

Scope of Methamphetamine Use

Immediate symptoms of meth use can include:

- Agitation
- Chest pain
- Diarrhea
- Dilated pupils
- Elevated body temperature
- Excited speech
- High blood pressure
- Hyperactivity
- Irregular heartbeat
- Loss of appetite
- Nausea and vomiting
- Shortness of breath

Long-term side effects from meth use can include:

- Anxiety
- Confusion
- Hallucinations and delusions
- Insomnia
- Meth mouth (severe tooth decay)
- Mood disturbances
- Paranoia
- Skin Sores
- Violent behavior
- Weight loss

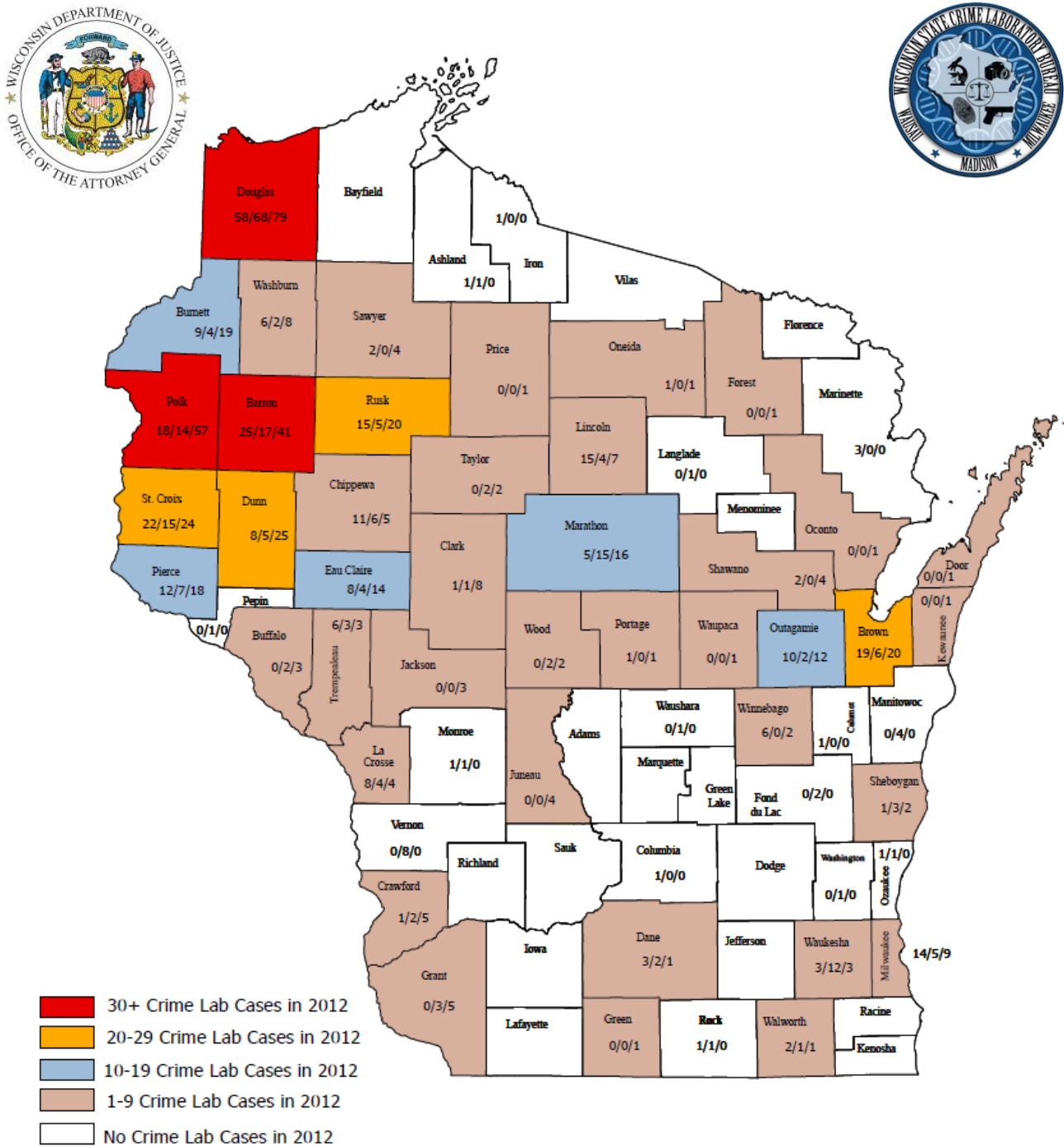
Image 3. Adverse (Negative) Effects of Methamphetamine

