



Psychosis and Methamphetamines

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SALHN

Psychosis and Methamphetamines

Outline

- Methamphetamines
- Psychosis
- Intersection of Psychosis and Methamphetamines
- Mental Health Services
- Treatment of methamphetamine induced psychosis
- Questions and Discussion

ICE



APPEARANCE

Translucent crystals, sometimes shards.

ALSO KNOWN AS

Crystal meth, meth, shabu, tina, glass.

METHOD

Smoking (e.g. with a glass pipe), injecting.

POTENCY: **HIGH**

BASE



APPEARANCE

Dampish, 'gluggy' substance. Colour varies from white to brown.

ALSO KNOWN AS

Pure, point, wax, meth.

METHOD

Swallowing, injecting.

POTENCY: **Medium** **High**

SPEED



APPEARANCE

White or off-white powder.

ALSO KNOWN AS

Goey, meth.

METHOD

Snorting, swallowing, injecting.

POTENCY: **Low** **Medium**

Psychosis and Methamphetamines

Why do People use Ice

Common reasons for ice use include:

- To fit in/feel part of a social group
- To reduce inhibitions and increase confidence
- Out of curiosity or to experiment
- To manage mental health issues and the impacts of trauma
- To cope with problems (e.g. unemployment, stress)
- To escape reality
- Out of boredom
- To enhance work performance
- To enhance sexual experiences and intimacy

Although many people report that they use ice to feel more confident or lift their mood, in reality taking methamphetamines like ice often increases nervousness, agitation, and can trigger anxiety attacks

Psychosis and Methamphetamines

How Does Ice Work

- Ice triggers the release of brain chemicals (or neurotransmitters): dopamine, serotonin and noradrenaline.
- These chemicals are responsible for making us feel excited, alert and euphoric.

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Short Term Physical Effects

Short term

- Headaches and dizziness
- Dilated pupils and blurred vision
- Dry mouth
- Clenching of jaw, teeth grinding
- Insomnia
- Alert, talkative, increased attention
- Tremor
- Sweaty, cold, clammy
- Increased respiratory rate and body temperature
- Increased heart rate and blood pressure
- Reduced appetite
- Stomach cramps, nausea, vomiting
- Dehydration
- Aggression
- Increased energy, libido
- paranoia

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Come Down and Withdrawal Effects

THE COMEDOWN PHASE is experienced when ice starts to wear off.

- Feeling down or depressed
- Decreased appetite
- Exhaustion
- Increased need for sleep
- Irritability
- Feeling anxious

WITHDRAWAL refer to unpleasant symptoms experienced by people who are dependent on ice:

- Headaches
- Anxiety
- Aggression
- Restlessness
- Cramps
- Vomiting

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How Does Ice Work

- Consistent and heavy use of ice can deplete the neurotransmitters responsible for excitement, alertness and euphoria
- Prolonged use of ice can also damage or destroy the receptors for these chemicals in the brain.

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Long Term Physical Effects

Long Term Physical Effects

- Dependence
- Stroke
- Dental problems
- Poor concentration and memory due to cognitive damage
- Heart and lung problems, chest pain, cardiomyopathy
- Kidney problems including renal failure
- Malnutrition and weight loss
- Movement disorder
- Long term psychotic illness
- Depression due to damage to receptors and depletion of neurotransmitters for pleasure and enjoyment



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Additional Impacts

- Carer burden
- Families
- Relationships
- Employment/career
- Homelessness
- Driving
- Aggression
- Forensic involvement
- Pregnancy with complications
- prostitution

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Mental Health Effects

SHORT-TERM EFFECTS

Aggression, irritability, mood swings

Insomnia

Substance-induced psychosis

A "comedown"

Anxiety and panic attacks

Feelings of euphoria (a high)

LONG-TERM EFFECTS

Dependence on ice

Anxiety

Poor memory

Paranoia

Depression

Psychosis

Damage to attention span



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Methamphetamines

Treatment for
Methamphetamine
Use Disorder

CBT

Motivational Interviewing

Skills Training

Social Support

Detox Admission ???

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Psychosis

Loss of contact with reality

- Delusions
- Hallucinations
- Thought disorder
- Emotional incongruity
- Grossly disorganised behaviour
- Negative symptoms

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Psychosis

Acute Methamphetamine Psychosis

- Common

Chronic Methamphetamine Psychosis

- Significant
- ? Schizophrenia

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Psychosis

Treatment

- Hospital if severe, persistent
- Sedation
- Involuntary Treatment of psychosis, usually with long acting injections
- ?? Treatment of methamphetamine use disorder
- ?? Attention to psychosocial issues
- Support for families

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Psychosis

Questions & Discussion