

# *Methamphetamine Fact Book*

## **A Community Handbook and Resource Guide**

### **SPEED PREVENTION AND AWARENESS NETWORK (SPAN)**

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# Introduction

Speed, meth, crank or amphetamine are common names for a drug, methamphetamine. Whatever you call it, the impact of that drug on our quality of life—and the lives of the individuals using it—is significant, although it is used by a small fraction of Humboldt County residents.

Early in 2001 a broad based community coalition came together to talk about what can be done to reduce the impact of methamphetamine on our community. It started as the Methamphetamine Task Force and became the Speed Prevention and Awareness Network (SPAN). SPAN evolved a series of goals:

- To increase awareness of how drugs impact our community,
- To promote access to information and treatment resources and
- To encourage law enforcement to root out drug manufacturing and distribution.
- To promote prevention of methamphetamine use and other drug problems.

This *Methamphetamine Fact Book* is the first tangible product of SPAN's efforts. It, and a liaison with the Community Switchboard, are designed to increase awareness and access to community resources.

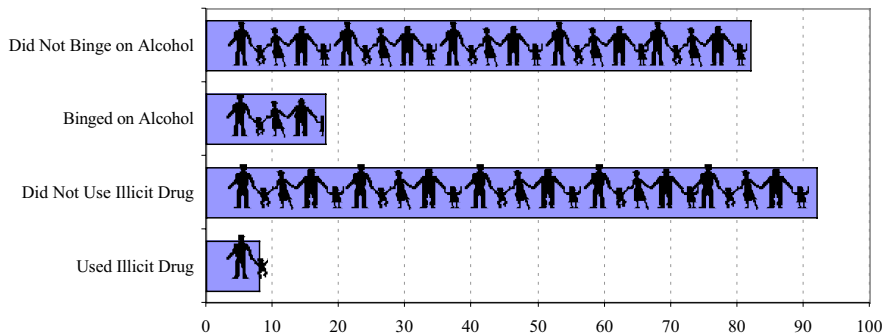
There may not be a magic bullet for ending the impact of methamphetamine on individuals and our community at large. That shouldn't keep each of us from doing what we can to reduce the problem, bit-by-bit, day-by-day. This *Fact Book* contains hard information about methamphetamine and its impact on our community. As importantly, it is a resource list that you can use to get more information if you are interested or get help if you or a friend have a problem.



# We are a Healthy Community —with a Problem

## MOST PEOPLE DO NOT USE ILLICIT DRUGS

- ◆ In 1997, 8% of Californians used an illicit drug and 18% binged on alcohol in the past 30 days.



- In any given month, 12% of youth 12 – 17 years old used an illicit drug and 11% binged on alcohol.
- Young adults ages 18-25 years old had the highest alcohol and illicit drug use. 17% used an illicit drug and 34% reported binge use of alcohol on at least one occasion in the past month.
- 1% of Californians age 12 and over reported methamphetamine use in the past month; this is twice the national rate.
- A study at Humboldt State University last year (753 respondents) showed that students think “everyone is doing it”, while actual drug and alcohol use is considerably lower than they think.
  - ◆ No students estimated “students in general” to be alcohol free, while 9% actually reported never drinking alcohol.
  - ◆ 46% of students surveyed estimated students to be smoking marijuana three times weekly, while only 5% reported use at that level.
  - ◆ 26% of respondents said marijuana is “never a good thing to do”, whereas less than 1% perceived this to be the norm.
  - ◆ Only three percent of the students surveyed agreed that “Occasionally getting drunk is okay even if it does interfere with academics or responsibilities”, but 20% thought this view to be generally held by students. (*Alcohol, Tobacco and Marijuana Use at HSU; Perceptions vs. Reality*, HSU Substance Abuse Steering Committee, March, 2000)

**“People gravitate towards doing what they think other people are doing. We hope that this data will show students that substance abuse is less prevalent than they think. It has been shown that if you correct the perceived norm, students will moderate their behavior and drink less and use less drugs.”**

*Bryce Kyburz  
Health Educator  
Humboldt State University*

# Methamphetamine Facts

## WHAT IS METHAMPHETAMINE AND WHAT DOES IT DO?

Methamphetamine is a powerful stimulant drug that increases activity in the brain. Methamphetamine affects dopamine, which is involved with our natural reward system which allows us feelings like happiness about a job well done, pleasure from our family or social interactions, or feeling content and that our lives are meaningful. Prior to 1970, doctors prescribed methamphetamine for a variety of conditions. In the 1970's methamphetamine was restricted and it was classified as having little medical use and a high potential for abuse.

## WHAT ARE THE STREET NAMES FOR METHAMPHETAMINE?

The drug is referred to by many names including “meth”, “speed”, “crank”, “chalk”, “zip” and “cristy.” Pure methamphetamine, the smokable form of the drug, is called “ice”, “crystal” or “quartz” because of its clear, chunky crystals which resemble frozen water.

## WHERE IS METHAMPHETAMINE MANUFACTURED AND DISTRIBUTED?

Methamphetamine is imported into the U.S. in already processed form. Also it has been and continues to be produced in Humboldt County. The purity and quality of methamphetamine varies greatly, making it difficult for users to judge how much they are taking. Production of methamphetamine in illegal labs involves toxic chemicals that can explode or pollute the environment. Methamphetamine is produced and distributed mostly in rural areas, and mostly on the West Coast, although it is spreading throughout the country.

## WHAT IS USED FOR MAKING METHAMPHETAMINE?

Over-the-counter cold and asthma medications containing ephedrine or pseudoephedrine, red phosphorous, hydrochloric acid, drain cleaner, battery acid, lye, lantern fuel and antifreeze are among the ingredients most commonly used. The chemicals used in the making of methamphetamine differ from one lab to the next. As a result the drug may be adulterated and contain more toxins than the original “recipe”.

## HOW MUCH DOES METHAMPHETAMINE COST ON THE STREET?

Methamphetamine users commonly buy a “teener” (1/16 of an ounce or 1.76 grams), which costs about \$80 and is good for 17 “hits” (doses). A \$20 “bag” contains about four “hits”.

