

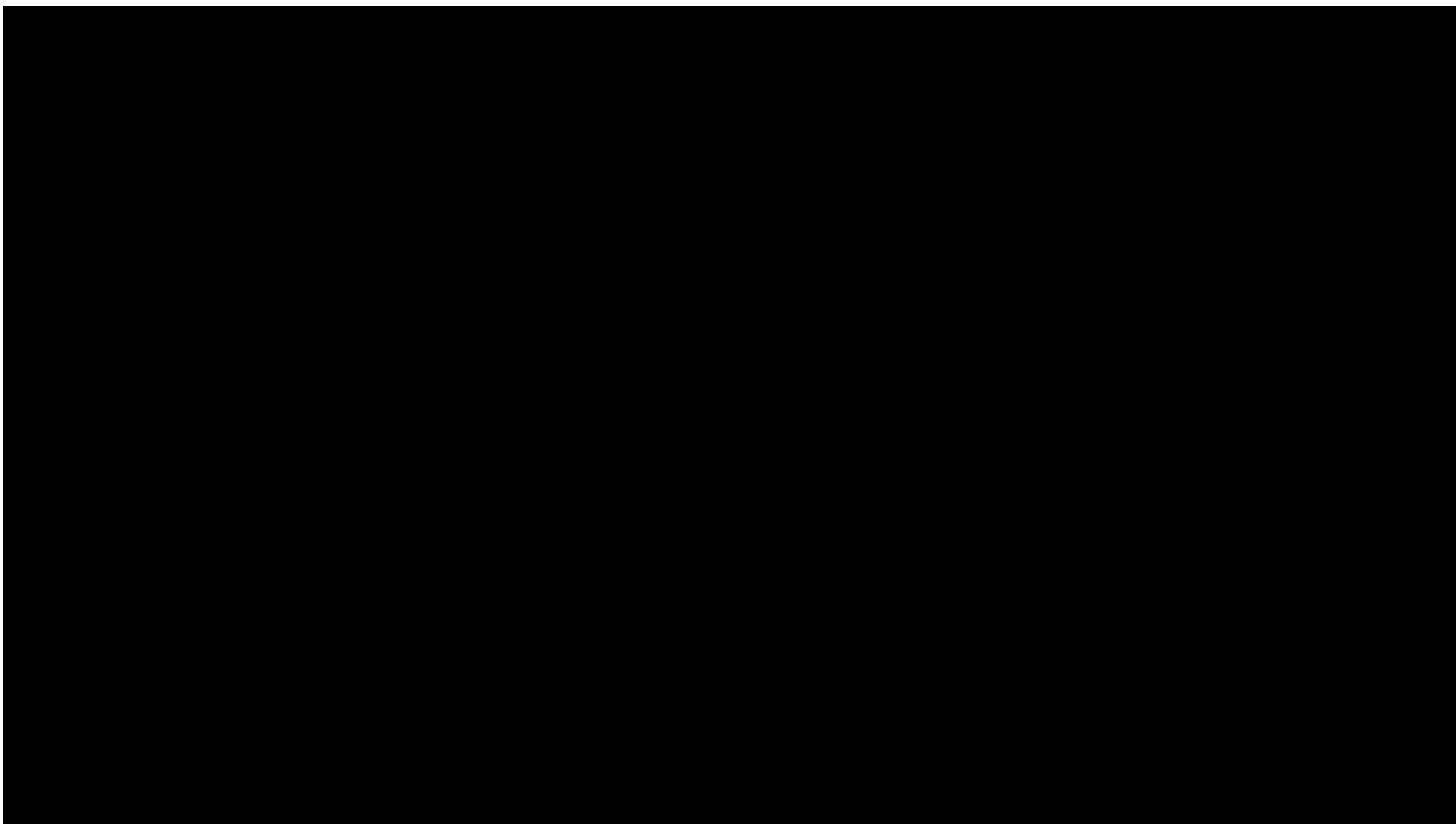
LeeJenn

*enabling change*

*Responding to meth use:  
Using what we know to improve  
treatment*

*A/Professor Nicole Lee*

*@leejenn1*



# METH



**BEFORE**



**AFTER**

No change in prevalence  
Shift to crystal meth  
Frequency up  
Purity up  
Price down

IDUs ice use up

Ecstasy users no change

- Treatment presentations
  - Hospital separations
  - Ambulance call outs
    - ED presentations
  - Drug induced deaths