Source: Discovery Place. (2015). Methamphetamine Addiction. Retrieved from: www.discoveryplace.info

Scope of Methamphetamine Use

Since 2011, meth availability in Wisconsin has increased between 250 – 300%. Meth cases submitted to the Wisconsin State Crime Laboratories have drastically increased from 237 cases in 2011 to 1,074 cases in 2016 (see Figures 1 and 2).

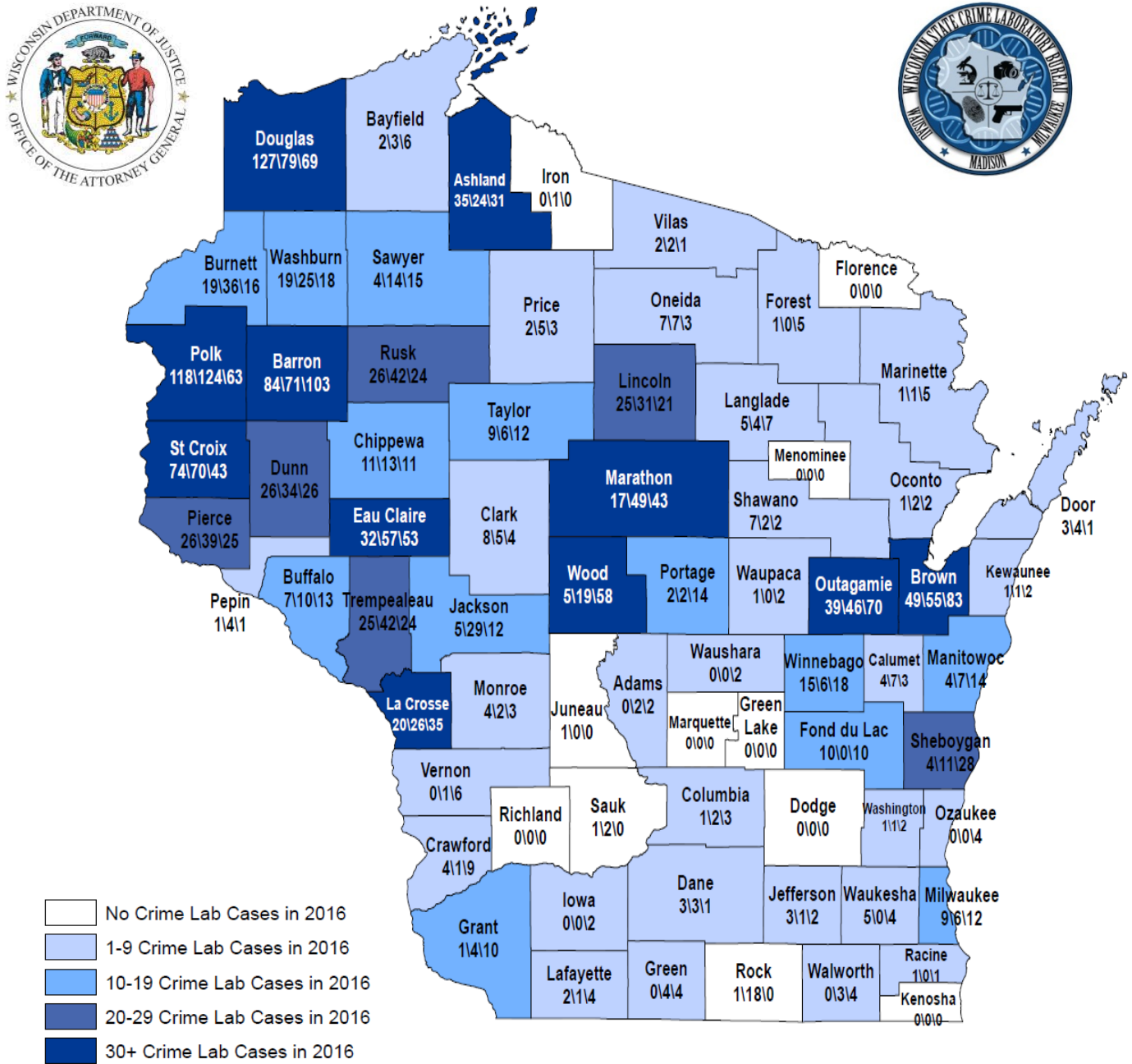
Figure 1. 2010/2011/2012 Meth Cases By County