**“Speed doesn’t create energy. It borrows energy and we all know what happens when you borrow something. You have to pay it back with interest.**

**After an evening of stimulation from speed, the user often feels down and depressed.**

**Taking more speed seems like a reasonable solution.”**

*Mike Goldsby, Director  
Family Recovery Services  
Eureka.*

## HOW IS METHAMPHETAMINE USED?

Methamphetamine can be smoked, snorted, injected or taken by mouth.

## WHY DO PEOPLE START USING METHAMPHETAMINE?

Blue collar and service workers may use the drug to work extra shifts, while young women often begin using methamphetamine to lose weight. Athletes and students sometimes begin using methamphetamine because of the initial heightened physical and mental performance the drug produces. Others use methamphetamine recreationally to stay energized at “rave” parties or other social activities. Methamphetamine is less expensive and more accessible than cocaine and users often have the misconception that methamphetamine is not really a drug.

## WHAT EFFECT DOES METHAMPHETAMINE HAVE ON USERS?

The user experiences a “rush” that lasts up to a few hours and is described as extremely pleasurable. The stimulant effect can last up to 24 hours. After the high wears off, the user feels worn out, which causes some users to want to take more.

Methamphetamine use increases the feeling of self-confidence; the user may ignore the reality of personal limitations and act like they are “Superman”. Users often take unnecessary risks. In well-rested persons, certain physical performances can improve with small doses of stimulant drugs. In tired users, stimulants cause most performance to deteriorate. Lack of sleep due to methamphetamine use may cause slower reaction times. Truck drivers and motorists who use methamphetamines are more likely to have accidents.

### SHORT TERM EFFECTS

Euphoria  
Increased alertness  
Dilated pupils  
Paranoia  
Decreased appetite  
Increased physical activity, possibly jerky or flailing movements, picking at skin or pulling out hair  
Irritability, nervousness  
Trouble sleeping  
Aggression and rarely acute psychological symptoms that may lead to suicide, domestic violence or murder  
Incessant talking  
Teeth grinding  
Rapid heart beat and increased blood pressure  
High doses can cause acute heart failure, high body temperature or death

### LONG TERM EFFECTS

Tooth decay  
Acne or skin sores (“speed bumps”)  
Anger  
Panic  
Paranoia  
Hallucinations  
Repetitive behavior patterns  
Fatal kidney and lung disorders  
Brain damage  
Liver damage  
Blood Clots  
Chronic depression  
Malnutrition  
Disturbed personality  
Deficient immune system  
Violent or psychotic behavior

**“After repeated use, methamphetamine literally changes the brain in fundamental and long-lasting ways, blunting the brain’s ability to experience pleasure without the drug.”**

*Michael Batke, M.D.  
Professor of Psychiatry  
Upstate Medical School, New York*

**“Speed has a built in withdrawal effect when users run themselves into the ground and then crash for days. Some users actually sleep for several days. Withdrawal from speed is not medically dangerous. Some medications can help with the paranoia but nothing helps with the craving. Depression is the most serious withdrawal symptom. Abstinence from speed is the best initial treatment. Avoiding other mind-altering drugs is also recommended.”**

*Mike Goldsby  
Family Recovery Services*

**“Self-medication is a predictable consequence for most people who have grown up with physical and/or sexual abuse. The use of alcohol (the most commonly used drug in domestic violence) and methamphetamine is a serious and potentially lethal combination in light of increased paranoia and escalating violence.”**

*Sheri Johnson  
Public Health Domestic Violence  
Prevention Program*

## **WHAT EFFECT DOES METHAMPHETAMINE USE HAVE ON PREGNANCY?**

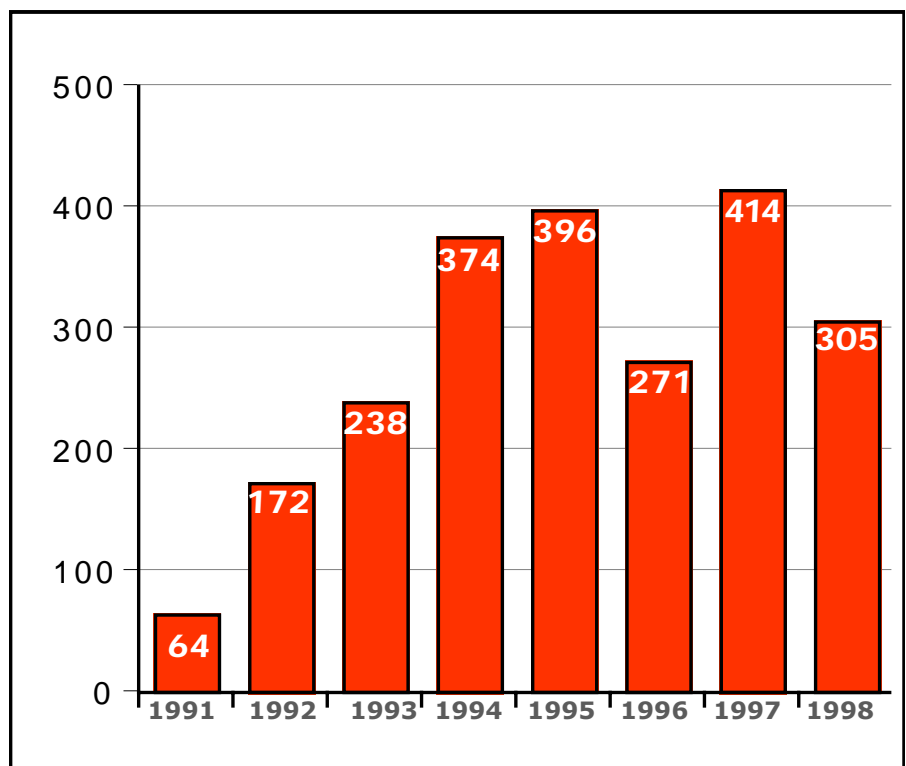
Babies born to methamphetamine-using moms can be born methamphetamine-addicted and suffer birth defects, low birth weight, tremors, excessive crying, and behavior disorders. There is also an increased risk of child abuse and neglect of children born to parents who use methamphetamine. The drug can become more important to an addict than caring for the child.

## **IS THERE METHAMPHETAMINE WITHDRAWAL?**

Yes. The severity and length of symptoms vary depending on how much methamphetamine was used over how long a time. The most common symptoms are: drug craving, extreme irritability, loss of energy, depression, fearfulness, excessive drowsiness or difficulty in sleeping, shaking, nausea, palpitations, sweating, hyperventilation and increased appetite.

