

“The opposite of addiction is not sobriety—it’s connection.” *-Johann Hari*



Helping someone with hallucinations...

- Approach the person quietly and call by name.
- Ask the person what is happening.
- Ask if he/she is afraid or confused.
- Don't argue with the person. If you are not understood or when the person does not believe you.
- The person needs to feel that it's okay to talk to you about symptoms.
- Talk with the person about the experience.
- Ask whether there is anything you can do to help. Suggest that the person tell the voices to go away.
- Involving the person in other activities may help. Help the person find ways to handle the hallucinations, such as listening to music or watching TV.
- Do not hurry the person.

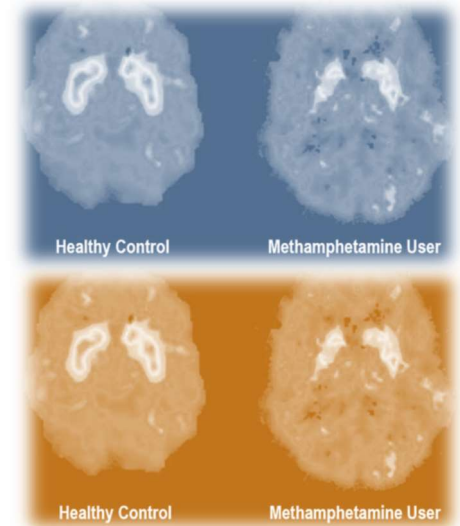
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Safety Tips

- Remove/hide all sharp objects and weapons from the house.
- Do not get caught in the bathroom or kitchen where there are hard surfaces and no way out.
- Do not engage in an argument or their hallucinations.
- Create a safety plan.
- Set up a safe word with friends and family that lets them know you're in trouble; if you are on phone with them so they know to call 911.
- Set clear boundaries with the person.
- Make time for good self-care to ensure your physical, mental and spiritual health.
- Do not enable the habit or behavior.
- Have a friend/family check in regularly with you.

References

- 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>
- HealthLink BC. (2018, September 11). Schizophrenia: Helping Someone Who Is Hallucinating. Retrieved from <https://www.healthlinkbc.ca/health-topics/aa48238>
- National Institute on Drug Abuse. (n.d.). Methamphetamine. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/methamphetamine>



When a Friend Uses Methamphetamine

Basic knowledge and suggestions for a safe response

*An advocacy project brought to you by Amber Habig, Nicole Kreutzer, and Jim Petry
(Not intended to replace medical advice)*

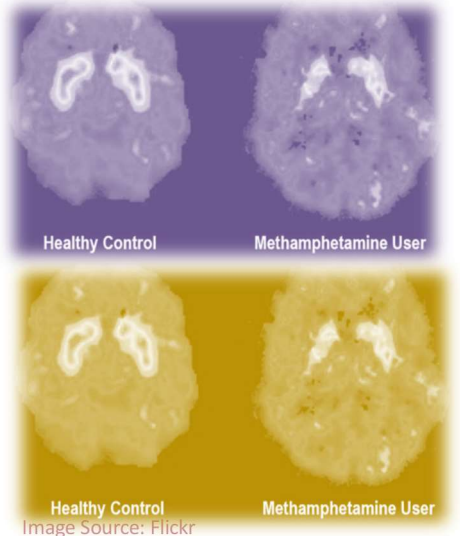


Image Source: Flickr



Source: <https://en.wikipedia.org>

Methamphetamine is a powerful stimulant— *even in small doses.*

Short-Term Symptoms & Effects

- ◆ May cause psychotic behavior & malnutrition
- ◆ Decreased appetite
- ◆ Faster breathing
- ◆ Increased blood pressure & body temperature
- ◆ Increased wakefulness & physical activity
- ◆ Lead to increased transmission of infectious diseases (including hepatitis & HIV/AIDS)
- ◆ Rapid and/or irregular heartbeat

Overdose

Hyperthermia and convulsions may occur with methamphetamine overdose; and if not treated immediately, can result in death.

Methamphetamine Use

Methamphetamine comes in several forms and can be smoked, snorted, injected, or orally ingested.

Long-term Effects

- Addiction
- Aggressive/violent behavior
- Brain structure & function changes
- Deficits in thinking & motor skills
- Hallucinations
- Increased distractibility
- Memory loss
- Mood disturbances
- Paranoia
- Repetitive motor activity
- Severe dental problems

A dual diagnosis treatment program combines care for both mental health and substance use conditions, so that a person has the greatest capacity for a stable and long-lasting recovery.



Image source: <https://images.app.goo.gl/ErT8Uwc8tiE8ucz37>

There are currently no medications that counteract the specific effects of methamphetamine. No medical treatment is yet available which specifically prolongs abstinence from or reduces methamphetamine addiction.

Hope

Treatment of co-occurring psychiatric disorders is important for preventing relapse, which is often triggered by associated symptoms.

Antipsychotics, medications for anxiety, and medications for insomnia may be used as part of treatment for psychosis. Cognitive behavioral therapy (CBT) has been shown to be beneficial.

Once a person has stabilized, treatment can focus on addiction. Individuals with a mental illness that occurs with addiction, such as schizophrenia, may be better served in an inpatient or residential treatment program.

And remember, you are not alone.

Visit us on the Web:

<https://connectioncommunity.health.blog/>