Source: Wisconsin Department of Justice. Wisconsin State Crime Lab. (2017). Drugs in WI. Retrieved from www.doj.state.wi.us/dci/drugs-wi

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Figure 2. 2014/2015/2016 Meth Cases By County



Source: Wisconsin Department of Justice. Wisconsin State Crime Lab. (2017). Drugs in WI. Retrieved from www.doj.state.wi.us/dci/drugs-wi

Recommendations for Local, Regional & State Level

The following pages include strategies to guide local, regional and state level efforts. This list does not reflect the opinions of Marshfield Clinic Health System, Northwoods Coalition, Alliance for Wisconsin Youth, or any of the Northwoods Coalition Methamphetamine Planning Committee members and is merely a set of recommendations to aid efforts in combatting the methamphetamine epidemic. It is advised that each group conduct their own assessment and planning in order to select activities that fit best within their scope of work.

CADCA Strategy			
Provide Information: presentations, public service announcements, brochures, public awareness campaigns, community meetings, town halls, forums, etc.			
Activity	Level Responsible		
	Local	Regional	State
Implement the kNOw Meth Public Awareness Campaign. Include messages from the kNOw Meth Message Map (see Appendix B) using a multi-disciplinary approach (e.g., letters to the editor, billboards, public service announcements, editorial board visits). For a toolkit, visit: www.northwoodscoalition.org/knowmeth	✓		
Use social media platforms (e.g., Facebook, Twitter, Instagram, Snapchat) and websites to engage the general public on methamphetamine awareness, education and resources. <ul style="list-style-type: none"> For examples, see the media section of the toolkit: www.northwoodscoalition.org/knowmeth Share and use the Northwoods Coalition website as a resource for information and data regarding methamphetamine at: www.northwoodscoalition.org 	✓		
Identify and collect data from county and/or tribe. Share data with local community, region and state. Publish as a report, infographic or create an online dashboard. For example, see the <i>Northwoods Coalition Epidemiological Profile on Alcohol and Other Drugs</i> report at: www.northwoodscoalition.org/otherresources/ <p>Examples of data to collect related to methamphetamine:</p> <ul style="list-style-type: none"> Arrests Child in Need of Protection and/or Services (CHIPS) cases Drug Endangered Children¹ (DEC) cases Geographic Information System (GIS) Mapping² Grams of methamphetamine seized Hospitalizations Youth Risk Behavior Survey (YRBS) results 	✓		
Use alcohol and other drug abuse (AODA) prevention curriculum that is considered best practice and includes methamphetamine in schools beginning with elementary age students (e.g., Truth About Drugs, Too Good for Drugs). For more best practice curriculums, visit: https://www.samhsa.gov/nrepp	✓		
Provide a community presentation/town hall event/summit. For a toolkit, visit: http://northwoodscoalition.org/menuoptions/	✓		