Methamphetamine addicts get over the acute effects of withdrawal in a matter of days. However, the craving for methamphetamine can last 6 to 8 months for occasional users and 2-3 years for regular users. Recovering addicts may feel depressed, fuzzy-headed and think life isn't as pleasurable without the drug. Some people never recover and remain unsatisfied with life due to permanent changes in the brain. For this reason, relapse is common.

HUMBOLDT COUNTY RESIDENTS WHO HAVE BEEN ADMITTED TO TREATMENT WITH METHAMPHETAMINE AS THE PRIMARY DRUG



# Methamphetamine Affects Us All

Applying the California rate of methamphetamine use to Humboldt County, 1200 people here use methamphetamine in any given month. According to District Attorney, Terry Farmer “The cost of methamphetamine abuse to our community defies calculation.

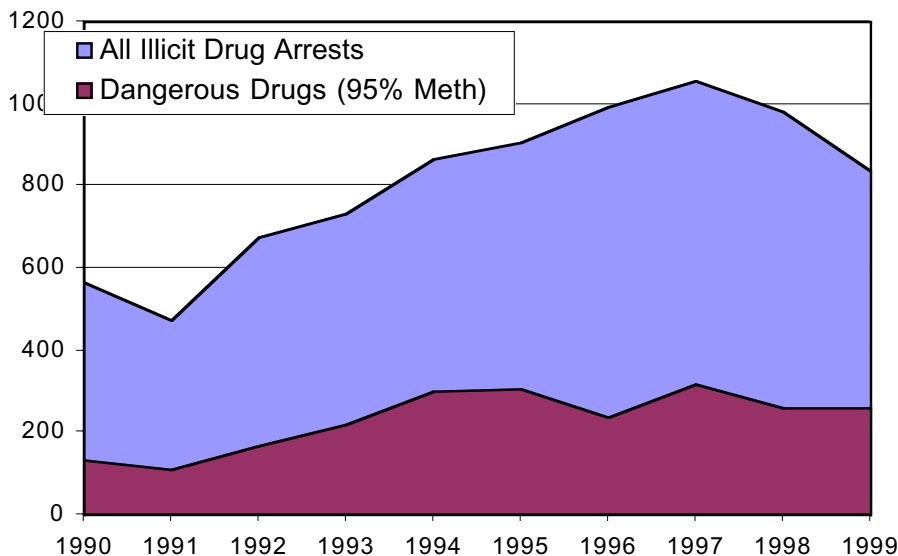
- Increased costs for criminal justice, not only for drug enforcement, but also for cases of domestic violence, child abuse and neglect.
- Increased costs for medical and social services, not only for meth users, but also for innocent family and children.
- Increased costs to our business community in a lack of qualified workers, lost productivity, and increased workplace accidents.

But this is just dollars and cents. The moral and spiritual cost to our community is much worse.”

**“ Although exact statistics are not available, it is my informed opinion that methamphetamine is a major contributing factor to property crimes in particular but also to some degree the violent crimes in our community.”**

*Chief Dave Douglas  
Eureka Police Department*

**Total Drug Arrests and Dangerous Drug Arrest in Humboldt County, 1990-1999**



**“Humboldt has the second highest drug-related death rate in the state. Methamphetamine contributes to high drug-death rate.”**

