

## **Stimulants Mini-course**

The number of psychostimulant overdoses has increased in Minnesota and nationwide for at least ten years. Psychostimulants (generally called “stimulants”) are drugs that make people feel energetic and focused, but they can be addictive and cause undesirable side effects like high blood pressure or nosebleeds. These drugs are especially dangerous when “cut” or combined with opioids like fentanyl as even a little fentanyl can cause an overdose.

Upon completing this mini-course, you will be able to:

1. Know effective ways to address the issue of stigma.
2. Identify risk factors and the prevalence of stimulant use disorder.
3. Recognize the different types of stimulants and how they affect the body.
4. Understand the various forms of stimulant misuse.
5. Describe short-term and long-term treatment strategies.
6. Review local resources for stimulant use disorder.

Estimated time of completion: 1 hour

[Complete the course now](#)

## **Sources**

American Addictions Centers. (2022 August 18). *Stimulant Drug Addiction: Types, Effects, and Rehab Treatment*. <https://americanaddictioncenters.org/stimulant-drugs>

Centers for Disease Control and Prevention. (2021). *Other Drugs*. Retrieved on July 18, 2022 from <https://www.cdc.gov/drugoverdose/deaths/other-drugs.html#:~:text=Rates%20of%20overdose%20deaths%20from,deaths%20in%202019%2>

Minnesota Department of Health. (n.d.). *Fentanyl*. Retrieved July 18, 2022 from <https://www.health.state.mn.us/communities/opioids/basics/fentanyl.html>

Minnesota Department of Health. (n.d.). *Methamphetamines and Other Stimulants*. Retrieved on July 18, 2022 from

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