



FLASH TRENDS



METHAMPHETAMINES HOW TO ASSESS THE RISKS AND ACT ADEQUATELY?



CASE STUDY

Alix, 21 years old, has been using speed at festivals for several years. Since the pandemic, Alix has been experiencing anxiety and depression. There are no more gatherings, but Alix still wants to party. Several times a week, Alix uses speed with roommates, and sometimes even alone.

During an evening, Alix takes a pill every 3 hours. The session lasts all night and continues the following day. While his friends go to bed, Alix decides to go for a walk on the street. An unknown person approaches; it is an outreach worker.

The outreach worker speaks calmly and witnesses Alix's anxiety and restlessness. He notices that Alix's thoughts are scrambled and disorganized. He's worried because he does not know how to act in this type of situation.

WHAT ARE THE RISKS FOR ALIX?

SIGNS AND SYMPTOMS ASSOCIATED WITH OVER-AMPING

- Lack of sleep
- Dehydration
- Irritability
- Hallucinations
- Paranoia
- State of panic

SIGNS AND SYMPTOMS ASSOCIATED WITH PSYCHOSIS

- Paranoia, delirium, loss of contact with reality.
- Visual and auditory hallucinations, such as:
 - blue lines on hands;
 - crawling insects on or under the skin;
 - bruises just by touching flesh;
 - people in the shadows;
 - voices that others cannot hear.



SOME COURSES OF ACTION FOR DEALING WITH OVER-AMPING AND PSYCHOSIS

INTERVENTION TIPS FOR OVER-AMPING

- Act on immediate needs.
- Offer food, water, rehydration drink (with electrolytes).
- Greet the person to make them feel welcomed.
- Provide access to a safe and quiet place.
- Provide space to channel compulsions through manipulation of objects.
- Introduce breathing techniques and relaxation exercises (e.g., mindfulness).
- Offer a relaxing bath (if accessible).

INTERVENTION TIPS FOR PSYCHOSIS

- Recommend not using more methamphetamines, so as not to amplify psychosis.
- Reassure that psychosis is likely temporary and should pass.
- Provide access to a safe and secure location during the psychosis.
- Avoid crowdy and noisy environments which could be triggering.

BE MINDFUL

- Over-amping or psychosis can be reduced by planning drug use and having an emergency plan.

If you are concerned about a person's health, call 911. If you are not able to help that person further, do not hesitate to refer them to resources in your neighbourhood.



www.aidq.org

METHAMPHETAMINES

Resources

Methamphetamine training
available at AIDQ <https://aidq.org>

Meth Booklet, ANKORS
http://ankors.bc.ca/wp-content/uploads/2020/04/Meth_Booklet_Print_Test3-1_compressed.pdf

The Blender, AQSUD
https://aqpsud.org/wp-content/uploads/2019/07/BLENDER_ENG_2018_FIN_280218-1.pdf

Drogue, aide et référence
<http://www.drogue-aidereference.qc.ca>

Speed Card, GRIP
<https://grip-prevention.ca/collections/all/products/carte-amphetamines>