



## Stimulant Resources

### The National Survey on Drug Use and Health: 2018

In August 2019, Assistant Secretary of Mental Health and Substance Use Dr. Elinore McCance-Katz conducted a presentation on the 2018 National Survey on Drug Use and Health (NSDUH). The NSDUH survey interviews individuals aged 12 and older that reside in households, college dorms, homeless shelters, and civilians on military bases. Approximately 67,500 individuals from all 50 states were interviewed over a 11-month period of time. The 2018 data show an increase in methamphetamine use and psychostimulants for specific age groups, as well as a connection between the use of stimulants and mental health disorders. These eight slides come from the presentation and highlight data regarding the use of stimulants and the relationship of stimulant use to Serious Mental Illness and Major Depressive Episodes. A pdf of the eight slides is available on the Mountain Plains website, [click to download the slides here](#). The full presentation can be viewed and downloaded at the [SAMHSA Speeches and Presentations page](#).

**Reference.** Substance Abuse and Mental Health Services Administration. (2019). Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health (HHS Publication No. PEP19-5068, NSDUH Series H-54). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from the [SAMHSA Data and Dissemination webpage](#).

### Collision of the COVID-19 and Addiction Epidemics

This article by Dr. Nora Volkow highlights how the COVID-19 epidemic impacts individuals with substance use disorders (SUDs). For example, Dr. Volkow notes that individuals with opioid use disorders or methamphetamine or other psychostimulant use disorders could be at higher risk for COVID-19 due to compromised lung function. Dr. Volkow cautions that the toxicity of methamphetamine is related to pulmonary and heart damage (studies cited) and methamphetamine has caused, in some cases, poorer recovery outcomes from COVID-19. Finally, Dr. Volkow suggests that health care providers be aware that the stigma associated with individuals with SUDs may lead to these individuals not receiving the same level of compassion and assistance when presenting with COVID-19 symptoms as those patients who do not have SUDs and that all patients should receive quality care delivered in a respectful manner.

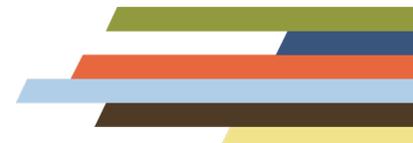
This article is available as an open resource at the following link: [Collision of the COVID-19 and Addiction Epidemics Web Link](#).

### Facts and Statistics about Methamphetamine

- [SAMHSA](#)
- [NIDA](#)
- [Drug Facts – Methamphetamine](#)
- [NIDA Notes – Part I: Immunotherapies – A New Tool to Treat Methamphetamine Addiction?](#)
- [Part II: Immunotherapies – A New Tool to Treat Methamphetamine Addiction?](#)

### State Specific Prevention Resources

- [Colorado](#)
- [South Dakota](#)
- [Montana](#)



## Teens

- [Tips for Teens – Methamphetamine](#)
- [NIDA For Teens – Methamphetamine](#)

## Trainings

- The Northwest ATTC created an online self-paced course on Contingency Management (CM), an evidence-based practice shown to have positive outcomes for individuals with substance use disorders. This online course features three separate modules for professionals working in healthcare organizations: decision-makers, clinical supervisors, and direct care staff. Each module includes an introduction to CM, describing its core elements, scientifically supported systems, and how it can be used in healthcare settings to have a positive impact on clients. In addition, it offers unique content on how each role can successfully integrate CM into their program. Organizations can use this training as a bridge to more intensive technical assistance on CM.
  - [Contingency Management for Healthcare Settings HealthKnowledge](#)
- *Motivational Incentives: Positive Reinforcers to Enhance Successful Treatment Outcomes* is 5-hour, self-paced course designed to assist clinical supervisors in creating and customizing a Motivational Incentives program within the context of their community-based treatment organization.
  - [Motivational Incentives: Positive Reinforcers to Enhance Successful Treatment Outcomes \(MI: PRESTO\)](#)

