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September 2015

Lesson Plan: Methamphetamine - One of Rural Indiana's Greatest Challenges

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DeZarn, Karen, "Lesson Plan: Methamphetamine - One of Rural Indiana's Greatest Challenges" (2015).
Historical Documents of the Purdue Cooperative Extension Service. Paper 1068.
<https://docs.lib.purdue.edu/agext/1068>

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Consumer and Family Sciences



Lesson Plan: Methamphetamine – One of Rural Indiana’s Greatest Challenges



Adapted by

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With permission

from University of Nebraska-Lincoln, Cooperative Extension Service

Authors

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Goal of this program

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

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This lesson plan, an accompanying PowerPoint presentation, and two fact sheets about meth are available at www.ces.purdue.edu/extmedia/cfs.htm#10

An optional DVD, *Safe Roadside Cleanup*, is available from Purdue Extension, Consumer and Family Sciences. The seven-minute video includes information about what to do if a roadside cleanup crew finds the remains of a meth lab. Single copies (DVD-CFS-734) cost \$3.50, a package of five (DVD-CFS-734P) cost \$12. You can order the DVD from the Purdue Extension Media Distribution Center, 231 S. University St., West Lafayette, IN 47907-2094.

You also can order online at www.ces.purdue.edu/new or by e-mail to media.order@purdue.edu

or by fax to (765) 496-1540

or by telephone to (765) 494-6794 or 888-EXT-INFO (398-4636)

Objectives

The authors designed this program to accomplish five learning objectives. They want participants to:

1. Develop an awareness of the origins and spread of meth across Indiana and the United States.
2. Become aware of risk factors that might lead to meth addiction.
3. Be able to recognize 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.

Sample news release or radio spot

One of rural America's and Indiana's greatest challenges is substance abuse. One of those substances, methamphetamine (commonly called meth), is a growing epidemic. As Hoosiers, we need to become more aware of the magnitude of the problem; how it impacts our families; and how it relates to our public health, safety, environment, and rural economic development, as well as to our own well-being.

As individuals and communities, we need simple strategies to help combat this growing problem. _____ (Agency name) _____ is sponsoring a free program at _____ (time) _____ on _____ (date) _____ at _____ (location) _____. The program includes ways to develop strategies to fight this growing problem, along with a checklist for fighting meth and a video about *Safe Roadside Cleanup*. For more information or to register for the program, call _____ (agency name) _____ at _____ (phone number) _____.

Program outline

I. Before the meeting:

- A. Read leader's guide and lesson materials and preview the PowerPoint and DVD, if using.
- B. Obtain/make copies of the lesson materials for each audience member.
- C. Consider inviting a qualified professional to speak to your group, such as:
 - Indiana State Police officer
 - Health and Human Services official
 - Behavioral health expert
 - County sheriff or local police chief
 - County attorney
 - County probation official
 - State fire marshal's official
 - Alcohol or drug abuse counselor
 - Former drug addict

II. At the meeting:

- A. Introduce the topic – One of rural America's and Indiana's greatest challenges is substance abuse. One of those substances, methamphetamine, is a growing epidemic. As Hoosiers, 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.
- B. Distribute handout CFS-734A-W *Methamphetamine – One of Rural Indiana's Greatest Challenges* <www.ces.purdue.edu/extmedia/CFS/CFS-734A-W.pdf> and review the goals and objectives.
- C. Introduce guest speaker or present lesson.
- D. Ask your audience to briefly share how meth has affected your local community or made local headlines.
- E. Discuss the following using the information from handout CFS-734A-W *Methamphetamine – One of Rural Indiana's Greatest Challenges* and supplemental resources. (An option is to use a PowerPoint presentation about meth in Indiana during this portion of the program. The PowerPoint is available at www.ces.purdue.edu/extmedia/CFS/Methslides.ppt and includes notes pages that explain each slide.)
 - The origins and spread of meth across the U.S. and Indiana.
 - Risk factors that might lead to addiction.
 - Description of meth, symptoms of meth use, and signs of meth production.
 - The impact of meth on families and the costs and effects on public health, safety, environment, and rural economic development.