Distribute educational materials. Topic examples: <ul style="list-style-type: none"> Addiction (e.g., 101, stigma and whole health) Basics of methamphetamine Drug trends How to access treatment How to safely dispose of medication Pseudoephedrine sales tracking policies 	✓		
Create and implement a mock display such as a bedroom, locker or backpack that educates parents/guardians, educators, community members, etc. on signs of drug use, concealment of paraphernalia and how to intervene.	✓		
Create and/or update county and tribal substance abuse and mental health resource guide to include information and referral for peer support groups, transportation assistance, sober housing, treatment options, etc. Share completed guide with the community.	✓		
Create a communication plan ³ using multiple communication strategies (e.g., press releases, brochures, etc.) For a toolkit, visit the Kansas Community Toolbox: http://ctb.ku.edu/en	✓	✓	
Endorse and fund the Northwoods Coalition kNOW Meth public awareness campaign directed towards parents, youth and the community that focuses on methamphetamine use. <ul style="list-style-type: none"> Create and distribute promotional materials 			✓
Track public use and reach of Northwoods Coalition kNOW Meth Campaign and logo.	✓	✓	✓

CADCA Strategy

Enhance Skills: *trainings or activities created to increase the skills of attendees, members and staff (e.g., technical assistance, strategic planning retreats)*

Activity	Level Responsible		
	Local	Regional	State
Provide at least one training for coalition members and or engaged professionals to share the workload (e.g., Collective Impact: https://www.fsg.org/collective-impact-forum).	✓		
Provide learning opportunities or resources to increase partner and community participation efforts. Topic examples: <ul style="list-style-type: none"> Adverse Childhood Experiences⁴ (ACE) Basics of methamphetamine Matrix Model⁵ Recovery Oriented Systems of Care⁶ (ROSC) Resiliency trainings Trauma Informed Care⁷ (TIC) 	✓	✓	✓
Collaborate and coordinate efforts to engage diverse partners locally, regionally and statewide. For more information, visit: http://northwoodscoalition.org/coalition-building-strategic-prevention-framework/ <ul style="list-style-type: none"> Connect with policy makers and elected officials. For more information, visit the Educational Advocacy Toolkit: http://tobwis.org/educational-advocacy Involve Wisconsin Native American Tribal communities and government Participate in local, regional and statewide meetings (e.g., local coalition meetings, Northwoods Coalition meetings, Governor’s Task Force meetings) Host a methamphetamine summit 	✓	✓	✓

CADCA Strategy

Provide Support: *providing opportunities for people to participate in activities that reduce risk or enhance protection (e.g., sober activities, support groups, referrals for service)*

Activity	Level Responsible		
	Local	Regional	State
Increase the number of sober activities and events. Examples: <ul style="list-style-type: none"> • Substance free events • Recovery café • Open gym • Exercise classes 	✓		
Increase access to peer support groups. Examples: <ul style="list-style-type: none"> • Faith Based Recovery Groups • Narcotics Anonymous • National Alliance on Mental Illness (NAMI) 	✓		
Cultivate recovery supportive worksites by: <ul style="list-style-type: none"> • Devoting time to cultivate self care habits • Giving employees time off to go to treatment and recovery meetings • Provide flexibility on background checks for new employees • Provide opportunities for employees to learn during lunch For more information, visit: https://www.samhsa.gov/workplace/toolkit and https://www.businessgrouphealth.org/pub/?id=f3151957-2354-d714-5191-c11a80a07294	✓		
Recognize businesses that are supportive of individuals in recovery by providing incentives. Examples: <ul style="list-style-type: none"> • Awards banquet • Mini grants • Positive media marketing 	✓		
Advocate for resources in rural areas. Examples: <ul style="list-style-type: none"> • Funding for substance abuse initiatives • Sober living and activities • Transportation • Treatment 		✓	
Provide funding and technical assistance to ensure basic needs are met to support whole recovery for individuals or those impacted by addiction. Examples: <ul style="list-style-type: none"> • Polysubstance funding • Sober living options • Transportation • Effective and affordable treatment options for youth, parents, incarcerated juveniles and adults 			✓
Incentivize state funding opportunities to include partnerships.			✓