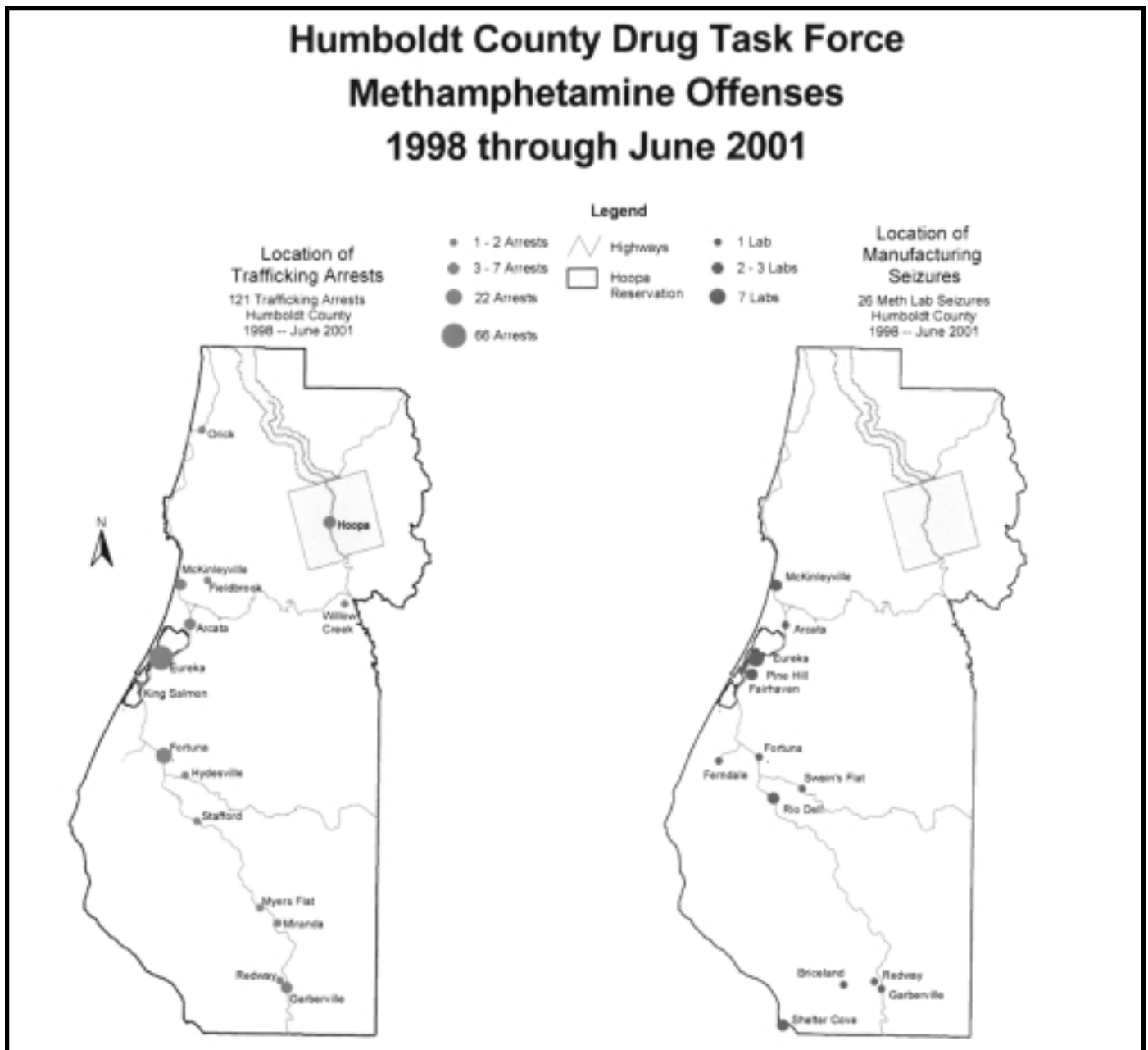
*Dr. Ann Lindsay  
Health Officer*

# CRIME

Some people get arrested for possession or sales of methamphetamine, but many others are involved in accidents and violent crime in which the role of methamphetamine is not recorded.

Overall, drug arrests have risen over ten years then gone down in the last five years.

- Methamphetamine arrests have doubled since 1990 but are stable recently.
- 95% of "dangerous drug" arrests are for methamphetamine.
- "Dangerous drugs" including methamphetamine are 30% of total drug arrests.
- Excluding marijuana, methamphetamine constituted between 75% and 96% of the value of all drugs seized by the Drug Task Force in the last four years, indicating its importance in drug trafficking.



## HEALTH

Methamphetamine speeds up the heart rate. It can bring on life-threatening heart rhythms and raise blood pressure to a dangerous level, high enough to cause a heart attack or stroke.

Chronic methamphetamine users become malnourished, lose their teeth and have skin problems (speed bumps).

Those who inject methamphetamine may get skin abscesses, heart valve infections, and, if they share needles, hepatitis B and C (dangerous liver infections) or HIV/AIDS.

Methamphetamine users are more likely to have unprotected sex, which puts them at risk for sexually transmitted infections and unintended pregnancy.

Methamphetamine is associated with psychological problems of anxiety and aggression, which make it harder to work and get along with family members.

Many methamphetamine users also abuse downers or alcohol in order to calm themselves down.

Methamphetamine use can make mental health problems worse and interfere with psychological treatment.

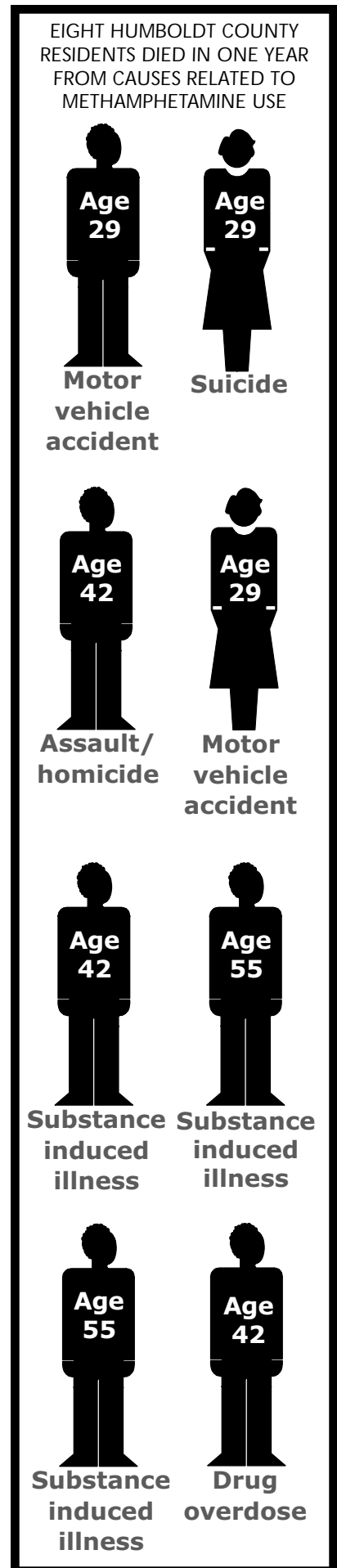
Methamphetamine users are at high risk for motor vehicle or on-the-job accidents.

### HUMBOLDT DATA

- Methamphetamine users account for a high percentage of admissions to Humboldt County Drug Treatment Programs. Almost half injected the drug, increasing their risk of HIV/AIDS and Hepatitis C.
- The number of drug treatment admissions in Humboldt County with amphetamines as the primary drug skyrocketed from 64 in 1991 to 414 in 1997.
- The 1997 rate of admissions to treatment for methamphetamine in Humboldt County was 300% of the statewide rate.
- There were 45 fetal and infant deaths in 1998-2000. A drug screen was done on five. Four drug screens of fetal and infant deaths were positive for methamphetamine.

According to Susan Buckley of the Maternal and Child Health Program of Humboldt County, “We don’t have good data about the extent of methamphetamine use in pregnancy, but one thing is for sure: women who are pregnant have two very good reasons to stop using methamphetamine — their own health and that of their baby. They should discuss their use of methamphetamine and all other drugs (including alcohol and tobacco) with their doctor or midwife. Help is available for them right now.”

- From 1996 to 1998, 100 people a year were admitted to Humboldt hospitals with diagnoses related to amphetamines.
- In 1998, 58 people in Humboldt County died from alcohol and other drugs. Eight of these 58 deaths (14%) involved methamphetamine.



