Genesee Health System Access Center

420 W. Fifth Ave, Flint, MI 48503
(810) 257-3740
TTY (810) 232-6310
Toll-Free (877) 346-3648
Professional, compassionate and confidential help with questions, referrals for community resources, and routine screenings for adults with mental illness and individuals with substance abuse treatment needs. Screenings available Monday-Friday, 8 a.m. to 5 p.m.

Great Lakes Recovery Mission

504 N. Grand Traverse St, Flint, MI 48503
(586) 491-1057
Substance abuse residential rehab facility and provides treatment to people with drug addiction and other substance abuse problems.

Life Challenge Ministries

Life Challenge of Southeastern Michigan
17667 Pierson St, Detroit, MI 48219
1230 Dupont St, Flint, MI 48504
(844) 355-LIFE
info@lcministries.org

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, their goal is more than rehabilitation. A faith-based program.

Meridian Health Services

1255 N. Oakland Blvd,
Waterford Twp, MI 48327
(248) 599-8999
Detox/withdrawal management, residential treatment, medication-assisted treatment, and outpatient program.

Narcotics Anonymous – Flint

(800) 230-4085

Nar-Anon Support for Families – United in Hope

(810) 397-7175

New Paths, Inc.

765 E. Hamilton Ave, Flint, MI 48505
(810) 233-5340
newpaths.org

Remedy Exchange, Inc.

8308 Office Park Dr, Suite One,
Grand Blanc, MI 48439
(810) 449-0159
PRIME for Life Program that helps youth and adults learn how to reduce their risk of alcohol and other drug related problems throughout life.

Sacred Heart Rehabilitation Center Flint Outpatient Recovery & Wellness Services

2091 Professional Dr, Flint, MI 48532
(810) 732-1652
Outpatient Recovery and Wellness Center

Sacred Heart Rehabilitation Center Adult Residential & Clearview Campus

400 Stoddard Rd, Richmond, MI 48062
(810) 392-2167
Outpatient Recovery and Wellness Center

Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Hwy, Flint, MI 48506
(810) 234-2678
Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.