- F. Distribute handout CFS-734B-W *Checklist for Fighting Methamphetamine in Indiana* <www.ces.purdue.edu/extmedia/CFS/CFS-734B-W.pdf> and discuss the following information.
- How individuals can get involved.
 - How communities can get involved.
- G. Develop an individual or community plan using the step process described in CFS-734B-W, *Checklist for Fighting Methamphetamine in Indiana*. Have each individual or small group identify at least one strategy that they are willing to do. Ask participants to share the strategy they identified with the person next to them or the entire group. In conclusion, explain that rural Indiana 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 or her part, can help fight meth. We can make a difference in maintaining the quality of life that we desire in our rural communities.
- H. Optional – Show the DVD *Safe Roadside Cleanup* and discuss groups that need to know the information.
- I. Optional – Distribute or have available upon arrival of guests one or more of the following and discuss information and ways of using. *
- *Anhydrous Ammonia Theft, What You Need to Know* – brochure
 - *Facts about Meth: A Guide to Preventing Anhydrous Ammonia Theft* – information sheet
 - *Life or Meth. What's It Cost?* (Spanish & English) – brochure
 - *Clandestine Methamphetamine Laboratories – A Catastrophe Waiting to Happen* – brochure
 - *What to Say – When You Want to Say No* – brochure
 - *Do You Suspect Illegal Drug Activity in Your Neighborhood?* – door hangers
 - *This Is No Picnic in the Park – It's a Meth Lab* – poster
 - *Retail Store Employees – Watch Your Inventory* – poster
 - *Drug Abuse in America – Rural Meth*, Trends Alert, March 2004, www.csg.org/CSG/Products/trends+alerts/default.htm (click on Rural Meth)

III. Question-and-answer period

* To order the pamphlets and posters, contact the High Intensity Drug Trafficking Area Program at:

Midwest HIDTA Demand Reduction
 10200 N. Ambassador Drive
 Suite 720
 Kansas City, MO 64153
 (816) 746-4911 Ext. 218

Program options

90-120 minutes

1. Introductions or get-acquainted activity of your choice 10 minutes
2. Introduce the topic and distribute handout CFS-734A-W
3. Review goals and objectives 5 minutes
4. Introduce speaker and presentation OR present lesson, discussing information in publications and PowerPoint slides 30-45 minutes
5. Distribute CFS-734B-W and discuss development of individual or community plan 30 minutes
6. Show *Safe Roadside Cleanup* DVD and discuss 30 minutes

30-45 minutes

(For groups such as Kiwanis, Rotary, or Lunch & Learn)

Show PowerPoint and distribute CFS-734A-W and brochures.

OR

Show *Safe Roadside Cleanup* DVD and distribute CFS-734A-W and brochures.

Teaching preparation

Objectives

1. Participants will develop an awareness of the origins and spread of meth across Indiana and the U.S.
2. Participants will become aware of risk factors that might lead to meth addiction.
3. Participants will be able to recognize meth, the symptoms of meth use, and signs of meth production.
4. Participants will recognize the impact of meth on families and the costs and effects on public health, safety, environment, and rural economic development.
5. Participants will plan simple strategies to help individuals and communities take steps to fight this growing problem.

Teaching checklist

- Invite guest speakers a month or more before the program.
- Send out news release and/or personal invitations at least two weeks before the program. Publicize in newsletters, with flyers, etc.
- Make arrangements for the meeting room and room set-up.
- Read lesson, preview PowerPoint and DVD and prepare – practice!

Materials and equipment

- Order brochures at least a month before the program.
- Order the *Safe Roadside Cleanup* DVD.
- Arrange for needed equipment such as PowerPoint projector, screen, TV/DVD. (Be sure to use external speakers if you will project the DVD from a computer.)
- Copy handouts for each participant.

Presenting the program

PowerPoint notes pages

For your presentation using the PowerPoint slides, you will find it helpful to print out the slides with the notes page that accompanies each slide. The notes give detailed information about each slide. Be sure to select the printing option that includes the notes pages.

Summary of DVD

The *Safe Roadside Cleanup* DVD includes safety information about how to respond if methamphetamine litter is found during a cleanup. It is designed to advise volunteer groups such as 4-H, Scouts, sororities, and fraternities, and it includes a message from Indiana Gov. Mitch Daniels.

Historic Document

New 8/06