

## **METH UPDATE**

### **Cross To Bear**

**Meth is not my problem, and it is difficult enough to muster the motivation to tackle problems I am connected to. Sound familiar? This is a common perception. Owning the problems we have a hand in causing is challenging enough without taking on the problems that are not ours. But methamphetamine presents problems that can reach us regardless of our perceived disconnection**

**To prove a point, imagine a person with a high degree of separation, such as a person living in a gated community that has no meth addicts: immune to the problem right. But the property above the gated community has meth addicts who dump toxic chemicals that wash down into the gardens of the gated community. The trip to the store may include an accident with a meth addict who has been awake for too many days to be driving safely. You may get a phone call inquiring about your interest in taking over the parental responsibilities of an addicted son or daughter who has had his or her children removed for neglect or worse. You may be aware of a relative's drug use and the affect it is having on children who are inadvertently mired in a toxic environment. You may be pretending not to know about such a situation to allay guilt, which percolates to the surface anyway. You may be experiencing rising costs as agencies, public and private, compensate for the impact that methamphetamine has on all emergency, medical and social systems. The bottom line is that there is no separation from this problem.**

**Unfortunately most of us do not live in gated communities. We may have a neighbor who breaks out the push mower with flashlights attached to mow the lawn at three in the morning. We may have addicts going through our garbage to get information for identity theft. We may be concerned by the appearance, behaviors or sheer volume of traffic that flows from our neighbor's house on foot, bike and vehicle. We may voice concern about our observations and get told to mind our own business. The drug lab that blows up next door may take our house with it. We may get burglarized, assaulted or otherwise violated by an addict whose drug demented mind, and sense of social disconnection, has rendered him or her capable of anything. This is a complex problem that exists in our society and reaches across all social boundaries; therefore it cannot be realistically viewed as someone else's cross to bear.**

**For more information on problems and solutions regarding methamphetamine please see our website at [2stopmeth.org](http://2stopmeth.org) .**