



Working with Methamphetamine using clients

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Powder – speed, whiz, velocity

- Usually snorted, ingested or injected
- most common
- Approximately 10% purity
- Generally produced locally



Sticky/oily/waxy form

Base, paste, point, pure, wax

- 20% pure
- Generally produced locally
- usually injected or swallowed (can be smoked/snorted)



Ice



- Crystal meth, Shabu, Glass
- Purity close to 80%
- Suitable for inhalation or injection or intranasal
- Smoking is highly dependence forming (and possibly comparable to injecting)

Inject safely

Prevalence of Drug Use

Table 5.3: Summary of recent^(a) illicit use of drugs, people aged 14 years or older, 1993 to 2013 (per cent)

Drug	1993	1995	1998	2001	2004	2007	2010	2013
Illicit drugs (excluding pharmaceuticals)								
Cannabis	12.7	13.1	17.9	12.9	11.3	9.1	10.3	10.2
Ecstasy ^(b)	1.2	0.9	2.4	2.9	3.4	3.5	3.0	2.5#
Meth/amphetamines ^(c)	2.0	2.1	3.7	3.4	3.2	2.3	2.1	2.1
Cocaine	0.5	1.0	1.4	1.3	1.0	1.6	2.1	2.1
Hallucinogens	1.3	1.9	3.0	1.1	0.7	0.6	1.4	1.3
Inhalants	0.6	0.4	0.9	0.4	0.4	0.4	0.6	0.8
Heroin	0.2	0.4	0.8	0.2	0.2	0.2	0.2	0.1#

How Frequently?

Table 5.11: Frequency of drug use, recent^(a) users aged 14 years or older, by sex, 2010 to 2013 (per cent)

Frequency of use	Males		Females		Persons	
	2010	2013	2010	2013	2010	2013
Meth/amphetamines^(b)						
At least once a week or more	10.3	13.0	*7.8	20.1#	9.3	15.5#
About once a month	15.7	16.9	15.4	16.1	15.6	16.6
Every few months	27.2	23.4	24.9	13.5#	26.3	19.8
Once or twice a year	46.8	46.8	51.9	50.3	48.8	48.0

48% use once a year – target group

Trends in Summary

- No increase in overall prevalence
- Those that are using
 - using crystal (ICE) form
 - increase potency
 - increase frequency
 - increase harms