CADCA Strategy

Enhance Access/Reduce Barriers: improving systems and procedures to increase the access to use services (e.g., access to housing, transportation, treatment)

Activity	Level Responsible		
	Local	Regional	State
Create and/or maintain a Drug Endangered Children (DEC) program or committee.	✓		
Increase the amount of jails that provide substance abuse treatment and support to individuals who are incarcerated, including aftercare of those individuals.	✓		
Expand the number of safe and sober living options. Examples: <ul style="list-style-type: none"> • Community Based Residential Facility (CBRF) • Sober house • Oxford house • Peer run • Faith based 	✓		
Increase access to recovery coaches to provide services in the community such as: <ul style="list-style-type: none"> • Assist with identification and resolution of personal and environmental recovery obstacles • Conduct outreach work with individuals seeking recovery • Cultivate sobriety-based habits and social activities • Develop, implement and promote recovery focused community education and training opportunities • Help individual acquire skills for recovery • Provide education and advice • Provide relapse prevention • Provide sober companionship • Raise awareness about treatment and recovery for substance use disorders in the community • Serve as an advocate for the recovery community • Support connections to mutual aid self-help groups (e.g., Narcotics Anonymous, Alcoholics Anonymous) For more information, visit: https://ccar.us/	✓		
Advocate for resources in rural areas (e.g., prevention, treatment, recovery, law enforcement). For more information, visit: http://ctb.ku.edu/en/advocating-change	✓	✓	
Become trained in Recovery Oriented Systems of Care (ROSC) to create and maintain a ROSC. For more information, visit: https://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf <ul style="list-style-type: none"> • Subsidize companies that hire employees in recovery • Offer incentives for better Employee Assistance Programs (EAP) 	✓		✓
Open and maintain Regional Treatment Centers in communities demonstrating high need that would include polysubstance and use multiple treatment modalities (person-centered care).			✓
Incentivize and support the formation of a Criminal Justice Coordinating Council and other similar task forces to support youth impacted by drug abuse.	✓	✓	✓
Provide education on the Fair Housing Act for landlords who offer Section 8 housing and advocate for persons with a felony to live in Section 8 housing.	✓	✓	✓

CADCA Strategy

Change Consequences: *increasing or decreasing the chance of a behavior that reduces risk or increases protection by changing the consequences for carrying out that behavior (e.g., increasing public recognition for deserved behavior, individual and business rewards, taxes, citations, fines)*

Activity	Level Responsible		
	Local	Regional	State
Implement and maintain a Police Assisted Addiction and Recovery Initiative (PAARI) - Angel Initiative Program ⁸ at local law enforcement agencies. For more information, visit: http://paarius.org/	✓		
Expand diversion and rehabilitation programs, which are considered best practice and incorporate family interventions into services provided. Examples: <ul style="list-style-type: none"> • Wellness court, drug court, tribal court • Alternative sentencing • Skill building 	✓		✓
Increase Treatment Alternatives and Diversion (TAD) grant funding to provide support to develop and maintain diversion programs.			✓

CADCA Strategy

Change Physical Design: *changing the set up or structure of the environment to decrease risk or increase protection (e.g., parks, landscapes, signage, lighting, outlet density)*

Activity	Level Responsible		
	Local	Regional	State
Provide, maintain and track use of needle collection site in the community. For more information, visit: http://doseofrealitywi.gov/ or http://dnr.wi.gov/topic/healthwaste/householdpharm.html	✓		
Establish and maintain medication disposal sites. Track use and promote disposal site in the community. For more information, visit: http://doseofrealitywi.gov/ or http://dnr.wi.gov/topic/healthwaste/householdpharm.html	✓		
Assess the community for high drug trafficking areas and advocate for prevention strategies (e.g., increased lighting, surveillance, patrols)	✓		
Provide and maintain a needle collection exchange program. For more information, visit: http://www.arcw.org/	✓	✓	

