

**Special Topic:
Considerations for Children and Families
Affected by Methamphetamine Use**

Child Welfare Training Toolkit



National Center on
Substance Abuse
and Child Welfare

Acknowledgement

This content is supported by contract number 75S20422C00001 from the Children's Bureau (CB), Administration for Children and Families (ACF), co-funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views, opinions, and content of this presentation are those of the presenters and do not necessarily reflect the views, opinions, or policies of ACF, SAMHSA or the U.S. Department of Health and Human Services (HHS).



National Center on
Substance Abuse
and Child Welfare

Learning Objectives

After completing this training,
child welfare workers will:

- Recognize current methamphetamine terminology
- Identify physical indicators of methamphetamine use including long-term physical and psychological effects
- Understand changes to methamphetamine purity with knowledge of current data trends
- Discuss types of illegal manufacturing including multiagency efforts to increase public health and safety
- Recognize potential signs of methamphetamine production exposure with steps to ensure child and worker field safety
- Identify the short- and long-term effects of parental methamphetamine use on the prenatal, postnatal, childhood, and adolescence periods
- Improve their engagement, case planning, and referral practice with increased knowledge of evidence-based and emerging treatment considerations for methamphetamine use disorders

History of Methamphetamine



Developed in the 20th century from its parent drug, amphetamine

Known primarily for its illegal use but does have legitimate medical purposes

Methamphetamine Terminology

Speed	Crank	Peanut Butter Crank	Ice	Shaved Ice	Chalk
Crystal	Glass	Diamond	Hawaiian Salt	Fizz	Wash
Trash	Dunk	Gak	Scooby Snax	Pookie	Popsicle
Cookies	Yellow Cake	Christina	No Doze	Soap Dope	Stove Top
Tupperware	Evil Sister	Shiny Girl	Cotton Candy	Witches Teeth	Rocket Fuel

Slang Terms That Describe the Act of Using Methamphetamine

- Getting geared up
- Chicken flipping
- Hot rolling
- Getting fried or foiled
- Tweaking
- Zooming
- Getting scattered or spun out

Slang Terms for Combining Methamphetamine with Other Illicit Drugs

- Fire
- Twisters
- Hugs and kisses
- Biker coffee
- Party and play

Methamphetamine 101

DRUG TYPE

- Stimulant
- Schedule II-controlled substance



FORMS

- Powders
- Crystals
- Pills



METHOD OF USE

- Smoking
- Snorting
- Swallowing
- Injecting



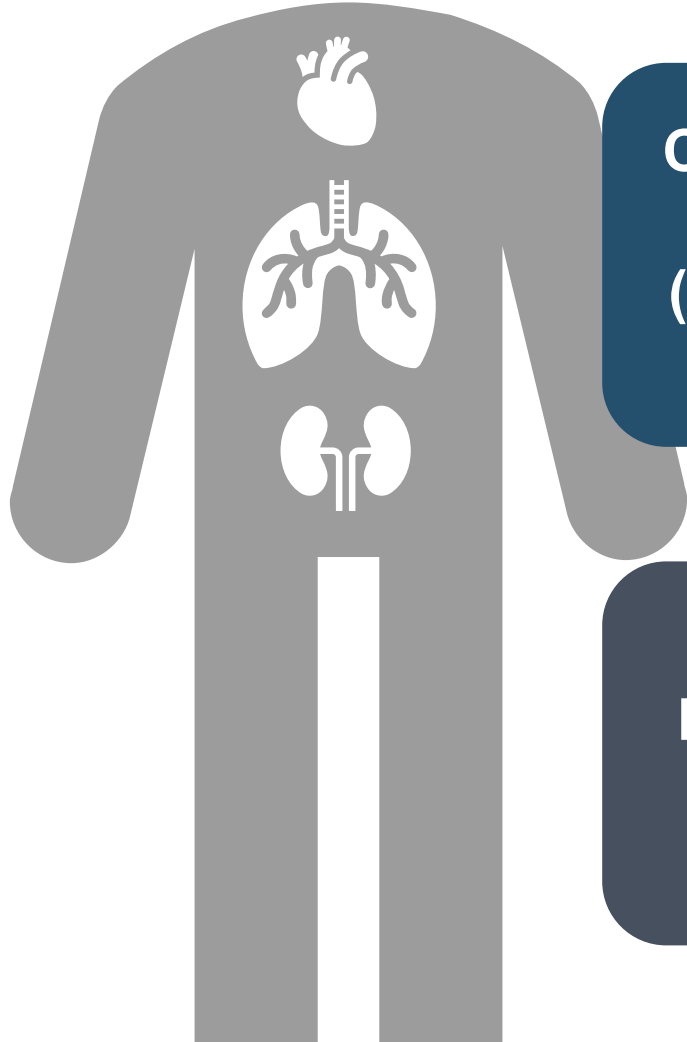


Physical Signs of Methamphetamine Use

Euphoria	Hyperactivity	Rapid Heartbeat or Breathing	Pressured Speech	Pacing or Repetitive Movements
Sweating	Tremor (Shaky Hands)	Weight Loss	Dry Mouth	Tooth Decay/Gum Disease
Skin Lesions	Sensitivity to Light	Depression (from drug wearing off)	Anxiety	Irritability or Aggression