**“Our documented evidence is not as good as I would like and much of what we know is based on what students tell us. They say at least one half of all violent acts taking place in school are a result of students using methamphetamine. We know that when we have a significant increase in fights we can trace the increase to methamphetamine. The word on the street always tells us what is really happening.”**

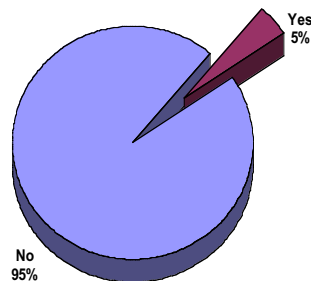
*Dennis Hanson, Superintendent  
Fortuna Union High School District*

## SCHOOLS

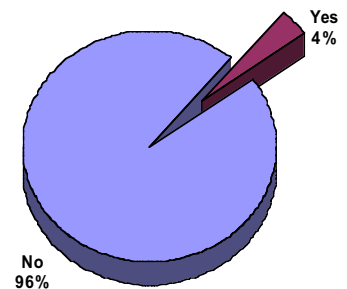
The California Department of Education collected “Healthy Kids” data in Humboldt County 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grades in Fall 1999, Spring 2000 and Fall 2000. 1902 students participated, representing 13 schools in nine school districts. By extending the information to all 7,000 9<sup>th</sup> through 12<sup>th</sup> grade students in Humboldt, it is estimated that:

- Over 600 high school students have tried methamphetamine.
- More than 250 used methamphetamine in the 30 days prior to answering the survey questions.
- Eight of 100 of 9<sup>th</sup> graders and 11 of 100 of 11<sup>th</sup> graders have tried methamphetamine.
- Four percent of ninth graders and five percent of 11<sup>th</sup> graders report using methamphetamine in the last 30 days. About half used it on 10 or more days.
- The number of regular users among students is relatively low, but the frequent users are at high risk for social, legal and health problems.

Humboldt County 12th Graders Reporting Meth Use in the Past 30 Days



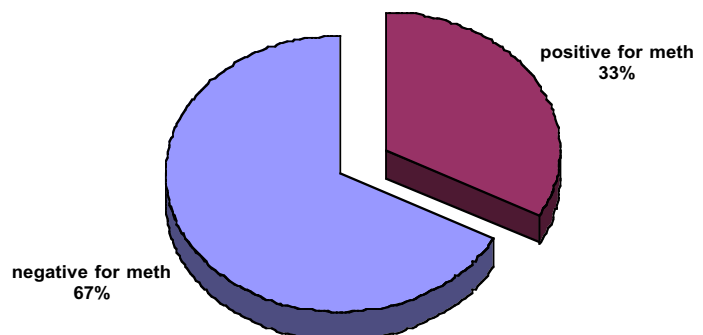
Humboldt County 9th Graders Reporting Meth Use in the Past 30 Days



### High school students on probation (PACE)

- Testing of students at a program for high school students on probation showed 1/3 tested positive for methamphetamine.
- Methamphetamine use is associated with social and legal problems in youth.

Humboldt County PACE Students Testing Positive for Methamphetamine While Enrolled



## WORK

In November, 2000, participants in the conference, Leadership for the North Coast Economy, identified drug use as the top challenge to workforce development in Humboldt County.

Methamphetamine, other illicit drugs and alcohol are responsible for many lost hours of worker-productivity. Health care costs for employees with substance abuse problems are about twice those of other employees. Substance abuse also causes employers to incur costs related to injuries and high employee turnover.

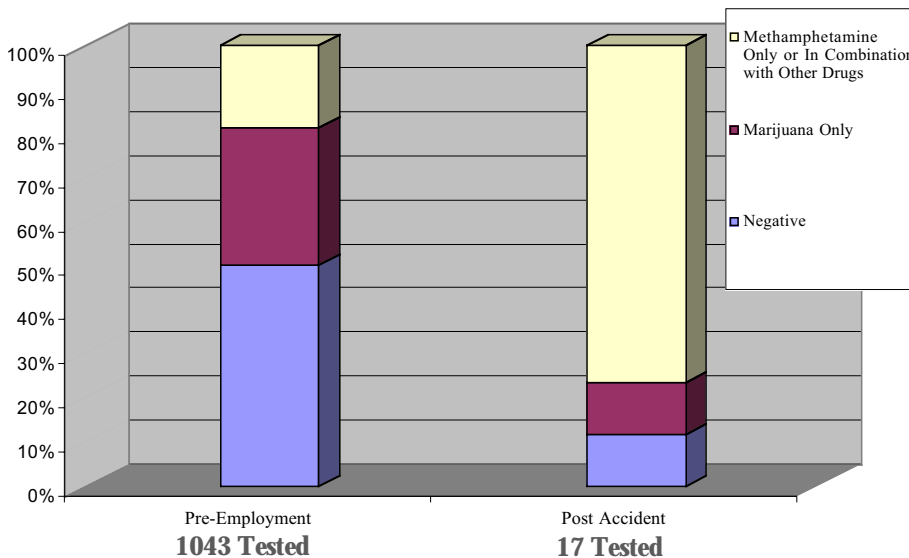
- 38 to 50% of all workers' compensation claims are related to the abuse of alcohol or illicit drugs in the workplace. (National Council on Compensation Insurance, 1993)
- Current employment status is highly linked to rates of illicit drug use. 14% of unemployed adults and only 5% of full-time employed adults were current illicit drug users in 1995.
- 71% of all current illicit drug users age 18 and older were employed, including 5.4 million full-time workers and 1.9 million part-time workers. (1995 National Household Survey on Drug Abuse, Substance Abuse and Mental Health Services Administration, August, 1996.)

Treatment of substance abuse problems results in a reduction in medical claims, absenteeism and disability. This is why many employers sponsor employee assistance programs (EAP's). Many EAP's conduct drug testing or have policies or procedures to detect substance use and promote early treatment.

**"At Pacific Lumber, we have had great success in combating drugs in the workplace. Our pre-employment drug screen helps address early detection. Similarly, our screens following any workplace accident have greatly reduced our incident rate, our costs, and have also improved workplace safety. Our confidential employee assistance program (EAP) has helped many valuable employees return to a healthy, productive lifestyle rather than being terminated and in the unemployment line. We have had many employees thank us for intervening and helping them to recover. It takes a tough, sustained, long-term effort, but the results are very worthwhile and satisfying."**

*John Campbell  
President & Chief Executive Officer  
Pacific Lumber Company*

**Results of Pre-Employment and Post Accident Drug Screens  
Humboldt County, 2000**



## ENVIRONMENT

Each pound of methamphetamine produced leaves behind five or six pounds of toxic waste. Methamphetamine producers often pour left-over chemicals and byproducts down drains in nearby plumbing, storm drains or directly onto the ground, possibly affecting drinking water. These chemicals can persist in soil and groundwater for years. The average cost of a cleanup is about \$5,000. Children who live where methamphetamine is manufactured are especially at risk for toxic effects. Methamphetamine manufacturing can cause toxicity problems for future tenants.

