

# How Meth Changed My Life

By Alexandra Bahr



METH IS NOT SOMETHING YOU BELIEVE could ever affect your life, but the reality of the consequences of meth hit me like a brick wall. It caught me off guard more than anything could have—and to think, it was my own mother.

I was an average sixteen-year-old girl. I had a great life, good grades and the best loving parents I could imagine, and my little sister and brother which I loved more than anything. My mom was a C.N.A. at a nursing home here in Colorado and my father was in the military. My junior year is when it all changed. My dad was deployed to Iraq, which was hard on everyone, but life went on. About a month after my mom began “working late”. My brother and sister and I never really thought anything of it until she stopped coming home for days at a time. We began to worry. I called her work one day and they informed me that my mom had been fired weeks before. If she was fired what was she doing every day? I began to investigate things further, because now I needed to get to the bottom of things.

I searched the house for clues and only found Q-tips with black on

them, which I later found out was what she used to clean her meth pipe. When she came home to get clothes she was always very hyper, and I once saw her trying to rip the skin off of her face with tweezers. It was the most gruesome thing I had ever seen in my life. I was so terrified. What had happened to my mom? She was never home, she acted differently, and I had recently found out she had stolen money from me and sold my Wii. But I still couldn’t understand what was happening to her.

I researched picking at the face and hyperactivity online and came across the website [coloradomethproject.org](http://coloradomethproject.org). Everything I read fit my situation. That’s when I realized my mother, who I loved more than anything, was using meth. I was afraid to confront her about drug use especially since she was always angry when she was using, but things were getting worse. More and more was getting sold, and bills were not getting paid. I sometimes did not know how I would feed my brother and sister, since I was now the one who took care of them. I did not get to go to school activities or even get the full experience of my junior prom because I was always

taking care of my brother and sister. I was not so much worried about us though, I was more worried about my mom. She was now so skinny, you could see her bones. Her teeth were rotting out of her mouth, and her face looked so pale and skinny that she looked near death. I was so worried and had no idea what to do.

An intervention had to take place. My brother and sister’s father took them away, which was the hardest day of my life. Seeing the two people I loved most in the world leave me even though I knew it was best for them. My father came home and tried to help her, and she would be gone weeks at a time. Also, the meth made her insane, she was more violent. She and my father went to jail more than once on domestic violence charges. Things didn’t seem to be looking good. She was in and out of jail, and my family was now in debt because of her stealing and spending everything we had for meth. We finally convinced her things needed to change, after she got out of jail for the last time. She agreed her life was going nowhere, and agreed to go to rehab. She has been clean for over a month now, but still my family is broken, my siblings are not with me, and now we have to claim bankruptcy. We will always have the scars on our hearts and minds from when my mom was addicted. When they say “Don’t do meth, not even once”, they mean it. Meth is extremely addicting and is not something anyone should try. So let me reiterate: don’t do meth, not even once. 🚫

## ALERT SCHOLARSHIP

*The editors and staff of Alert Magazine wish to congratulate Alexandra Bahr for winning the Alert Scholarship and we encourage her in the pursuit of her academic goals. We would also like to encourage future seniors to participate in our scholarship program.*

Sincerely, Alert Magazine, LLC