Long-Term Physical Effects of Chronic Methamphetamine Use



**Communicable
diseases
(Hepatitis, HIV,
STDs)**

Kidney failure

Seizures

**Lung or nerve
damage**

**Heart attack
or stroke**

Death

Short- and Long-Term Psychological Effects of Chronic Methamphetamine Use

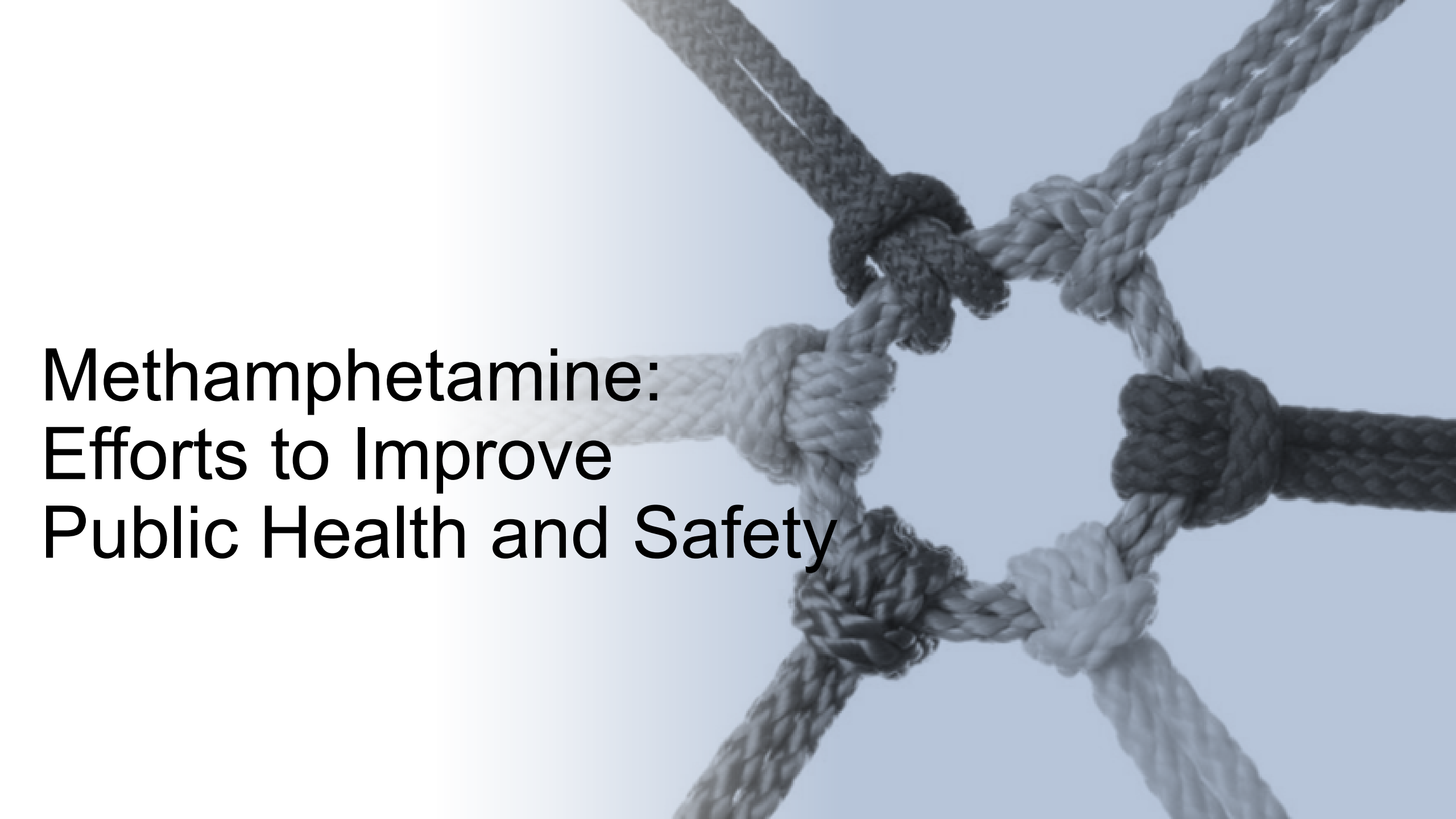
Psychosis

Hallucinations

Paranoia

Delusions





Methamphetamine: Efforts to Improve Public Health and Safety

Methamphetamine Production

The rise of
methamphetamine
production:

Super Labs



Makeshift Labs



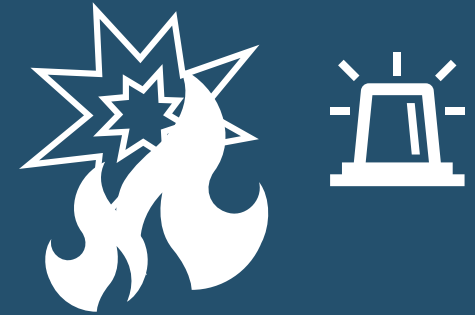
Methamphetamine Public Health and Safety Considerations

Safety and health hazards include:

Dangerous chemicals and toxic waste



Fire and explosions





Toxic Poisoning

Respiratory
Issues

Infections or
Other Health
Risks

Burns and
Other Physical
Injuries

Child Safety Considerations for
Exposure to Methamphetamine Production

Safety Tips for Suspected Methamphetamine Manufacturing



Awareness of warning signs:

Presence of unusual or strong odors

Possession of unusual or hazardous materials

Observation of discarded items or hazardous materials

Additional Safety Tips for Suspected Methamphetamine Manufacturing



Additional warning signs include:

Covered or blacked out windows

Unusual ventilation systems

Elaborate security measures

Yard with dead vegetation

Heavy traffic during late night hours

Steps to Ensure Child Welfare Worker Field Safety



What to do if you suspect a makeshift lab:

Remain calm

Protect yourself and others

Notify law enforcement

Follow agency policies and protocols

Practice Considerations for Children Exposed to Methamphetamine Production

Follow agency exposure protocols including:



Safety precautions for child removal and decontamination process



Child comprehensive health screening

Multi-Agency Efforts to Address Public Health and Safety



High Intensity Drug Trafficking Areas (HIDTA) Program

Drug Endangered Children (DEC) Program

NIDA Methamphetamine Initiative

DOJ Community Oriented Policing Services (COPS)
Methamphetamine Initiative

Methamphetamine Clinical Trials Group at UCLA

NIDA Methamphetamine Addiction Treatment Think Tank

Combat Methamphetamine Epidemic Act (CMEA)

Changes to Methamphetamine Purity

Post-CMEA Federal
Regulations
(2000-2003)
35.3% - 57.4%

Post-CMEA Federal
Regulations
(2016-2019)
96.2% - 97.2%

New Manufacturing
Formula
P2P Method

New Terminology
**Meth 2.0 or
Super Meth**

Methamphetamine Use Data Trends



Treatment Admissions

167,722

Treatment Admissions
(age 12 or older)
with Methamphetamine
as Primary Substance Use

56%

Male

43%

Female

Age of Admission for Methamphetamine

12-20 years old	47.8%
21-29 years old	30.1%
30-39 years old	30.9%
40-49 years old	25.2%
50-59 years old	12.8%
60-69 years old	5.7%
70 + above	2.4%

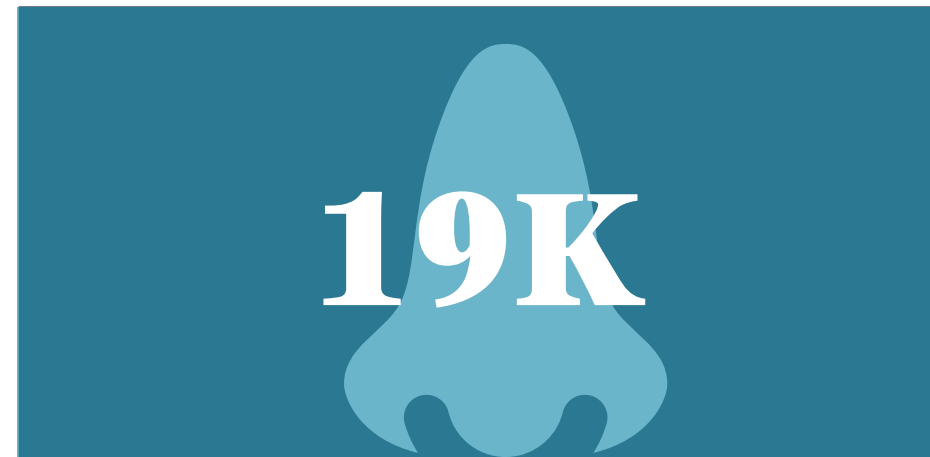
Race Admission for Methamphetamine

American Indian or Alaska Native	3.3%
Asian	.08%
Black or African American	6.7%
Native Hawaiian or Other Pacific Islander	0.7%
White/Caucasian	77.0%
Other	11.4%

Primary Use of Methamphetamine by Region

West	59k
Midwest	58k
South	49k
Northeast	10k

Method of Use



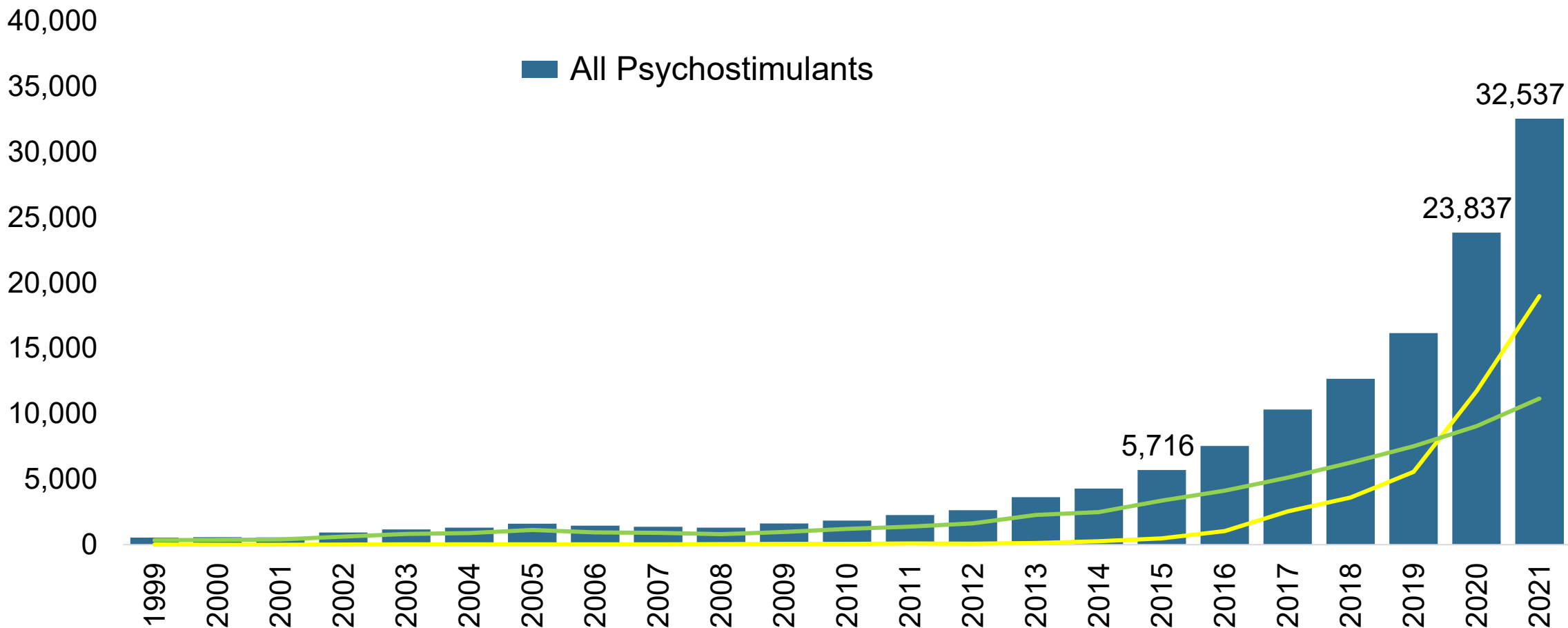
Overdose Deaths Involving Psychostimulants (Primarily Methamphetamine)



