



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION

NEWSLETTER

MAY 2022

Stimulants

It is estimated that around 4.9 million Americans abuse stimulant type drugs each year. Stimulants increase alertness, attention and energy while also elevating blood pressure, heart rate and breathing.

The three most common abused stimulants include:

- Cocaine which is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America.
- Methamphetamine which is a powerful, highly addictive stimulant that affects the central nervous system. It takes the form of a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol.
- Prescription Stimulants which increase—or "stimulate"—activities and processes in the body. Common prescription stimulant include Adderall and Ritalin.
- MDMA: commonly known as ecstasy or Molly, which has stimulant and hallucinogenic properties



Short-Term Effects

- Rise in blood pressure
- Increased heart rate
- Rapid breathing
- Decreased blood flow
- Rise in blood pressure
- Loss in appetite
- Dilated pupils
- Lack of sleep
- Nausea
- Violent or erratic behavior

Long-Term Effects

- Extreme weight loss.
- Reduced sexual functioning.
- Gastrointestinal problems.
- Muscle deterioration.
- Chronic exhaustion.
- Cardiovascular damage.
- Breathing problems.
- Headaches.
- Cerebral hemorrhage.
- Stroke.
- Seizure.

Harms of Abusing Stimulants

Methamphetamine

Meth is extremely harmful to a person's health beyond the potential for addiction. It has been shown to induce psychosis and other mental disorders. It has also been known to cause cardiovascular dysfunction and renal failure. Additionally it may suppress a person's appetite to the point of causing malnutrition and vitamin deficiency. These effects are long lasting and can cause health problems even after a person stops actively using Meth.



People under the influence of meth are less likely to be able to manage chronic medical conditions and more likely to contract an STI and other blood borne illnesses.

Meth also has a different relationship to violent behavior and violent crimes. High potency and purity of meth results in energizing users and make them to be more jumpy which often leads to them becoming psychotic or violent.

Overdosing on meth is another consequence of using meth at a high volume. While the drug itself is already viewed as a very powerful stimulant, reports have begun to surface about meth being laced with fentanyl (which is a powerful opioid), often times without the user knowing.

Cocaine

Cocaine's short term physiological effects of cocaine use include constricted blood vessels; dilated pupils; and increased body temperature, heart rate, and blood pressure. Those who consume large amounts of cocaine have reported feelings of restlessness, irritability, anxiety, panic, and paranoia. As well as tremors, vertigo, and muscle twitches. Similar to methamphetamine, frequent cocaine use can lead to severe medical complications including disturbances in heart rhythm and heart attacks; neurological effects, including headaches, seizures, strokes, and coma; and gastrointestinal complications, including abdominal pain and nausea.



Prescription Stimulants



Short term effects of prescription stimulants misuse when taken at a high dosage can include dangerous increase in body temperature, irregular heartbeat and seizures. Long term effects can include heart failure/adverse cardiac effects, psychosis, with behaviors that are similar to those of schizophrenia and it may also lead to stimulant use disorder or other substance use/disorder.

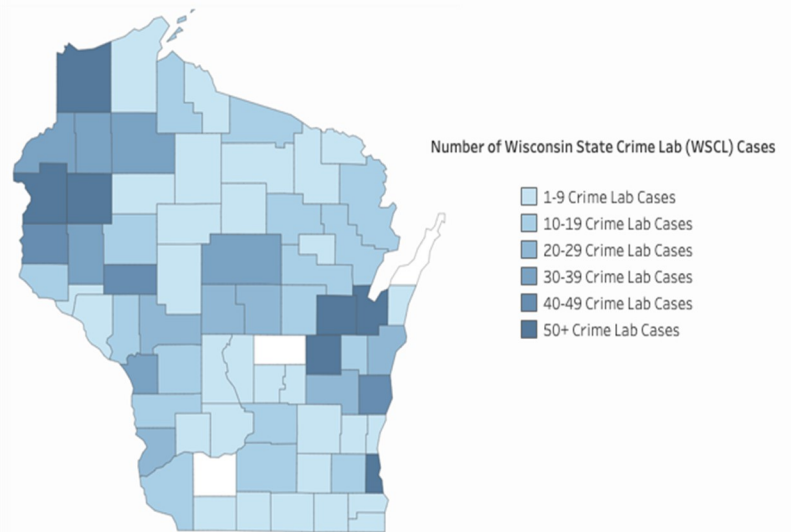
Stimulants and Dane County:

Stimulants misuse throughout Wisconsin has increased over the years. Between 2014 and 2016, 22 individuals died because of cocaine-involved overdoses. Then from 2018 to 2020, the number of deaths nearly tripled increasing to over 75 deaths involving a cocaine overdose. The Dane County Narcotics Task Force reported that they had seized over 1748.38 gm of cocaine in Dane County in 2020. The following year, they seized nearly double the amount (4022.1 gm).

Methamphetamine is another stimulant drug that has a grip on our state and county. In 2018, one in five drugs cases of the Wisconsin State Crime Labs involved meth. Between 2020-2021, the Dane County Narcotics Task Force seized over 4000 gm of meth worth about \$200,000.

Methamphetamine cases in Wisconsin

In 2018, a total of 1,452 meth cases were handled by the Wisconsin State Crime Lab



Source: Wisconsin Department of Justice

*Cases without a county identified are included in the total, but are not displayed in a particular county

Where are the Stimulants coming from?

