

Drug and Poison Information Center (DPIC) DrugScope

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Shake n' Bake Meth

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There are two traditional methods of methamphetamine production: 'red phosphorous' method and the 'Nazi' or anhydrous ammonia method. These methods usually occur in rural settings: homes, hotels, and wooded areas where production can be isolated from neighbors and law enforcement. The 'cooking' process of meth requires an entire room for production known as a 'meth lab'.

A new method called the "Shake and Bake" or 'One Pot' method as emerged. It is a variation of the 'Nazi' method mentioned above. The difference is the cook uses a variety of commonly available chemicals to synthesize the anhydrous ammonia component. The cook adds ingredients into a 2 liter bottle or similar container and shakes it. Cooks often drive or stay mobile while performing this method of methamphetamine production. It is usually produced within a 30 minute time frame. Once the methamphetamine is removed from the 2 liter, the waste is often dumped out of the car window along roadsides. These containers contain the same toxic chemicals as a standard methamphetamine lab.

These 'one pot' containers are thought to be more dangerous than the standard, larger scale methamphetamine labs. With the 'Shake N Bake' method, the cook makes the chemical reaction by turning the container upside down and shaking it. The chemical reaction occurs at that time and the container is at risk of exploding in the hands of the 'cook'.

Streetdrugs.org describes another dangerous situation involving the 'Shake N Bake' method for creating methamphetamine. Some law enforcement officials are finding that the cook will mix the ingredients in a container at the side of the road then leave it unattended for a couple hours. When the cook returns, if the bottle has not exploded he/she will retrieve the meth and pour out the remaining chemicals in the ditch creating an environment and health hazard.

It is important for the general public to understand the potential risks of discarded 'Shake N Bake' Meth bottles. These containers may be easily found alongside roads, in the woods or just about any location where litter is found. The discarded containers may contain residual chemicals used in the methamphetamine production and could explode at any time. The containers also pose an immediate risk of burns to the skin or gastrointestinal system if touched or ingested. If a suspected 'Shake N Bake' meth container is found, it is recommended to move quickly away from the container and contact law enforcement.

Streetdrugs.org. Accessed January 17, 2011 from:
<http://www.streetdrugs.org/html%20files/Recent%20Event%203.html>
National Drug Intelligence Center. Accessed January 17, 2011
from: <http://www.justice.gov/ndic/pubs32/32166/ocdetf.htm>
US Drug Enforcement Administration. Accessed January 17, 2011
from:
http://www.justice.gov/dea/concern/meth_environment.html

Bath Salts ~ This is not Calgon!

Rob Goetz PharmD DABAT

Products containing dangerous chemicals may be sold as bath salts or plant food. Nearly all of the cases reported in the literature to date involve abuse of mephedrone, a synthetic derivative of cathinone. Cathinone is the active ingredient in Khat, a plant native to Somalia and Yemen used for its stimulant properties. Both cathinone and mephedrone are structurally similar to amphetamine. Another designer drug, 3, 4 methylenedioxypyrovalerone (MDPV), found in bath salts analyzed from Louisiana is structurally similar to MDMA (ie., ecstasy).

Both of these drugs and the products that contain them are legal in most states at the time of this printing (3/2011). Some brand names of the "Bath Salts" that contain mephedrone include Ivory Wave, Red Dove, Bliss, White Lightning and Hurricane Charlie, but many others are available. Reports of exposures to US Poison Centers in the first month of 2011 have already surpassed those received for all of 2010.

Information from a case series from Poison Centers in the UK and another report from an emergency department in Scotland clearly indicate that the toxicity from these products is similar to the effects produced after abuse of amphetamines –agitation, increased heart rate, increased blood pressure, chest pain and sweating. Most patients that have sought medical attention have responded to treatment.

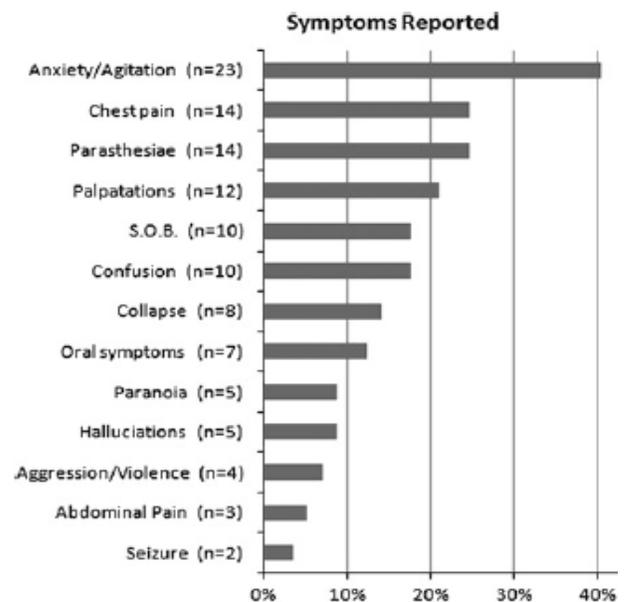


Figure 2 Symptoms reported. SOB, shortness of breath.