32,537

**Overdose Deaths
in 2021**

National Overdose Deaths Involving Psychostimulants with Abuse Potential (Primarily Methamphetamine)*, by Opioid Involvement, Number Among All Ages, 1999-2021



*Among deaths with drug overdose as the underlying cause, the psychostimulants with abuse potential (primarily methamphetamine) category was determined by the T43.6 ICD-10 multiple cause-of-death code. Abbreviated to psychostimulants in the bar chart above. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2021 on CDC WONDER Online Database, released 1/2023.

Understanding the Initial Effects of the COVID-19 Pandemic on Overdose Death Rates



(Addictions, Drug and Alcohol Institute, 2021)

Twin Epidemics: Methamphetamine & Opioids

Rise in methamphetamine use in combination with opioid use

Important considerations for concurrent use of methamphetamine and opioids

Past-month use of heroin coincided with a 5-fold increase in methamphetamine use (up from 9 to 44%) between 2015-2019

Synergistic Effects
Heightened Overdose Risks

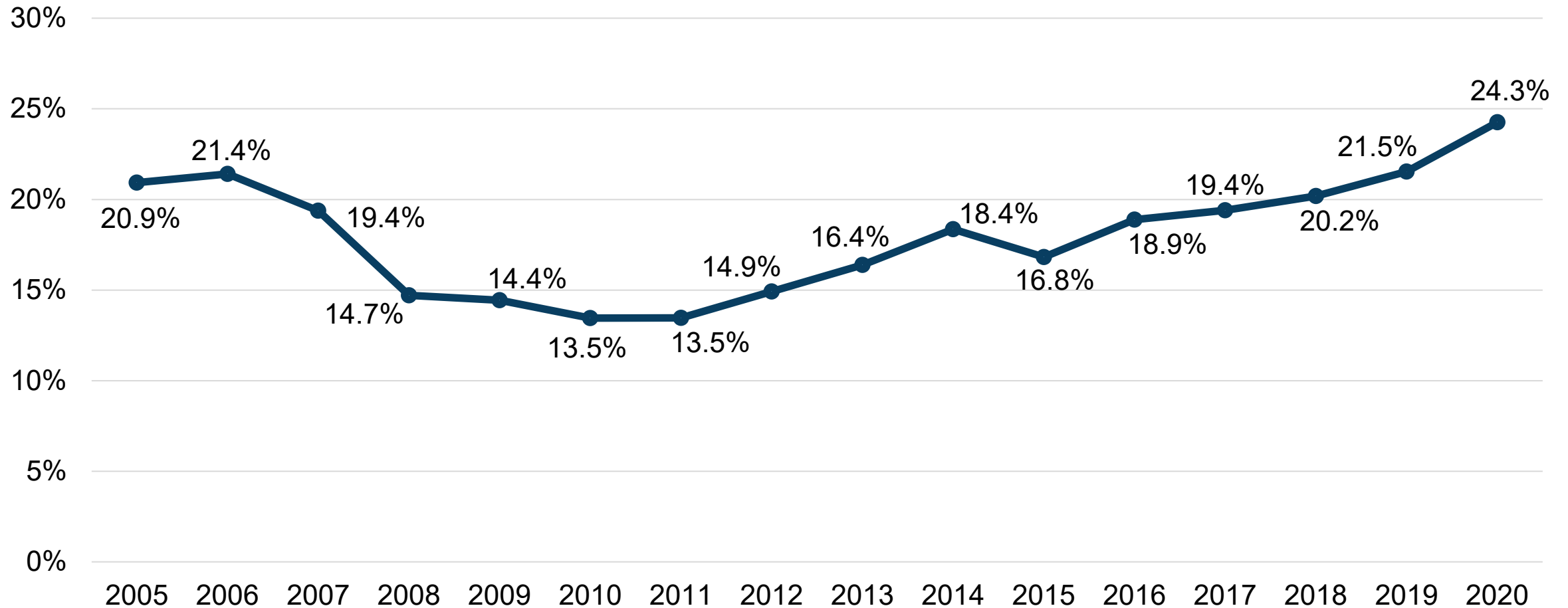
Understanding the Effects of Methamphetamine Exposure



A photograph of a pregnant woman's hands resting on her belly, overlaid with a semi-transparent grey filter. The image is used as a background for the title text.

