



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Center for Rural Health

Arizona State Office of Rural Health

Introduction to Stimulants

May 20, 2021

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- There will be 10 minutes at the end of the presentation for Q&A
- Webinar is being recorded
- Recording will be posted on the AzCRH www.crh.arizona.edu/ and SWTRC www.southwesttrc.org/



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Introduction to Stimulants

Haley Coles

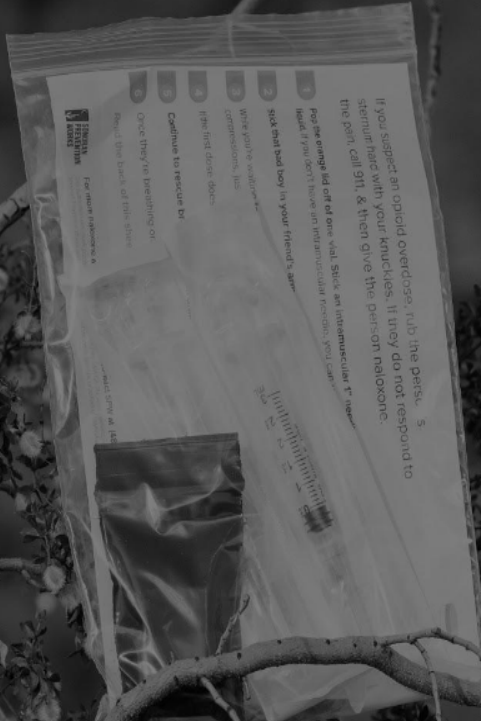
*Co-Founder and Executive Director
of Sonoran Prevention Works*

May 20, 2021





Meth, Coke, & Pills



Haley Coles

May 20, 2021



MISSION

*Centering harm reduction in
Arizona through participant -driven
advocacy, education, and outreach*

