

*This toolkit is designed to raise awareness
about meth use among youth and families
and to provide prevention, intervention,
treatment, and public safety resources to
help ensure healthy communities.*

HARRISONBURG VA - SHENANDOAH VALLEY METHAMPHETAMINE PREVENTION & INTERVENTION TOOL KIT

*Faces 4 Change Harrisonburg
Meth Amphetamine Prevention
(M.A.P.) Initiative*

*faces4changeva.org
#OURYOUTHMATTER
#F4CMAP*





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TABLE OF CONTENTS

<i>Abstract</i>	3
<i>Introduction: Sarah's Story</i>	4
<i>Toolkit Overview</i>	7
<i>Toolkit Goals</i>	10
<i>The Need for Prevention & Early Intervention</i>	11
<i>Importance of Addressing Adolescent Meth Prevention and Intervention</i>	12
Meth and Its Mental Health Effects	12
Meth Use, Mental Challenges, and the Risk of Suicide	12
<i>The Facts About Meth</i>	14
What is Meth?	14
How is Meth Used?	14
Physical and Mental Effects	15
Why is Meth So Addictive?	17
The Meth and Fentanyl Connection	17
Dangers Associate with Meth Production	19
Legal Consequences of Meth Distribution and Abuse	19
<i>Statistics about Meth</i>	20
National Meth Statistics	20
Local Meth Statistics	24
<i>Meth Risk Factors and Common Warning Signs of Meth Use</i>	30
Risk Factors for Meth Use.....	31
<i>Meth Protective Factors</i>	32
Protective Factors for Meth Use	33
Community Sector Groups	34
<i>Common Warning Signs of Meth Use</i>	35
<i>Prevention and Intervention</i>	36
The Strategic Prevention Framework	36
Evidence-Based Substance Use Prevention and Intervention Programs.....	39
Engaging With Diverse Populations	43
<i>Final Thoughts</i>	44
<i>We'd Love to Hear from You!</i>	45
<i>Appendices</i>	46
<i>Appendix I: Glossary of Key Terms Related to Meth</i>	47
<i>Appendix II: Glossary of Slang/Street Terms Related to Meth and Its Use</i>	49
<i>Appendix III: Harrisonburg Area Substance Use Prevention, Intervention, Treatment, & Recovery Related Resources</i>	50
<i>Appendix IV: Helplines & Hotlines</i>	53
<i>Appendix V: Community Sector Groups</i>	54
<i>Appendix VI: About Us</i>	55

ABSTRACT



The Meth Amphetamine Prevention (M.A.P.) and Intervention Toolkit is one of five components that comprise the Harrisonburg, VA – Shenandoah Valley M.A.P. Bundle. The other bundle components are the M.A.P. Brochure, Fact Sheet, Presentation Slides, and Info-Video 4 Youth. This Toolkit will inform those who work in the best interest of youth, families, and communities about the dangers, warning signs, side effects, and consequences of methamphetamine (meth) use. It begins with a real-world story about meth use in the life of a teenager and then delves into a discussion about the need for prevention and early intervention. Next, the facts about meth and national and local meth statistics are highlighted. Finally, sections of the Toolkit address the substance's risk and protective factors, evidence-based prevention programs, common warning signs, prevention resources, recovery services, support agencies, and a glossary of terms. Filled with crucial information, the entire M.A.P. bundle is a must-have for all stakeholders working in fields such as substance use prevention, intervention, and treatment; family strengthening; community health and wellness services; harm reduction; government, law enforcement; education; youth development and engagement; and other related arenas.

INTRODUCTION: SARAH'S STORY

In a quiet Shenandoah town, lived a young girl named Sarah. Her childhood was marred by a turbulent family life, haunted by addiction, and shattered by trauma. Sarah's parents, both caught in the grip of a methamphetamine (meth) addiction, struggled to provide her with the love, stability, and care she so desperately needed.

As the daughter of addicted parents, Sarah was exposed to a harsh reality at an early age. She witnessed the destructive consequences of her parents' addiction firsthand. Their erratic behavior, neglect, and constant chaos left an indelible mark on her impressionable mind. The wounds of her childhood trauma festered deep within her, leaving her vulnerable to the darkness that lurked around her.

Feeling trapped and desperate to escape the pain, Sarah found solace in her parents' drug of choice. Meth seemed to offer an escape from the harsh realities that plagued her daily life. The temporary relief it provided from her emotional turmoil gave her a fleeting sense of control and numbness.

As Sarah grew older, the chains of addiction tightened around her. The allure of the drug became increasingly difficult to resist, as she sought an escape from her own internal demons. With no positive role models that she felt she could relate to or trust as stable support systems, her path seemed predestined, entwined with the very substance that had plagued her family for years.



But fate had other plans for Sarah. One day, during a particularly dark and desperate moment, teenaged Sarah encountered a compassionate teacher named Ms. Thompson. This teacher, with a keen eye and a heart filled with empathy, recognized the pain that Sarah carried. Ms. Thompson became a guiding light in Sarah's life, showing her that there was a way out of the vicious cycle of addiction.

With the support of her high school teacher, Sarah was connected to resources that would help her heal from her childhood trauma. She was enrolled in counseling sessions with a skilled therapist who specialized in trauma-focused therapy. Through these sessions, Sarah began to unravel the layers of pain that had been buried deep within her. She learned to confront her past, process her emotions, and develop healthy coping mechanisms.

In addition to therapy, Sarah found refuge in a support group for children affected by addiction. Amongst peers who shared similar experiences, she discovered a sense of belonging and understanding. The group provided a safe space for her to share her journey, receive guidance, and build resilience.

As the months passed, Sarah's determination to break free from the clutches of addiction grew stronger. With the unwavering support of her therapist, her newfound support group, and the loving community that had embraced her, she began to rebuild a life that made her proud.

Recovery was not without its challenges. Sarah faced moments of temptation, relapses, and setbacks along the way. But she persisted, drawing strength from her support systems and the newfound self-worth she had cultivated. Each stumble became an opportunity to learn and grow, reminding her of her resilience and the power of her own will.





Over time, Sarah blossomed into a young woman filled with hope and purpose. She pursued her education, passionate about advocating for the rights of children affected by addiction. She became a beacon of light for others who found themselves trapped in the same cycle she had escaped.

Sarah's story showcases the importance of addressing childhood trauma and providing support systems for those affected by addiction. By offering prevention opportunities, early intervention, nurturing environments, and trauma-informed care, we can break the generational cycle of addiction and empower individuals like Sarah to make healthy choices.

Preventing adolescent meth use requires not only education and awareness, but also a holistic approach that addresses the underlying traumas and challenges young people face. By offering compassion, support, evidence-based programs, and resources, we can rewrite the narrative for those trapped in the darkness and/or headed towards the darkness by showing them that there is always hope for a positive future.

This Harrisonburg-Shenandoah Valley Meth Prevention and Intervention Toolkit provides a starting point for ensuring that young people in our area have access to the tools and strategies needed to prevent and address meth related problems before they become life destroying experiences.

TOOLKIT OVERVIEW



The Youth Popular Culture Institute's (YPCI) Faces 4 Change (F4C) Harrisonburg – Shenandoah Valley Meth Prevention and Intervention Toolkit was made possible through a five-year grant to YCPI through the U.S. Department of Health and Human Services Centers for Disease Control and Prevention's (CDC) Comprehensive Addiction and Recovery Act (CARA). The Meth Amphetamine Prevention (or M.A.P.) Initiative is designed to prevent meth use among 12–18-year-olds in Harrisonburg and surrounding communities. The overarching goal of F4C is to mobilize and sustain the engagement and resources needed for collaborations that will reduce and prevent youth substance use. This youth-led and adult-guided initiative is spearheaded by Coalition Sector Members, Community Collaborators, and the F4C Team, all committed to serving children, youth, and families.

The Toolkit is one part of a five-component bundle developed as an early intervention and prevention strategy targeting Harrisonburg and Shenandoah Valley communities. It is designed to raise awareness about meth risks and use among youth and to provide prevention, intervention (and some treatment), recovery, and public safety resources and information to help ensure healthy communities in Harrisonburg – Shenandoah Valley.

The Bundle consists of the following five components:

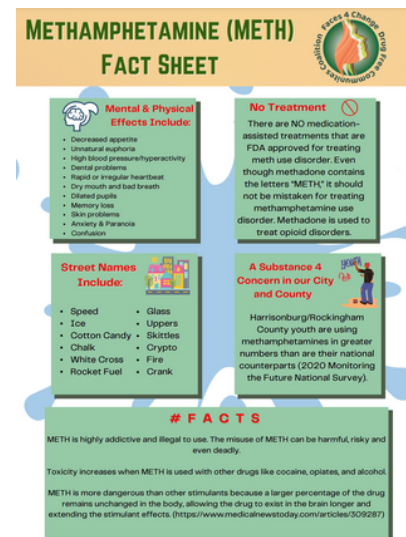
1

M.A.P. Brochure



2

M.A.P. Fact Sheet



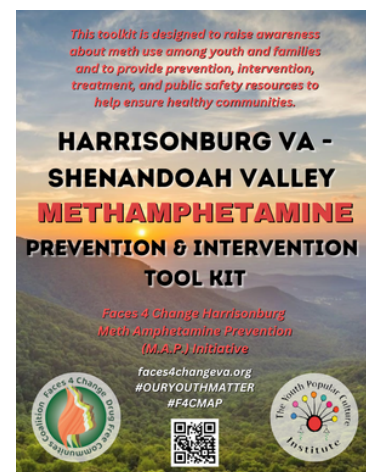
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M.A.P. Presentation Slides



4

M.A.P. Toolkit



5

M.A.P. Info - Video 4 Youth



A comprehensive guide on meth, its effects, resources, and strategies for prevention, intervention, and some treatment and recovery is provided in this Toolkit. It starts with "The Facts About Meth," detailing what meth is and what its origins are. This section also discusses the physical and mental impact of meth use and its correlation with fentanyl, legal consequences, and related statistics. The Toolkit then narrows its focus to the prevalence and impact of meth addiction in Harrisonburg and surrounding areas.

Next, the Toolkit delves into meth "Risk Factors," explaining how to identify risk factors for adolescent meth use and common warning signs. This section also highlights "Protective Factors" against meth use.

The Toolkit also includes a section on the "Strategic Prevention Framework," emphasizing the need for early intervention and prevention strategies to engage parents, caregivers, and community stakeholders, including diverse immigrant populations and other sectors of the community.

In "Evidence-Based Substance Use Prevention and Intervention Programs," the Toolkit outlines various approaches to countering youth meth use, including youth-targeted and evidence-based substance use prevention and intervention education programs.

The appendices offer a glossary of key terms related to meth use and addiction, including slang and street terms, community sector groups, and a list of local organizations and agencies offering prevention and treatment related services. Furthermore, the appendices provide information on where to seek help, including helplines and hotlines, along with information "About Us" as the CDC grant recipient.

The following links are to the Harrisonburg-Shenandoah Valley Methamphetamine Prevention and Intervention Bundle products:

- 1. M.A.P. Brochure**
- 2. M.A.P. Fact Sheet**
- 3. M.A.P. Presentation Slides**
- 4. M.A.P. Toolkit**
- 5. M.A.P. Info-Video**

For questions and information about the Bundle, contact the Faces for Change Meth Amphetamine Prevention (M.A.P.) Initiative at www.faces4changeva.org or faces4changeharrisonburg@gmail.com.

TOOLKIT GOALS

The goals of the Harrisonburg, VA - Shenandoah Valley Meth Prevention and Intervention Toolkit are:

To increase capacity of key institutions, families, and community members to prevent and intervene when it comes to the use of meth by youth and families in Harrisonburg and the Shenandoah Valley.

To increase awareness about meth and the risks associated with its production and use for young people and our community.

To offer evidence-based meth prevention and intervention strategies and information, along with some treatment and public safety resources, to ensure healthy, safe, and drug-free communities.

THE NEED FOR PREVENTION & EARLY INTERVENTION

Prevention and early intervention are critical components in the quest to save lives and build a safe and drug-free Harrisonburg and Shenandoah Valley. Here's why:

1

Prevention Is Better than Cure: Substance misuse and associated health issues are not just devastating for individuals and families, but they also impose substantial societal and economic burdens. By focusing on prevention, we can address substance use before it escalates to dependency or addiction, potentially saving lives and reducing these burdens.

2

Early Intervention Can Change Trajectories: Research shows that adolescence is a critical "window of vulnerability" for the initiation of substance use and its potential progression to addiction. Early intervention during this stage can prevent substance use behaviors from becoming habitual, decreasing the risk of long-term harm.

3

Enhancing Public Safety: A community free from substance use is inherently safer. Substance use can lead to various social problems, including crime and violence. By preventing substance use, we are taking a significant step towards building a more peaceful and safer Harrisonburg - Shenandoah Valley.

4

Building Resilient Communities: Prevention and early intervention programs help in fostering resilience among individuals and communities. They empower individuals with the knowledge and skills to make healthy choices, and they support an environment that encourages such choices.

5

Economic Benefits: Prevention and early intervention also make economic sense. The costs associated with treating addiction and dealing with the associated societal issues are significantly higher than the costs of effective prevention programs. Therefore, investing in prevention and early intervention can result in significant savings for Harrisonburg - Shenandoah Valley in the long run.

Importance of Addressing Adolescent Meth Prevention and Intervention

Meth and Its Mental Health Effects

Adolescence is a time when young people are especially vulnerable to mental health and illicit substance use challenges. Challenges arising from home environments, peer associations, and genetic factors can all contribute to psychological difficulties during the teen years. Illicit drugs can be a readily available escape from this kind of distress. However, such an escape also carries a high price.

Meth is a powerful central nervous system stimulant. Regular use can lead to a range of serious mental health issues including:

- a) **Aggravation of Pre-existing Conditions:** Meth can exacerbate underlying mental health conditions, increasing symptoms of anxiety, depression, and paranoia.
- b) **Induction of Psychotic Symptoms:** Chronic meth use can result in symptoms similar to those of schizophrenia, including hallucinations, delusions, and extreme paranoia.
- c) **Cognitive Impairment:** Meth can cause problems with concentration, memory, and decision-making abilities, making daily functioning difficult.

Meth Use, Mental Challenges, and the Risk of Suicide

The intertwined relationship between adolescent mental challenges, meth use, and the risk of suicide is concerning and may include:

- a) **Escalation of Despair:** Meth can heighten feelings of hopelessness and worthlessness in adolescents already grappling with such emotions.
- b) **Impulsivity and Impaired Judgment:** Meth use can increase impulsivity and diminish the ability to think clearly – factors that are significantly associated with suicide attempts.
- c) **Social Isolation:** As addiction takes hold, adolescents may withdraw from family, friends, and activities, leading to increased feelings of loneliness and despair.
- d) **Physical Health Decline:** The physical health impacts of meth, including weight loss, dental problems, and skin issues, can further deteriorate an adolescent's self-esteem, adding to the emotional burden.



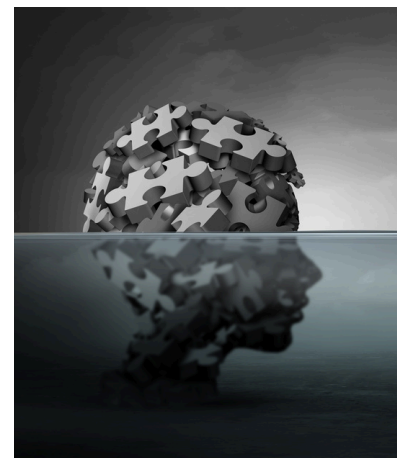
Addressing adolescent meth prevention and intervention is not just about preventing illicit substance use; it's about safeguarding the mental well-being of our youth and reducing the tragic potential for suicide. Comprehensive strategies must recognize the complex interplay between mental health and substance use, offering solutions that are holistic, evidence-based, and compassionate. As a society, recognizing these connections and providing timely support can be the difference between life and death for many young people.

Addressing adolescent meth use prevention and intervention is of utmost importance also because recent studies show that too many youths in the Harrisonburg-Shenandoah Valley area are experimenting with the drug. In the same vein, meth has a detrimental impact on the physical, mental, and social well-being of young people. Meth use during adolescence can disrupt critical brain development processes, leading to long-lasting cognitive impairments and increased susceptibility to mental health disorders.

Additionally, the addictive nature of meth heightens the risk of a downward spiral into chronic drug use and dependence, potentially derailing academic achievement. The drug has been found to exacerbate pre-existing mental health conditions. Young people who use meth may be trying to self-medicate due to underlying conditions such as depression or anxiety, seeking the drug's initial euphoric rush to cope.

Furthermore, it is important to address meth use because it, too often, extends beyond the individual, affecting families, communities, and society. By prioritizing prevention and intervention, we can provide young people with the necessary support and resources to overcome related challenges. This will empower them to lead healthier, more fulfilling lives and to contribute positively to their communities.

It is important to know that following the cessation of meth use, individuals often experience severe depression and an inability to feel pleasure, which can last for weeks or months. This withdrawal-induced depression, coupled with the re-emergence of the user's original mental health symptoms, can also significantly increase the risk of suicidal ideation and attempts. The complex interplay between meth and mental health underscores the importance of a comprehensive, integrated approach to prevention and intervention, addressing both substance use and co-occurring mental health disorders.



What is Meth?

Meth is a highly addictive synthetic stimulant drug that is illegal to use and affects the central nervous system. It belongs to the amphetamine class of drugs and is chemically like amphetamine. Meth usually appears as a white, odorless powder or in crystal form and is inexpensive, making it affordable and easily available to teenagers.



How is Meth Used?

The primary ways in which meth can be consumed are:

Orally:

- Ingested in its pill form.
- Sprinkled on food or mixed in with drinks.

Snorting:

- The crystalline form of meth can be crushed into a powder. This powder can be inhaled through the nose, where it is absorbed into the bloodstream through nasal tissues.

Smoking:

- Crystal meth, which resembles clear crystals or bluish-white rocks, can be smoked. This is commonly done using a glass pipe, like the way crack cocaine is smoked.

The Facts About Meth

Injection:

- Meth can be dissolved in water or alcohol, then injected using a syringe. This method delivers the drug directly to the bloodstream, providing a rapid and intense "rush" or "flash".

Anal and Vaginal Administration ("Plugging"):

- This involves dissolving the drug in water and injecting the solution into the rectum or vagina using a syringe without a needle. This method provides a rapid absorption rate due to the rich blood supply in these areas.

It's crucial to note that these methods of administration come with significant health risks, both from the drug itself and the route of administration. For example, injection can increase the risk of transmitting infectious diseases like HIV or hepatitis if shared needles are used.

Physical and Mental Effects

The effects of meth can be short term, long term, and prolonged – accompanied by various risks and dangers. Short-term effects can be intense and immediate. They include:

- *Increased heart rate and blood pressure*
- *Decreased appetite*
- *Dilated pupils*
- *Heightened wakefulness*
- *A sense of increased confidence and well-being*
- *Increased energy*
- *Euphoria*



The Facts About Meth

SHORT TERM EFFECTS ARE OFTEN FOLLOWED BY NEGATIVE CONSEQUENCES SUCH AS:

IRRITABILITY

**DEPRESSION,
ANXIETY, AND
PSYCHOSIS**

ANXIETY

WEIGHT LOSS

PARANOIA

**DENTAL PROBLEMS
(OFTEN REFERRED TO
AS "METH MOUTH")**

AGGRESSION

SKIN SORES

INSOMNIA

**INCREASED RISK OF
INFECTIOUS DISEASES DUE TO
RISKY BEHAVIORS
ASSOCIATED WITH DRUG USE**

**MEMORY
LOSS**

**PROLONGED METH USE CAN
CAUSE SIGNIFICANT DAMAGE
TO THE BRAIN, RESULTING IN
MEMORY LOSS**

The Facts About Meth

Why is Meth So Addictive?