What the Data Tells Us About Prenatal Methamphetamine Exposure

Percent of Treatment Admissions for Pregnant Women Who Reported Methamphetamine as a Primary Substance at Treatment Admission



Note: Estimates based on entry into substance use treatment for **pregnant women** during fiscal year.

Source: TEDS-A Data, 2005-2020

Short-Term Outcomes of Prenatal Exposure to Methamphetamine

Fetal Growth Effects

Low birth weight

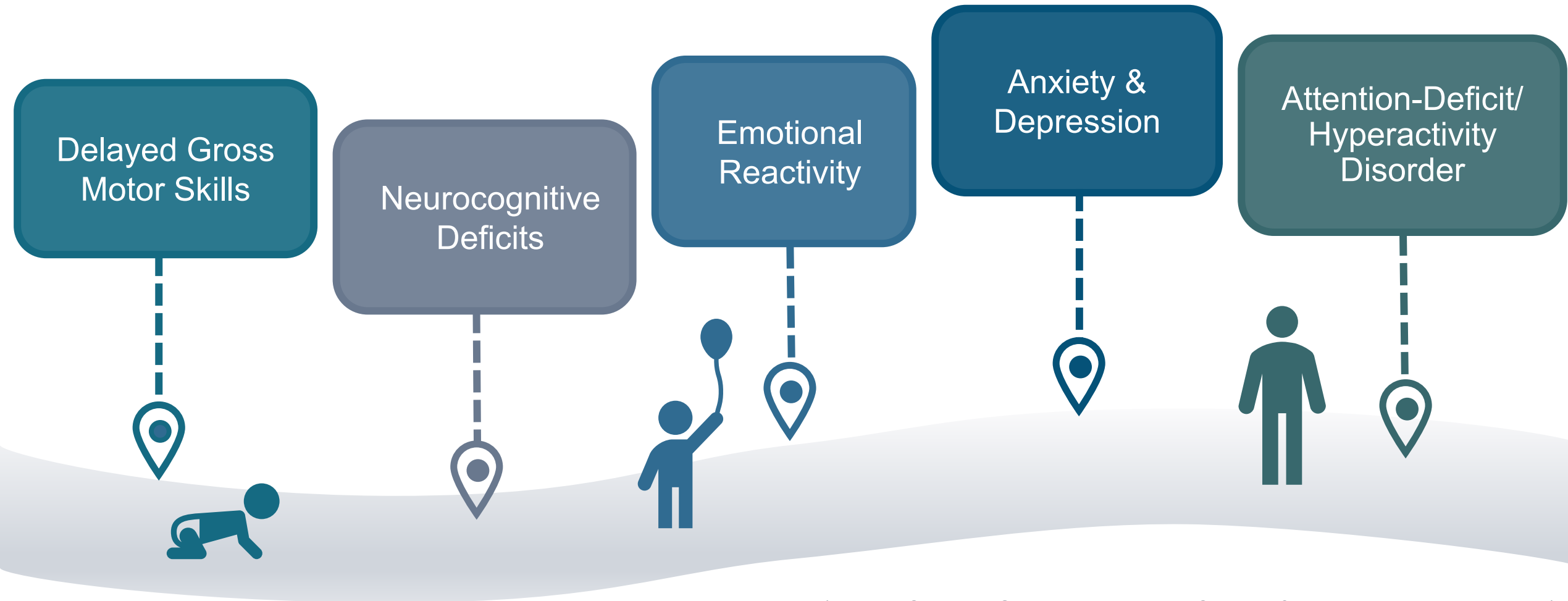


Abnormal Neurobehavioral Patterns

- Poor movement quality
- Decreased arousal
- Increased stress



Long-Term Outcomes of Prenatal Exposure to Methamphetamine

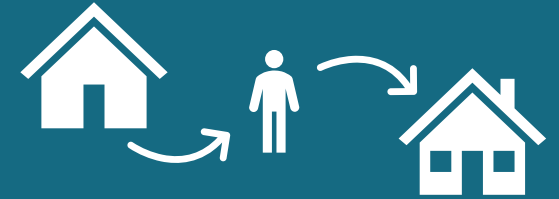


Exposure to Parental Methamphetamine Use During Childhood and Adolescence

Parental methamphetamine use is often associated with the following experiences for children and adolescents:



Exposure to parental violence, irritability, and anger



Increased likelihood of removal and placement in out-of-home care



Lower likelihood of successful reunification and higher rates of adoption compared to other parental substance use disorders

Strategies to Support Families Affected by Methamphetamine Use Disorder





Peer Recovery Support Services

Comprehensive Screening and Assessment for Early Identification of Family Treatment and Service Needs...

- ✓ Substance Use Disorder
- ✓ Prenatal Substance Exposure
- ✓ Safety, Risk, and Protective Factors
- ✓ Developmental, Behavioral, and Social-Emotional Needs
- ✓ Co-Occurring Trauma, Mental Disorders, and Intimate Partner Violence

...Followed by Timely Referral for Indicated Services

Family-Centered Practice Strategies



Collaborate	Collaborate with the experts on substance use disorders in your community.
Talk	Talk with the treatment provider to learn what evidence-based treatment and therapeutic approaches are used to treat methamphetamine use disorders.
Understand	Understand that outpatient treatment can be as effective as inpatient treatment when supportive services and community supports are provided.
Refer	Refer and link parent and families to tailored services and supports that meet their unique needs.
Ensure	Ensure that co-occurring disorders, such as depression and anxiety disorders, are addressed in treatment.
Support	Belief and understanding that recovery from methamphetamine is possible; just may require extra support
Convey	Convey empathy and a sense of hope in your interactions with parents.

