

The Pozitive Post

Why do people use methamphetamine (meth, ice, etc.)?

- To feel good
- To party, have fun, for energy, and self-confidence
- Curiosity
- It can help people feel part of a group – fear of missing out
- Availability – easier to access, cheaper than most other drugs
- Out of habit
- Can suppress your appetite and help a person lose weight
- For persons who are unhoused, being alert may protect them from theft or assault
- Boredom
- Belief it can help cope with stress
- Belief it can help with work, university, school, etc



Reference: *A User's Guide to Methamphetamine, Waterloo Region Drug Strategy, March 2017*

Meth Myths

The following statements are **NOT** factual and **ARE** *stigmatizing* myths about people who use meth.

- People who use meth can't make informed decisions
- People who use meth are destructive and full of rage
- They can't sleep
- Meth use will destroy their life
- People who use meth can't make positive changes unless they quit first
- Nearly impossible to fatally overdose
- Leads to behavior that is inconsistent with core values and beliefs

Ask The Educator

You can submit your questions to ask the Educator via email, educationoutreach@pozitivepathways.com by calling our office, [519-973-0222](tel:519-973-0222) and entering extension 109, 115, 116 or 118.

Dear Educator,

I am a service provider and I have noticed a trend of increased meth use in our community. How can I engage people who use stimulants to better support them? How can I educate myself and my staff surrounding their substance use needs? Sincerely, Service Provider.

Dear Community Member,

Our yellow Umbrella Needle Syringe Program (NSP) and partnering satellite sites have noticed this trend as well. In 2017, the rate of methamphetamine-related ED visits were more than three-times higher in Windsor-Essex compared to the province. There are many reasons that community members from all walks of life use methamphetamine. You may see meth use as problematic but a person who uses it may see it as a solution. People who use substances deal with stigmatization and shame, so it may take time to build trust and credibility. As a Harm Reduction Community Education Coordinator, I recognize that people who use substances are often times my teacher, it is important to validate that a substance user has lived experience and may think you are inexperienced. Remember your goal here is engagement, establish trust and connection.

The first step to better support folks who are using meth is to get educated about meth use. Did you know we offer a Safer Meth Smoking presentation? To book the presentation, go to www.pozitivepathways.com/request-a-presentation, scroll down and select the presentation topic, then fill out the presentation request form and submit.

While you're considering what approach you'd like to take regarding education. Here's a few helpful tips for engaging community members who use meth.

Open-ended questions (for building understanding and rapport):

- Tell me about a typical day or episode of using.
- How often do you use?
- When is the best time/way to get a hold of you?
- Tell me about the last time you got high. What did it feel like?
- How has your use changed over time?
- What stresses do you have in your life?
- What strengths/resources do you have to handle those?

Harm reduction focused questions:

- Can you give me an idea of how you prep your drugs?
- Do you smoke or inject your meth?
- Do you know where to access harm reduction supplies?
- Would you like some naloxone?

I hope this information will be helpful, thank you for your question. If you require anymore information please don't hesitate to reach out at educationhr@pozitivepathways.com

Sincerely,
Lacie Krzemien/ PPGS Harm Reduction Education Coordinator

Overramping	Overdose (OD)
<p>Signs of overramping</p> <p>Effects of the high can become more extreme with meth overuse. This happens often when someone hasn't slept or eaten in a while. These can include:</p> <ul style="list-style-type: none"> • Rigid, jerking limbs • No pulse or no breathing • Irregular heartbeat or chest pain • Skin feeling hot or sweaty • Severe headaches • Anxiety, paranoia, confusion, agitation, or hallucinations 	<p>Signs of a stimulant overdose</p> <ul style="list-style-type: none"> • Crushing chest pain • Seizures • Unconscious or in-an-out • No pulse or no breathing

Overramping	Overdose
<p>What to do:</p> <ul style="list-style-type: none"> • Be calm, help the person be calm • Try to get them to slow down and rest • Give them water and keep them hydrated • Try to cool them down 	<p>What to do:</p> <ol style="list-style-type: none"> 1. Call 911 (or get someone else to call) for an ambulance and report back. 2. Stay and help. Even if you've taken drugs or have some on you, the Good Samaritan Drug Overdose Act may protect you. 3. If a person is unconscious or has stopped breathing, give breathes. For those trained in CPR, if a person's heart has stopped (they have no pulse), give chest compressions too. 4. Tell paramedics as much as you can about what happened. <p>If you have to leave the person alone, put them in the recovery position.</p>

March 2023: Calendar Dates

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>Did You Know... That we can deliver harm reduction supplies direct to you. It's free and can be anonymous, if you choose. Simply call or text our mobile number, (519) 257-9646 or email us at harmreduction@pozitivepathways.com.</p>		<p>*Check Website for Time and Location Details: pozitivepathways.com</p>	1	2 Victoria Place, Coffee Snacks and Chats 1:00pm to 3:00pm	3	4
5	6 H4, Outreach and Education 1:30pm to 3:30pm	7	8	9	10	11
12	13 H4, Outreach and Education 1:30pm to 3:30pm	14	15	16 Victoria Place, Sexual Health Education CKPH/PPCS 1:00pm to 3:00pm	17	18
19	20 H4, Outreach and Education 1:30pm to 3:30pm	21	22	23 Victoria Place, Coffee Snacks and Chats 1:00pm to 3:00pm	24	25
26	27 H4, Outreach and Education 1:30pm to 3:30pm	28	29	30	31	