Meth is extremely addictive because it essentially hijacks the brain's reward system. Meth use floods the brain with dopamine, a chemical that makes one feel good, leading to a strong rush of pleasure or a “high.” However, over time, meth use dulls the normal “feel good” responses to other pleasures. Users start believing that they need the drug just to feel normal. Meth stays in the body longer than other drugs, prolonging the high. But, as the high wears off, users can feel very down and might crave the drug to avoid that “low” feeling. This can create a vicious cycle of increasing drug use, which can rapidly turn into addiction.

The Meth and Fentanyl Connection

Fentanyl contamination is an added risk to meth use. Fentanyl is a potent synthetic opioid that is many times stronger than heroin and can be fatal even in small doses. It is primarily used for managing severe pain, but illicitly manufactured versions are often mixed with other drugs, including meth, without the users' knowledge.



The contamination of meth with fentanyl poses a grave danger because users are often unaware of its presence, leading to unintentional overdoses. Meth users may underestimate the potency of fentanyl, which can lead to a higher risk of respiratory depression, central nervous system depression, and even death. Since fentanyl is highly potent, even tiny amounts in a batch of meth can have devastating consequences.

The Facts About Meth

The reasons behind the mixing of fentanyl with meth are varied. Illicit drug manufacturers may mix fentanyl to enhance the effects of meth or to increase its addictive potential. The combination of the two drugs can create a highly unpredictable and dangerous substance that puts users at an increased risk of overdose.

Addressing the problem of fentanyl contamination in meth requires a multi-faceted approach. Those working with young people should know that the youth they serve may not be attempting to obtain or use opioids but may still encounter fentanyl. The task of increasing awareness about the potential presence of fentanyl in street drugs is critical for youth support and care communities.



Harm reduction strategies, such as drug checking products (like fentanyl test strips), allow individuals to test their drugs for the presence of fentanyl. This can play a crucial role in preventing accidental teen overdoses. The exposure to and use of fentanyl contaminated meth poses a serious and potentially lethal risk to youth and families. This new reality significantly changes the conversation about drug use between family, community leaders, and teens. Prevention and intervention are necessary to safeguard the well-being of those affected.

The Facts About Meth

Dangers Associated with Meth Production

The production of meth often occurs in clandestine labs, which poses risks to the environment, public health, and safety. These labs can be found in various locations, including residential properties, motel rooms, or remote areas. Some key points related to clandestine meth labs include:

Toxic chemicals: The production process involves hazardous chemicals, such as pseudoephedrine, anhydrous ammonia, acetone, and various solvents, which can release toxic fumes, cause fires, or lead to explosions.

Environmental contamination: The improper disposal of chemicals and waste from meth production can contaminate soil, water sources, and surrounding ecosystems, posing health risks to individuals and causing damage to the environment.

Health hazards: Individuals involved in the production or cleanup of meth labs face potential health risks due to exposure to toxic chemicals, including respiratory problems, skin irritation, chemical burns, and long-term health complications.

Law enforcement efforts: The discovery and dismantling of clandestine meth labs require specialized training and resources. Harrisonburg law enforcement officers diligently work to locate these labs, apprehend individuals involved, and ensure the safety of communities.

Legal Consequences of Meth Distribution and Abuse

The possession, distribution, and manufacturing of meth are illegal in most jurisdictions due to its highly addictive and harmful nature. The legal consequences vary depending on the jurisdiction and specific circumstances, however, may include:

Criminal Charges: Possession, sale, or trafficking of meth can result in criminal charges, which can lead to imprisonment, fines, probation, or a combination of these penalties.

Felony Convictions: Meth-related offenses are often treated as felonies, which can have long-lasting consequences on an individual's criminal record, employment prospects, and access to certain privileges.

Child Welfare Issues: If meth use is detected in households with minors, child protective services may intervene to ensure the safety and well-being of the children involved.

Property Forfeiture: Meth labs can be seized, and the property forfeited.

STATISTICS ABOUT METH

National Meth Statistics

Methamphetamine use in the United States has been on the rise, and the Shenandoah Valley is no exception to this trend. Nationally, meth has become more accessible, cheaper, and more potent, contributing to increased usage and overdose deaths. The most recent available data show that overdose deaths involving meth nearly tripled from 2015 to 2019, and meth use disorder (MUD) also saw a significant increase during this period. This surge is particularly notable among younger adults and minority groups, indicating a broader demographic impact than previously observed.



Recent data also highlights an alarming trend. Not only has the number of users increased, but so has the frequency of use and the associated health risks, including addiction, psychosis, and severe physical health issues. Law enforcement efforts continue to focus on combating this epidemic through increased surveillance, public awareness campaigns, and support for treatment and recovery programs.

HOW MANY PEOPLE HAVE A METH USE DISORDER?



SAMHSA's 2021 National Survey on Drug Use and Health estimates that, among people aged 12 or older in 2021, 0.6% (or about 1.6 million people) had a meth use disorder in the past 12 months.

HOW MANY PEOPLE USE METH?

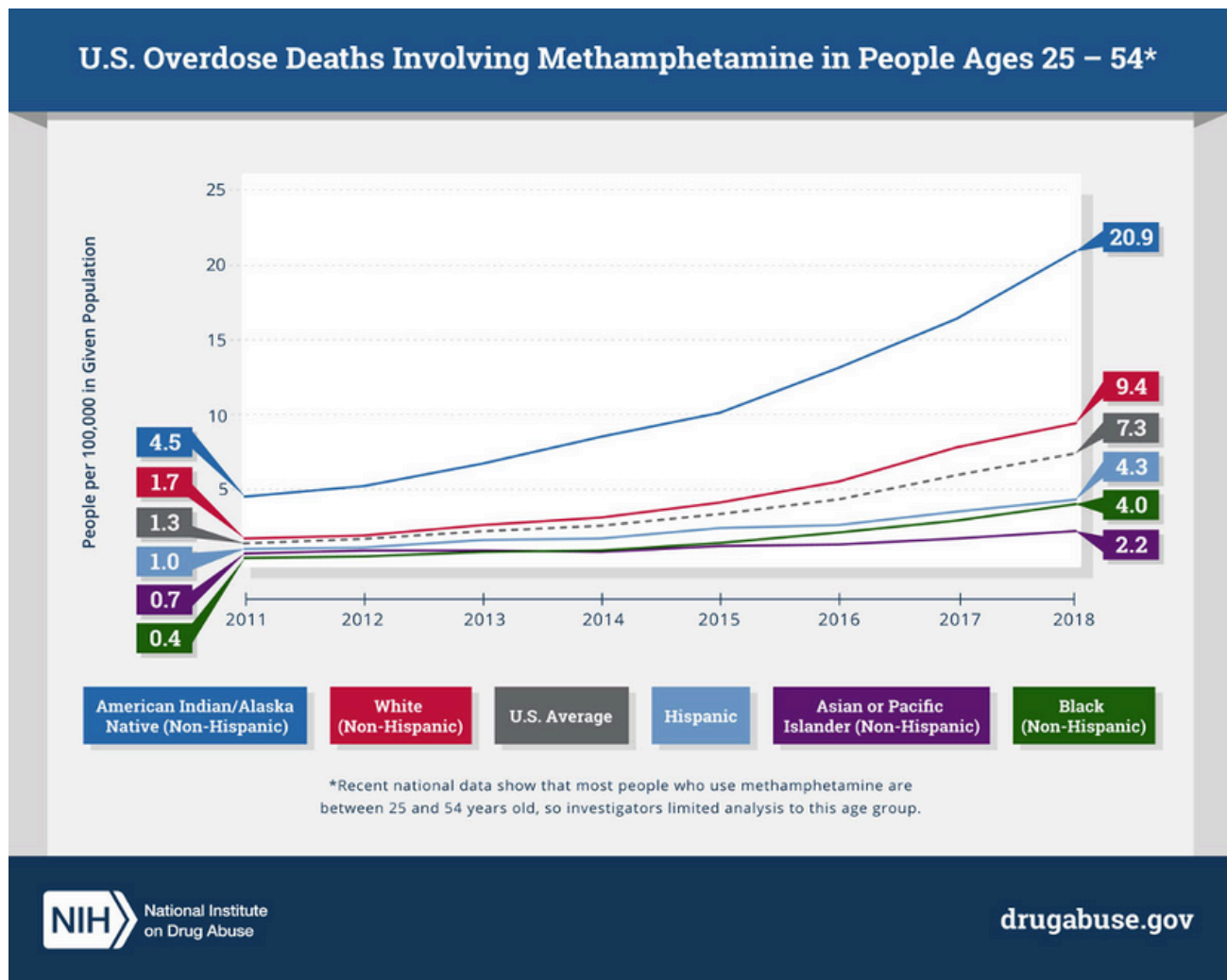
According to the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Survey on Drug Use and Health, among people aged 12 or older in 2021, 0.9% (or about 2.5 million people) reported using meth in the past 12 months.

This number is lower among youth. According to the University of Michigan's Institute for Social Research's 2022 Monitoring the Future Survey, among youth, an estimated 0.2% of 8th graders, 0.3% of 10th graders, and 0.5% of 12th graders reported using meth in the past 12 months.