Self-reliance

VS

Prohibition

55%

70%

Irregular users  
*< once a month*

Not dependent  
Mild health issues  
Mild sleep problems  
Acute harms

Secondary  
intervention/harm  
reduction

20%

15%

Occasional users  
*Once a month+*

Low dependence  
Moderate mental health issues  
Moderate sleep, nutrition issues  
Acute harms

Early tertiary  
intervention

25%

15%

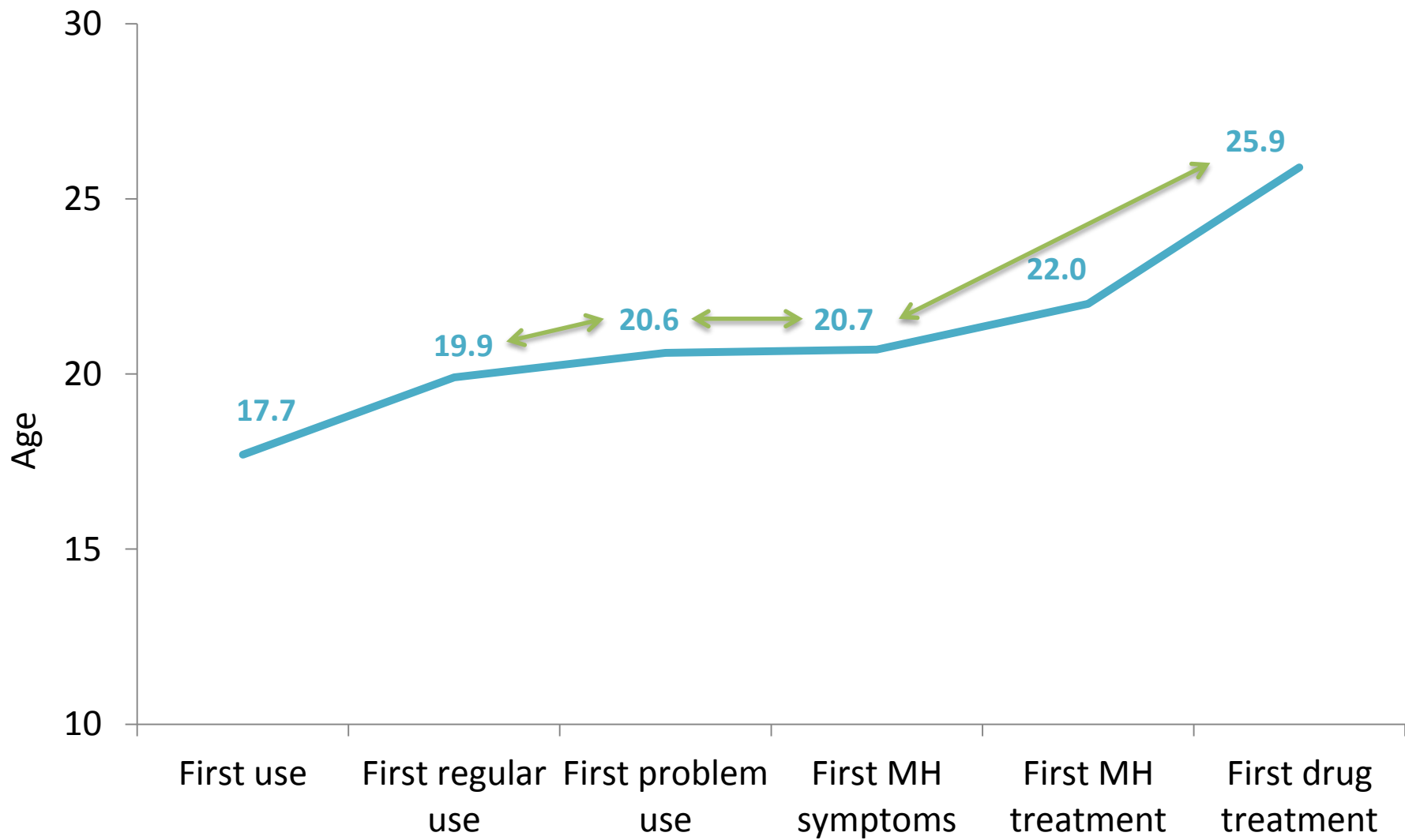
Regular users  
*Once a week+*

Significant dependence  
Smoking or injecting  
Severe mental health issues  
Severe sleep, nutrition issues  
Acute and long term harms

