

# Methamphetamine — One of Rural Nebraska's Greatest Challenges

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## Goal:

Increased awareness of methamphetamine (commonly called meth) use and production within Nebraska communities, and its relationship to public safety, rural economic development, and families, will compel citizens to take action to help combat this growing problem.

## Objectives:

Nebraskans will:

1. Develop an awareness of origins and spread of meth across the U.S. and Nebraska.
2. Become aware of risk factors that might lead to meth addiction.
3. Become familiar with meth, the symptoms of meth use, and signs of meth production.
4. Recognize the impact of meth on families and the costs and effects on public health, safety, environment and rural economic development.
5. Plan simple strategies to help individuals and communities take steps to fight this growing problem.

## Program Resources:

"Methamphetamine, One of Rural America's Greatest Challenges" Powerpoint presentation, available at <http://www.house.gov/osborne/images/Meth2.pdf>

NebFact 608, "Fighting Meth in Nebraska: Strategies for Individuals and Communities."

## Supplemental Resources:

For the following pamphlets contact the:

Tri City Drug Task Force  
P.O. Box 1706  
Grand Island, NE 68802  
Fax (308) 382-1848

- *Anhydrous Ammonia Theft*
- *Life or Meth, What's it Cost?*
- *Clandestine Methamphetamine Laboratories — A Catastrophe Waiting to Happen*
- *What to Say — When You Want to Say No*
- *Do You Suspect Illegal Drug Activity in Your Neighborhood?*

*Drug Abuse in America—Rural Meth, Trends Alert*,  
March 2004, [www.csg.org/CSG/Products/trends+alerts/default.htm](http://www.csg.org/CSG/Products/trends+alerts/default.htm)

## Before the Meeting:

1. Read leader's guide and lesson materials.
2. Obtain copies of the lesson materials for each audience member.
3. Consider inviting a qualified professional to speak to your group, such as someone from:
  - Nebraska State Patrol local office
  - Health and Human Services System
  - Behavioral Health Regional office
  - Local law enforcement (county sheriff or local police chief)
  - County attorney's office
  - County probation's office
  - State fire marshal's office
  - Alcohol or drug abuse counselors

## At the Meeting:

1. Introduce the topic.
2. Review the goals and objectives.
3. Present lesson or introduce guest speaker.

## Introduction:

One of rural America's and Nebraska's greatest challenges is substance abuse. One of those substances, methamphetamine, is a growing epidemic. As Nebraskans, we need to become more aware of the magnitude of the problem, how it impacts our families, and how it relates to public health, safety, environment, and rural economic development, as well as our own well-being. As individuals and communities we need simple strategies to help fight this growing problem.

**Ask your audience** to briefly share how meth has affected your local community or made local headlines.

**Discuss the following** using the information from the participant's manual and supplemental resources.

1. Nebraskans will become aware of the origins and spread of meth across the U.S. and Nebraska.
2. Nebraskans will become aware of risk factors that might lead to addiction.
3. Nebraskans will become familiar with meth, symptoms of meth use, and signs of meth production.
4. Nebraskans will recognize the impact of meth on families and the costs and effects on public health, safety, environment and rural economic development.

Using **NebFact 608**, "Fighting Meth in Nebraska: Strategies for Individuals and Communities," discuss:

- how individuals can get involved; and
- how communities can get involved.

**Develop an individual or community plan** using the step process in the NebFact.

## Conclusion:

Have each individual identify at least one strategy from the NebFact that they are willing to do.

Ask participants to share the strategy they identified with the person next to them.

In conclusion, although rural Nebraska might be isolated, our communities are not alone in feeling the effects of meth abuse and production. The severe drug-related problems in many of our communities are beginning to get attention, partially due to the increased meth invasion, but also because our youth, families, rural economy and law enforcement are involved. Each individual, by doing his/her part, be it big or small, can help fight meth. We can make a difference in maintaining the quality of life that we desire in our rural communities.

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