Environmental Health Director, Brian Cox, comments, “Illicit drug manufacturing has a huge potential to harm unsuspecting occupants of the residence used in methamphetamine production, including visitors and future occupants. The neighborhood water supply can become contaminated by careless dumping of chemicals. Government employees who are called in to investigate and clean-up clandestine labs also risk their health. Possible hazards of methamphetamine production include corrosive burns, asphyxiation, toxic exposure, fire, and toxic and psychological effects from exposure to methamphetamine oil. Chemicals can escape the cooking area and contaminate furniture, carpeting, draperies and drywall, posing a continuing health threat to occupants and visitors.”

Neighbors may recognize methamphetamine labs by:

- Unusual, strong odors similar to fingernail polish remover, cat urine or the smell of burning rubber without the smoke.
- Large amounts of products such as cold medicines, antifreeze, drain cleaner, lantern fuel, coffee filters, batteries, duct tape, clearglass beakers and containers.
- Residences with windows blacked out and lots of nighttime traffic.

## FAMILIES AND DOMESTIC VIOLENCE

Methamphetamine users are at higher risk of abusing their partners and abusing or neglecting their children.

- Methamphetamine was the primary drug used by 58 of 114 pregnant women (61%) admitted to Humboldt County drug treatment programs from 1994-2000.
- 60% of the residents in the women's shelter in Garberville in year 2000 reported methamphetamine involvement in the family.
- In a random sample, 37 of the 262 women served in the past five years at Humboldt Women for Shelter in Eureka (32%) involved methamphetamine in the victim, abuser or both.
- Healthy Moms is an alcohol and other drug addiction day-treatment program for pregnant and parenting women. Approximately 75% of 238 Healthy Moms participants between 1997 and 2001 report using methamphetamine at admission. 50% reported methamphetamine to be their primary drug of abuse. Half of these substance-abusing women had a child not living at home because home was unstable or unsafe.

**Bruce Kaye, Advisor to the Dream Catcher Youth Sobriety Pow-Wow, proudly explains the story behind the Pow-Wow.**

**“The program is a response to the fact that the Indian youth in the area lacked positive things to do. We planned the Pow-Wow to get back to our culture and motivate them to live healthy lifestyles. The Pow-Wow is a Plains Indian tradition that involves dancing, singing, story telling and belonging.**

**A group of Elders decided to stop alcohol company sponsorship of the Pow-Wow a while back. The community response was remarkably positive.”**

**“Methamphetamine use related to child deaths is surprisingly common. Use by parents affects the level of child supervision, increasing the risk of child injury, abuse and neglect. Use by children impairs judgment and increases injury deaths.”**

*Dr. Rebecca Stauffer  
Deputy Health Officer  
Maternal Child & Adolescent Health*

# What You Can Do About Methamphetamine

## IF YOU ARE NOT USING METHAMPHETAMINE, DON'T START!

### FIND OUT MORE

- Learn the facts about methamphetamine.
- Talk to your children. Give them the facts about methamphetamine, alcohol and other drugs so they can make informed decisions. Open lines of communication.
- Sponsor an education session at your community or church group.
- Don't just react with the NIMBY ("Not in my back yard!") syndrome. Work with developing treatment facilities to be good neighbors.

### INFORMATION RESOURCES

The Humboldt Community Switchboard has pamphlets available on methamphetamine.

More good information is available on the Internet.

- KOCH CRIME INSTITUTE  
[www.kci.org/meth\\_info/faq/meth.htm](http://www.kci.org/meth_info/faq/meth.htm)
- INDIANA PREVENTION RESOURCE CENTER  
[www.drugs.indiana.edu/publications/iprc/factline/ampet.html](http://www.drugs.indiana.edu/publications/iprc/factline/ampet.html)
- CORNERSTONE BEHAVIORAL HEALTH  
[www.cornerstonebh.com](http://www.cornerstonebh.com)
- NATIONAL INSTITUTE ON DRUG ABUSE  
[www.nida.nih.gov](http://www.nida.nih.gov)
- NARCONAN  
[www.methamphetamineaddiction.com/](http://www.methamphetamineaddiction.com/)

**"Most people honor our drug, alcohol and tobacco free events. I have seen people attend these events sober who normally would not be sober. They participate and are a part of a clean and sober community event. This is powerful, especially if they have kids."**

*Wllyn McCovey  
Health Promotion Specialist  
United Indian Health*

## LAW ENFORCEMENT IS READY TO HELP

- Do not confront suspected methamphetamine users, traffickers or manufacturers directly.
- Call your local law enforcement agency to report:
  - ◆ a person you suspect is under the influence of a controlled substance, such as methamphetamine.
  - ◆ a party house creating a general disturbance.
  - ◆ persons you see using a controlled substance.
  - ◆ if you suspect a drug deal is occurring now.
- Call the Humboldt County Drug Task Force, 444-8095, when you have reason to believe persons are involved in the sales of controlled substances or the manufacturing of methamphetamine.

Please note the following information:

- ◆ The names of individuals involved or a thorough description of said individual, addresses, automobile license numbers and automobile description.
  - ◆ What made you suspicious that drugs are involved
- Keep in mind that you may not always get an immediate response because of the limited law enforcement resources available, or the need of Drug Task Force to gather more information and plan effective intervention.
  - Call the Humboldt Community Switchboard for more information: 441-4001.

**“Friday Night Live” is a program that provides youth the opportunity to develop leadership skills and promotes alcohol/drug free activities. “Kids need something to do other than staying home and doing nothing—some kind of fun activity and get the community involved.”**

*Brian Boatwright  
South Fork High  
Friday Night Live  
Chapter participant*

**\*The RAND Corporation determined that every dollar spent on treatment resulted in a \$4.60 savings in lost productivity and crime-related spending. In California, it was found that taxpayers saved \$7.00 for every dollar spent on treatment.**

*CALDATA, State of California  
Alcohol and Drug Programs, 1994*

## **METHAMPHETAMINE IS A SERIOUS PROBLEM BUT TREATMENT WORKS.**

- If you are a methamphetamine user, get help for yourself.
- Encourage friends/family/coworkers who are methamphetamine users to get help.
- Support people in treatment. Give them credit for working to change their lives!
- Employers should watch for signs of methamphetamine use in employees and help them get treatment.
- Employers can provide health insurance coverage that includes alcohol and other drug treatment.
- Teachers, human services staff and employers need to learn to recognize drug abuse and refer to treatment.
- Schools can send the treatment resource directory in this report home with students.
- Methamphetamine users in Healthy Moms did just as well or better than those abusing another drug or alcohol.
- Overall 55% of those whose main drug of abuse was methamphetamine were involved in work-related activities at six months follow-up.