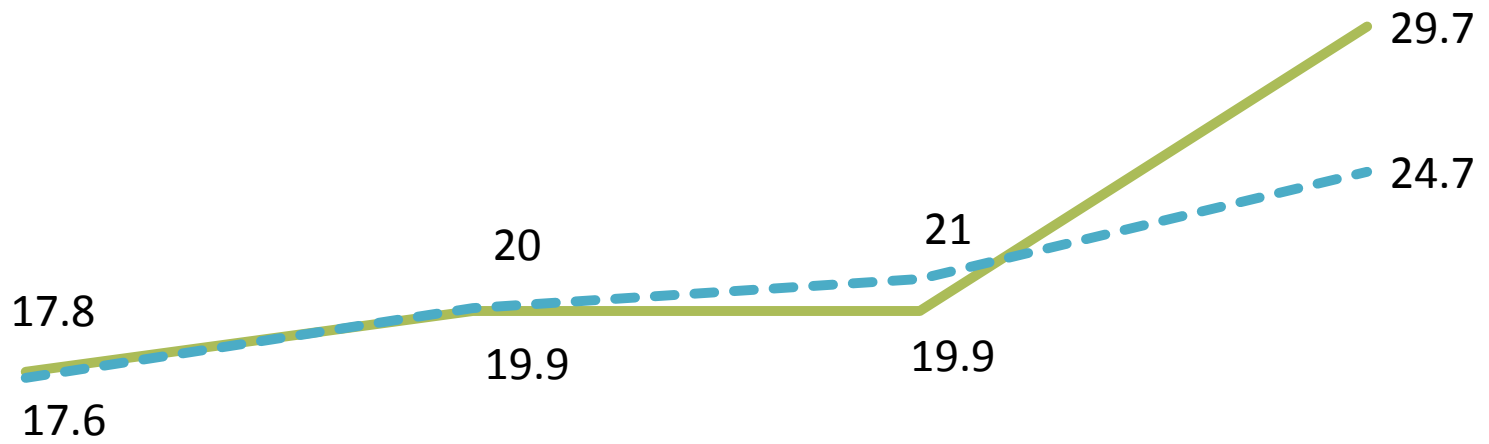
Tertiary  
intervention



80+%



— No MH treatment    - - - MH treatment



First meth use

First regular use

First problem use