CADCA Strategy

Modify/Change Policies: *formal change in written procedures, by-laws, rules or laws with written documentation and or voting processes (e.g., workplace policies, public policy, systems change with government, communities and organizations)*

Activity	Level Responsible		
	Local	Regional	State
Create or update drug free workplace policies (e.g., relapse, drug use). For more information, visit: https://www.samhsa.gov/workplace/toolkit	✓		
Create or update policies for youth serving organizations to require all employees to obtain training on drug recognition methods and refer youth who are living in a drug endangered environment or showing signs of personal drug use (e.g., Drug Impairment Training for Educational Professionals ⁹ (DITEP)).	✓		
Support and promote the importance of policies related to pseudoephedrine sales to decrease illegal possession.			✓
Draft and pass a bill to allow agencies to implement and maintain a Police Assisted Addiction and Recovery Initiative (PAARI) – Angel Initiative Program. For more information, visit: http://paarius.org/			✓
Require entities receiving state funds to use best practice strategies for substance abuse (e.g., AODA prevention curriculum https://www.samhsa.gov/data/evidence-based-programs-nrepp)			✓
Expand eligibility for local, regional and state resources to include non profit and for profit agencies as applicable.			✓
Expand governmental insurance to cover a continuum of care to include: <ul style="list-style-type: none"> • Aftercare • Inpatient Treatment • Outpatient Treatment • Therapy 			✓
Recommend private insurance carriers to cover a continuum of care to include: <ul style="list-style-type: none"> • Aftercare • Inpatient Treatment • Outpatient Treatment • Therapy 			✓
Create a uniform administrative code and/or legislation to increase access to behavioral health and substance abuse for adolescents at alternative sites (e.g., incorporate substance abuse prevention curriculum in public schools, across the lifespan).			✓
Expand the Outpatient Treatment Program legislation to go beyond treatment of opioids to include polysubstance.			✓

Conclusion

The rate at which methamphetamine is used continues to rise. Wisconsin needs to move to the forefront of this issue and implement strategies at the local, regional and state level. Counties and tribes must collaborate with each other in order to create change. The recommendations in this report offer an effective approach in helping to make communities safe and healthy in Wisconsin.

If you have questions regarding this report, please contact:

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Appendix A: Glossary

1. **Drug Endangered Children (DEC) program or committee:** A multi-agency approach to assist and protect children whose lives, health and safety are jeopardized by drug manufacturing, dealing or abuse in the child's environment. DEC is designed to provide a comprehensive response by coordinating the efforts of law enforcement, child protective services, prosecutors and health professionals. For more information, visit: <http://www.wisconsindec.org/>
2. **Geographical Information System (GIS) mapping:** A system designed to capture, store, manipulate, analyze, manage and present all types of geographical data.
3. **Communication Plan:** A policy-driven approach to provide the community with information that defines how, who, what, where, when and why information should be delivered and what communication channels will be used to deliver the information.
4. **Adverse Childhood Experiences (ACE):** Stressful and traumatic experiences that occurred prior to the age of 18 and can include abuse, neglect and household dysfunction, such as growing up with substance abuse, mental illness, parental discord, crime in the home or witnessing domestic violence. Living with ACEs may result in toxic stress that can harm a child's brain and increase the risk of health and social problems that follow him or her into adulthood. For more information, visit: <https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>
5. **Matrix Model:** An evidence-based intensive outpatient treatment program for alcohol and other drug abuse that is proven effective in the treatment of methamphetamine addiction. For more information, visit: <https://www.hazelden.org/web/public/matrix.page>
6. **Recovery Oriented Systems of Care (ROSC):** A coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families and communities to achieve abstinence and improved health, wellness and quality of life for those with or at risk of alcohol and other drug abuse. For more information, visit: https://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf
7. **Trauma Informed Care (TIC):** An approach that aims to engage people with history of trauma, recognize the presence of trauma symptoms and acknowledge the role that trauma has played in their lives. TIC also recognizes that traditional service approaches can re-traumatize consumers and family members. Additionally, TIC is a person-centered response focused on improving an individual's whole wellness rather than simply treating symptoms of mental illness. For more information, visit: <https://www.dhs.wisconsin.gov/tic/index.htm>
8. **Police Assisted Addiction and Recovery Initiative (PAARI) – Angel Initiative Program:** Anyone who is struggling with drug use can walk into a police department that has an Angel Initiative Program with the remainder of their drugs and drug paraphernalia (needles, pipes, etc.) and ask for help. These individuals will not be charged. Instead, they will be placed in a detox program and work towards recovery. An “angel”, who will guide them through the process, will be assigned to them within minutes. For more information, visit: <http://paariusa.org/gloucester/>
9. **Drug Impairment Training for Educational Professionals (DITEP):** A training for educational professionals to identify chemically impaired individuals and types of drugs for ensuring a safe learning environment.

