

Methamphetamine DVDs

The following DVD's are available for educational use by schools, agencies, churches, employers, health care professionals or any other group interested in Allegan County. The descriptions offer a summary of the content of each DVD, and the intended audience. **Some of the content may not be appropriate for youth or other audiences. Please be aware of those descriptions as some of the videos may contain graphic images or content.** For more information and to borrow one of these videos please call Heidi Bertschinger at Allegan County Community Mental Health: 269-673-6617, ext 2714. You can also email: hbertschinger at accmhs.org.

Methamphetamine: Neurochemistry & Recovery

Length: 31 minutes

This powerful video examines the way meth changes the brain both chemically and structurally and how these changes interfere with the recovery process. Easy-to-understand animations show what happens to a user's brain when the drug is introduced, and actual brain scans illustrate what happens as the users comes off the drug. Compelling interviews with a cross section of people in recovery along with comments from treatment professionals present a realistic picture of the challenges inherent in recovery, stress the need for patience, and present a profound sense of hope.

Meth, Our Nations Crisis -Toolkit for Change CD included-

Length: 77 minutes for all 3 sections

This educational CD/DVD toolkit offers the best practices of model communities nationwide to help your community reduce or eliminate the costly consequences of meth.

The CD includes *A Meth Primer*, *Campaign Resources*, *a Meth Resource Directory*, and five practical action guides tailored to community leaders,

schools, parents, employers, and health care professionals. All content may be printed, reproduced, and distributed community wide.

The DVD includes three meth-education videos that raise awareness among adults and teens. The DVD is divided as follows:

› *Meth: Shadow Across America* is a 28 minute video for **general audiences** that surveys emerging meth problems from the perspectives of law enforcement and treatment professionals. The Hazelden Foundation and Twin Cities Public Television present experts who discuss the dangers of meth labs, addiction, and possible solutions to this growing menace.

› *Life After Meth* is a 28 minute video for **general audiences** that shows how meth addiction devastates individuals and families, but that recovery is possible. The Hazelden Foundation and TPT present the compelling personal stories of six people living in recovery from meth addiction.

› *Walking on Thin Ice* is a 21 minute **teen-oriented** video that gives the straight facts about meth from the perspective of teens, police officers, and a paramedic. Viewers learn about meth's negative effects on the body, brain, and behavior, and also gain refusal skills to avoid meth use.

The Science of Methamphetamine: An Informed Recovery

Length: 30 minutes

This video is recommended for a variety of settings, including the following: **individual and group sessions, inpatient and outpatient services, family counseling, and staff in-services.**

This program separates facts from fiction about meth treatment. The unscripted words of men and women who have experienced meth addiction are achingly honest. Clinicians from the Matrix Institute, renowned for its research of stimulants treatment, present clinical concepts in an easy-to-understand and engaging manner. For clients (and clinicians) who have been told that recovery from meth is almost impossible, this program offers insight, experience, and hope. Covers six key clinical areas: individual/conjoint therapy, early recovery, relapse prevention, family

education, social support, and urine testing.

*Includes Guide

Party Drugs: From "Cool" to "Dead Cold"

Length: 26 minutes

Appropriate for Grades 7 to 12

Ecstasy, PCP, Rohypnol, GHB, Ketamine, Psilocybin, LSD ... The club scene can appear to be a very "cool" lifestyle to young people, but it truly does have a less glamorous, sometimes even deadly, side. Various club drugs are covered in this program to expose youth and young adults to reality and facts concerning their harmful effects. Prevention and addiction expert Stephanie Kreiling guides viewers through the world of club drugs by explaining how these drugs invade the club lifestyle and work their way into the lives of unaware victims.

The Meth Epidemic

Length: 60 minutes

Speed. Meth. Glass. On the street, methamphetamine has many names. What started as a fad among motorcycle gangs in the 1970's has become big business, largely due to the efforts of two Mexican drug runners who began smuggling ephedrine into California by the ton. FRONTLINE, in a reporting partnership with *The Oregonian*, investigates America's addiction to meth and exposes the inherent conflict between the illegal drug trade and the legitimate cold remedy business. The content of this PBS video is appropriate for any age, but may be too extensive for younger audiences.

COLD AS ICE: Crystal Meth in the Community

Length: 32 minutes

Appropriate audience: This video contains graphic images as well as profanity. While the information is intended for students viewing, the

recommendation is made for pre-viewing by an adult to decide on the appropriateness of the age group in question.

This program provides a comprehensive snapshot of the crystal meth phenomena and explores the impact of this drug on the user, the family and the community," says Kevin Letourneau, manager of PACS addiction services program. "We believe the information on the DVD will be a very valuable resource for students, parents, counselors, social workers, probation officers, nurses, fire fighters, police, educators and politicians."

Topics include:

- *a description of the drug and ways it is ingested
- *the impact of crystal meth on mental health
- *treatment issues, and potential permanent impact on the brain
- *increasing use of the drug in the gay culture
- *the very real danger from meth labs to the neighborhoods where they are located, to first responders, and to the environment in general
- *fraud and identity theft perpetrated by meth users
- *loss of life and other costs resulting from stolen cars driven by meth addicts and involved in deadly motor vehicle accidents.

Death by Jib

Length: 19 minutes

Appropriate age: Grades 7 to 12

This video contains graphic images as well as profanity. While the information is intended for students viewing, the recommendation is made for pre-viewing by an adult to decide on the appropriateness of the age group in question.

Crystal meth is a highly addictive and dangerous drug that is devastating to individuals, families and communities. Discouraging youth from ever trying the drug is the ultimate hope of prevention efforts. This program from award-winning director Michael Neitzel, speaks directly to the hearts and minds of viewers to convey a powerful and emotional message warning teenagers and young adults about the harsh realities of Crystal Meth. This **graphic video** pulls no punches as teen addicts describe the horror of

addiction to Jib. The important message regarding sexual exploitation of youth on Crystal Meth is handled in a straightforward and honest manner. Content is appropriate for grades 7 and up. DEATH BY JIB comes with a resource guide that includes a "Questions for Viewers" survey.

What's wrong with Methamphetamine?

Length: 26 minutes

Appropriate age: Grades 7 to 12

First person accounts from methamphetamine abusers and interviews with medical and law enforcement professionals convey a powerful message to students. A young former methamphetamine addict recounts his harrowing personal story. Thinking he was merely experimenting, he quickly became addicted - not just to methamphetamine but to the inevitable downward spiraling lifestyle as well. A DEA Special Agent outlines the grim, violent existence of the typical methamphetamine abuser whose likely ultimate future is imprisonment. Inmates reinforce his message through their sobering individual stories of addiction and its impact on their lives. Also points out that environmental hazards accompany its use and production.

* Includes Presenter's Resource Guide