This information from the Scottish series

Mephedrone toxicity in a Scottish emergency department
Regan L, Mitchelson M, Macdonald C. Emerg Med J (2010).
doi:10.1136/emj.2010.103093

Clinical characteristics of mephedrone toxicity reported to the UK National Poisons Informations Service James D, Adams RD, Spears R, et al. Emerg Med J (2010).
doi:10.1136/emj.2010.096636

People of Color Wellness Alliance (POCWA)

Coalition Youth Survey

Prevention Research Unit
Drug and Poison Information Center

In order to identify problem areas and implement appropriate strategies, the POCWA Coalition conducted a baseline assessment (POCWA Student Survey) of youth to obtain their viewpoints concerning substance abuse, and its impact on their community.

In the spring of 2010 the survey was administered to 12-16 year old students in charter schools, parochial schools and public schools in the urban core. In addition, youth were surveyed in community settings (community centers, YMCA's, Boys/Girls Clubs, etc.). This is the first survey of its kind that provides data specific to youth in the urban core. The survey will be conducted every two years to monitor youth drug use, perceptions and trends.

The following are select findings from the POCWA survey.

- People Of Color Wellness Alliance (POCWA) 2010 survey of 12-16 year-olds showed that 19.6% drank alcohol in the past month. **THAT'S ALMOST 4 TIMES THE NATIONAL AVERAGE** as reported by the Substance Abuse and Mental Health Services Administration's (SAMHSA) 2006-2009 National Surveys on Drug Use and Health that reports 5.9% of youth age 12-14 drank alcohol in the past month.

In addition, this unique survey provided an assessment of factors that increase the risk of involvement in the drug culture.

The POCWA survey provided baseline information concerning the following youth behavioral trends:

- 22.6% of 12-16 year-old survey participants reported that they have easy access to guns
- 7.3% of participants admit to carrying a gun
- 33.6% of youth surveyed admit to being sexually active
- Only 7.1% reported seeing a doctor or other healthcare professional regarding their sexual activity

The survey results suggest that the POCWA Coalition has an opportunity to work within the community to positively impact the health and wellness of youth and families living in Over-the-Rhine. For more information concerning the POCWA Student Survey please contact any member of the Coalition by calling (513) 636-5095.

People of Color Wellness Alliance (POCWA) Community Gems: A Night of Elegance

The DPIC-Prevention Research Unit plays a major role in the activities of the POCWA Coalition. On December 3, 2010, POCWA held *Over The Rhine Community Gems: A Night of Elegance* to honor outstanding individuals for their remarkable service to OTR residents in 2010. H. Rudy Smith, Community Strategy Leader and Outreach Coordinator for the DPIC was among the six recipients of the 2010 Community Gem Award. The event was held at the Historic Cincinnati Music Hall Corbett Towers. State Senator Eric Kearney presented each of the six honorees with a special Commendation from the State of Ohio. Senator Kearney said, as he presented the Community Gems Awards to the recipients, “the People of Color Wellness Alliance (POCWA) continues to attain a remarkable record of service in implementing strategies to reduce substance abuse among youth and adults in inner city neighborhoods. The organization has the gratitude and respect of many in its efforts to enhance the quality of life within the surrounding area.”

Local individuals and organizations involved in substance abuse prevention and HIV/AIDS prevention/intervention services founded POCWA in 2004. With continuing support from the Office of National Drug Control Policy – Drug Free Communities Initiative and the Cincinnati Children’s Hospital Medical Center, POCWA’s large and diverse membership works diligently to strengthen its capacity and to engage people of color in health, wellness, and anti-drug use campaigns.

The organization’s vision is to implement strategies that contribute to making Over-the-Rhine a vibrant community that promotes healthy, drug-free lifestyles. To learn more about POCWA, call Alysia Longmire - Coalition Coordinator or Rudy Smith – Coalition Strategy Leader at 513-636-5095.



Front Row-2010 Gem honorees: Rudy Smith, Damon Lynch III, William Mallory Sr., Nathan Mays IV, Ericka Copeland-Dansby, Dorothy Darden
Back Row-Coalition Members: Jewel Sisk, Alysia Longmire, Miyohanna Terry, Marsha Polk, P. Ann Everson-Price (Mistress of Ceremonies), Cameron Foster (Board President), Chris Nelms

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