

Crystal Methamphetamine Epidemic

Cascade Centers, Inc Employee Assistance Program (EAP) supports the effort of confronting the Methamphetamine epidemic.

You are reminded that you, and or your loved ones, can make a confidential call to the EAP for help. The EAP drug and alcohol counselors will conduct an assessment, and provide recommendations for treatment, resources, education, and information.

Meth is a serious problem:

- Nationwide, 6.2% of high school youth report having used Methamphetamine “at least once in their lifetime.”
- 76% of law enforcement agencies in the southwest U.S report that methamphetamine is their largest drug problem.

Facts about Meth use:

- Even small amounts of meth can produce serious negative effects on your body such as hyperthermia and convulsions, which sometimes result in death to the user.
- Meth is a stimulant on the central nervous system and has a high potential for abuse and addiction.
- Meth stimulation on the central nervous system, causing chemical reactions in the brain which trick the body into thinking it has unlimited energy supplies and drains energy reserves needed in other parts of the body.
- Chemical imbalances in the brain combined with sleep deprivation commonly associated with continued use of meth cause the user to experience hallucinations, extreme paranoia and bizarre, violent behavior.



If you have any questions about the effects of the use of Crystal Methamphetamine please contact the EAP for confidential help.

Consult with Cascade EAP for recommendations and resources.



Portland Metro Area: 503-639-3009 • Salem Area: 503-588-0777 • Toll Free: 1-800-433-2320