HOW MANY PEOPLE OVERDOSE FROM METH?

According to the most recent data from the National Institute on Drug Abuse (NIDA), overdose rates for meth are on the rise nationally, particularly among those between 25 and 54 years of age. Figure 1 shows the demographics based on race.

Figure 1:



https://nida.nih.gov/sites/default/files/images/NIDA_MethOverdose_LineGraph.jpg

HOW MANY PEOPLE DIE FROM OVERDOSES INVOLVING METH?

According to the Center for Disease Control's (CDC) WONDER Database, in 2021, approximately 32,537 people died from an overdose involving psychostimulants with abuse potential other than cocaine (primarily meth).). [Learn more about overdose death rates.](#)

SCOPE OF THE PROBLEM ACCORDING TO THE CDC:

According to the CDC's website on stimulant overdose, psychostimulant overdose deaths increased by 37% from 2020 to 2021. More specifically, meth-involved overdoses have been increasing across various demographic groups in the United States. The CDC reports that in 2020, 2.5 million Americans aged 12 or older reported using meth in the past year.

For more detailed information on national trends, please refer to the National Drug Threat Assessment 2024 ([DEA](#)) and the 2023 fact sheet produced by the National Association of State Alcohol and Drug Abuse Directors ([NASADAD](#)).

Local Meth Statistics

While meth is a challenging national issue, creating an awareness of meth related statistics in Harrisonburg and surrounding areas is important. A thorough understanding of our catchment area is vital to most effectively address meth prevention and intervention with impact. In the Shenandoah Valley specifically, meth has become one of the most commonly seized drugs by law enforcement. The availability of the substance has grown, with significant increases in seizures and arrests related to distribution. Factors contributing to meth's prevalence include its low cost, the powerful and long-lasting high it provides, and the ease of meth production in small spaces, which makes it accessible even in rural areas like the Shenandoah Valley.

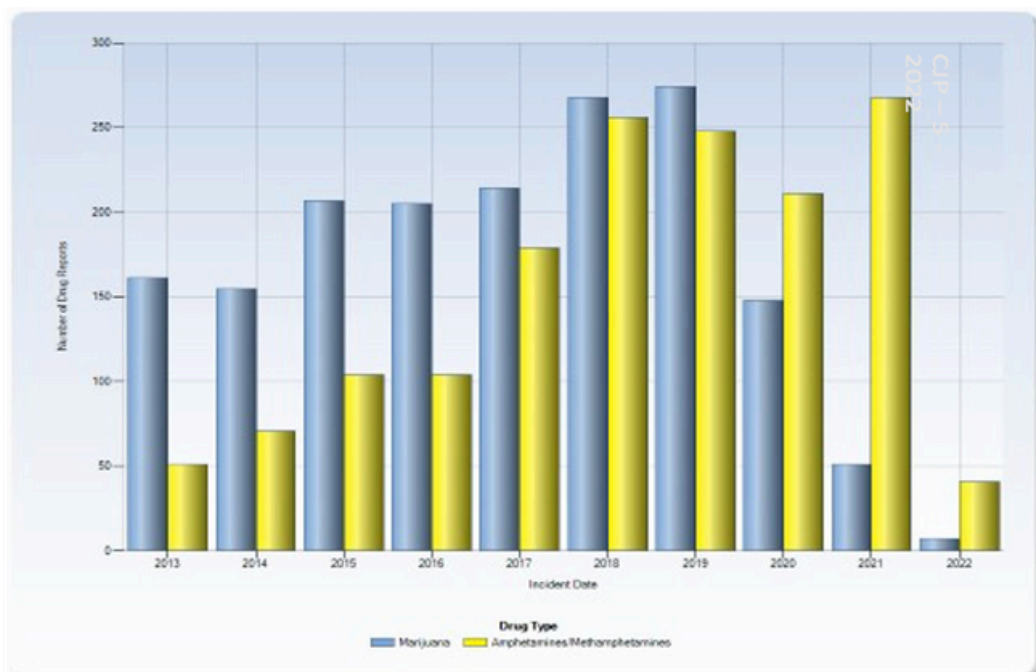
Prevalence, Statistics, and Impact of Meth Addiction in Harrisonburg and Surrounding Areas



Marijuana is often found to be the primary drug of choice among teens and young people in their early twenties. However, when it comes to marijuana related seizures over the past ten years in Harrisonburg-Rockingham County, according to 2022 data from the Rockingham County-Harrisonburg City Criminal Justice Planner, there has been a decline (Figure 2). Yet, seizures associated with meth have increased. While this shift in focus may be partially attributable to the changing Virginia marijuana regulatory environment, the increase in meth seizures underscores the prevalence of this drug's local manufacture ties and availability.

Figure 2:

Increase of Methamphetamine and Decrease of Marijuana Seizures 10 Year Trend

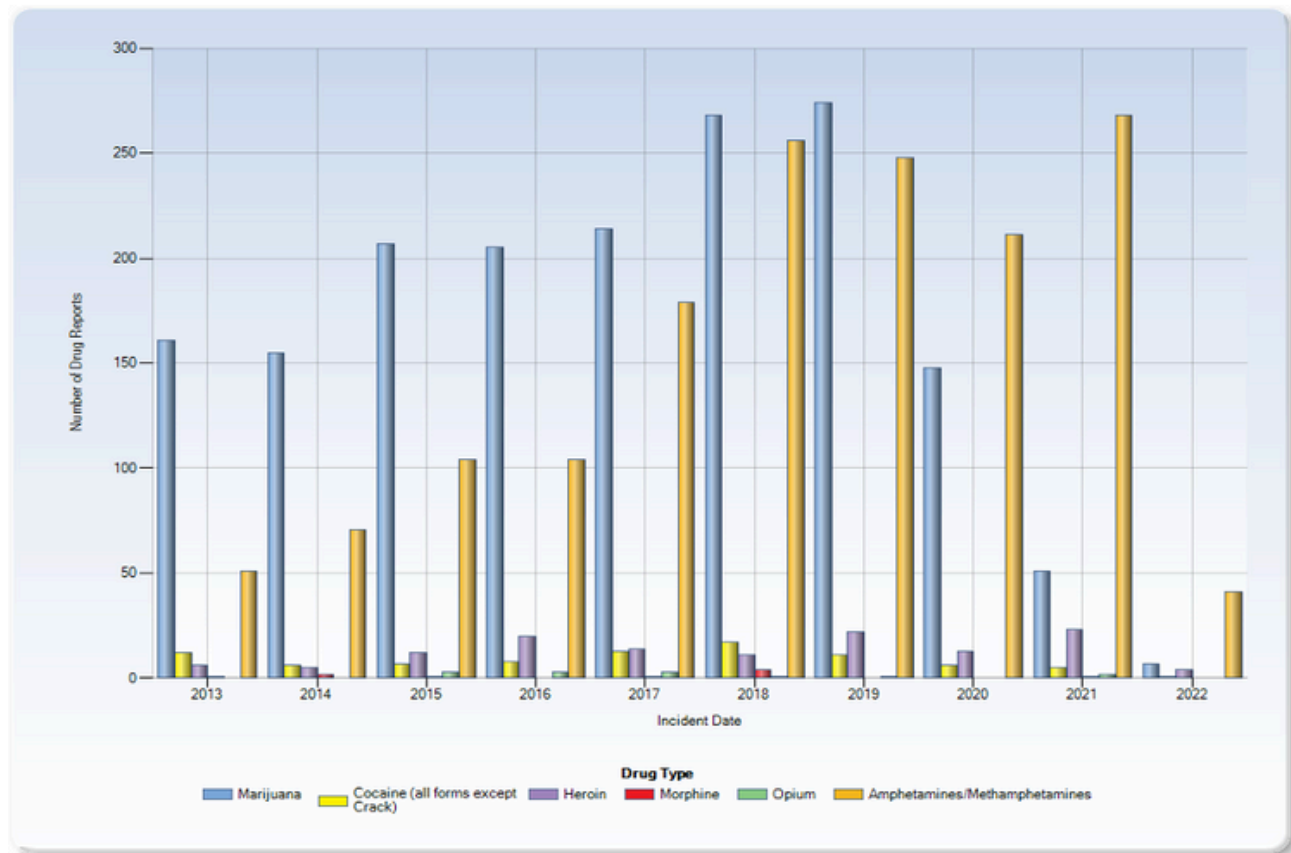


This measure counts the number of drug seizures. Up to 3 different drugs may be seized for a single incident.

Product of Criminal Justice Planner 2023

Locally, according to 2022 data from the Rockingham County-Harrisonburg City Criminal Justice Planner, meth production and consumption are on the rise (Figure 3). When compared to all other drugs of abuse, meth has increasingly become the most commonly seized hard drug of abuse in the area.

Figure 3:



Meth has become the drug most commonly seized by law enforcement in the Shenandoah Valley in recent years. The Skyline Drug Task Force, a collaboration between the Waynesboro Police, Staunton Police, Augusta County Sheriff, Nelson County Sheriff, and the Virginia State Police reports continued increases in poundage of drugs seized as recently as 2022.

In addition, in April 2023, the Rockingham County, VA RUSH Drug Task Force; the Rockingham County, VA, Sheriff's Office; and the Harrisonburg, VA, Police Department collaborated with other agencies to seize \$1.4 million worth of illicit drugs. Over 4.5 kilograms of methamphetamine, 125.4 grams of heroin, 94 grams of cocaine, and 7 firearms were seized, and 26 defendants were convicted over the course of the six-year investigation - which started with the investigation of street level dealers in the Smyth County, VA, area.

Although arrests for drug related charges among teens have declined over the past 10 years in the Harrisonburg area, there have been high profile local arrests for manufacturing and dealing, at both the local and federal levels. While it may seem like the problem is diminished, it is clear that we must remain vigilant. In 2022 a major dealer in Mount Jackson, VA, was sentenced to 16 years. The Northwest Virginia Regional Drug Task Force also seized \$42,000 worth of illegal drugs in fall 2022.