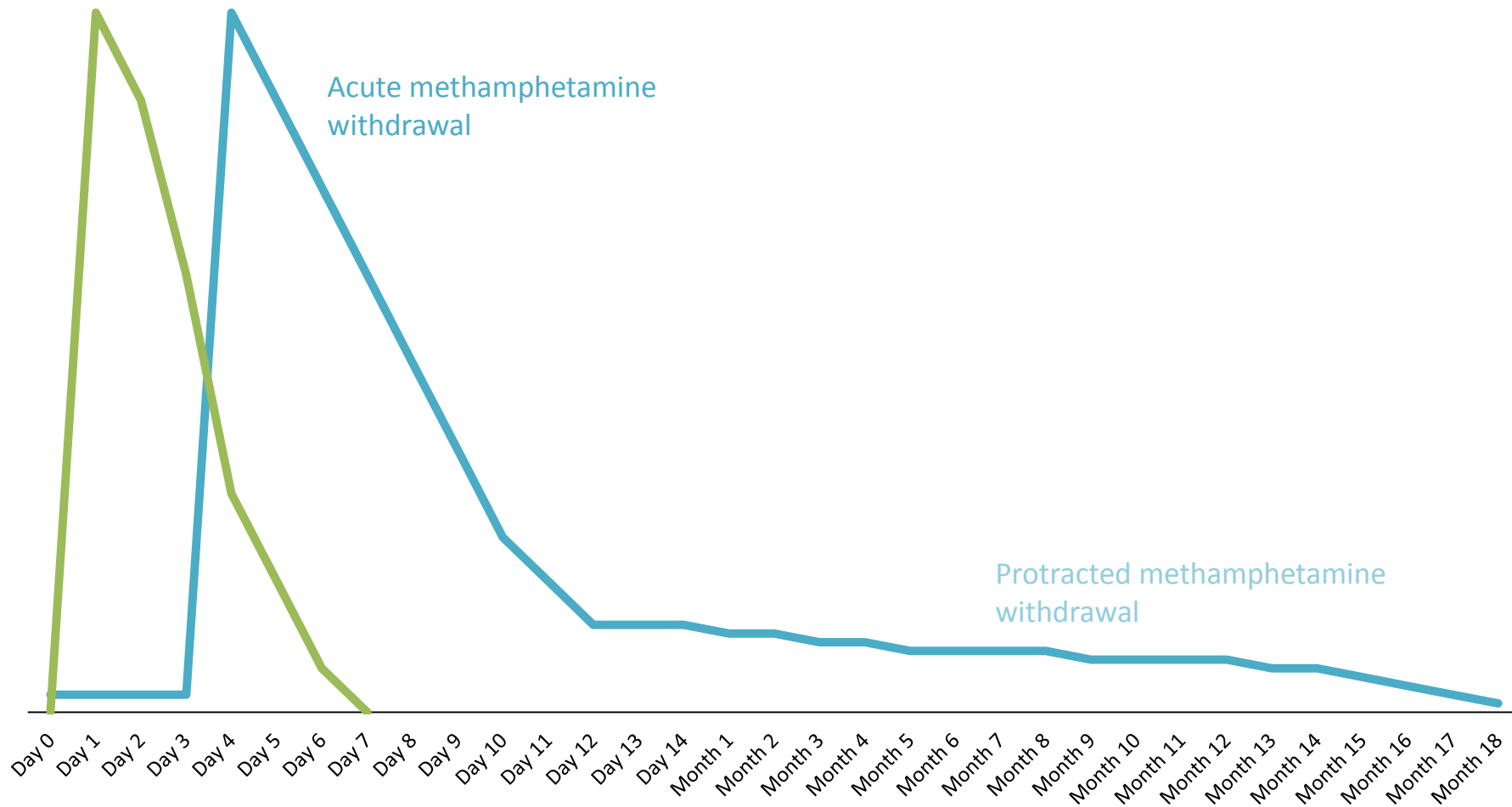
First meth treatment

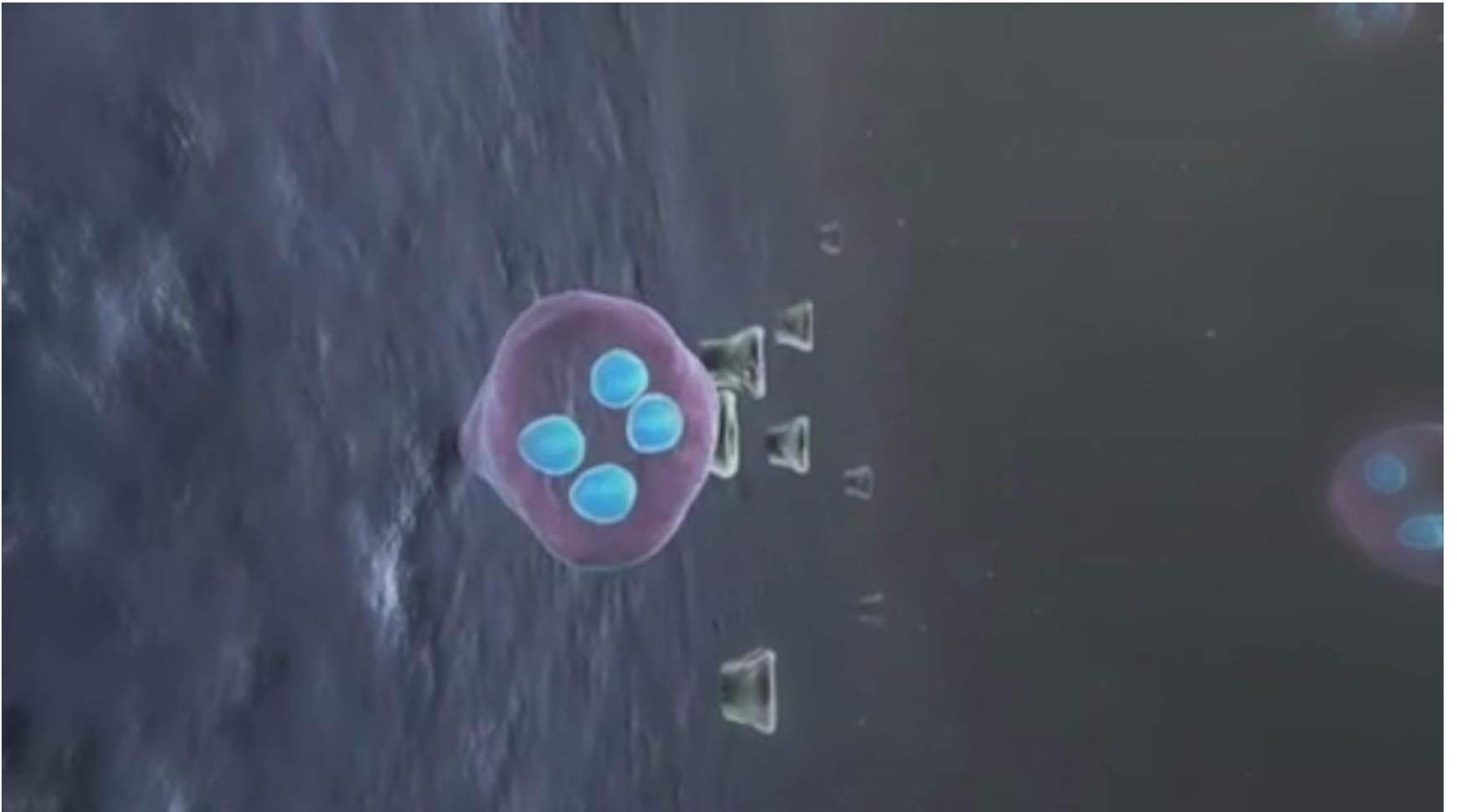
Opportunities for early intervention  
through addressing mental health