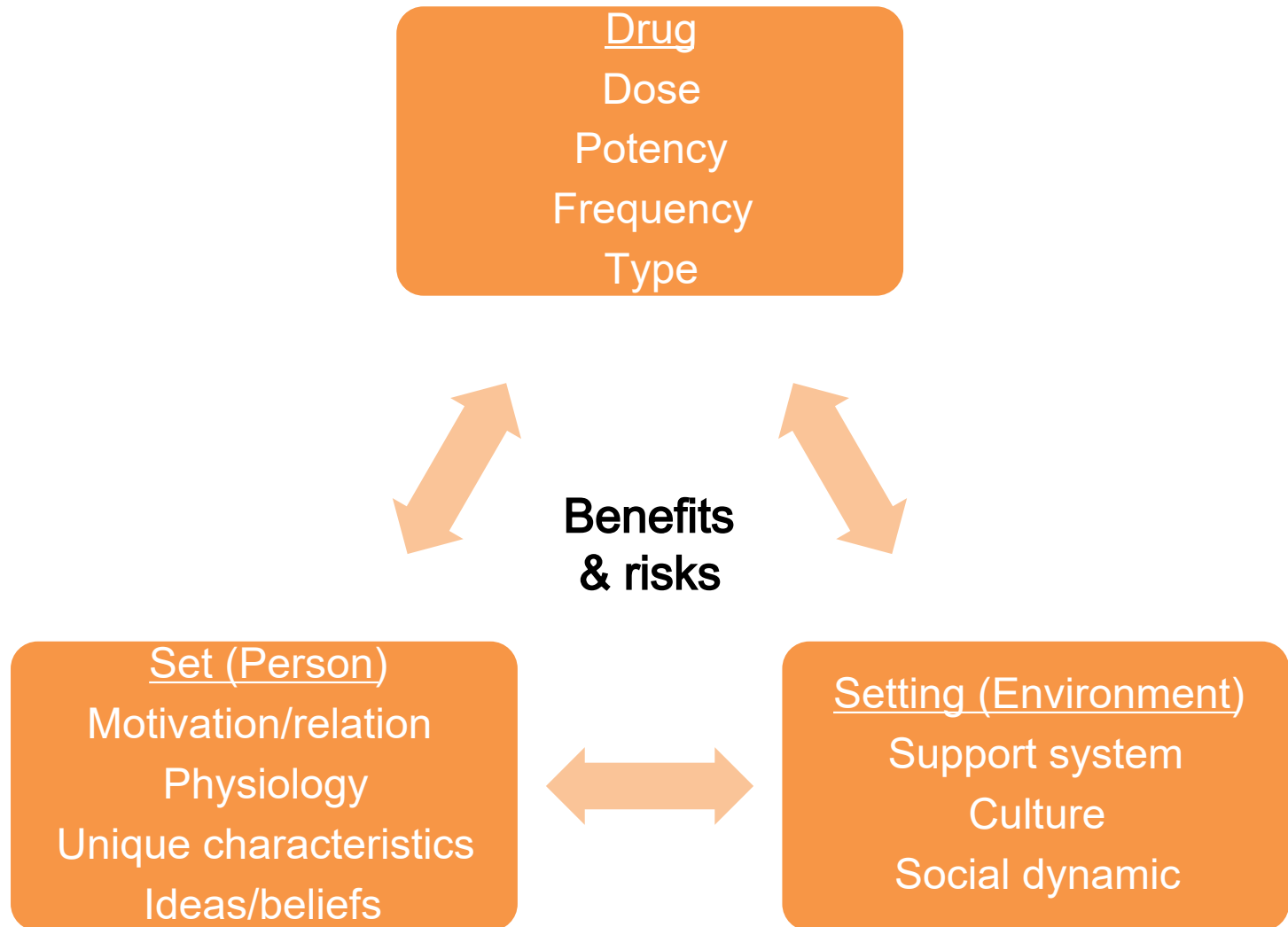
HOW WE DO IT

- Harm Reduction Outreach & Peer Support
- Training & Technical Assistance
- Legislative & Regulatory Advocacy

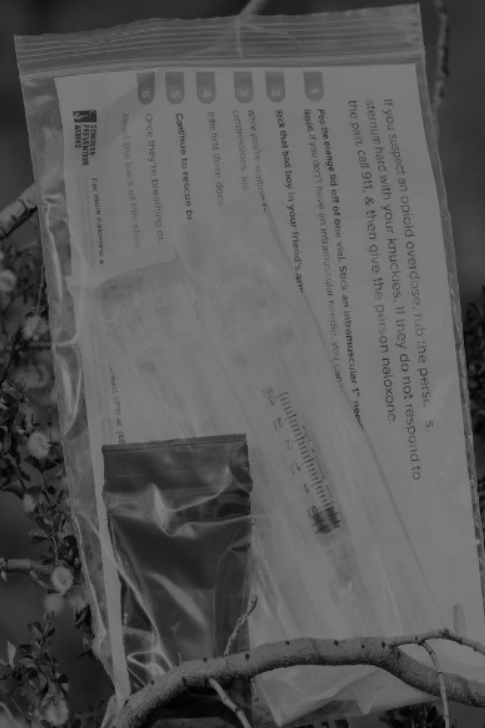
LEARNING OBJECTIVES

1. Understand the effects of stimulants
2. Articulate the reasons why people use stimulants
3. Take away at least 2 tools to support people who use stimulants