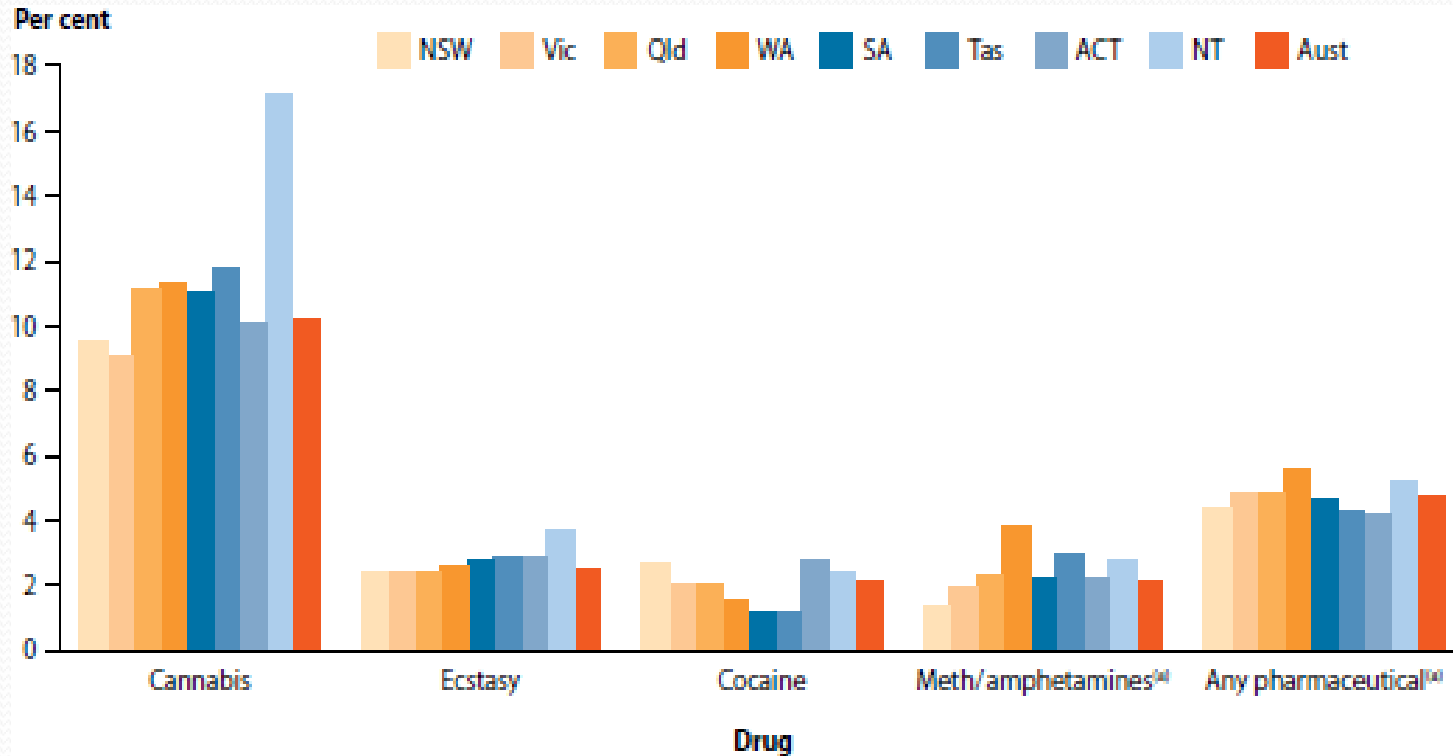
Injecting weekly or bingeing leads quickly to dependence

What form?

Table 5.19: Form of meth/amphetamine^(a) used, recent^(b) users aged 14 years or older, 2007 to 2013 (per cent)

Form of drug	2007	2010	2013
Main form used			
Powder	51.2	50.6	28.5#
Liquid	1.3	**0.9	**0.5
Crystal, ice	26.7	21.7	50.4#
Base/Paste/Pure	12.4	11.8	*7.6
Tablet	5.1	8.2	*8.0
Prescription amphetamines	3.2	6.8	*3.0#
Capsules	n.a.	n.a.	*2.0

Drug use compared to the rest of Australia



Alcohol is our biggest problem

Binge and Crash



Group is hard to engage in treatment

- Users are more commonly:
- - Young 20-29
- - most likely male

Very few regular heavy methamphetamine users seek treatment

(1 in 10)

Longterm outcome

- At 3yrs, 10% of dependent users will be dead or in prison
- In the short term people who had treatment used less and had less harm –however these effects gone by 3yrs
- In 3yrs, 1/3 dependent users will be abstinent regardless of having had treatment or not

Drug addiction is a chronic relapsing condition

Treatment

- Brief interventions, an assessment, assertive follow up, self help booklets
 - “detox”
 - Residential rehabilitation
 - CBT/DBT
 - Pharmacological treatment
-
- Harm reduction measures apply (needle exchange, clean water, take home naloxone, safe injecting rooms)
 - Co-morbidities including complications and psych

Business as usual?