Numerous meth labs have been discovered and destroyed over the past 10 years in the Shenandoah Valley. Both fire and police services remain vigilant to this danger. This includes labs hidden in commercial factory facilities, mountain areas, and homes. Information about local clandestine meth labs can be found [here](#).



Meth unquestionably contributes to problems in Harrisonburg and surrounding areas. In 2003, former Attorney General Reno deemed Harrisonburg the “methamphetamine capital of the east coast,” according to a High Intensity Drug Trafficking report. Although there has been a decrease in meth used by youth from 2019 to 2021 (2.1% to 0.6%), according to James Madison University’s biannual Youth Data Survey (YDS), the numbers have been greater than national counterparts.



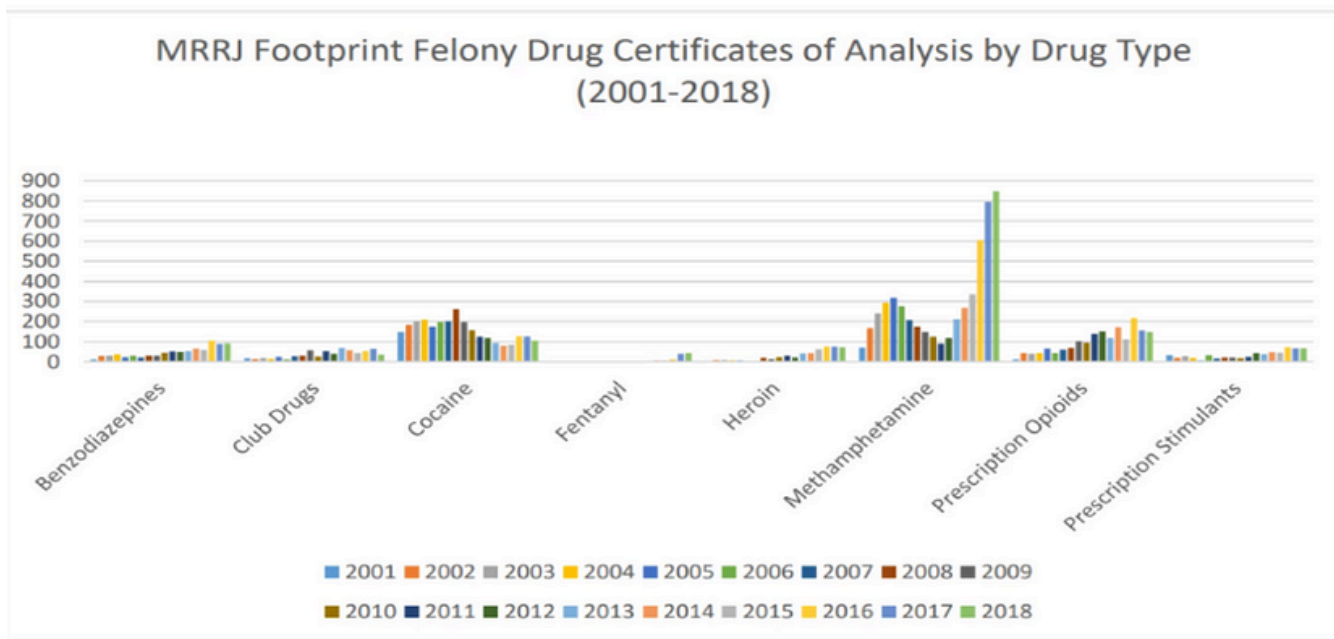
Results from the 2021 National Survey on Drug Use and Health (NSDUH) show that among youth aged 12 to 17, 0.1% used meth in the past year. Faces 4 Change – M.A.P. , a YPCI program funded through a CDC grant, is the only program in Harrisonburg with a meth prevention focus. The program works to develop and enhance infrastructures to address meth – a problem with limited resources allocated for prevention. Beyond F4C – M.A.P., meth specific awareness, including meth use/misuse prevention efforts do not exist in the “Friendly City.”

In the city of Harrisonburg, meth is the second most widely used substance behind marijuana. In 2010, there were less than 10 meth cases compared to the almost 140 cases reported in 2018. The National Drug Intelligence Center, Virginia Drug Threat Assessment report concurs that meth is “increasingly available [and used] in Virginia, particularly in the Shenandoah Valley,” which very likely has contributed to the increases in use among youth in Harrisonburg. In January 2019, the local television station (WHSV) reported that Harrisonburg police seized over two pounds of meth in one of the F4C M.A.P. catchment areas. Besides local availability, use could be escalating because “many students feel pressured to do schoolwork, fit in, and have a job just to make ends meet for them and their family... so they do drugs,” as noted by a Harrisonburg High School (HHS) student. Other HHS students agree that, while youth probably know the drug related risks, “some people they just don’t really care. They don’t [feel like] they have any future.”



Figure 4 data from Middle River Regional Jail (MRRJ), a jail serving the Shenandoah Valley, concurs that more individuals are using meth, and that it is much more readily available today than it was in the past. Activity levels for substances such as prescription drugs and cocaine are far below the activity levels for meth.

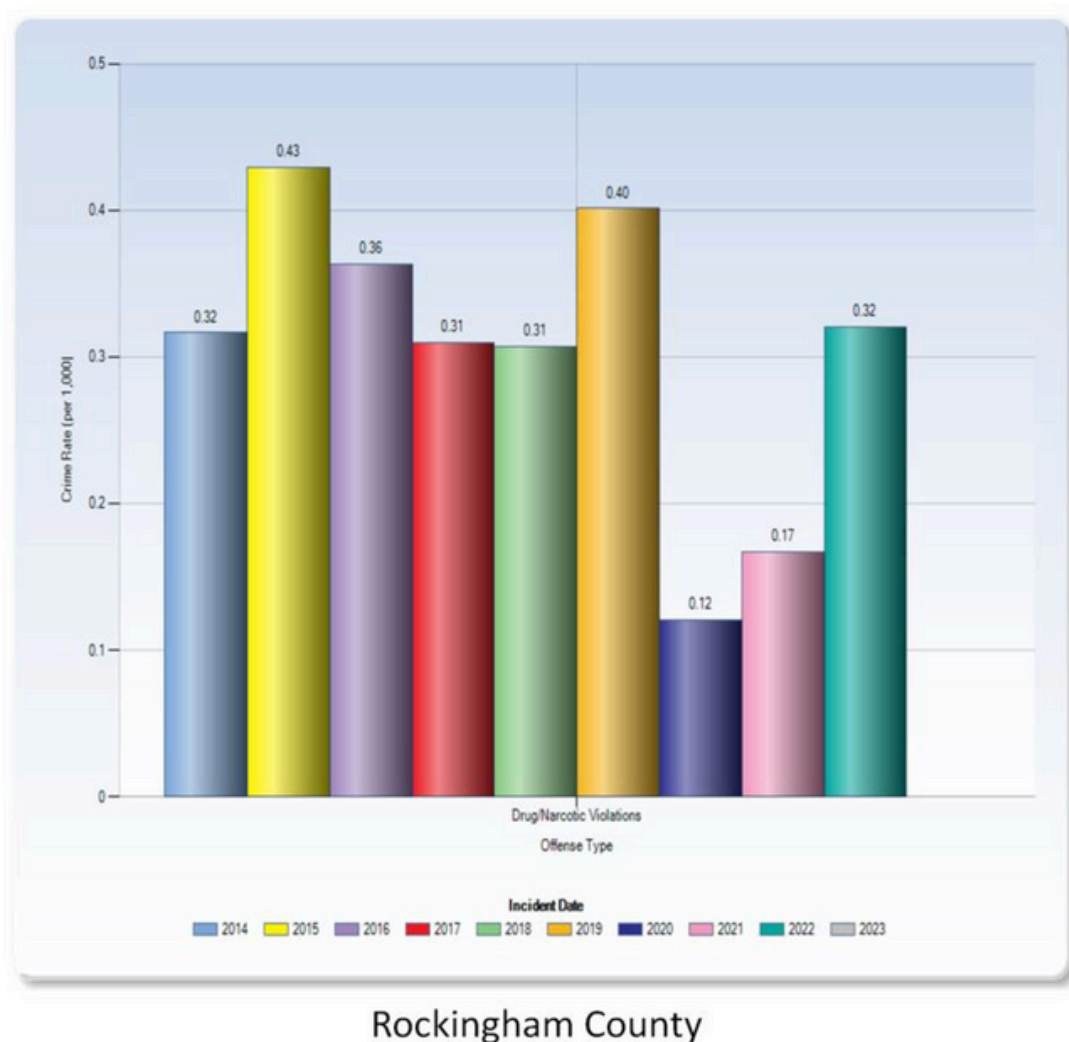
Figure 4:



In Virginia between 2011-2020, stimulants (Cocaine, Crack, Meth /Amphetamine and other) had the largest percentage increase in number of arrests compared to the other drug groups. The number of arrests for all stimulants increased by 36%, from 5,083 in 2011 to 6,937 in 2020. The increase in arrests was led by a large increase in arrests for meth and other amphetamines, from 743 arrests in 2011 to 3,651 in 2020, a 391% increase. At the same time, arrests for crack decreased by 38% while arrests for cocaine decreased by 12% (Virginia Index Crime and Drug Arrest Trends 2011–2020). Meth use is on the rise in our state.

Local data shows this as well (Figure 5). Arrests related to all drugs are declining in Harrisonburg since 2021, however, they are on the rise in Rockingham County, according to 2022 data from the Rockingham County-Harrisonburg City Criminal Justice Planner.