### **TREATMENT RESOURCES**

- **Businesses with 50 to 125 employees may be eligible for low-cost a Employee Assistance Program with an alcohol and other drug treatment benefit under grant funding to the Community Health Alliance. Call the Community Switchboard for information, 441-1001.**
- Refer to the treatment resource directory in this report, or call the Humboldt Community Switchboard, 441-1001
- SAMHSA Center for Substance Abuse Prevention has a Workplace Helpline "800 WORKPLACE (800-967-5752) or WWW.HEALTH.ORG.

**When I came to my treatment center for my methamphetamine addiction, I was isolated and alone. I was afraid of life. I was afraid of everything. I had no self-esteem. I wanted to quit using, but I couldn't make myself. No matter how hard, how many ways I tried to control my using, I could not get over two weeks clean. I felt weak and hopeless. Since being in recovery I have learned so many things, not just about my using—but about life. I have grown enough emotionally that I now feel I can handle most of my feelings. Not everything that happens seems so overwhelming. I've learned a lot about codependency. I was able to make friends. I don't feel helpless and weak anymore, at least not most of the time. I now have almost eight months clean. I am going to be starting school again next month after an eight year absence. I am going for what I want, and I feel good about myself. I would not be where I am now if not for the treatment I received. I am forever grateful."**

*Karen M., Healthy Mom*

## **GET ACTIVE IN YOUR COMMUNITY**

Support expansion of treatment resources, including treatment at schools.

- Contact your elected officials such as city council members, school board members, county supervisors and legislators to urge them to support prevention and treatment of alcohol and other drug problems.
- Support positive alternatives in the community including leadership opportunities for youth.
- Parents should make sure to agree to have their school children participate in the Healthy Kids survey so better data about alcohol and other drug use is obtained. School teachers and administrators can make it a priority to get a response rate of over 80 percent.
- Encourage schools to teach students about the effects of alcohol and drugs, including methamphetamine, and how to resist pressures to use alcohol and other drugs.
- Employers need to learn about identifying substance abuse issues and getting employees into treatment.
- Employers can provide a list of treatment information and resources for family support to employees. (See page 17.)
- Make your celebrations "substance free". YOU DON'T NEED TO BE HIGH TO HAVE FUN!

### **RESOURCES FOR COMMUNITY ACTION**

- Call the Humboldt County Office of Education to find out how to connect with your school board, 445-7000.
- A model program and policies for substance abuse on the job are available for employers at the Humboldt Community Switchboard, 441-1001.
- Speakers are available to talk to your community group. Call the Humboldt Community Switchboard, 441-1001.
- Visit your school principal or superintendent and offer to help.
- Let your elected officials know you support substance abuse treatment availability.
- Join Together is an excellent resource for community action. [www.jointogether.org](http://www.jointogether.org)
- If you are interested in getting involved in SPAN, call the Humboldt Community Switchboard, 441-1001.

**"Substance abuse affects our costs, safety, productivity and lost management time dealing with these issues. This last month I had three referrals for substance abuse issues. We make treatment available with a 'last chance' re-entry agreement to seek treatment and return to work. We have invested a lot in these workers, and we have a commitment to them and the community not to abandon them when they are in trouble."**

*Randy Robertson  
Labor Relations/Employee  
Development Administration  
Simpson Timber Company*

**IF YOU ARE USING, CONSIDER QUITTING.  
IF YOU WANT HELP, REACH FOR IT.**

# *Treatment Resource Directory*

## **ADULT SERVICES**

### **ADULT DRUG COURT - 445-7788**

Court supervision, drug testing, AOD assessment and referral to various services which would support a clean/sober and crime-free lifestyle, financial assistance for sobriety supporting activities (treatment, housing, personal counseling, child care, transportation, etc.). This program serves adult criminal offenders (post-plea).

### **ALCOHOL AND DRUG CARE SERVICES (ADCS): DETOX PROGRAM - 445-3869**

Short-term (3-14 days) residential detox for adults in Eureka. Group therapy and 12-step meetings are held on site.

### **ALCOHOL AND DRUG CARE SERVICES (ADCS): RESIDENTIAL PROGRAM - 445-1391**

Residential treatment for adults.

### **AVATAR: ATTAINING THE VITAL ANSWERS TO ADDICTION RECOVERY - FORTUNA COMMUNITY SERVICES - 725-1166 EXT. 104**

Adult chemical dependency program for parole, probation, or court-mandated and self-referral clients. Assessment and referral, education, and counseling services for court-referred individuals. Sliding scale fees based on ability to pay.

### **CRESTWOOD DUAL DIAGNOSIS PROGRAM - 442-4034**

Temporary care for the mentally ill with substance abuse needs in Eureka.

### **HOOPA TRIBAL ALCOHOL PROGRAM - 625-4236**

Drop-in center for education, referral, outpatient counseling, community education and prevention in Hoopa. Parenting classes; marriage and family counseling; health and wellness groups; probation/parole referrals for alcohol and other drug services, and batterer's intervention.

### **HUMBOLDT COUNTY ALCOHOL AND OTHER DRUG PROGRAMS OUTPATIENT TREATMENT - 476-4050**

Outpatient treatment, education, and referral for alcohol and other drug problems. Sliding scale fees based on ability to pay. Insurance and Medi-Cal accepted.

### **HUMBOLDT FAMILY SERVICE CENTER - 443-7358**

Drug and alcohol education; drug diversion; a batterer's intervention program; children of divorce workshops; family, children, and individual counseling.

### **HUMBOLDT RECOVERY CENTER (HRC) - 443-4237**

HRC is a 180-day social model, co-ed, adult residential program located in Eureka.