Drug, Set, Setting

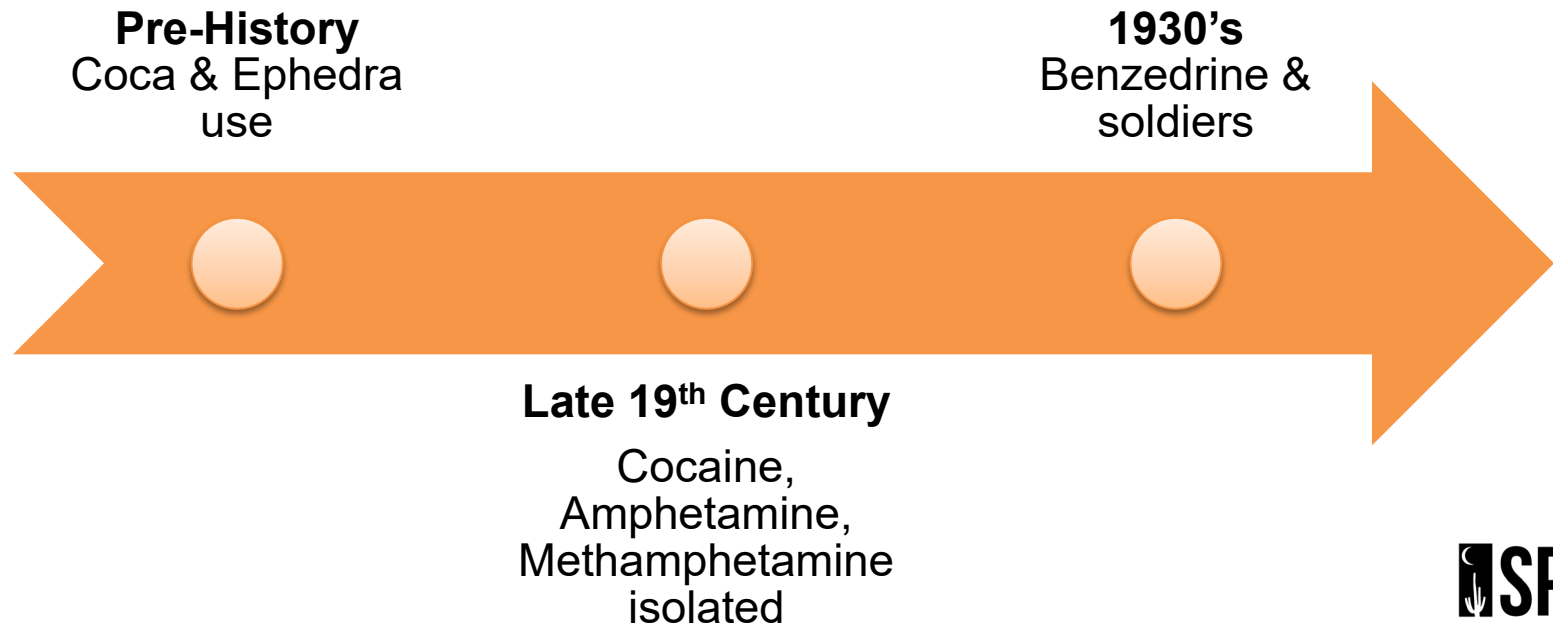


WHAT ARE STIMULANTS?



Stimulants

- CNS stimulation
- Increased heart rate & blood pressure
- Enhanced cognition
- Energy & mood improvement



Name That Drug

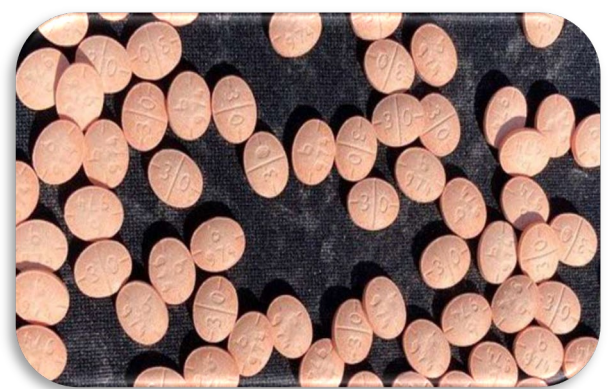
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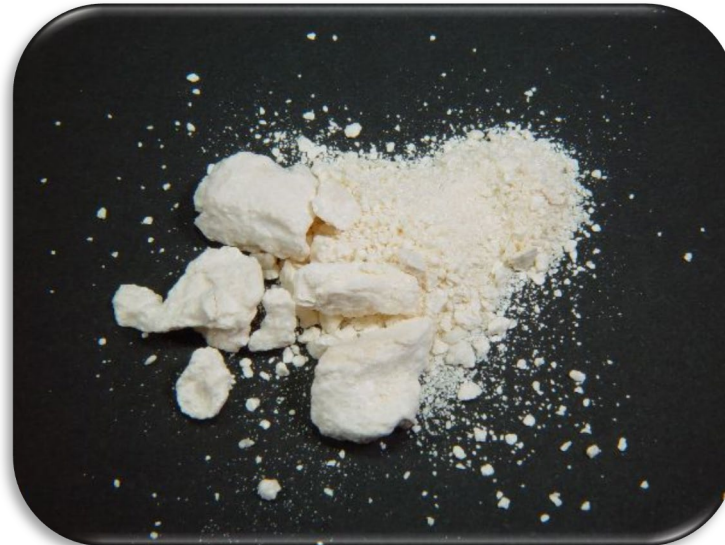
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5.