Figure 5:



Overall, meth use, crime, and addiction are on the rise, and the need for prevention and intervention, in Harrisonburg and the surrounding area, is critical to the success and safety of our young people. It is important that all sectors continue to share knowledge, resources, and work together in efforts to make positive change in local meth related statistics. Locally focused insights are available from [WMRA](#) and other regional news sources.

METH RISK FACTORS AND COMMON WARNING SIGNS OF METH USE



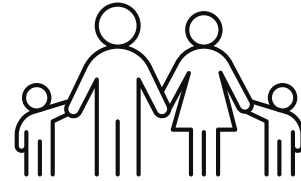
Risk factors are characteristics, conditions, or behaviors that increase the likelihood or probability of developing a disease, experiencing an injury, or triggering a certain negative outcome or event. It is important to note that having one or more risk factors does not guarantee the occurrence of the disease or negative outcomes, but it does increase the chances compared to someone without those risk factors. Similarly, the absence of risk factors does not ensure immunity from substance use or addiction.

Risk Factors for Meth Use

The most impactful risk factors that can lead to teen drug use and addiction are abuse, neglect, and trauma. Young people seeking to escape these conditions frequently turn to drugs for relief and some feeling of psychological normalcy. Other key risk factors include:



Peer influence: Adolescents who have friends or peers who use meth are at a higher risk of experimentation and subsequent addiction. School environments, particularly, present risks for substance use.



Family history: Having a family history of substance abuse, including meth use, increases the likelihood of an adolescent engaging in similar behaviors.



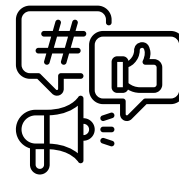
Trauma or adverse childhood experiences: Adolescents who have experienced trauma or adverse events, such as abuse, neglect, or unstable home environments, may turn to drugs like meth as a coping mechanism.



Mental health issues: Conditions such as depression, anxiety, or attention-deficit hyperactivity disorder (ADHD) can contribute to an increased vulnerability to substance abuse, including meth use.



Lack of parental supervision: Limited parental involvement, neglect, or permissive attitudes towards drug use can increase the likelihood of adolescents experimenting with drugs.



Social Media Engagement: Drugs can be purchased and delivered right to homes through online ordering. Drug traffickers advertise, using slang, emojis etc., on social media platforms like Instagram, Snapchat, TikTok, and YouTube.

Because meth is a potent central nervous system stimulant with a high potential for abuse and addiction, understanding the risk factors for meth addiction can aid in early identification, prevention, and intervention.

METH PROTECTIVE FACTORS

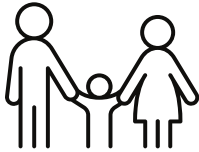
PROTECTIVE FACTORS

Protective factors can assist youth in making healthy choices by providing resources, information, love, and support. Having one or more protective factors increases the chances for drug free lifestyles among youth and their families.

METH PROTECTIVE FACTORS

Protective factors can assist youth in making healthy choices by providing resources, information, love, and support. Having one or more protective factors increases the chances for drug free lifestyles among youth and their families. Primary protective factors and ways to incorporate them are listed below:

Protective Factors for Meth Use



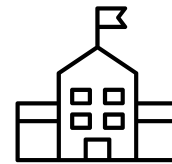
Parents and Caregivers: Parents and caregivers play a vital role in preventing meth use among adolescents. Open communication, parental monitoring, and establishing clear expectations can help deter young people from engaging in substance use. Providing education and resources to parents and caregivers about the risks associated with meth use, recognizing warning signs, and promoting healthy family dynamics can strengthen this protective factor.



Peers: Just as peers can influence teens negatively, they can also be a positive influence.



Community: Recreation centers, faith institutions, community businesses, government agencies, law enforcement, and community-based organizations can help teens build up their guard against pressures to use substances like meth. Talk to those representing various sectors about ways youth can become engaged in working with them.



Schools: Identify ways to work with youth and adults (teachers, counselors, and other school administrators) to creatively get substance use prevention messages across to youth.



Traditional and Social Media: Posters, radio, television, social media, and the world wide web can be used to communicate messages that can serve to deter youth from meth use.



Individual: Identify ways to build youth self-esteem and confidence. Provide opportunities for their engagement in youth popular culture-based activities - those things that make them happy (e.g., dance, sports, rap, reading, music). Encourage them to talk to people they can trust, and provide opportunities for them to serve as community leaders.



In essence, parents and caregivers offer the emotional security, guidance, and validation that young individuals need to navigate their turbulent adolescent years. Similarly, constructive peer influence can shape attitudes towards substance use, academic pursuits, and future aspirations. Moreover, institutions like schools, community centers, businesses, law enforcement, and religious establishments play a role in providing structured support, providing education about drugs, and offering extracurricular engagements that can act as protective barriers against substance use. Media is a major component of youth popular culture today. Why not provide opportunities for youth to spearhead the production of prevention messages utilizing multimedia tools?

In the face of adverse childhood experiences, positive influences and supportive environments act as protective factors that can make the difference between a path leading to substance use and one of resilience and/or recovery. Building strong partnerships with the community sectors creates a comprehensive protective network that is sure to address the prevention of meth use from various angles.

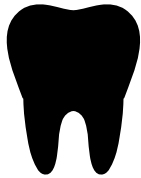
Community Sector Groups

Community Sector Groups provide an insurmountable number of protective factors. Collaboration with Community Sector Groups has been effective strategy for F4C M.A.P. and their Drug-Free Community (DFC) Coalition and is vital for effective meth use prevention and intervention. Harrisonburg and the Shenandoah Valley are home to numerous Community Sector Groups, which are listed in [Appendix V](#).



COMMON WARNING SIGNS OF METH USE

Recognizing the warning signs of meth use ultimately serves as a protective factor. A life could be saved and/or this recognition could help someone from developing an addiction. Furthermore, an understanding of the warning signs puts one in the best position to provide early prevention and intervention support. Common warning signs of meth use include:



Physical Signs: Dilated pupils, weight loss, dental problems ("meth mouth"), skin sores or picking, increased energy and activity, decreased appetite, and a general decline in physical appearance and hygiene.



Behavioral Changes: Erratic or aggressive behavior, increased irritability or agitation, paranoia, restlessness, hyperactivity, changes in sleep patterns (insomnia or staying awake for long periods), and a decline in academic or work performance.



Psychological Symptoms: Intense mood swings, anxiety, hallucinations, delusions, confusion, and impaired judgment.



Social Withdrawal: Loss of interest in previously enjoyed activities, neglecting social relationships, and distancing oneself from family and friends.



Finding Drug paraphernalia: Finding items such as glass pipes, burnt aluminum foil, needles, or small plastic bags that may be used for storing or consuming meth.



Evident Social Media Posts: Youth may post drug use activities to social media. While this seems counterintuitive, young people share much of their lives on social media platforms. Even if there is no direct evidence of use, pictures of young people in states of inebriation or speaking in code about use, are common.

PREVENTION AND INTERVENTION

The Strategic Prevention Framework

Prevention strategies that have been found to work are guided by the United States' Substance Abuse and Mental Health Services Administration's (SAMHSA) Strategic Prevention Framework (SPF). The SPF is a comprehensive guide designed to help all those who work to prevent substance use throughout the country to effectively develop and implement substance use prevention and intervention programs.

The framework offers a step-by-step process to address the substance use/misuse and related mental health problems that communities face, emphasizing the importance of using data to guide decision-making and encouraging the implementation of evidence-based prevention programs and strategies.



The SPF consists of five key steps that are not mutually exclusive:

1

Assessment: This step involves identifying community needs, strengths, and resources. It also includes determining the nature and extent of the substance use and related problems that need to be addressed, typically via data collection and analysis.

2

Capacity Building: Capacity building involves enhancing a community's readiness and ability to address substance use issues. This could include developing human, organizational, and material resources, as well as fostering cooperation and commitment among various stakeholders.

3

Planning: A comprehensive plan is developed to address the identified substance use issues during this step. The plan typically includes exploring a range of strategies and interventions that are evidence-based and tailored to the specific needs and characteristics of the community.

4

Implementation: This step involves executing the developed plan and monitoring its progress. It requires putting the strategies and interventions into action in the community. Ongoing evaluation and adjustment may occur based on the feedback and outcomes from this phase.

5

Evaluation: The final step involves assessing the effectiveness of the prevention efforts. This includes determining whether the plan is achieving its intended goals and making any necessary modifications. It is a continuous process that helps to ensure the ongoing relevance and effectiveness of the prevention strategies.

SPF is an excellent framework for guiding and assessing meth use prevention and intervention efforts. Because it focuses on the supportive interrelationships between assessing a community's needs, following an ongoing process of building capacity to meet the needs, and then reevaluating and redeploying, based on outcomes, SPF has proven to be an invaluable resource for responding to the ever changing but persistent requirements for effective meth prevention and intervention targeting youth.



According to SAMHSA, the SPF is also guided by two cross-cutting principles that should be integrated into each of its five steps:

- ***Cultural Competence:*** The ability of an individual or organization to understand, interact, and engage with people who have different values, culture, languages, lifestyles, and traditions based on their distinctive heritage and social relationships.
- ***Sustainability:*** The process of building an adaptive and effective system that achieves and maintains desired long-term results.

Evidence-Based Substance Use Prevention and Intervention Programs

The use of evidence-based programs (EBPs) in prevention and intervention helps ensure desired outcomes. Health practitioners and others who engage youth are provided with scientifically based and proven supports for making a positive impact in the lives of youth. EBPs also help with decision making in high-risk situations. The programs listed below do not all address meth prevention/intervention specifically (there are not many national programs that do), however, they offer adaptable tools for success in efforts to engage youth and families in meth prevention and intervention. The list below is not intended to be exhaustive.