### **MOBILE MEDICAL CLINIC - 476-0418**

Acupuncture detox services in Eureka. Medi-Cal, insurance or private pay.

### **NORTH COAST SUBSTANCE ABUSE COUNCIL, CROSSROADS PROGRAM - 445-0869**

Crossroads is a 12 to 18-month therapeutic community model, co-ed, adult residential program located in Eureka.

### **ST. JOSEPH HOSPITAL, FAMILY RECOVERY SERVICES PROGRAM - 445-9251**

Outpatient treatment program for adults in Eureka. They accept private/insurance pay and Employee Assistance Program contracts, with some charity offered for indigents.

### **SINGING TREES RECOVERY CENTER - 247-3495**

Residential program for the treatment of alcohol and other drug problems in Garberville. Insurance and private pay.

### **UNITED INDIAN HEALTH SERVICES - 441-3100**

Drug and alcohol education, prevention, and counseling for the Native American population.

## **PROGRAMS FOR WOMEN**

### **HEALTHY MOMS - 441-5742**

Outpatient alcohol and drug addiction treatment program in Eureka for pregnant and parenting women. Childcare is provided on site for children under the age of six.

### **HUMBOLDT WOMEN FOR SHELTER - BATTERED WOMEN'S ALCOHOL AND OTHER DRUG PROGRAM - 443-6042**

Non-residential alcohol counseling for women survivors of domestic violence in Eureka. Sliding Scale. Drop-in group for women survivors of domestic violence when alcohol or other drugs have been an issue in either their lives or their partners.

### **NEW BEGINNINGS - 442-8750**

Residential Christian program in Eureka for women who have experienced domestic violence.

## **JUVENILE PROGRAMS**

### **HOMES OF REFUGE - 442-6920**

This is a group home for W&I 600 juvenile wards of the court who are usually court-ordered to this 13 to 18 month residential program in Eureka.

### **HOPE'S HOUSE - YOUTH SERVICE BUREAU - 476-0595**

This is a residential home in Eureka for W&I 300 (CWS dependents who have been abused or neglected).

### **JUVENILE DRUG COURT - 445-7562**

This program is the result of a brand new grant through the California Office of Criminal Justice Planning. It is modeled on current adult drug courts in that combines court supervision, referral to services, drug testing and sanctions/rewards dependent upon performance.

### **PACE (PROBATION ALTERNATIVES IN A COMMUNITY ENVIRONMENT) PROGRAM - 445-7444**

Collaborative between Probation, Mental Health/CYFS, and Humboldt County Office of Education sited in Cutten. Serves court-ordered 602WI (criminally involved) wards aged 13 to 18 with substance abuse and mental health issues.

### **PATTERNS PROGRAM - FORTUNA COMMUNITY SERVICES - 725-1166 EXT. 205**

Adolescent Outpatient Counseling.

### **PYRAMID SUBSTANCE ABUSE PREVENTION PROGRAM - CATHOLIC CHARITIES - 444-9611 EXT. 12 OR 49**

Their population is teens and caregivers, teenage diversion/DUI, and youth 13 to 17 years old. They provide services in Eureka regarding drug and alcohol education; anger management; communication skills; parent-teen issues; education; counseling; group sessions and parent support groups.

### **NARCOTICS ANONYMOUS EUREKA - 444-8645**

Two, 12-step based meetings for juveniles are held weekly in Eureka.

### **RENAISSANCE ADOLESCENT DUAL DIAGNOSIS (SUBSTANCE ABUSE AND MENTAL HEALTH PROBLEMS) - 268-2800**

Outpatient treatment program in Eureka designed to meet the needs of teens (age 13 to 18) currently experiencing emotional and/or behavioral problems that are being complicated by the use of drugs or alcohol.

### **THE REGIONAL FACILITY/NEW HORIZONS PROGRAM - 445-7371**

A collaboration between Probation, Mental Health/CYFS, and the Humboldt County Office of Education, the Regional Facility serves court-ordered wards (plus a number of day treatment students) with mental health diagnoses and substance abuse.

## **FAMILY RESOURCES**

### **AL-ANON / ALATEEN - 443-1419**

Support network for family members of people with substance abuse problems. Free. [www.al-anon.org](http://www.al-anon.org) or [www.alanon.org/alateen.html](http://www.alanon.org/alateen.html)

## **OTHER ADULT PROGRAMS**

### **AL-ANON FAMILY GROUPS EUREKA - 443-1419**

12-step based meetings are held seven days a week throughout the Humboldt/ Del Norte County area.

### **ALCOHOL AND DRUG CARE SERVICES - 445-3869**

Co-ed, women and children and male residences offering managed clean and sober living arrangements within Eureka and McKinleyville.

### **ALCOHOLICS ANONYMOUS EUREKA - 442-0711**

Numerous 12-step based meetings are held seven days a week throughout the Humboldt/Del Norte County area.

### **CENTER FOR INDIVIDUAL RECOVERY (CIRS) - LOCATED IN FORTUNA - 725-6499**

Assessments and referrals, alcohol and other drug outpatient programs; family crisis, individual and in term counseling; support groups. Payment is on a sliding scale.

### **EUREKA RESCUE MISSION: NEW LIFE DRUG AND ALCOHOL RECOVERY PROGRAM - 443-4551**

A live-in, structured, one-year-long Christian 12-step counseling and education program in Eureka with a family shelter; the New Life Program for men, and family groups.

### **GOOD GROUND PROGRAM**

A Christian residential program in Eureka.

### **HUMBOLDT RECOVERY CENTER (HRC) - 443-4237**

Transitional housing for HRC graduates.

### **NARCOTICS ANONYMOUS EUREKA - 444-8645**

Numerous 12-step based meetings are held seven days a week throughout the Humboldt/Del Norte County area.

### **NORTH COAST SUBSTANCE ABUSE COUNCIL, CHOW HOUSE (COMMUNITY HEALTH OUTREACH WORKERS) - 476-9371**

Transitional housing and general support for adult criminal offenders with AOD (and other) issues after being released from jail back to the community.

### **SERENITY INN - 442-4815**

Clean and Sober housing in Eureka. They recently received \$2.5 million to do counseling for women with children.

### **STREAMS OF LIVING WATER FOUNDATION - 443-6965**

A non-profit Christian residential program in Eureka for Christian women, and their children.