All Stimulants

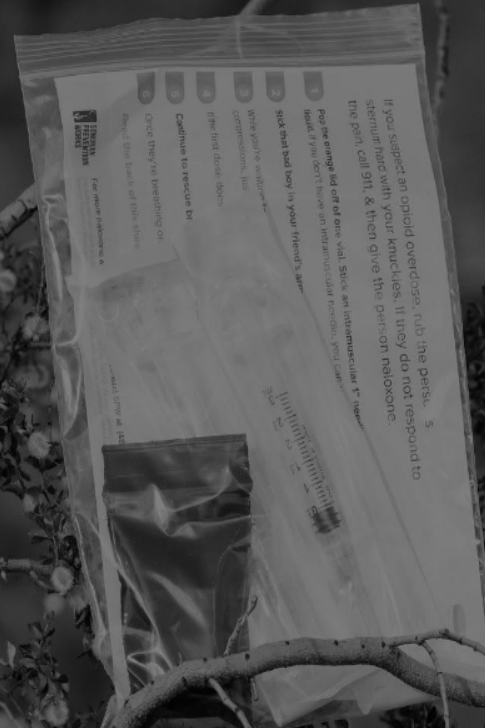
Benefits

- Reduced need to eat
- Increased productivity
- Feelings of wellbeing, happiness
- Increased libido
- Wakefulness
- Increased energy

Risks

- Dehydration
- Cardiovascular danger
- Serotonin depletion, comedown
- STIs
- Sleep deprivation
- Hyperthermia

BENEFITS, RISKS, AND MYTHS

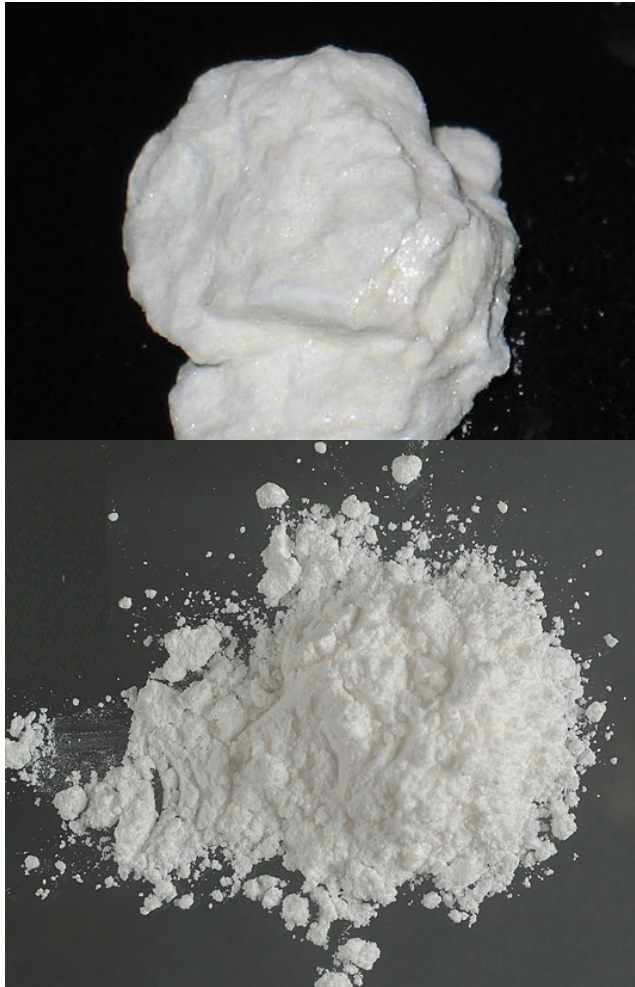


METH



- Release of neurotransmitters
- 8-12 hours
- Snorted, smoked, injected, swallowed, anal insertion
- Party & Play
- “Meth mouth”