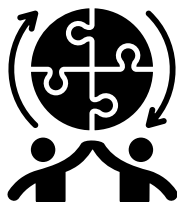


Hip-Hop 2 Prevent Substance Abuse and HIV/AIDS (H2P) is an evidence-based adolescent program curriculum, originally placed on the SAMHSA National Registry of Evidence-Based Programs and Practices (NREPP) and then on other lists such as the Oregon Addiction and Mental Health Services and Washington Division of Behavioral Health and Recovery Excellence in Prevention.

H2P findings show an increased perception of risk for drug use (including greater risk of harm), increased drug knowledge, and increased disapproval of drug use among youth 12 to 18 years of age. The program is effectively implemented throughout the country and incorporates elements of Hip-Hop culture, such as language, arts, and history to address substance use prevention and intervention.



H2P consists of ten modules or "ciphers," that use interactive multimedia, and a blend of traditional and non-traditional youth engagement methods. It also imparts skills for resisting drug use and unsafe sexual practices, promotes effective communication, and provides information about healthy alternatives to sex and drugs. H2P is a unique and innovative prevention intervention that can keep youth from turning to meth and other drugs for several key reasons:



Cultural Relevance: By incorporating elements of Hip-Hop culture, H2P connects with youth on a level that they understand and appreciate. The curriculum meets youth where they are.



Edutainment: The program ensures an educational and entertaining environment for the implementation of prevention strategies based in youth popular culture.



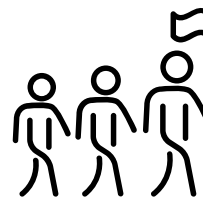
Skills Development: H2P teaches important life skills and, through its "freestyle" component, localizes the process for enhancing youths' resistance and refusal skills.



Healthy Alternatives: H2P offers youth constructive ways to cope with stress, boredom, and related issues that might otherwise lead to substance use. Freedom from mental illness is enhanced.



Safe Environment: H2P ensures a safe space for youth to express themselves with peers and caring adults, thus reducing feelings of isolation or alienation, which are often risk factors leading to substance use.



Youth Leadership: H2P offers youth opportunities to serve as leaders and peer role models in their communities. Self-esteem and self-confidence are the outcome.



Fast Track is a comprehensive, long term prevention program for children entering kindergarten that continues through tenth grade. The intervention components change as children age and include a teacher-led classroom curriculum, parent training groups, home visits, and child tutoring. One study showed that the Fast Track intervention reduced the likelihood of alcohol use and binge drinking as well as the probability of individuals developing serious substance use disorders (SUDs). This intervention has been rated effective by the National Institute of Justice and is listed in The Surgeon General's Report on Alcohol, Drugs, and Health as an evidence-based prevention program.



The Life Skills Training (LST) Program is a universal, classroom-based prevention program implemented among middle school students. The program consists of a three-year curriculum that teaches drug resistance skills along with general social skills. An LST booster program can be offered after students enter high school. Curriculum materials are available for a fee and are available in Spanish. LST has been shown to reduce the prevalence of both alcohol and illicit drug use. LST is recommended by the National Institute on Drug Abuse (NIDA) and listed in The Surgeon General's Report on Alcohol, Drugs, and Health as an evidence-based prevention program.

The Nurse-Family Partnership Program involves trained nurses who provide intensive, in-home visits to at-risk, first-time mothers during their pregnancy. The Surgeon General's Report on Alcohol, Drugs, and Health describes the Nurse-Family Partnership Program as an evidence-based prevention program because a study showed that children who received the intervention were less likely to use alcohol in their teens than those who did not. The Rural Services Integration Toolkit provides additional information about the Nurse-Family Partnership Program, including implementation considerations.





Positive Action is an integrated and comprehensive curriculum-based program designed to improve academic achievement; school attendance; and problem behaviors such as substance use, violence, suspensions, disruptive behaviors, dropping out, and sexual behavior. It is also designed to improve parent–child bonding, family cohesion, and family conflict. Its concepts are universal and effective for all populations and socioeconomic levels and ages. All materials are based on the same unifying broad concept (one feels good about oneself when taking positive actions, and there is a positive way to do everything) with six explanatory sub concepts (positive actions for the physical, intellectual, social, and emotional areas) that elaborate on the overall theme.



Skills development is at the core of Too Good for Drugs, a universal K-12 prevention education program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drugs (ATOD) use. The lessons introduce and develop skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.

Too Good for Drugs teaches five essential character development skills to build self-efficacy, promote healthy development, and academic success:

- Setting Reachable Goals
- Making Responsible Decisions
- Bonding with Pro-Social Others
- Identifying and Managing Emotions
- Communicating Effectively

By working to recognize the common warning signs of meth use, engaging Community Sector Groups while emphasizing protective factors, allowing the SPF to inform our efforts, and incorporating the most appropriate core components of EBP, we can effectively address the problem of meth use among youth. We will be well on our way to creating an environment that promotes the well-being and healthy development of youth, reducing the risk of meth use and its devastating consequences.

Engaging With Diverse Populations

It is essential to address the unique prevention needs of diverse populations, including immigrant, rural, and LGBTQ+ communities, who may face additional challenges and barriers. Culturally appropriate efforts must consider language, cultural norms, remote locations, and other related factors to increase the effectiveness of prevention and intervention strategies. Collaborating with community organizations, faith-based groups, ethnic associations, and gender and sexuality alliance organizations, for example, can facilitate outreach, education, and support tailored to the specific needs of diverse populations.



FINAL THOUGHTS

In the heart of Harrisonburg, Virginia, and the picturesque Shenandoah Valley, the promise of a brighter tomorrow for our youth is a responsibility we all share. Understanding the challenges they face, particularly the menace of meth, is crucial. Thus, the Harrisonburg VA-Shenandoah Valley Methamphetamine Prevention and Intervention Toolkit is not just a collection of facts, strategies, resources, and things to ponder; it offers a beacon of hope.



This Toolkit, designed with the welfare of our youth in mind, signifies our community's unwavering commitment to safeguarding the future of our young ones. As we look ahead, let this Toolkit serve as a testament to our dedication and unity in creating an environment where our youth can thrive, free from the shadow of substance use. Together, we stand strong as ***Faces 4 Change*** working to ensure a meth-free Harrisonburg VA and Shenandoah Valley because **#OURYOUTHMATTER**

WE'D LOVE TO HEAR FROM YOU!

SOCIAL MEDIA

Instagram, X, & TikTok:

@faces4change

Facebook & YouTube:

Faces 4 Change Harrisonburg



EMAIL

faces4changeharrisonburg@gmail.com

#OURYOUTHMATTER

#F4CM.A.P.

WEBSITES

www.faces4changeva.org

www.ypci.org



The Harrisonburg, VA – Shenandoah Valley Methamphetamine (Meth) Prevention and Intervention Meth Amphetamine Prevention (M.A.P.) Bundle consists of the following five components:

1. M.A.P. Brochure
2. M.A.P. Fact Sheet
3. M.A.P. Presentation Slides
4. M.A.P. Toolkit
5. M.A.P. Info-Video



Appendices

Appendix I: Glossary of Key Terms Related to Meth

Addiction: A chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain.

Amphetamines: A group of synthetic psychoactive drugs that stimulate the central nervous system, increasing heart rate, blood pressure, and wakefulness. Meth is a type of amphetamine.

Binge Use: Uncontrolled use of a drug or substance within a short timeframe, often resulting in a severe crash or physical discomfort when the substance wears off.

Craving: A powerful, often uncontrollable desire for drugs.

Dependence: A state where the body has adapted to the presence of a drug, and withdrawal symptoms occur if use is reduced abruptly.

Detoxification (Detox): The process of removing drugs and alcohol from the body, often under medical supervision.

Dopamine: A neurotransmitter in the brain that regulates mood, motivation, pleasure, and reward. Meth use increases the amount of dopamine in the brain, causing euphoria but leading to depletion and damage over time.

Meth (meth): A powerful, highly addictive stimulant that affects the central nervous system, causing increased energy, focus, and euphoria.

Meth Mouth: A term used to describe the severe dental problems often associated with chronic meth use, including tooth decay, gum disease, and tooth loss.

Neurotoxicity: Harmful effects on the nervous system, often caused by exposure to certain drugs like meth.

Recovery: The process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Rehabilitation (rehab): A program that helps people recover from drug addiction, often including medical, psychological, and physical support.

Appendix I: Glossary of Key Terms Related to Meth

Relapse: A return to drug use after an attempt to stop. Relapse is common and is often part of the recovery process.

Stimulants: A class of drugs that enhance brain activity, causing an increase in alertness, attention, and energy.

Tolerance: A physical condition in which the body adapts to a drug and requires higher amounts of it to achieve the same effect.

Withdrawal: Symptoms that occur after long-term use of a drug is reduced or stopped abruptly.

Appendix II: Glossary of Slang/Street Terms Related to Meth and Its Use

Please note that these terms can vary greatly depending on region, culture, and changes over time. Additionally, these terms are not endorsed or promoted, but are shared for educational purposes.

Blue: A term referring to meth that appears in a blue color due to its production process.

Chalk: Another name for meth.

Chicken Feed: A slang term for meth.

Crank: Slang term for low-quality meth, often associated with the way it was originally manufactured using parts from vehicles (crankshaft case).

Crystal or Crystal Meth: Meth in its purest form, which looks like clear crystals or bluish-white rocks.

Glass: Slang term for crystal meth due to its appearance.

Go-Fast: Another term for meth, referring to its stimulant properties.

Ice: A term for crystal meth, referring to its appearance, which can resemble small pieces of ice.

Meth: Shortened version of meth, often used in casual conversation or in the drug trade.

Shards: Another term for crystal meth, referring to its shard-like appearance.

