



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



TEL: 212 312 4800 x. 7260

COUNSELOR: Angel Colon
EMAIL: spark273@gmail.com

WEBSITE: Stuyvesant HS

METHAMPHETAMINES

I. About Methamphetamines



- **Drug Class:** Stimulant
- **Methamphetamines:** or “Meth” is an addictive stimulant of the central nervous system. Related to amphetamine, methamphetamine is manufactured in illegal laboratories using a combination of common over-the-counter ingredients and a variety of corrosive, poisonous, and carcinogenic chemicals such as acetone, battery acid, bleach, lead and red phosphorous.

(www.phoenixhouse.org)

- **How is this drug taken?** Meth comes in the form of pills, tablets, capsules, crystals or powder, which can be taken orally, injected, snorted or smoked depending on the form.

- **How Methamphetamine Affect People’s Lives:** When people take methamphetamine, it takes over their lives in varying degrees.

There are three categories of meth abuse:

1. Low-intensity Meth Use:

Low – intensity abusers swallow or snort methamphetamine. They want the extra stimulation methamphetamine provides so they can stay awake long enough to finish a task or a job, or they want the appetite-suppressant effect to lose weight.

2. Binge Meth Use:

Binge abusers smoke or inject methamphetamine with a needle. This allows them to receive a more intense dose of the drug and experience a stronger “rush” that is psychologically addictive.

3. High-intensity Meth Abuse:

The High-intensity abusers are the addicts often called “speed freaks.” Their whole existence focuses on preventing the crash, that painful letdown after the drug high. In order to achieve the desired “rush” from the drug, they must take more and more of it.

II. “About The Buzz”

Short Term Effects

- **Immediately after smoking or injection**, the user experiences an intense sensation, called a “rush” or “flash,” that lasts only a few minutes and is described as extremely pleasurable.
- **Snorting or swallowing meth produces euphoria** – a high, but not a rush. After the initial “rush,” there is typically a state of high agitation that in some individuals can lead to violent behavior.
- **Other possible immediate effects** include increased wakefulness and insomnia, decreased appetite, irritability/aggression, anxiety, nervousness, convulsions and heart attack.



Long Term Effects

- **Methamphetamine is addictive, and users can develop a tolerance quickly, needing larger amounts to get high.** In some cases, users forego food and sleep and take more meth every few hours for days, 'binging' until they run out of the drug or become too disorganized to continue.
- **Chronic use can cause** paranoia, hallucinations, repetitive behavior (such as compulsively cleaning, grooming or disassembling and assembling objects), and delusions of parasites or insects crawling under the skin. Users can obsessively scratch their skin to get rid of these imagined insects.
- **Long-term use, high dosages, or both** can bring on full-blown toxic psychosis (often exhibited as violent, aggressive behavior). This violent, aggressive behavior is usually coupled with extreme paranoia. Methamphetamine use can also cause strokes and death.

III. Effects & Health



(Meth Mouth)

- The toxic ingredients in meth lead to severe tooth decay known as “**meth mouth.**” The teeth become black, stained and rotting, often to the point where they have to be pulled. The teeth and gums are destroyed from the inside and the roots rot away.



(Anne Marie in 2002... 2 ½ years later)

- **Anne Marie’s Story:** “I started using crystal meth when I was a senior in high school. Before my first semester in college was up, meth became such a big problem that I had to drop out. I looked like I had chicken pox, from hours of staring myself in the mirror and picking at myself. I spent all my time either doing meth or trying to get it.”

IV. Terms & Slangs

- **Methamphetamine:** Black Beauties, Black Mollies, Chalk, Crank, Crink, Cristy, Croak, Crypto, Crystal, Glass, Go-Fast, Ice, Meth, Poor Man’s Cocaine, Shards, Speed, Tina, Tweak, Uppers, White Cross Whizz, Yellow Powder & Yaba.

V. Some Helpful Resources

For more information on Methamphetamine, please visit:

- **Above The Influence**
www.abovetheinfluence.com
- **Phoenix House**
www.phoenixhouse.org
- **Substance Use & Mental Health**
www.samhsa.gov/