

## Parents Abusing Drugs?

Child Protective Services – 1.866.363.4276

## Suspect Criminal Activity?

Thurston County Crime Stoppers  
www.crimebusters.org – 360.493.2222

## Want Treatment?

Thurston County Public Health & Social Services  
www.countycd.org – 360.867.2509

Alcohol/Drug Help Line – 1.800.562.1240 (WA only)

## Additional Resources

Alcohol/Drug 24 Hour Help Line – 1.800.562.1240

The Crisis Clinic of Thurston and Mason Counties  
360.586.2800

Crisis Clinic Youth Help Line – 360.586.2777

Freevibe – www.abovetheinfluence.com

Meth Resources – www.methresources.gov

National Meth Center – www.nationalmethcenter.org

Parents—The Anti-Drug – www.theantidrug.com  
1.800.662.HELP

Partnership at Drug-Free.org – www.drugfree.org

Thurston County Narcotics Task Force  
www.co.thurston.wa.us/narcotics-task-force

TOGETHER! – 360.493.2230

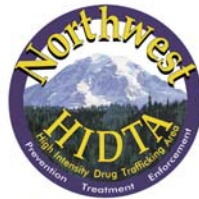
Thurston County Public Health & Social Services  
360.867.2509 – www.countycd.org

Washington State Methamphetamine Initiative  
www.methpedia.org

## For additional information, please contact:

Thurston County Meth Action Team  
c/o TOGETHER!  
418 Carpenter Road SE, Suite 203  
Lacey, WA 98503  
360.493.2230 ext. 16  
www.thurstontogether.org

Funding provided by:  
Northwest HIDTA, Washington State Meth  
Initiative, TOGETHER!, and Thurston County  
Public Health and Social Services



Thurston County hereby reaffirms its policy to provide equal opportunity to all persons seeking or having access to its employment, services, and activities; free from restrictions because of race, color, creed, religion, national origin, age, sex, marital status, veteran status, sexual orientation, or the presence of any disability unless such disability effectively prevents the performance of the essential functions required of the position.

5/2011

# Drug Abuse in Our Area: Meth and More



[www.MethMonster.org](http://www.MethMonster.org)

**Thurston County  
Meth Action Team**

# Drug Abuse in Our Area: Meth and More

## What are the Facts?

Meth is a widely abused drug in Thurston County and one that impacts all levels of the community.

Parents are the #1 influence on whether teens choose to drink.

- 12% of WA 12th graders used prescription pain medications "to get high".
- Kids as young as 12 are trying or using prescription drugs non-medically to get high or "self-medicate."
- 41% of 12th grade students in Thurston County drank alcohol in the past 30 days.
- Marijuana smoke contains more than 400 chemicals. It increases the risk of cancer, lung damage, and pregnancy complications.
- By 12th grade, over 40% of WA students have smoked marijuana.
- Washington is 1 of only 16 states in the nation where accidental poisonings have surpassed car accidents as the #1 cause of accidental death (Most of these are drug overdoses involving prescription opiates.)

WA has among the highest rates of non-medical use of prescription pain relievers in the nation.

Sources: 2008 Healthy Youth Survey & 2009 DBHR Trend report

## How Can I Help?

### Parents . . . Talk With Your Kids

Parents are encouraged to have frequent conversations with their children about the dangers of drugs and alcohol and take early action if they think their child is using or might have a problem.

For tips on starting conversations with your kids and keeping them healthy and drug-free, visit:

[www.TimetoTalk.org](http://www.TimetoTalk.org)  
[www.StartTalkingNow.org](http://www.StartTalkingNow.org)

Kids who learn about drug risks from their parents are up to 50% less likely to use them.

### Host a Community Presentation

Community action is among the most efficient methods of methamphetamine abuse prevention. When the prevention focus is local—a county, town, school district or even neighborhood—its power is magnified.

Invite us to your club or organization. We have brief presentations on the effects of prescription drugs and methamphetamine abuse, how to prevent kids from using, and how to access treatment.

**360.493.2230**  
[www.drugfree.org/pact360](http://www.drugfree.org/pact360)

### Join the Meth Action Team

Our membership includes a diverse group of professionals, concerned citizens, and community members with a common goal — working together to address methamphetamine use in Thurston County. You are invited and encouraged to join our group. Please call the Thurston County Meth Action Team at 360.493.2230 ext. 16.

## New Drug Epidemic. . . Prescription Drug Abuse

Prescription drug abuse is an epidemic in Washington State. Prescriptions are fast becoming teen's drug of choice. Taking prescription medicine without a doctor's supervision can be just as dangerous and as potentially lethal as taking illicit drugs.

Source: WA State Attorney General Rob McKenna

## Protect Yourself!

- ♦ **SECURE** — Keep all prescription drugs in a safe place, not easily accessible by your kids or their friends. Put medications in a locked cabinet.
- ♦ **MONITOR** — Keep track of your medication levels to make sure that no one has accessed them.
- ♦ **DISPOSE** — DO NOT FLUSH! You may dispose of unused or outdated medicines in one of the following ways: 1) put in a drop box. Go to [www.medicineturn.com](http://www.medicineturn.com) to find a local drop box, or 2) mix medicines with an undesirable garbage such as cat litter or coffee grounds and place in your garbage.

1 in 5 WA 12th graders reported being drunk or high in school in the past year.

WA is the #1 state for pharmacy robberies.