COCAINE



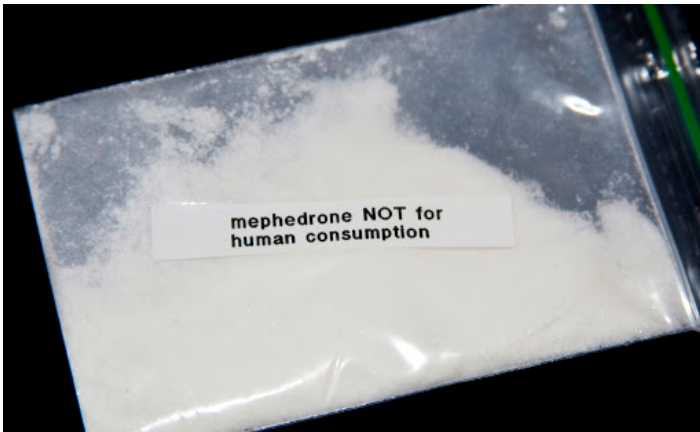
- Release of neurotransmitters
- 15-60 minutes
- Snorted, smoked, injected, anal insertion
- Crack vs. coke
- “Crack babies”

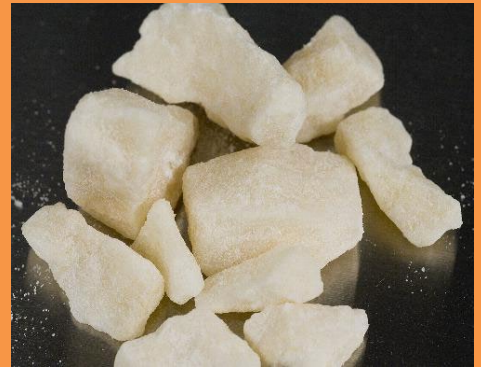
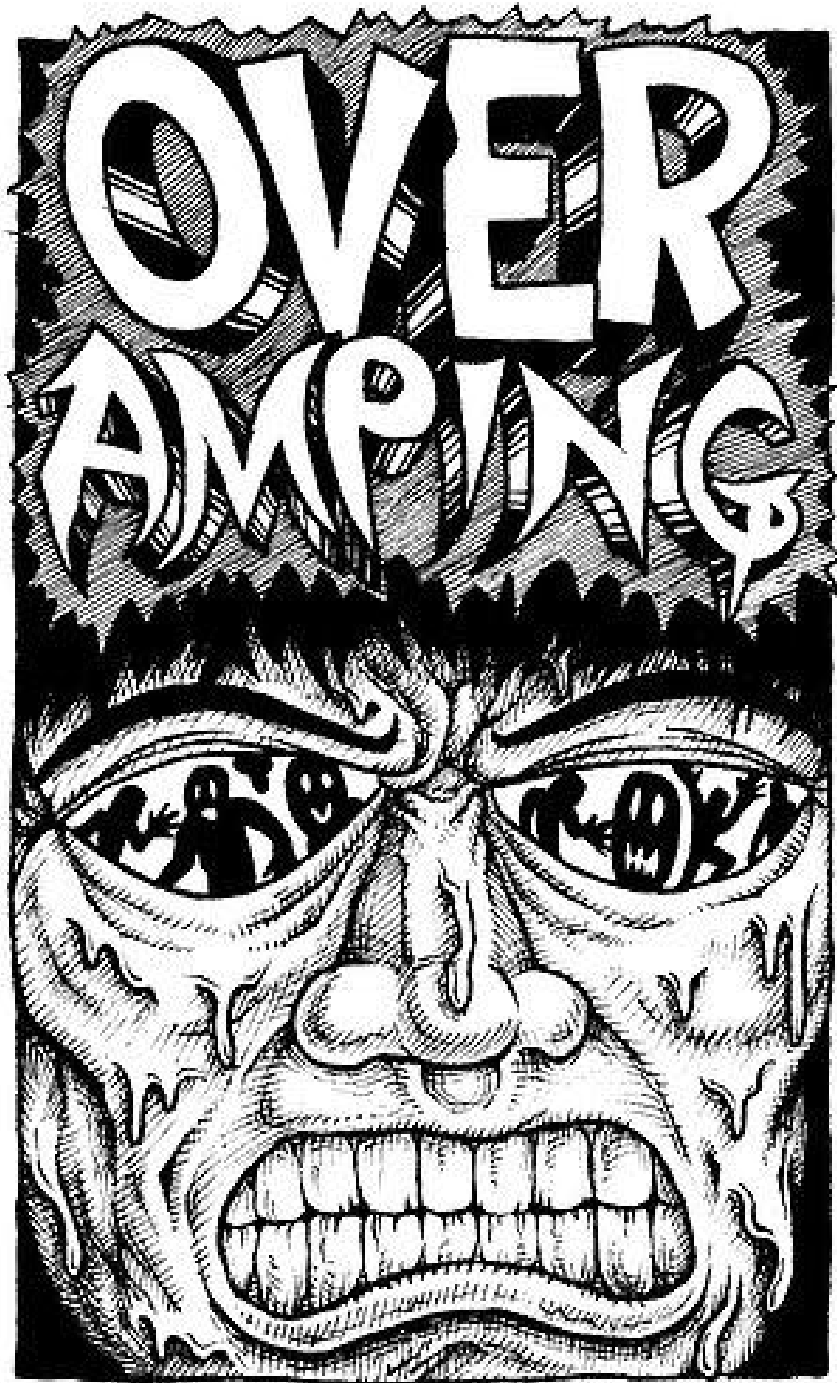
MDMA