MA Rehab in Australia

- MATES study 2012 Addiction (112 withdrawal, 248 rehab)
 - *Withdrawal* – no effect size at any follow up
 - *Rehab* – large reductions at 3 months but very attenuated at 3 years

Psychological Treatments

Contingency Management

- Used in US (rarely in Australia)
- Involves rewarding the patient with vouchers/cash/other for achieving goals, often a negative urine
- Strong efficacy (possibly up to a doubling in quit rate) across many drug types including MA
- long term studies rare and relapse once contingency removed may occur

CBT/DBT/group work

Motivational Interviewing

And combinations of the above

Pharmacological Treatments

- chronic stimulant use results in dopamine depletion
- Could dopamine agonists be effective?
No - bromocriptine, amantadine and pergolide all negative
- What about levadopa itself? No
- Indirect Dopamine agonists?
 - essentially stimulant like compounds which act as a 'substitution' therapy similar to methadone for heroin
 - Dexamphetamine, methylphenidate, modafanil , naltrexone- trialed with mixed results
- Depression and associate psychosis do respond reasonably;
 - Mirtazapine and olanzapine

AOD services NT –core business

- Education
- Triage and assessment
- Hospital liaison, ED workers
- Detox/withdrawal management
- Referral to other residential programs
- Remote community outreach
- Psychological therapy
- Harm reduction

Treatment is available

Methamphetamine specific services-

some things are different

- High rates of violence and out of character violence – shame
- Episodic cravings and long duration of withdrawal
- Mental health consequence – psychosis
- Cognitive profile as a consequence of use

Service adaptations.....

- “Teachable moments” – in detox/ED/RDH
- Methamphetamine clinics – trial modafanil
- Prison in reach

Management strategies:

- Different strategies for different presentations

intoxicated –generally fit males

-don't engaged in lengthy interviews or counselling sessions, limited clear information allowing them time to vent their frustration

Psychotic –paranoid and fearful – don't laugh/argue/stare

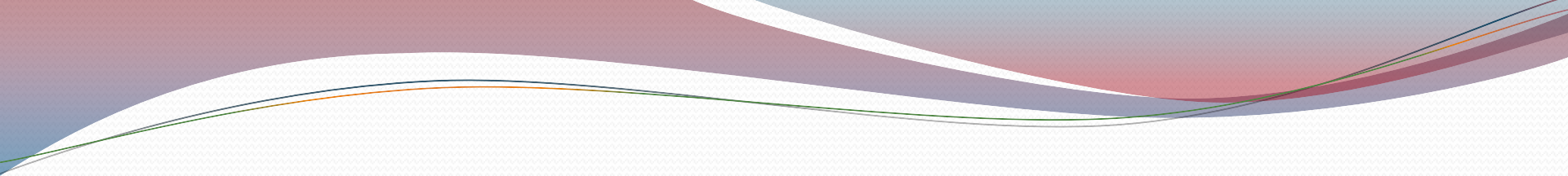
? Mental health assessment

Withdrawing- irritable, impulsive, ? Start your conversations

General Principals- need workplace specific approach on how to deal with aggressive/intoxicated individuals

- **Safety** – quiet, clear, you near the exit, duress alarms, training P3, rules around consulting alone, give space
- **De-escalation**- calm, non threatening, reduce volume and pace of speech, confident
- **Communication** – clear, simple, repetitive, limited information depending on situation

Be the service that they may come back to when in trouble



<ul style="list-style-type: none"> Reasons why people continue to use illicit drugs, recent^(a) meth/amphetamine and any illicit drug users, people aged 14 years or older 2013 (per cent) 	amph	any drug
<ul style="list-style-type: none"> Influence of friends or family 	6.1	9.4
<ul style="list-style-type: none"> Addiction/dependency 	11.4	7.5
<ul style="list-style-type: none"> Wanting to improve mood/feel happy 	16.7	10.6
<ul style="list-style-type: none"> Wanting to do something exciting 	20.9	16.7
<ul style="list-style-type: none"> Wanting to enhance experiences 	26.6	31.7
<ul style="list-style-type: none"> Enjoyment/it's fun 	0.9	3.9
<ul style="list-style-type: none"> Other 	14.2	17.5

20.2

Ecstasy and Related Drugs Report use over the previous 6mths