## Matrix Model Training Manual & Client Handbook

- This training manual provides assistance to professionals treating clients/patients with stimulant use disorders. Guidance is offered highlighting a yearlong intensive out-patient (IOP) treatment structure and processes that include both Cognitive Behavioral and Motivational Interviewing strategies.
  - [Matrix IOP Treatment for People with Stimulant Use Disorders Counselors' Treatment Manual](#)
  - [Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders: Counselor's Family Education](#)
- Matrix also provides a client handbook for intensive outpatient treatment for people with stimulant use disorders.
  - [Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders: Client's Handbook](#)

## Article

- Presents a breakdown of drug related deaths involving stimulants and features a number of charts highlighting the data, including rural and urban, regional, and national comparisons. Sponsoring organization: National Institute for Health Care Management Foundation. Date: 05/2020.
  - [Beyond Opioids: Rapid Increase in Drug Deaths Involving Stimulants](#)

## Webinar Recordings/Videos

- [Methamphetamine Use Disorder: Getting Up to Speed on Trends and Treatments](#) The Northwest ATTC sponsored this webinar along with NIDA's Clinical Trial Network (CTN) in February 2020. Dr. Robrina Walker is a NIDA researcher with the Texas CTN Node. This webinar describes trends in the use of methamphetamine, presents evidence-based treatments (both pharmacological and behavioral) for methamphetamine use disorder, and summarizes current research investigating new treatments for methamphetamine use disorder.

- [Mamas, Munchkins, & Methamphetamine - Evidence-Based Prevention Interventions for Pregnant Women Using Stimulants](#) Dr. Marcela Smid, M.D., M.A., M.S., Assistant Professor in the division of Maternal-Fetal Medicine at the University of Utah, conducted a webinar that provided an overview of evidence-based interventions for pregnant women using stimulants, including methamphetamine. A brief overview of the epidemiology of SUDs, sex and gender differences in methamphetamine use, and its implications for patient engagement and treatment are highlighted.
- [Developing Novel Therapies for Stimulant Use Disorder](#) Two significant differences in treating opioid use and stimulant use disorders is that no medications exist to treat stimulant use disorders and there is no rescue medication (naloxone-like) to revive people who overdose from stimulant use (overdose from opioid use is much more common). This product is a recording of a meeting sponsored by Duke-Margolis Center for Health Policy that addresses this topic (lack of medications for stimulant use disorders) and reviews the science and status of medications development.

## ATTC Sponsored Stimulant Use Disorders Webinars/ECHO Series

Great Lakes and Northwest ATTCs sponsored the first Stimulant Use Disorder Webinar Series in 2019.

- This presentation provided an overview of the current knowledge on the problem of stimulant (cocaine and methamphetamine) use in the U.S.
  - [Stimulant Use Disorder Webinar Series Part 1: Strategies to address Cocaine and Methamphetamine](#)
- This webinar featured a panel of providers presenting their experiences with effective treatment strategies and evidence-based practices for working with individuals with stimulant use disorders.
  - [Stimulant Use Disorder Webinar Series Part 2: Provider Perspectives on Effective Strategies for Treating People with Stimulant Use Disorders](#)
- The first two installments of this webinar series focused on effective treatment strategies and models for addressing stimulant use disorders, while the last installment of the series featured three presenters discussing change management strategies for successfully implementing evidence-based practices.
  - [Stimulant Use Disorder Webinar Series Part 3: Implementing Evidence Based Practices to Address Stimulant Use Disorders](#)

The 2<sup>nd</sup> webinar series included a five-part ECHO Series focused on Women and Stimulant Use sponsored by the Mountain Plains, Mid-America, and South Southwest ATTCs.

- [Women and Stimulant Use: Project ECHO Series](#)

*Some of the language used in products listed here were not produced by the ATTCs and therefore do not use Person-First Language (e.g., addiction). The ATTC Network understands that words have power and remains committed to using affirming, person-first language, like substance use disorders or an individual/person with a substance use disorder to help decrease stigma. Information regarding Person-First Language can be found in the Mountain Plains Slidedecks4u (<https://attcnetwork.org/centers/mountain-plains-attc/product/slidedecks4u-language-matters>) and the ATTC CLAS Standards document found at <https://attcnetwork.org/centers/global-attc/clas-resources>.*

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