- Serotonin release
- 3-6 hours
- Stimulant + psychedelic
- Swallowed & snorted
- Hyperthermia & hyponatremia
- High adulteration
- “Not really a stimulant”

What's the deal with “bath salts”?





OverAmping Symptoms

Physical

- Vomiting/dizziness
- Loss of consciousness
- Chest pain
- Overheating
- Chills
- Difficulty speaking
- Seizure
- Limb rigidity/cramping
- Shortness of breath

Psychological

- Extreme anxiety/panic
- Paranoia
- Hallucinations
- Agitation
- Hypervigilance
- Psychotic episode

WHAT DOES HARM REDUCTION DO?



Centers people who use drugs as **more than their drug use** and as **experts on their own care**.



Recognizes that drug use and recovery is complex and **exists along a continuum**. For some, **drugs meet important needs** so drug-related harm cannot be assumed and abstinence can be just **one of many** possible goals.



Aims to meet people “where they’re at” by supporting **ANY positive change**.

Harm reduction does not aim to minimize real harm related to substance use.

Some Theories of Substance Use



Rational actor



Disease model



Biopsychosocial
model

Route of Administration: Injecting

- Sterile, unused works
- Avoid missing shots
- HIV/HCV screening
- Don't let others inject for you
- Vein health
- Citric/ascorbic acid



SAFER INJECTING

Thanks to our partners at:



AVOID YOUR WRISTS

Nerves, veins and arteries are all very close together in the wrists. Shooting up here is dangerous and should be avoided!

AVOID HEAD & NECK

Overdosing is more likely when you shoot up near areas closest to the heart and brain. Abscesses are more dangerous here, too.

AVOID YOUR GROIN

There are many major arteries in your groin area - if you hit one, you could lose a leg, lose a lot of blood, or even die. Never inject into or around your genitals!