Alcohol/heroin withdrawal

Acute methamphetamine withdrawal

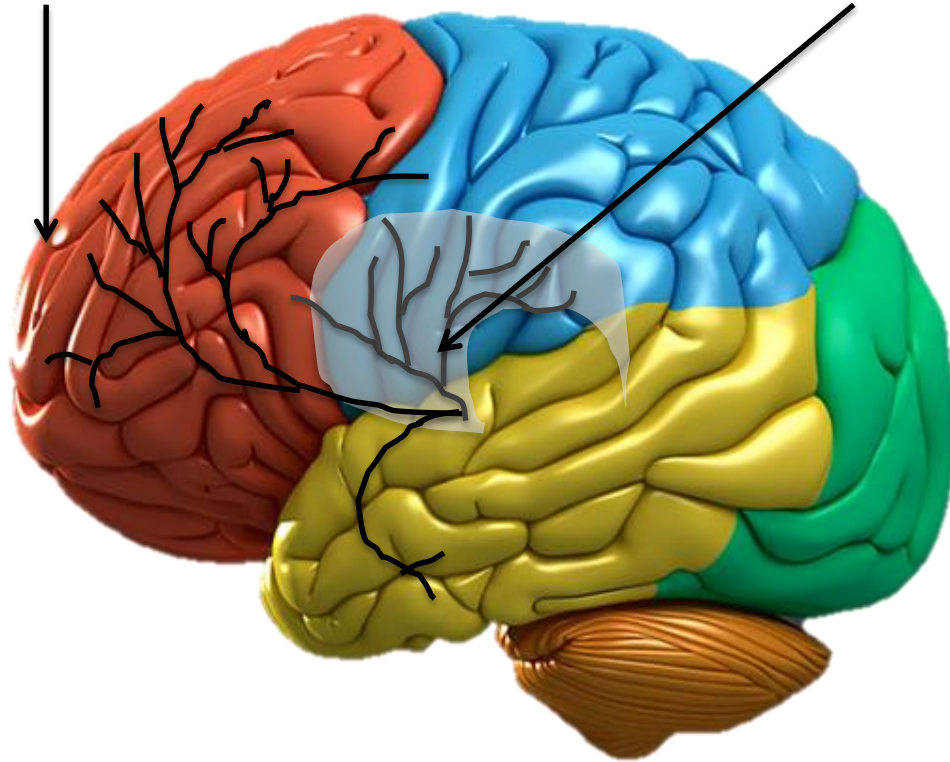
Protracted methamphetamine withdrawal





Frontal lobe  
(thinking, planning decision making)

Limbic system  
(emotional, social and memory)





Focus, attention and concentration

Memory

Planning ability

Decision making

Emotion regulation

Flexible thinking

Impulse control

Energy levels

Mood

Threat sensitivity



After 6 months abstinence cognition worse than current users  
No significant improvement 9-12 months

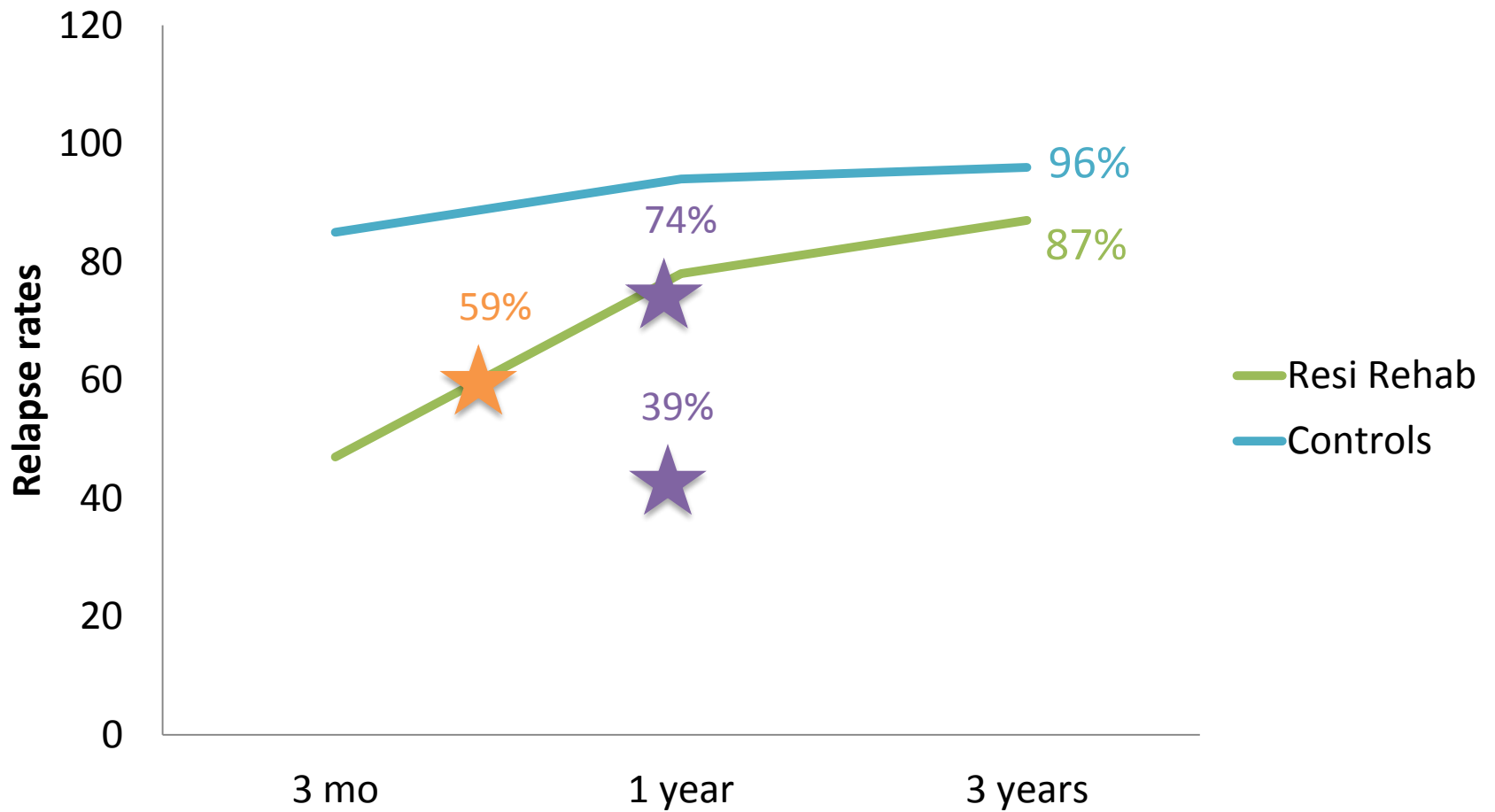
*Larger impairments than for*

- Cocaine (20x)
- Marijuana (4x)
- Alzheimers disease (6x)

Adjust treatment length for cognitive impairments

Brief MI and CBT  
Intensive CBT and CM  
ACT  
Resi rehab

Highest success in treatment





Easier to get off  
than to stay off



Post treatment period is crucial

A silhouette of a person in mid-air, jumping over a gap between two dark, jagged rock formations. The background is a bright blue sky filled with white, fluffy clouds. A bright sunburst is visible on the right side of the image, casting a glow. The overall scene conveys a sense of triumph and overcoming challenges.

Earlier intervention  
Longer withdrawal  
Post treatment aftercare

# Keep in touch



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