Appendix B: NWC kNOw Meth Message Map

A message map is a communication tool that helps you tell a story. It takes seven seconds to say 21 words. If you want to draw attention or be quoted in the media, reporters need you to tell your story in short soundbites. Once your audience gains interest within the first seven seconds, you can expand the story.

Why you should “kNOw METH”		
<u>Overall Key Message</u> Meth is a highly addictive stimulant that’s impacting communities across WI.	<u>Key Message (Social Impact)</u> Meth impacts more than the person who is abusing it.	<u>Key Message (What you can do)</u> Pay attention – look for signs of addiction, use and trafficking.
<u>What is it?</u> White, odorless, bitter, crystalline powder, when ingested (dissolved, snorted, injected, smoked) affects the brains pleasure centers creating a rush.	<u>Children</u> Neglected and at great risk - children are left to fend for themselves. (Malnutrition, physical/sexual abuse, attachment/behavioral disorders, accidental ingestions, burns or death from cooking explosions) <b style="color: red;">Insert Local Data	<u>What to Look for</u> <ul style="list-style-type: none"> Possession of drug paraphernalia such as glass pipes, burnt spoons, cutoff straws or needles Burn marks on fingers or mouth Obsessively picking at hair or skin Changes in physical appearance Borrowing money often, stealing or selling items Strange sleep patterns Excessive sweating Unhealthy weight loss Twitching, facial tics, animated or exaggerated mannerisms
<u>Who’s Using?</u> Addiction does not discriminate! Methamphetamine addiction crosses all genders, races, classes, ages, neighborhoods and life experiences.	<u>Crime</u> To use, manufacture or deal meth may lead to an increase in thefts, burglaries, homicides, or other criminal activity. <b style="color: red;">Insert Local Data	<u>Report Drug Activity</u> If you see something, say something – work with law enforcement to report possible drug activity. <i>They can’t stop what they don’t know!</i> <b style="color: red;">Insert Local Contact Information (Crime Stoppers, hotline, etc.)
<u>How Does Meth Impact User?</u> Caution: Meth users may become violent without provocation, or even suicidal. Other effects include: Short Term Effects <ul style="list-style-type: none"> Wakefulness (not eat/sleep for days) Increased energy (risky behaviors) Increased breathing, heart rate and blood pressure Increased body temperature Chemical burns Long Term Effects <ul style="list-style-type: none"> Extreme weight loss “Meth mouth” (severe tooth decay) Anxiety Insomnia Violent or psychotic behavior – paranoia, hallucinations or delusions Permanent brain damage 	<u>Environment</u> Discarded needles or manufacturing equipment causes a significant health risk. Meth is frequently manufactured or cooked in homemade labs. Vapors can remain, making these locations toxic. For each pound of meth produced, it creates 5-6 pounds of hazardous waste. <b style="color: red;">Insert Local Data	<u>Get Involved!</u> Members of the Northwoods Coalition have joined local and regional resources to form a “meth task force” - For more information visit: www.northwoodscoalition.org <b style="color: red;">Insert Local Coalition Information

Sources Used

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