

STIMULANTS

also known as “uppers”

Stimulants: cocaine, crack, ice,
amphetamine, methamphetamine

Prescription stimulants: Adderall,
Vyvanse, Ritalin, Concerta

Over-the-counter stimulants:
nicotine, caffeine

Methods of use: swallowing, smoking,
snorting, injecting



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STIMULANT USE IN RURAL AREAS

- Stimulants are misused in all age ranges, but most misused in ages 18-44
- Adolescents and young adults use prescription stimulants at a higher rate
- Stimulant use can be especially hard to combat in rural communities due to limited resources for prevention, treatment, and recovery
- Rural adults have a higher rate of methamphetamine use compared to suburban adults
- Other contributing factors to stimulant use in rural areas include poverty, unemployment, lack of mental health services, and isolation

“Though often perceived to be a problem in the inner city, substance misuse has long been prevalent in rural areas. Rural adults have a higher rate of use of tobacco and methamphetamines.”

www.ruralhealthinfo.org/topics/substance-use

EFFECTS OF STIMULANT USE

Short-term:

- Increases: heart rate, blood pressure, pupil size, respirations, energy
- Decreases: appetite, sleep, reaction time

Long-term:

- Addiction to stimulants
- Organ system damage, skin problems, tooth problems, weight issues
- Higher risk of contracting HIV/AIDS & hepatitis
- Depression, anxiety, hallucinations, delusions
- Increase in risky or violent behaviors

Overdose: Can a person overdose on stimulants? – YES

- Overdose can lead to heart attack or seizure

Call 911 immediately if overdose is suspected

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), about 2 million people aged 12 years or older use methamphetamines in any given year, while about 500 people each day try methamphetamines for the first time.

PREGNANCY AND STIMULANT USE

Stimulant use during pregnancy is dangerous and may cause maternal seizures, high blood pressure, spontaneous miscarriage, preterm labor, and other complications.

USING STIMULANTS WITH ALCOHOL OR OTHER DRUGS

When used with alcohol - It is especially dangerous because the stimulant effect counterbalances the depressant effect, increasing overdose risk.

TREATMENT OPTIONS AND SUPPORT GROUPS FOR STIMULANT USE

- Twelve-step support groups such as Narcotics Anonymous, Crystal Meth Anonymous
- Self-Management and Recovery Training (SMART) Recovery
- Individual or group therapy
- Cognitive behavioral therapy, which helps patients recognize, avoid, and cope with the situations likely to trigger drug use
- Motivational Incentives/ Contingency Management use vouchers or small cash rewards to encourage patients to remain drug-free
- Behavioral - Exercise, mindfulness, meditation, nutrition
- Medication - There are no FDA-approved medications to treat stimulant addiction

If someone you know is struggling with stimulant use disorder, please consult the SAMHSA treatment locator here:



1-800-662-HELP (4357)

In a crisis?
Call or text 988

For more information and to view references:



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1(833) 869-4353

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MAJOR COLLABORATORS



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