Important Reminder About Methamphetamine Treatment Retention



53.5%
Methamphetamine
Dropout Rate

26.1%
Alcohol
Dropout Rate

25.1%
Heroin
Dropout Rate

How Engagement Might Look Differently for Methamphetamine Use...

Real-Time Coaching and Skill Building:



Accessing treatment and supportive services



Completing intake or enrollment paperwork



Scheduling appointments and setting up reminders



Arranging transportation services or help with navigating public transportation system



Reinforcing positive steps toward recovery—
big or small!



Recovery Is Possible!



Motivational
Interviewing

Contingency
Management

Community
Reinforcement
Approach

Cognitive
Behavioral
Therapy

Treatment for Methamphetamine Use Disorder

Effective Treatment Models for Methamphetamine Use Disorders

The Matrix Model



16-week

comprehensive
treatment approach

Delivered in an intensive
outpatient setting

Combines various modalities to promote recovery from stimulants:

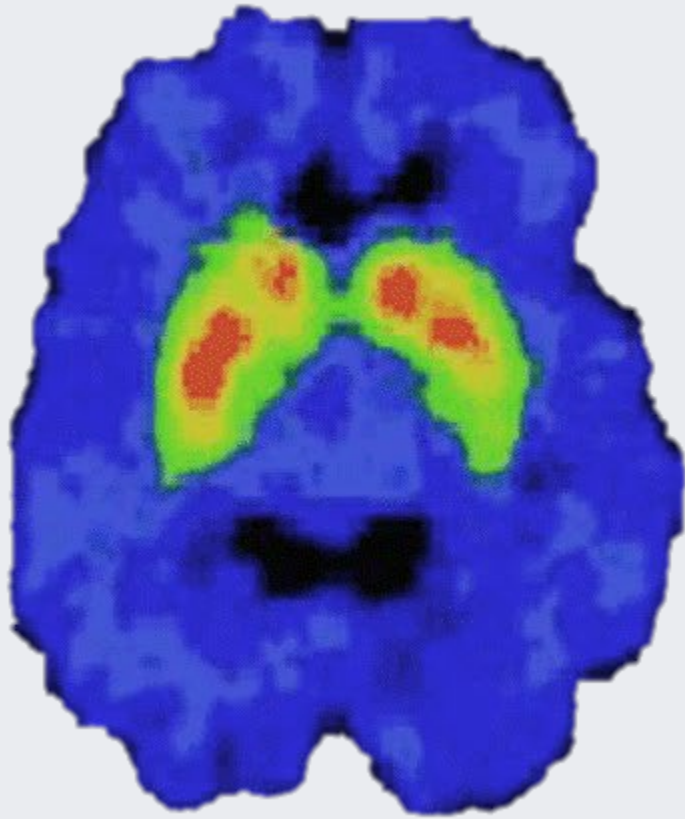
- Individual and family counseling
- Early recovery skills groups
- Relapse prevention groups
- Family education groups
- 12-step programs
- Random drug testing
- Social support groups



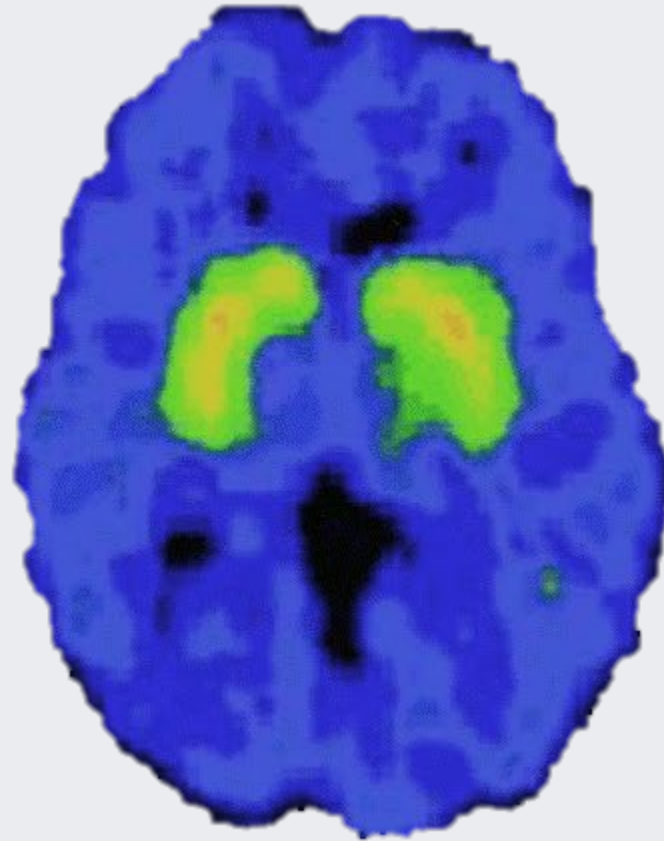
Emerging Treatment Considerations for Methamphetamine Use Disorders