Speed: Slang term for amphetamines including meth, referring to the increased speed of thought and action in the user.

Spin Doctors: Slang for users who spin meth in a pipe.

Tina or T: Another slang term for meth.

Tweak: A term referring to the effects of meth use, including nervous and repetitive behaviors. It can also refer to a period of insomnia that can last for days due to meth use.

Yaba: A term originating from Thailand, meaning "crazy medicine," used to refer to a tablet form of meth.

Appendix III: Harrisonburg Area Substance Use Prevention, Intervention, Treatment, & Recovery Related Resources

Al-Anon

Service: Support group for families of people with addiction challenges.

Location: Meetings at Muhlenberg Lutheran Church basement, room 112

Website: <https://www.vaaanon.org/>

Phone: n/a

Alcoholics Anonymous of Shenandoah Valley

Service: Support for those with alcohol addiction challenges.

Location: Meeting list available online.

Website: <https://harrisonburgaa.org/>

Phone: 540-434-8870

Alcoholics Anonymous Online Intergroup

Service: Support for those with alcohol addiction challenges.

Location: Meeting list available online.

Website: <https://aa-intergroup.org/>

Phone: n/a

Augusta Health Primary Care

Service: Psychiatry services/medication management.

Location: 644 University Blvd, Harrisonburg, VA 22801

Website: n/a

Phone: 540-564-7007

Blue Ridge Narcotics Anonymous

Service: Support for those with drug addiction challenges.

Location: Meeting list available online.

Website: <https://brana.org/>

Phone: 1-800-777-1515 (regional helpline)

Collins Center

Service: Services for victims of sexual assault and abuse.

Location: 217 S. Liberty Street, Suite 205, Harrisonburg, VA 22801

Website: <https://www.thecollinscenter.org/>

Phone: 540-432-6430

Community Counseling Center

Service: Counseling for individuals, couples, and families, including anger management, substance abuse groups, and supervised visitation.

Location: 96 Campbell St., Harrisonburg, VA 22801

Website: <https://hbccc.org/>

Phone: 540-433-1546

Appendix III: Harrisonburg Area Substance Use Prevention, Intervention, Treatment, & Recovery Related Resources

Family Life Resource Center

Service: Individual and family counseling.

Location: 273 Newman Ave., Harrisonburg, VA 22801

Website: <https://www.flrc.org/>

Phone: 540-434-8450

HPD Mental Illness Crisis Team (MICT)

Service: De-escalation support for those suffering from mental illness crisis.

Location: 101 N. Main St., Harrisonburg, VA 22802

Website: <https://www.harrisonburgva.gov/hpd-mict>

Phone: 540-434-4436

H/R Community Services Board Mental Health and Substance Abuse Treatment

Service: Mental health, substance abuse and developmental services.

Location: 1241 N Main St, Harrisonburg, VA 22802

Website: <http://hrccb.org/>

Phone: 540-434-1941

JMU Futuro Latino Drug-Free Communities

Service: Substance use prevention outreach targeting Latino populations

Location: 755 Martin Luther King Jr. Way, Harrisonburg, VA 22807

Website: <https://coalicionfl.wixsite.com/futurolatino>

Phone: 540-568-5284

JMU Counseling and Psychological Services (CAPS)

Service: Counseling for individuals, couples, and families, as well as psychological assessment. Medicaid flat fee or sliding fee scale.

Location: 755 Martin Luther King Jr. Way, Harrisonburg, VA 22801

Website: www.jmu.edu/iuhhs/caps/index.shtml

Phone: 540-568-1735

McNulty Center for Children & Family

Service: Services to children and their families.

Location: 463 E. Washington St., Harrisonburg, VA 22802

Website: <https://www.hrcsb.org/>

Phone: 540-433-3100

National Alliance on Mental Illness (NAMI)

Service: Family support groups.

Location: Meetings 2nd Thurs at 7:30pm at Muhlenberg Lutheran Church basement, room 108

Website: <https://www.nami.org/>

Phone: 1-888-486-8264 Ext. 202

Appendix III: Harrisonburg Area Substance Use Prevention, Intervention, Treatment, & Recovery Related Resources

National Treatment Referral Routing Service

Service: 24/7 referrals to substance abuse treatment.

Location: n/a

Website: n/a

Phone: 800-662-HELP (4357)

Sadie Rose Foundation

Service: Support for pregnancy, infant, and child loss.

Location: 195 Main St., Dayton, VA 22821

Website: <https://sadierosefoundation.org/>

Phone: 540-810-4351

Sentara RMH Behavioral Health

Service: Individual counseling, group therapy, and partial hospitalization program.

Location: 136 W Elizabeth St, Suite 102, Harrisonburg, VA 22802

Website: n/a

Phone: 540-564-5100

Strength in Peers

Service: Peer support services by trained individuals who are in recovery.

Location: 917 N. Main St, Suite 1, Harrisonburg, VA 22802

Website: <https://strengthinpeers.org/>

Phone: 540-217-0869

Summit House

Service: Psychosocial rehabilitation program for people with mental illness.

Location: 1888 Pear St., Harrisonburg, VA 22801

Website: <https://www.hrcsb.org/>

Phone: 540-434-1941

Region 1 Children's Mobile Crisis

Service: Mental health response and intervention for youth.

Location: Harrisonburg, VA

Website: n/a

Phone: 1-800-970-5897

Western State Hospital

Service: Safe and effective individualized treatment in a recovery focused environment.

Location: 103 Valley Center Dr, Staunton, VA 24401

Website: <https://dbhds.virginia.gov/facilities/wsh/>

Phone: 540-332-8000

Children's Mobile Crisis

800-970-5897

Crystal Help Anonymous

855-MethFree (855) 638-4373

Mental Illness Crisis Team

540-434-4436

Suicide Hotline

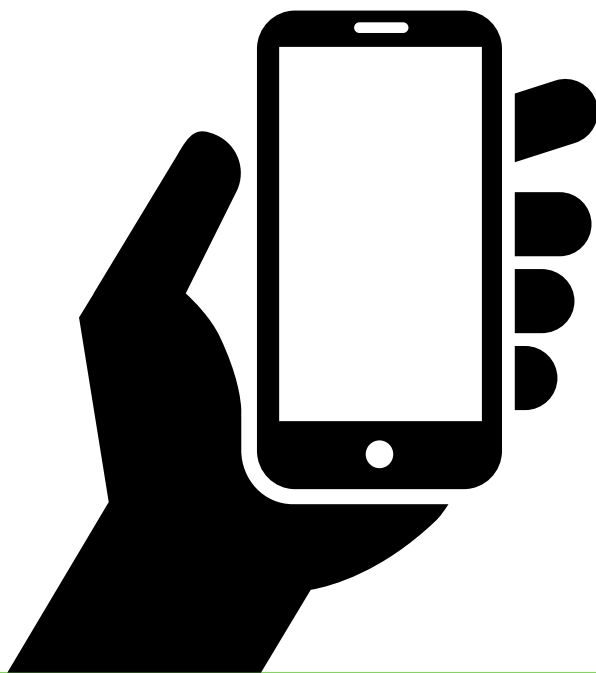
800-273-8255

SAMHSA Helpline

800-662-HELP (4357)

Virginia Addiction Hotline

866-210-1303



Appendix IV: Helplines & Hotlines

Appendix V: Community Sector Groups

- **Businesses**
- **Civic/Volunteer Organizations**
- **Colleges and Universities**
- **Healthcare Professionals**
- **Law Enforcement**
- **Media**
- **Parents**
- **Religious/Fraternal Organizations**
- **Schools**
- **Senior Citizens**
- **State/Local/Tribal Government**
- **Substance Abuse Organizations**
- **Youth**
- **Youth Serving Organizations**

The Youth Popular Culture Institute, Inc. (YPCI) operates with a growth mindset, viewing youth as valuable contributors to society with the potential to make positive change. This 501c3 organization, based in Maryland and Virginia, consists of a team of certified educators, researchers, technologists, public health and youth popular culture experts, youth engagement professionals, parents, producers, activists, and young people. YPCI's vision is to highlight the value of youth and their unique cultures in ways that enhance health and educational outcomes. The mission is to mobilize public and private resources for collaborations aimed at educating America's most vulnerable youth, preventing substance use, and reducing the impact of substance abuse, mental illness, and trauma. YPCI aims to transform research and evidence-based practices into applied technologies, events, programs, and products that benefit children, youth, families, communities, professionals, and other stakeholders who work in the best interests of youth. **Contact:** starr@ypci.org Website: www.ypci.org

Faces 4 Change (F4C), a YPCI signature initiative, is a Drug-Free Community (DFC) & Comprehensive Addiction & Recovery Act (CARA) entity based in Harrisonburg, VA. The mission is to establish and enhance collaborations among communities, non-profits, and governments to prevent and reduce youth substance use. F4C addresses risk factors associated with substance use while promoting protective factors that minimize these risks. Through activities like the annual Harrisonburg Youth Leadership Summit and Our Youth Matter: A Community Conversation Town Hall, F4C connects people, organizations, agencies, and resources to promote healthy, drug-free lifestyles among youth and families. The initiative champions youth-led and adult-guided strategies, recognizing and leveraging the unique abilities of young people and providing them with leadership opportunities. The overarching goal is to ensure positive youth engagement and foster safe and drug-free communities in Harrisonburg and surrounding areas. **Contact:** faces4changeharrisonburg@gmail.com

In 2021, YPCI received a five-year CARA award entitled: F4C Meth Amphetamine Prevention (M.A.P.). This program aims to prevent meth use among youth aged 12-18 in Harrisonburg. The goal award is to mobilize resources and enhance community engagement to foster collaborations that contribute to reducing and preventing youth meth substance use. Contact: faces4changeharrisonburg@gmail.com Website: www.faces4changeva.org