



Did you know.....

Finally, some good news about meth

With help from people like you, meth might have met its match.

You've seen the grim headlines. You've heard the news reports about the harm a highly addictive drug called methamphetamine is causing our communities. Made from toxic and volatile chemicals, meth causes paranoia and violent behavior. It can lead to permanent physical damage, including brain and blood vessel damage, and even heart failure.

However, there are thousands of unsung heroes who are working hard to turn things around. There are the first responders—such as law enforcement officers, who have dramatically reduced the number of meth labs. And there are substance abuse professionals—those who work to stop meth use before it starts and those who help meth users and their families get the help they need.

There are other people out there that you might not think about—the mothers, fathers, sisters, brothers, friends and co-workers of meth abusers. People who have the courage to get involved and help their friends or loved ones recover from meth addiction—no matter how tough the fight.

Want to help? Here's what you can do:

Learn to recognize the signs and symptoms of meth abuse. Weight loss, sores that do not heal, carelessness about personal appearance and living conditions, unusual periods of sleep or sleeplessness, and excessive secretiveness are all common symptoms.

Speak up about child neglect and abuse. They are often the result of a meth-addicted parent or family member.

Be supportive of family and friends whom you suspect may be using meth or any illegal drug. Offer your support, while being clear and firm that you want them to stop using.

Find out about substance abuse treatment. With help from a professional counselor, many meth addicts in recovery have gone on to live healthy, productive lives.

With help from everyday heroes, like you, we can make serious strides in the fight against meth.

Learn more at methresources.gov or call **800-662-HELP**.*

*Before publishing the telephone number for methresources.gov, Wahkiakum Community Network called the phone number listed above to see what type of information and help was available. We were informed that Meth Resources is a national referral service. You will be asked for your zip code and whether you have insurance or not. They will give you contact information for organizations and businesses closest to you. If you don't have medical insurance for a substance abuse facility, they will help you find a state funded care facility.

Local numbers and agencies available to you:

The numbers for the Sheriff's Office to report illegal drug activity are 795-3242, or if it's in progress 911. The number to the Cowlitz-Wahkiakum Narcotics Task Force (CWNTF) is 800-256-9027 or 442-5900, you can remain confidential when calling. To report marijuana grows (state wide) it is 800-338-GROW (4769), also confidential. However, the reporting party can receive up to \$5,000.00 in reward money if they call the hotline number PRIOR to contacting any Law Enforcement agencies.

Wahkiakum Chemical Dependency Services, 795-8630, 42 Elochoman Valley Rd., Cathlamet, WA 98612

"Chemical Dependency is a treatable disease. Through our well trained and dedicated staff, it is our goal for each person afflicted with the disease of chemical dependency to understand and accept the disease. Our staff teaches methods for achieving and maintaining the freedom of recovery one day at a time through safe and confidential individual and group counseling sessions.