

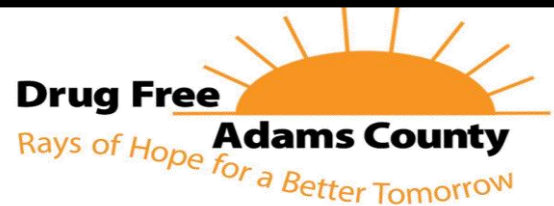
Drug Free Adams County

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Meth Use on Rise Again

The news is full of information regarding the opioid crisis. However, methamphetamine has made a comeback. In fact, many criminal justice agencies are currently seeing more individuals testing positive for methamphetamine than opioids.

Facts about Methamphetamine (Meth)

- Is a powerful, highly addictive stimulant that affects the central nervous system.
- People use meth by smoking, swallowing, snorting, or injecting the drug. Crystal meth is a form of the drug that looks like glass fragments or shiny, bluish-white rocks.
- Short-term health effects from using meth include increased wakefulness and physical activity, decreased appetite, and increased blood pressure and body temperature.
- Long-term health effects include addiction, risk of contracting HIV and hepatitis, severe dental problems ("meth mouth"), intense itching, violent behavior, extreme weight loss, anxiety, confusion, memory loss, sleeping problems, paranoia, and hallucinations.
- Withdrawal symptoms can include anxiety, fatigue, severe depression, psychosis, and intense drug cravings.



The most effective treatments so far are behavioral therapies and motivational incentives. Drug Courts, such as the Adams County Drug Court, utilize these effective treatment strategies.

Community support and mental health services are vital to people maintaining sobriety.

**For more information, please visit our website:
www.DrugFreeAdamsCounty.org**