Methamphetamine

Most Methamphetamine that has entered the United States is produced by transnational criminal organizations located in Mexico and is smuggled into the United States over the Southern Border or by air. Domestic production occurs at a much lower level in the United States and seizures of domestic meth labs have declined steadily for many years while overall supply has increased. Meth can be easily made in small clandestine laboratories, with relatively inexpensive over-the-counter ingredients such as pseudoephedrine, which is a common ingredient in cold medications.

Most of the meth available in Wisconsin, according to the DOJ, is being produced in Mexico and transported here by drug-trafficking organizations.

Most of those traffickers are coming up from Chicago or over from Minneapolis.



Cocaine

Cocaine is derived from coca leaves that are grown in parts of Peru and Colombia. Most cocaine production happens in remote jungle labs where the raw product undergoes a series of chemical transformations. Colombia produces about 90% of the cocaine powder reaching the United States. Just like Meth, most of the cocaine entering the United States comes through Mexico.

Memorial Day and Drinking

Memorial Day is a time for solemn observation as we honor and remember those who sacrificed their lives defending this country. But the Memorial Day weekend has also become an occasion for celebration and a way to welcome the unofficial arrival of summer. Good and innocent fun is not hard to find during this long weekend, but alcohol consumption still plays a big part in many of the festivities that accompany our Memorial Day observations. In 2019, over \$3 billion was spent on alcohol in the weeks before and after Memorial Day. Adults are not the only ones that participate in the drinking aspect of Memorial Day weekend. A study done in 2010 found that the daily underage drinking-related visits to hospital emergency departments were 11% higher during Memorial Day weekend than they are on an average day.



Another concern during Memorial Day weekend is driving while under the influence. Between 2011 and 2015, the average number of fatal accidents on Memorial Day was 312. 40% of accidents on Memorial Day weekend involve drunk driving, To compare, on a normal three-day weekend, just over 29% of accidents involve intoxication. Since a lot of people tend to travel on or around Memorial Day weekend, there is a higher chance for accidents to occur.

How to Enjoy Memorial Day Weekend (safely):

- Plan A Family BBQ To Celebrate Memorial Day:
 - Ensure that there are equal amount of non-alcohol/alcohol beverages and that they are marked accordingly
 - To ensure that everyone remains safe, select a few people to be designated drivers to ensure no one drinks and drives.
- Volunteer In Your Community
 - Volunteering is a great way to pay it forward in a positive way that echoes the spirit of Memorial Day
- Play Yard Games
 - Get the family outside with a fun yard game competition. Set out classic Memorial Day activities like bags, ring toss, and horseshoes. Plan a friendly competition and take turns rotating through the games.
- Watch a Movie Outside
 - Memorial Day weekend is no time to be inside! Gather the family and set up an outdoor movie screen. It's easier than you think and is a fun Memorial Day idea you can use all summer long. Don't forget the popcorn.

Natural High

What is a Natural High?

A natural high comes from any activity that makes you feel good but doesn't involve drugs.



Science behind the “high”

A natural high is an activity that has the ability to boost feel-good chemicals in your brain known as endorphins without the use of drugs. Endorphins are chemicals in the brain that are released in order to help cope with pain and stress. These chemicals are located in the areas of the hypothalamus and pituitary glands.

Endorphin-Boosting Activities for a Natural High:

- Physical Exercise
 - Studies show that almost any kind of moderate to intense physical exercise stimulates your brain's release of endorphins, adrenaline, serotonin, and dopamine, which work together to provide positive feelings and stress relief
- Laughter
 - Laughter has also been scientifically proven to reduce the level of stress hormones in the body, boost sickness-fighting T-cells, improve heart health, lower blood pressure, and give you a more positive outlook on life in general
- Music
 - It has a consistent emotional impact and listening to music or creating it influences the production of dopamine, oxytocin, prolactin, serotonin, and epinephrine in the body.
 - People have consistently ranked music as being one of the top things in life that gives them pleasure (even more so than money, art, or food) because it truly does make you feel good
- Dance
 - Dancing causes the brain to release endorphins and neurotransmitters like serotonin and norepinephrine, which work together to lift your spirits, promote feelings of euphoria, and increase pain tolerance. It can also reduce anxiety and increase heart health.
- Volunteering.
 - A study published by the National Institutes of Health found that volunteering produces something known as a “helper's high” because the act of helping others activates the brain's pleasure centers and triggers a release of endorphins

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Alcohol	FSMAD (Family Service	Maia	PICADA	Therapy
Baseball	Madison)	May	Picnics	Thirty-One Days
Blooming	Gardening	Mayday	Planting	Veterans
Cinco De Mayo	Gemini	Memorial Day	Prevention	Victoria Day
Community	Growth	Mother's Day	Rehabilitation	Virgin Mary
Drugs	Hawthorn	Mowing	Showers	Walking
Emerald	Help	Nightingale	Spring	Warm
Fifth month	Holiday	Nineteen	Substances	
Flags	Housecleaning	Olin Avenue	Sunshine	
Flowerbeds	Liberty	Open Windows	Support	
Flowers	Lily of the Valley	Outdoors	Taurus	

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McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.