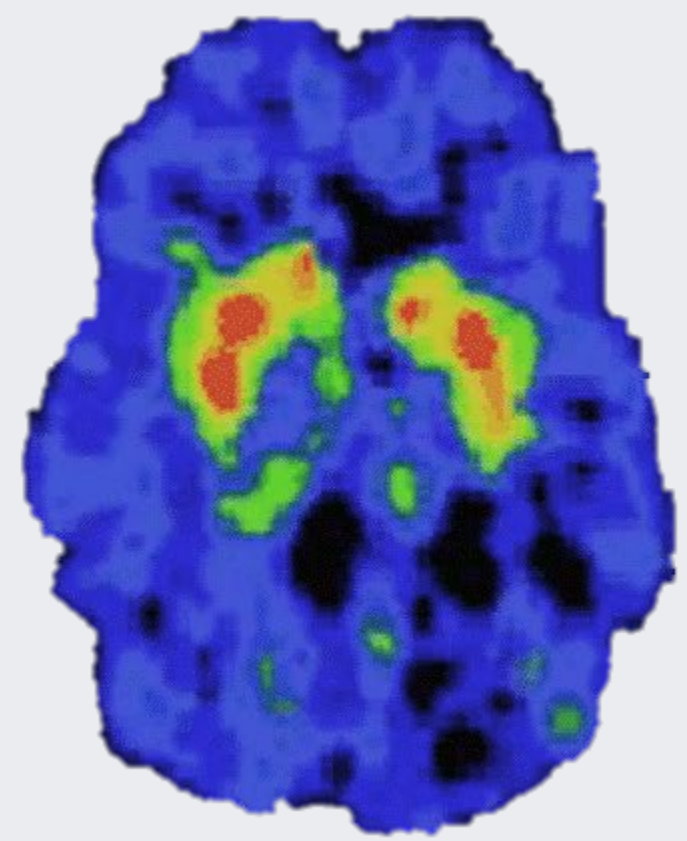
Length of Treatment and Recovery Matters



No SUD



MUD 1 month
recovery



MUD 14 months
recovery

Doorway Recovery Videos

Permission to Use & Video Credit provided by
New Hampshire Department of Health and Human Services

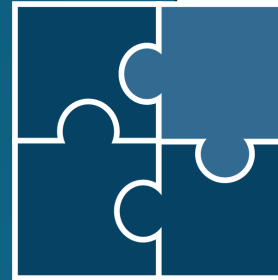
[Ira's Story: Getting Real with Addiction](#)

Contact

Contact the NCSACW TTA Program

Connect with programs that are developing tools and implementing practices and protocols to support their collaborative

Training and technical assistance to support collaboration and systems change



National Center on Substance Abuse and Child Welfare



<https://ncsacw.acf.hhs.gov/>



ncsacw@cffutures.org



Toll-Free @ 1-866-493-2758

References

References, 1 of 3

- Addictions, Drug and Alcohol Institute, University of Washington. (2021). *Meth 2.0 and opioid use disorder: A collision of epidemics* [Video]. YouTube. <https://www.youtube.com/watch?v=hZEilz2e9GE>
- Ahmed, S., Sarfraz, Z., & Sarfraz, A. (2022). Editorial: A changing epidemic and the rise of opioid-stimulant co-use. *Frontiers in Psychiatry*, 13, 918197. <https://doi.org/10.3389/fpsyt.2022.918197>
- American Addiction Centers. (2023). *Meth street names, nicknames & slang terms*. <https://americanaddictioncenters.org/meth-treatment/slang-names>
- Behnke, M., Smith, V. C., Committee on Substance Abuse, & Committee on Fetus and Newborn (2013). Prenatal substance abuse: short- and long-term effects on the exposed fetus. *Pediatrics*, 131(3), e1009–e1024. <https://doi.org/10.1542/peds.2012-3931>
- Centers for Disease Control and Prevention. (2023). *National center for health statistics. Mortality data on CDC WONDER*. CDC WONDER, U.S. Department of Health and Human Services. <https://wonder.cdc.gov/mcd.html>
- Centers for Disease Control and Prevention. (2023b). *Stimulant overdose*. National Center for Injury Prevention and Control. <https://www.cdc.gov/drugoverdose/deaths/stimulant-overdose.html>
- Glasner-Edwards, S., & Mooney, L. J. (2014). Methamphetamine psychosis: Epidemiology and management. *CNS Drugs*, 28(12), 1115–1126. <https://doi.org/10.1007/s40263-014-0209-8>
- Lappan, S. N., Brown, A. W., & Hendricks, P. S. (2020). Dropout rates of in-person psychosocial substance use disorder treatments: A systematic review and meta-analysis. *Addiction (Abingdon, England)*, 115(2), 201–217. <https://doi.org/10.1111/add.14793>
- National Center on Substance Abuse and Child Welfare. (2019). *Strategies to support parents with methamphetamine use disorder and their families*. Administration for Children and Families, U.S department of Health and Human Services. <https://ncsacw.acf.hhs.gov/files/meth-tip-sheet-children.pdf>

