

## Meth Video Transcript 3/16/06

00:18

OPENING MONTAGE: DEA footage, news footage

00:21

OVER MONTAGE: "Law Enforcement agencies banded together to raid a meth lab operation... One expert says that meth use has exploded recently... Officials fear meth use will make it's way into our local schools... It's in all our school, it's not rural, it's not city, it's in all... I lost so much weight, I dropped out of school, I lost my scholarships, my car got stolen and got wrecked... There's a sharp increase in the number of meth users, some as young as fifteen... A number of firearms was seized in a raid on an apartment where meth was being made... Meth is a really bad drug, I mean it can kill you, I mean any drug can, but this drug definitely will kill you..."

01:04

TITLE PAGE: Meth Alert / Texas Teens at Risk: What you need to know

01:08

NARRATOR: "They call it ice, crystal, glass, chalk, speed. It's methamphetamine, it's cheap, easy to find, and poses a big risk to our children. Meth is a highly addictive stimulant that dramatically affects the brain and speeds up the central nervous system. Meth causes physical and psychological effects that at first, seem highly pleasurable. There is increased alertness and energy and a decreased need for sleep. But meth is an addictive drug that causes physical harm to the body. Users often continue using it to avoid the inevitable crash that happens when the drugs euphoric effects wear off. And when the effects do wear off, the meth high is followed by a devastating low. Meth use is an alarming problem, and it's growing. It's often our children who are most at risk of becoming addicted.

02:15

CHRISTINE: "I grew up on the lake with my twin sister, my older sister, and my parents. We were a typical family, you know, we didn't have a bad family life and I was a happy child."

02:24

RAY: "I grew up in a small town, it's a real close knit community, everybody knows everybody. You're friends with kids who are still in middle school, even if you're in high school, because you know everybody's name."

02:38

CHRISTINE: "High school was a blast for me, I was a normal kid. I played sports and I stood out with my sports, I guess. I was on varsity on all the sports I played."

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RAY: "That was a big part of my life, was sports, and that's what I did for fun. I didn't have a job really in high school, I didn't drink. I was just the good kid."

03:03

NARRATOR: "Christine and Ray seemed unlikely to become meth users, each came from a good home, each had hopes of graduating from college. And although they never met, Christine and Ray now struggle with methamphetamine addiction. Christine was just 18 years old when she tried meth for the first time."

03:23

CHRISTINE: "I heard about models using meth to lose weight and I thought in the back of my mind, oh that'd be great. When I found people talking about it, one of my close friends had tried it, I instantly was like, I want to try it. And I found a way to go about that, just to try it for the first time. And of course, once that happened, and I didn't tell anybody but the people I did it with and hid it from every body."

03:48

NARRATOR: "Christine had gone from making perfect grades in college to living with a boyfriend in a dirty trailer with no electricity. It was in stark contrast to the comfortable life she had known with her family."

04:02

CHRISTINE: "With the drug use increasing and the money running out, it turned into a pretty... there were maggots in the sink, there was no trash pick up, and the electricity was going out every few weeks"

04:15

NARRATOR: "Ray learned just how dangerous meth is. Before meth, Ray held a steady job and hoped to save enough money to go to college. Like many users of the drug, he became addicted after he tried it for the first time."

04:32

RAY: "I guess my meth addiction lasted almost two years. It went from weekend use to, okay I'll just use a couple times a week, and then it got to okay, well I need this 3-4 times a week. And eventually it got to, okay I really need this everyday. Because I thought I needed it to function. I went to work on it, I did it at work, when I got home from work I would do it. It was like, my second job was to get high."

05:10

CHRISTINE: "The situation I was in, the way I was being treated, there's a lot of abuse and things going on in that situation with most people. And you don't want to get out of it because you're getting something in return, I mean, you're using. And I just felt like crap about myself, I was embarrassed that I had allowed these things to happen to me and that I wouldn't stand up for myself because of my addiction and how far it had taken me."

05:33

RAY: "I had everything and then I had nothing. It was real difficult for me to understand why that happened, why I was using, because I didn't know and so it made my life miserable. And everybody around me, I tried to make them miserable because I was."

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NARRATOR: "For Christine and Ray the cycle of addiction was broken when family members noticed drastic changes in appearance and behavior. They eventually chose to get professional help. Today they are clean and sober. Still their struggle is far from over."

06:10

NARRATOR: "Meth is often manufactured in labs set up in homes or hotel rooms using ingredients found in over-the-counter cold and allergy medicines. New laws in Texas now restrict the sale of most cold remedies in an effort to reduce the number of small meth labs. Still a steady supply of the drug comes to Texas from Mexico."

06:36

WES HUMPHREY: "Meth can destroy lives very quickly and that's what makes it so dangerous. It can be lethal, it can lead to heart attacks, it can lead to anxiety attacks, it can lead to paranoia episodes, can lead to strokes."

06:50

DR. SANCHEZ: "Methamphetamine tricks the body into believing it has endless energy. Thus, the numerous hours without sleep, sometimes days without sleep. Folks can start having paranoid thoughts, can start manifesting very, very violent behavior, and be very anxious, and be a risk of something very bad happening, not only to themselves, but actually to people around them."

07:23

NARRATOR: "For users, for schools, for family, for society, meth is everyone's problem. And part of the solution starts with you."

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LT. GROVES: " My advice to parents, you know, not only as it applies to meth, just about to any type of drug, I think you gotta stay involved in your kids life, you gotta ask them questions, and you gotta know who their friends are, and you gotta know what they're doing in the evening hours and even during school hours. Whether it's talking to the teachers or talking to the counselors and finding out, does my school have a meth problem? But understand, meth will destroy, not just destroy their careers, their jobs, their money, it'll kill them."

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NARRATOR: "So what are the signs of meth that parents, teachers, and caregivers should look for?"

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WES HUMPHREY: "You want to start looking for the dilated pupils, the intense mood swings, that usually are agitation, maybe even violent episodes, disregard for parenting requests, sneaking out and being gone days at a time, finding white substances or types of paraphernalia that are in the forms of pipes that may have white residue on them."

08:41

RAY: "Look for the dark circles around the eyes, look for the biting of their lips, grinding their teeth a lot, real fidgety, can't sit still. Those are really big, because it's noticeable to a parent to see that in their kid. But we, us addicts, we don't know we're doing that, it's just kind of a natural reflex that we have when you're on it."

09:12

NARRATOR: "Parents, teachers, and caregivers can help children avoid substance abuse in several different ways:

Establishing and maintaining good communication with children

Being involved in a child's life

Spending time together and acknowledging good behavior

Making clear rules and enforcing them with consistency and appropriate consequences

Being a positive role model

Helping children learn to choose friends wisely

Monitoring children's activities

Knowing their friends and communicating with other parents

09:52

DR SANCHEZ: "I think the final message is that meth is a serious problem in our state and in our country. And it's vitally important for parents, it's vitally important for teachers to see what's going on, to communicate back to parents. And parents to play a role in setting parameters. Letting their children know that they care about them and letting them know that they are a good source of information, and a good place to come for information, so that they can protect their children."

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NARRATOR: "Christine and Ray were fortunate, their parents, friends, and family members noticed the warning signs, intervened and helped them get the treatment they needed. Parents, family members, and teachers, can and do make a difference when it comes to kids and drugs. If you suspect your child is using any drug, alcohol, tobacco, or any other drug, it's vital that you take action now. For help call this toll-free number or visit these websites to learn more. We can protect our children from meth and other dangerous substances but only if we are informed, vigilant, and involved in our children's lives."