USE YOUR ARMS

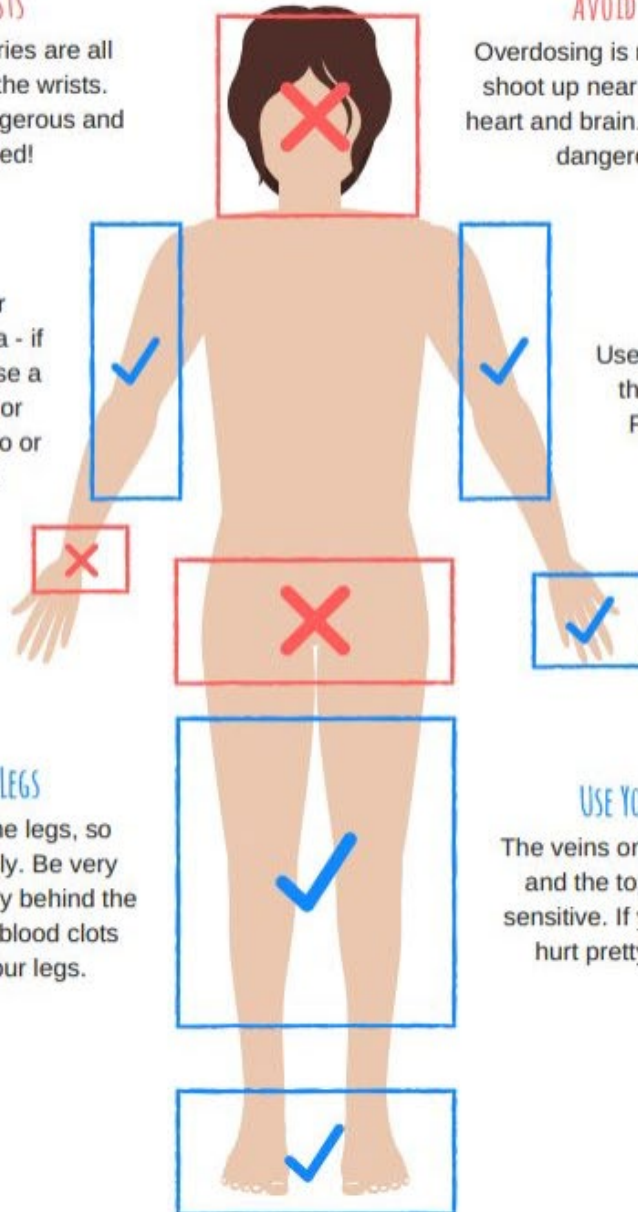
Use surface veins in arms if they are in good shape. Rotate sites regularly.

CAREFULLY USE YOUR LEGS

Blood flows slowly in the legs, so inject slowly and carefully. Be very careful not to hit the artery behind the knee. It is easier to get blood clots when you inject in your legs.

USE YOUR HANDS & FEET

The veins on the back of your hands and the top of your feet are very sensitive. If you do inject here, it will hurt pretty badly. Inject slowly!



ROTATE YOUR SPOT!

When you stick a needle in your skin, it leaves a hole that has to heal. *The same is true with your veins!* You can keep your veins in good shape if you let the spot heal before you hit on it again.

If you don't let your veins heal:

- Collapsed Veins
- Infections
- Leaky Veins (Wasted Shots!)
- Abscesses from Leaks

Sticking a needle through a hole that isn't healed can push a blood clot into your blood stream. This clot could get stuck somewhere else in your body and become dangerous!

Route of Administration: Smoking

- Sterile, unused works
- Pipe covers
- Pyrex, not homemade pipes
- Brass screens
- Chapstick, gum



Route of Administration: Snorting

- Don't share
- Avoid dollar bills
- Rinse nostrils/snort warm water
- Vitamin E oil



De-escalation/ OverAmping

- Isolate from noise, groups
- Back to wall
- Avoid cars
- Location change
- Walk it off
- Puzzles/fidget toys
- Music
- Cool cloths, fan

Create Safety

- Validate
- Distract
- Name
- Set boundaries

More Stimulant Harm Reduction

- Food & hydration
 - Ensure, electrolytes
- Oral health
- Alarms
- Drug testing
- Naloxone
- Regular STI & HCV screening
- Safer sex supplies
- Avoid mixing

Reducing or Stopping Use

- Increased moodiness
- Depression
- Extreme fatigue
- Sex less enjoyable
- Weight gain

Reducing or Stopping Use

- Motivational interviewing
- Contingency management
- Community reinforcement approach
- Cognitive behavioral therapy
- Pharmacotherapy

Questions?

Haley Coles
Executive Director
hcoles@spwaz.org

www.spwaz.org

[@sonoranpreventionworks](https://twitter.com/sonoranpreventionworks)

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Thank you!

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