References, 2 of 3

- National Center on Substance Abuse and Child Welfare. (2021). *Supporting children affected by parental methamphetamine use*. Administration for Children and Families; Substance Abuse and Mental Health Services Administration. <https://ncsacw.acf.hhs.gov/topics/stimulants/supporting-children-affected-parental-methamphetamine-use/>
- National Center on Substance Abuse and Child Welfare. (2022). *Strategies to support parents with methamphetamine use disorder and their families*. Administration for Children and Families; Substance Abuse and Mental Health Services Administration. <https://ncsacw.acf.hhs.gov/files/meth-tip-sheet-parent.pdf>
- National Institute on Drug Abuse. (2019). *How is methamphetamine manufactured?* U.S. Department of Health and Human Services, National Institutes of Health. <https://nida.nih.gov/publications/research-reports/methamphetamine/how-methamphetamine-manufactured>
- National Institute on Drug Abuse. (2022a). *What are the long-term effects of methamphetamine misuse?* U.S. Department of Health and Human Services, National Institutes of Health. <https://nida.nih.gov/publications/research-reports/methamphetamine/what-are-long-term-effects-methamphetamine-misuse>
- National Institute on Drug Abuse. (2022b). *What is methamphetamine?* U.S. Department of Health and Human Services, National Institutes of Health. <https://nida.nih.gov/publications/research-reports/methamphetamine/what-methamphetamine>
- National Institute on Drug Abuse. (2023). *Drug overdose death rates*. U.S. Department of Health and Human Services, National Institutes of Health. <https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates>
- Stoner, S. A. (2018,). *Effective treatments for methamphetamine use disorder: A review*. Alcohol & Drug Abuse Institute, University of Washington. <https://adai.uw.edu/pubs/pdf/2018methtreatment.pdf>
- Substance Abuse and Mental Health Services Administration. (2023a). *Know the risks of meth*. U.S. Department of Health and Human Services. <https://www.samhsa.gov/meth>

References, 3 of 3

- Substance Abuse and Mental Health Services Administration. (2023b). *Treatment episode data set (TEDS) 2021: Admissions to and discharges from substance use treatment services reported by single state agencies*. Publication No. PEP23-07-00-004 MD: Center for Behavioral Health Statistics and Quality. <https://www.samhsa.gov/data/sites/default/files/reports/rpt42794/2021-teds-annual-report.pdf>
- USDA Forest Service Law Enforcement and Investigations. (n.d.). *Dangers of meth labs*. United States Department of Agriculture. <https://www.fs.usda.gov/lei/dangers-meth-labs.php#:~:text=One%20pound%20of%20meth%20produces,closed%2C%20chemical%20residue%20still%20remains>
- U.S. Drug Enforcement Administration. (2006). *General information regarding the combat methamphetamine epidemic act of 2005* [Title VII of Public Law 109-177]. U.S. Department of Justice. https://www.deadiversion.usdoj.gov/meth/cma2005_general_info.pdf
- U.S. Drug Enforcement Administration. (2020). *Methamphetamine: Drug fact sheet*. U.S. Department of Justice. <https://www.dea.gov/sites/default/files/2020-06/Methamphetamine-2020.pdf>
- U.S. Drug Enforcement Administration. (2021). *DEA releases 2020 national drug threat assessment*. U.S. Department of Justice. <https://www.dea.gov/press-releases/2021/03/02/dea-releases-2020-national-drug-threat-assessment>

Resources

Resources, 1 of 2

- The American College of Obstetricians and Gynecologists: [Committee Opinion No. 479: Methamphetamine Abuse in Women of Reproductive Age](#) (2011)
- National Center on Substance Abuse and Child Welfare: [Children Affected by Methamphetamine Program: Implementation Progress and Performance Measure Report](#) (2016)
- National Center on Substance Abuse and Child Welfare: [How Using Contingency Management Can Support Families Affected by Substance Use Disorders Webinar](#) (2022)
- National Center on Substance Abuse and Child Welfare: [Strategies to Support Parents with Methamphetamine Use Disorder and Their Families](#) (2021)
- National Center on Substance Abuse and Child Welfare: [Supporting Children Affected by Parental Methamphetamine Use](#) (2021)
- National Center on Substance Abuse and Child Welfare: [Working with Adolescents: Practice Tips and Resource Guide](#) (2021)
- National Center on Substance Abuse and Child Welfare: [Child Welfare & Planning for Safety: A Collaborative Approach for Families with Parental Substance Use Disorders and Child Welfare Involvement](#) (2023)
- National Center on Substance Abuse and Child Welfare: [Engagement and Safety Decision-Making in Substance Use Disorder Cases](#) (2023)
- National Center on Substance Abuse and Child Welfare: [Identifying Safety and Protective Capacities for Families with Parental Substance Use Disorders and Child Welfare](#) (2023)
- National Center on Substance Abuse and Child Welfare: [Planning for Safety in Cases When Parental Substance Use Disorder is Present](#) (2023)

Resources, 2 of 2

- National Center on Substance Abuse and Child Welfare: [*The Use of Peers and Recovery Specialists in Child Welfare Settings*](#) (2019)
- National Center on Substance Abuse and Child Welfare: [*Understanding Engagement of Families Affected by Substance Use Disorders: Child Welfare Practice Tips*](#) (updated 2023)
- National Center on Substance Abuse and Child Welfare: [*Understanding Screening and Assessment of Substance Use Disorders — Child Welfare Practice Tips*](#) (updated 2022)
- National Center on Substance Abuse and Child Welfare: [*Understanding Substance Use Disorders —What Child Welfare Staff Need to Know*](#) (updated 2022)
- National Institute on Drug Abuse: [*Methamphetamine Drug Facts*](#) (2019)
- Substance Abuse and Mental Health Services Administration: [*Evidence-Based Resource Guide Series: Treatment of Stimulant Disorders*](#) (2020)
- Substance Abuse and Mental Health Services Administration: [*Tips for Teens: The Truth About Methamphetamine*](#) (2018)
- Substance Abuse and Mental Health Services Administration: [*Treatment Improvement Protocol \(TIP\) 33: Treatment for Stimulant Use Disorders*](#) (2021)
- The White House: [*ONDCP Releases Plan to Address Methamphetamine Health and Safety Concerns*](#) (2022)