

METH CHECK



The purpose of Meth Check is to provide you with some useful information and practical tips around methamphetamine. It should only take about 10-15 minutes to complete.

WORKER'S NOTES

This tool is designed to help guide a conversation with someone who uses methamphetamine. It is not intended to replace a full clinical assessment. Please consider all risk, safety, consent and confidentiality issues before commencing. If now is not a good time, this resource can be taken away and read at a later date. A guide to using this tool can be found at www.insight.qld.edu.au

NAME: _____

DATE: _____

START HERE!

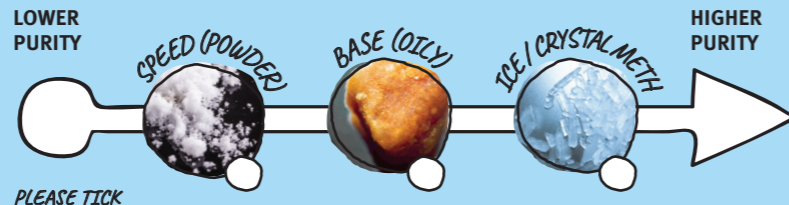


1 A BIT ABOUT METH

DID YOU KNOW...

- Meth is a powerful stimulant drug.
- It can make you feel good and increases your alertness and energy.
- It works by causing a huge release of 'dopamine', the brain's pleasure chemical.
- It is known by many different names – speed, ice, crystal, shard, tina, fast, goey, whizz.
- Powdered speed used to be amphetamine, but these days it almost always is methamphetamine.

WHAT TYPE OF METH DO YOU USE?



PLEASE TICK

These are all the same drug – methamphetamine – only the form and purity is different.*

TOP TIP

- The higher the purity the less you need.
- Purity can change from batch to batch.
- All use carries risk.



3 WHAT ARE THE GOOD BITS ABOUT USING METH?

e.g. Having fun / excitement, coping with stress, to help stay awake.

It's good to know the reasons why you use meth. It affects where, when, how much and how often you use it.

WHAT ARE THE NOT-SO-GOOD BITS?

e.g. Sleep problems, feeling scattered, getting ripped off, fights, relationship bust-ups, money problems, hassles with work / study, getting busted, losing licence.



4 DO YOU KNOW HOW MUCH YOU SPEND ON METH?

You may need a calculator for this section:

Per week \$ _____ enter a dollar amount

Per month \$ _____ multiply the weekly number by 4

Per year \$ _____ multiply the monthly number by 13 (to equal 52 weeks)

After buying meth, do you find that you have enough money left over for daily expenses? e.g. food, rent, transport, bills (please circle)

Always Mostly Sometimes Rarely Never



2 HOW OFTEN HAVE YOU USED METH IN THE PAST 12 MONTHS?

- Weekly
- Monthly
- Less than once per month

DID YOU KNOW...

The number of people who seek treatment for methamphetamine use at mental health and addictions clinics has increased by almost 9 times in the past 5 years!**



TOP TIP

- The more frequently you use meth, the more problems you can experience.
- If you find yourself using meth every week, you might be 'dependent' on meth.

GO TO 3



5 ON A SCALE FROM 1-10, HOW WORRIED ARE YOU ABOUT YOUR USE?

1 2 3 4 5 6 7 8 9 10
Not at all worried Very worried

HOW IMPORTANT IS IT FOR YOU TO MAKE CHANGES TO YOUR USE?

1 2 3 4 5 6 7 8 9 10
Not important Very important

Why did you give these scores?

What would it take for your score to go up or down?

Turn the page over for more information

* There are also prescription medications which contain amphetamine or amphetamine-like substances (e.g. Ritalin, 'Dexamphetamine').
** Alberta Health Services. (2020). Methamphetamine Dashboard. Alberta Health Services: Calgary, AB.

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TIPS TO STAY SAFE

Would you try any of these strategies below? (or maybe you do them already?)

WOULD YOU...	YES	MAYBE	NO
Set limits on how much you will use?			
If using a new batch, try a little bit first and wait before having more?			
Use around people you trust in a safe place?			
If injecting, use sterile equipment?			
Be safe sex ready? (condoms and lube)			

Before using meth - plan ahead.



EAT

Eat at least one meal per day and preferably eat healthy (e.g. fruit, smoothies, cereal + milk, soup, pasta).



DRINK

Drink water and stay hydrated. Limit how much alcohol you consume.



SLEEP

Know when it's time to take a break from using. If you can't sleep, try to have some downtime.



DON'T MIX

Be aware of taking alcohol, opiates and benzodiazepines (e.g. Valium / sleeping pills) to help you sleep. There is a risk of overdose from these drugs once the meth wears off.



DON'T DRIVE

Meth can make you feel like you're driving safer than you really are. Roadside drug testing can detect meth in your saliva.



MIND YOUR HEAD

Some people who use meth can experience anxiety, low mood or feel 'scattered'. Another effect of meth can be strange or paranoid thoughts or hallucinations (often referred to as psychosis).

If this happens to you, it could be a side-effect of the drug and lack of sleep. Try and stay calm and find a safe place to chill. Drink water. Try to sleep. Make sure someone stays with you.

If these symptoms don't go away, you may need to seek professional help.

Do you smoke cannabis?
Be careful. Cannabis can increase feelings of anxiety or paranoia or make psychosis worse.

ARE YOU A PARENT?

Meth use can affect your children and others around you. Ensure your children remain safe and supervised at all times... Be prepared for the come-down.

ARE YOU PREGNANT?

Using meth during pregnancy carries increased risk including miscarriage and birth defects. Talk to a medical professional for advice.

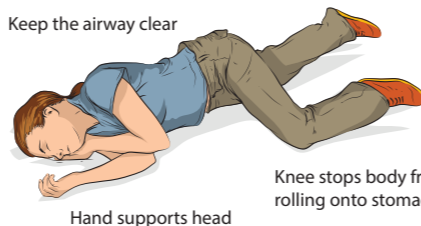
TOO MUCH METH?

Signs of a meth overdose include:

- Severe headache
- Chest pain
- Vomiting
- Overheating
- Extreme agitation

Seek assistance immediately by calling 911 and ask for 'AMBULANCE'. If someone is unconscious and breathing, turn them on their side in the recovery position.

Keep the airway clear



If they are not breathing, perform CPR if you are able to and wait with them until help arrives.

Don't confuse sleep with loss of consciousness. If someone cannot be woken up, it is likely they are unconscious.

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THINKING ABOUT CUTTING BACK OR QUITTING?

Most people successfully quit or cut back their use of meth all by themselves. Many find it easier with the support of family, friends and/or health professionals. There is more than one way of changing – everyone is different and it's important to think about what works for you.

CAN YOU THINK OF SOME PRACTICAL THINGS YOU CAN DO TO HELP YOU CUT BACK OR QUIT?

HERE ARE SOME OTHER TIPS...

- **REASONS** – Write down why you want to quit or cut down. This could include money, saving a relationship, health benefits, etc.
- **SUPPORT** – Make sure you have as much support as possible. Try thinking of people who can support you.
- **CUES** – Avoid things that will make you feel like using such as places, people and stressful situations. This is especially important in the beginning.
- **CUT TIES** – Throw out anything you associate with using (e.g. pipes, injecting equipment) and cut connections to people associated with meth if possible (e.g. delete phone numbers).
- **CRAVINGS** – Be prepared. These are uncomfortable but they will pass.
 - **Delay** making a decision on whether or not to use for 5 minutes or up to half an hour, or longer.
 - **Distract** yourself e.g. phone a friend, go for a walk, eat, listen to music.
 - **Deep breathing** or other relaxation techniques can help you stay calm.

WHAT TO EXPECT

You can sometimes feel worse before you feel better. You may feel flat, anxious, irritable or have trouble sleeping. Or you could find it more of a challenge to get motivated or organised.

These are normal responses to quitting and are signs that your body is readjusting from using the drug. They will improve over time.

Is there someone you can trust - like a family member, friend or worker - who you can talk to about your meth use?



MY PLAN FROM HERE IS...

REMEMBER:

- Help is available.
- Treatment works.
- People can make successful changes around their meth use.
- If you are trying to quit, sometimes it can take a few attempts. Learn from any slip-ups and keep going.

WHERE TO GO FOR MORE HELP...

Call the Addiction and Mental Health Helpline for free, confidential, 24/7 access to support, information and referral.

1-866-332-2322

Your local service contact is: