



Honouring Our
Strengths to:

Address Crystal Meth

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Cultural Foundation of the Brain

Impacts of Opioids & Crystal Meth

Wellness Journey & Recovery

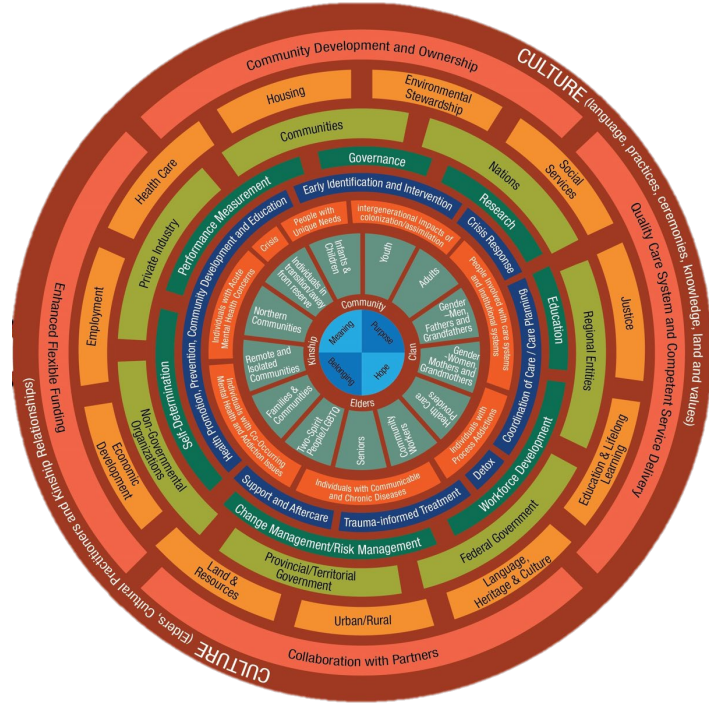


Thunderbird Partnership Foundation is a national voice advocating for First Nations culturally-based wellness services.

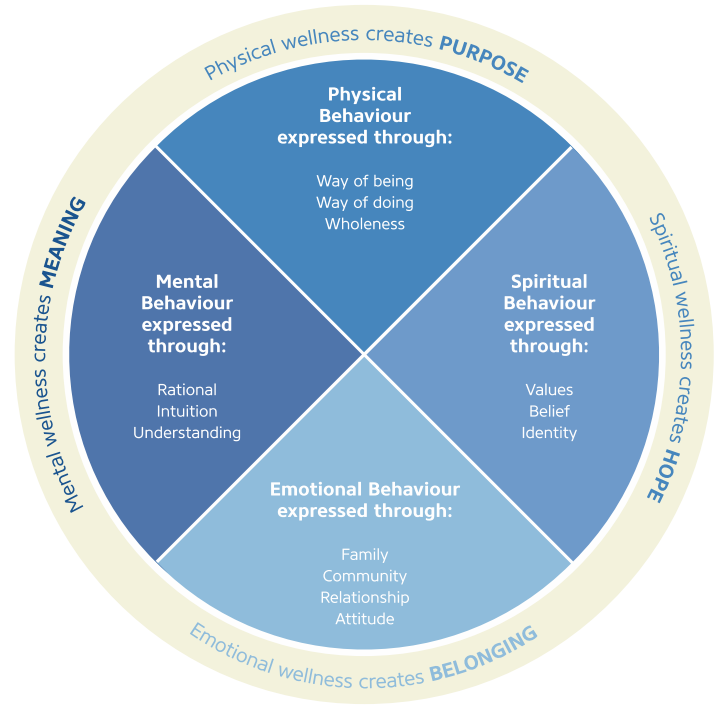
Honouring Our Strengths



First Nations Mental Wellness Continuum Model



Indigenous Wellness Framework



The creator imaged the most beautiful and perfect place... Where life would grow





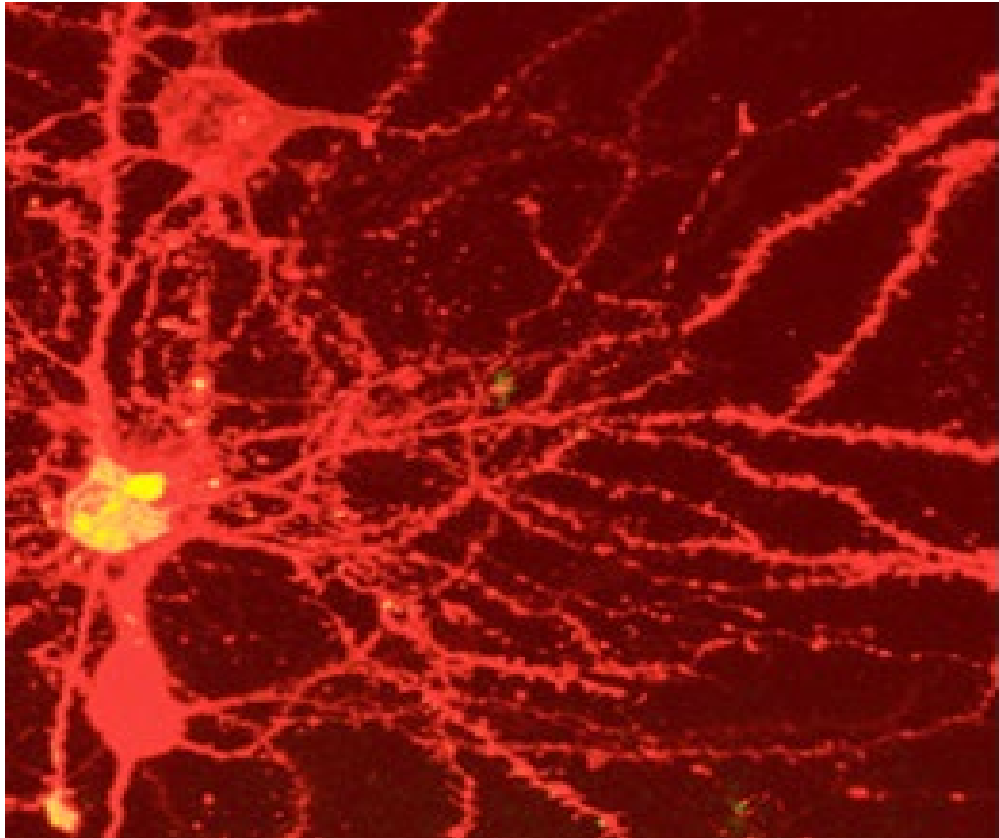
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Did you know.....

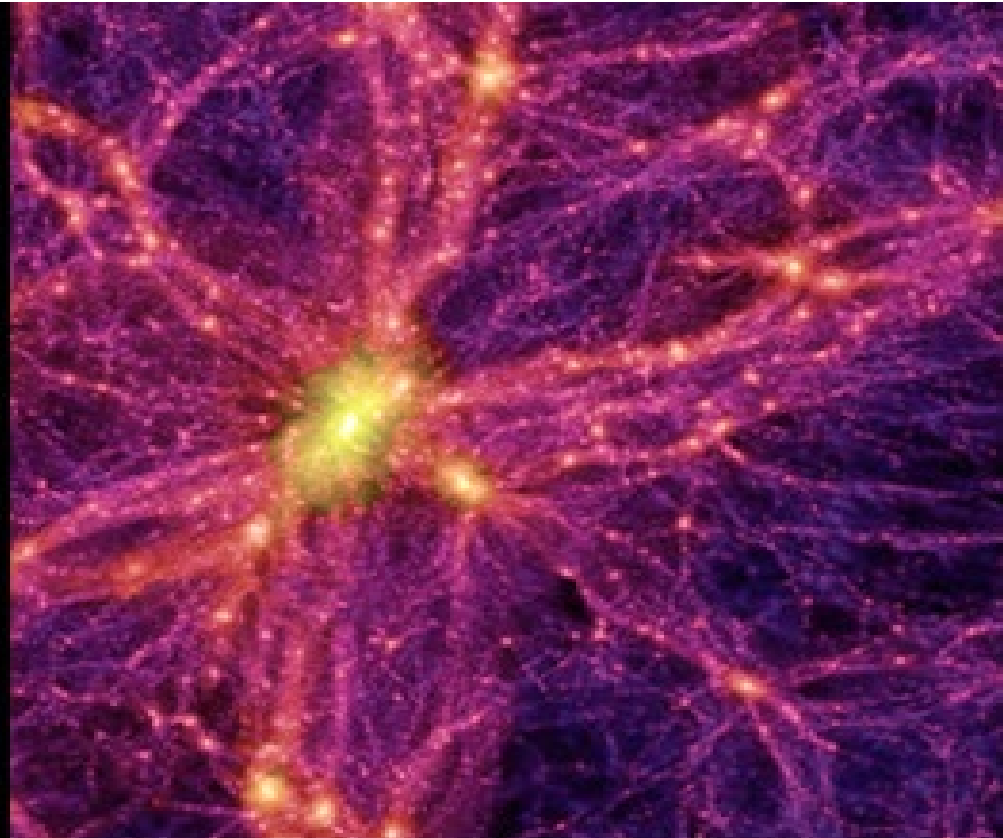
- That the sound of the drum engages and stimulates all regions of your brain to act in unison, creating order to the flow of life
- Did you ever hear the sounds of the drum and cry and wonder why...

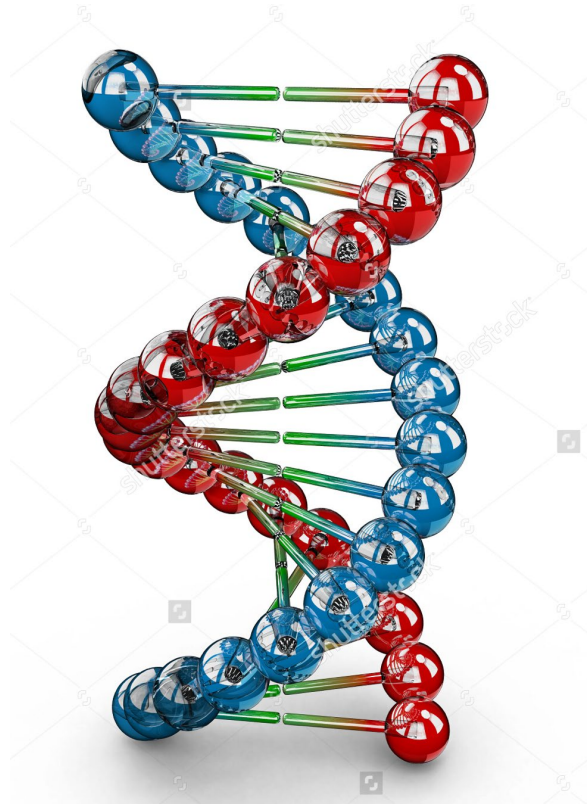
Neurons and Star Galaxy

Neuron Cells



Star Galaxy





The pattern for stringing together the seeds of life is continuous as is the unfolding and expression of these seeds we know as our DNA



Touches the Earth for the First Time



- When we are born, its important to “tether” or “connect” our spirt to the earth... our first mother.
- This simple act of touching the earth for the first time, is an act of connecting our life to our life path.
- **This engages our connection to life.**
- Interventions for drug use requires that we support engagement by facilitating some practice of “connection”
- From that point forward, a culture-based approach to supporting strengths is “dressing them up with their strengths, gifts and identity.”





Crystal Meth a synthetic chemical



METH IS COMMONLY MANUFACTURED IN ILLEGAL, HIDDEN LABS, MIXING VARIOUS FORMS OF AMPHETAMINE (ANOTHER STIMULANT DRUG) OR DERIVATIVES WITH OTHER CHEMICALS TO BOOST ITS POTENCY. COMMON PILLS FOR COLD REMEDIES ARE OFTEN USED AS THE BASIS FOR THE PRODUCTION OF THE DRUG.

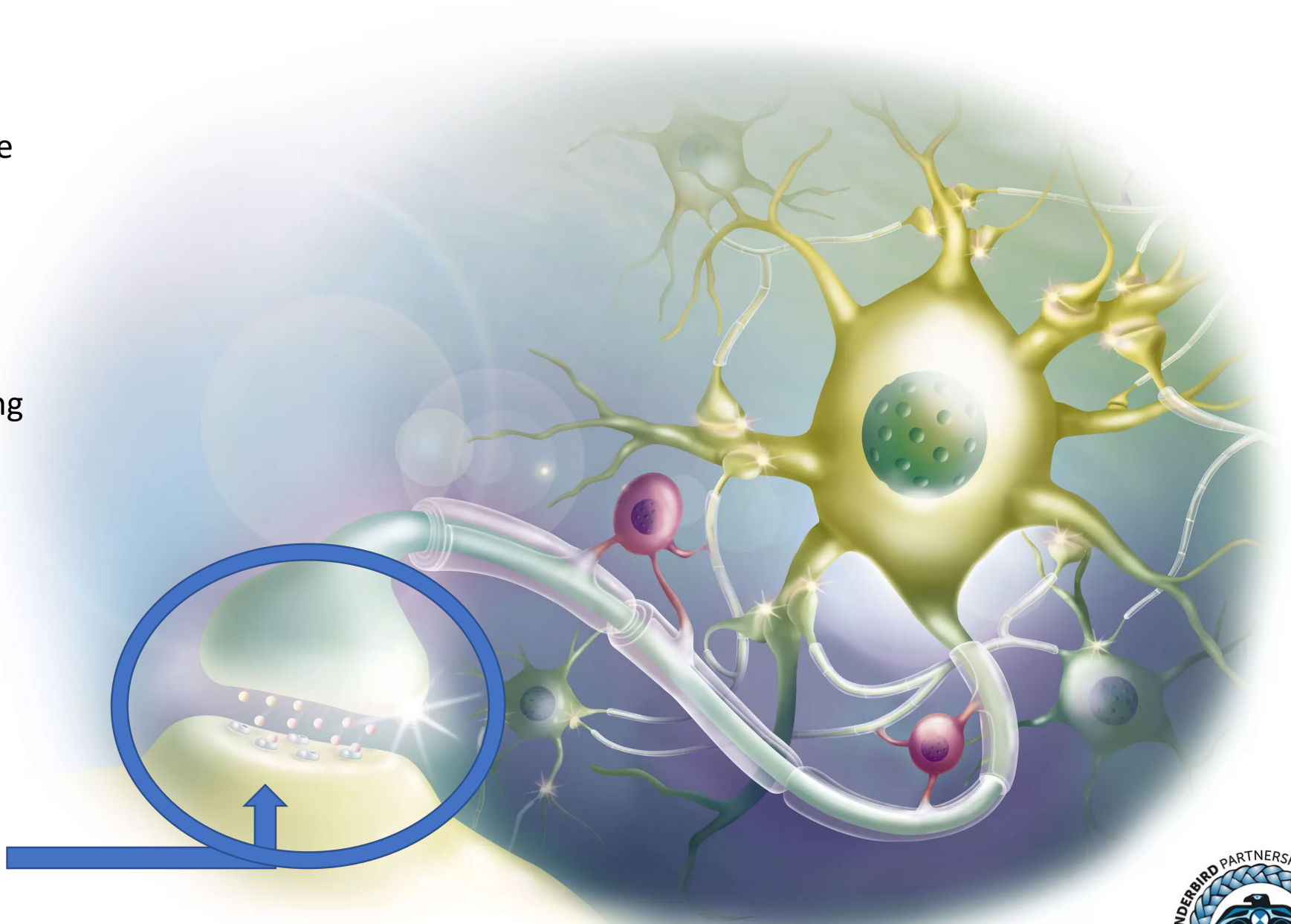


THE METH "COOK" EXTRACTS INGREDIENTS FROM THOSE PILLS AND TO INCREASE ITS STRENGTH COMBINES THE SUBSTANCE WITH CHEMICALS SUCH AS BATTERY ACID, DRAIN CLEANER, LANTERN FUEL AND ANTIFREEZE.

Information Highway from the brain and throughout the central nervous system (brain and spinal cord)

Neurons carry messages throughout the body, including sensory information from external stimuli and signals from the brain **in order to control movement, actions, and responses to the environment.**

These dendrites then receive chemical signals from other neurons, which are then converted into electrical impulses that are transmitted toward the cell body.



Drug Type

Depressant
Opiates,
sedatives



Slow down
basic life
functions



Person
stops
breathing

Stimulants
Crystal
meth



Speed up
basic life
functions



Stroke,
heart
attack



Stages of Crystal Meth



The Truth About Crystal Meth and Methamphetamine, 2015
Foundation for a Drug-Free World
<https://www.drugfreeworld.org>

What do we do to minimize the harms long term?

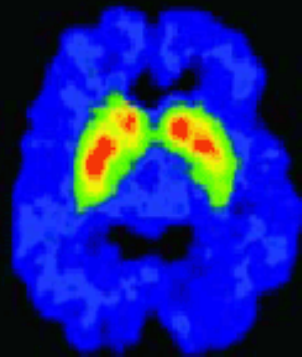


increased heart rate and blood pressure; damaged blood vessels in the brain that can cause strokes or an irregular heartbeat that can, in turn, cause cardiovascular collapse or death; and liver, kidney and lung damage.

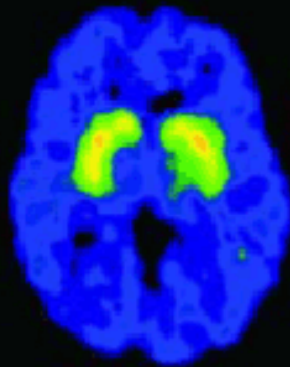


May suffer brain damage, including memory loss and an increasing inability to grasp abstract thoughts. Those who recover are usually subject to memory gaps and extreme mood swings.

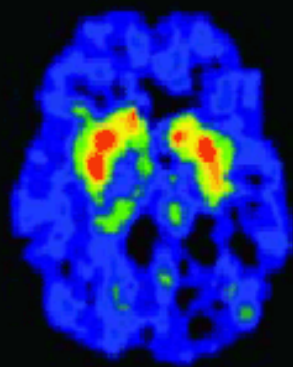
BRAIN RECOVERY WITH PROLONGED ABSTINENCE



Healthy Person



METH Abuser
1 month abstinence



METH Abuser
14 months abstinence





Addictions: A symptom of what is missing

Intergenerational Trauma –

The Soul Wound (Duran 2006)



[ACEs](#)

Meth Withdrawal Symptoms

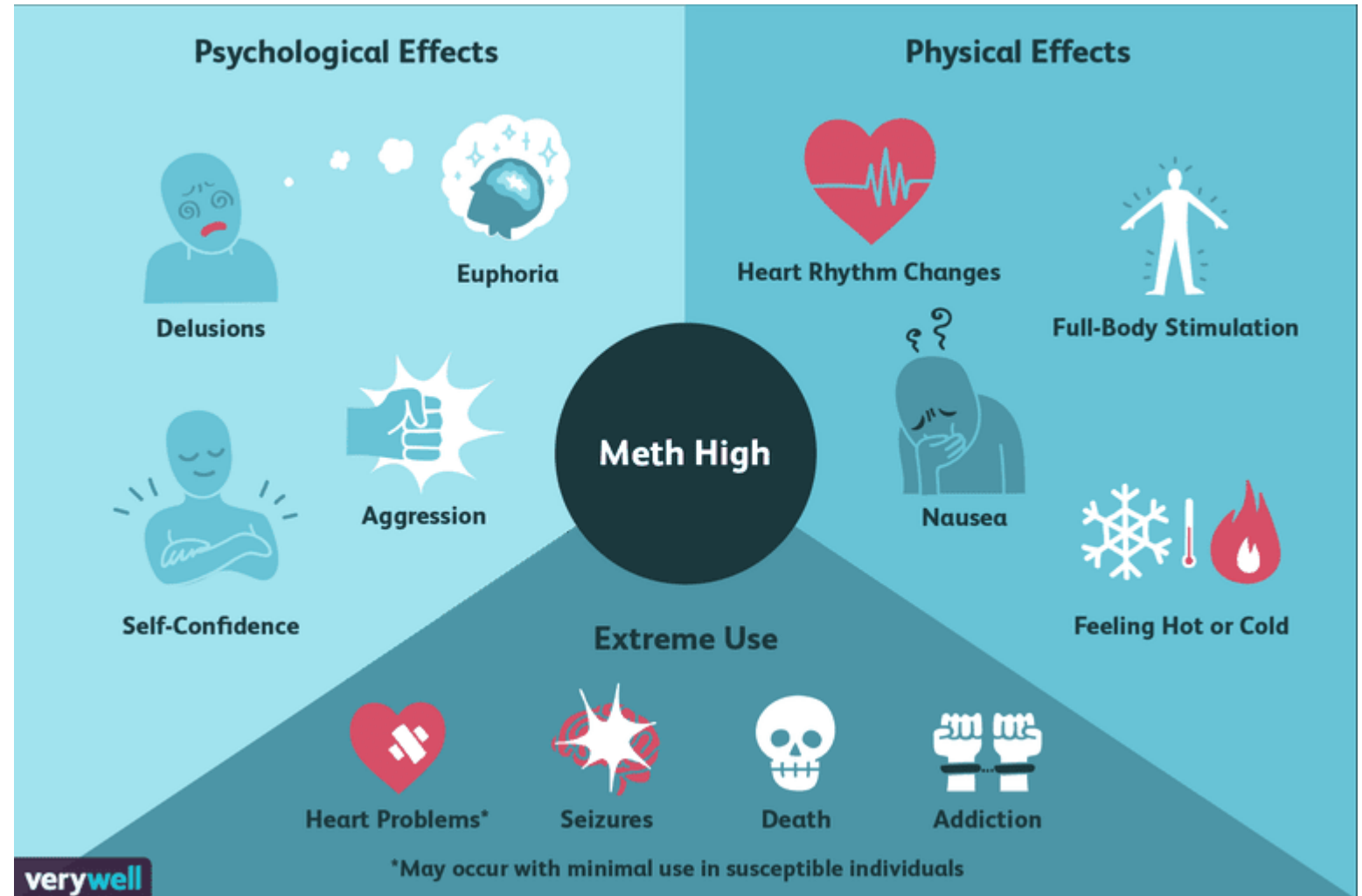
People who use meth will experience different withdrawal symptoms depending on the time since last dose.

Meth Effects Change Your Perceptions, Feelings, and Sensations

ACUTE
(UP TO 72 HOURS)

LONG-TERM
(4 TO 20 DAYS)

POST-ACUTE
(MONTHS TO YEARS)





THE RISKS OF USING **HEROIN** **WITH METH**

Using heroin with methamphetamine is dangerous and potentially lethal. Treating multiple drug addictions requires combining treatment methods to ensure a successful recovery.

Access and Availability



According to UNODC estimates only 1 in 6 people in need of treatment has access to it;



It is estimated that in many countries, less than 10% of people with drug use disorders are receiving treatment.



Do we know how this information applies to First Nations?

Models to Address Alcohol Do Not Apply for Crystal Meth

- While medical models of treatment for individuals with alcohol or opioid use disorders are well accepted and implemented everywhere, there is no parallel, long-term medical model of treatment for individuals with stimulant use disorders.
- Medical interventions are often used to treat medical and psychiatric complications of stimulants use, however alone are not enough
- A comprehensive medically oriented approach that includes psychosocial and pharmacological interventions to specifically treat PSUD has not yet been developed.

People who engage with services tend to get better.

- Opioid agonist treatment is the best available treatment for opioid addiction.
- OAT is the best predictor of improved outcomes for people with opioid addiction.

Evidence suggests that opioid agonist treatment will:



Increase entry into substance use treatment



Improve ability to follow through with medical treatment



Decrease death from overdose



Decrease illicit opioid use



Decrease HIV risk behaviour

After five years most people on opioid agonist treatment have:



Reduced their illicit opioid use by 80%



Reduced their sharing of needles by 66%

Benefits of Opioid Agonist Therapy

Benefits of Treatment for Crystal Meth

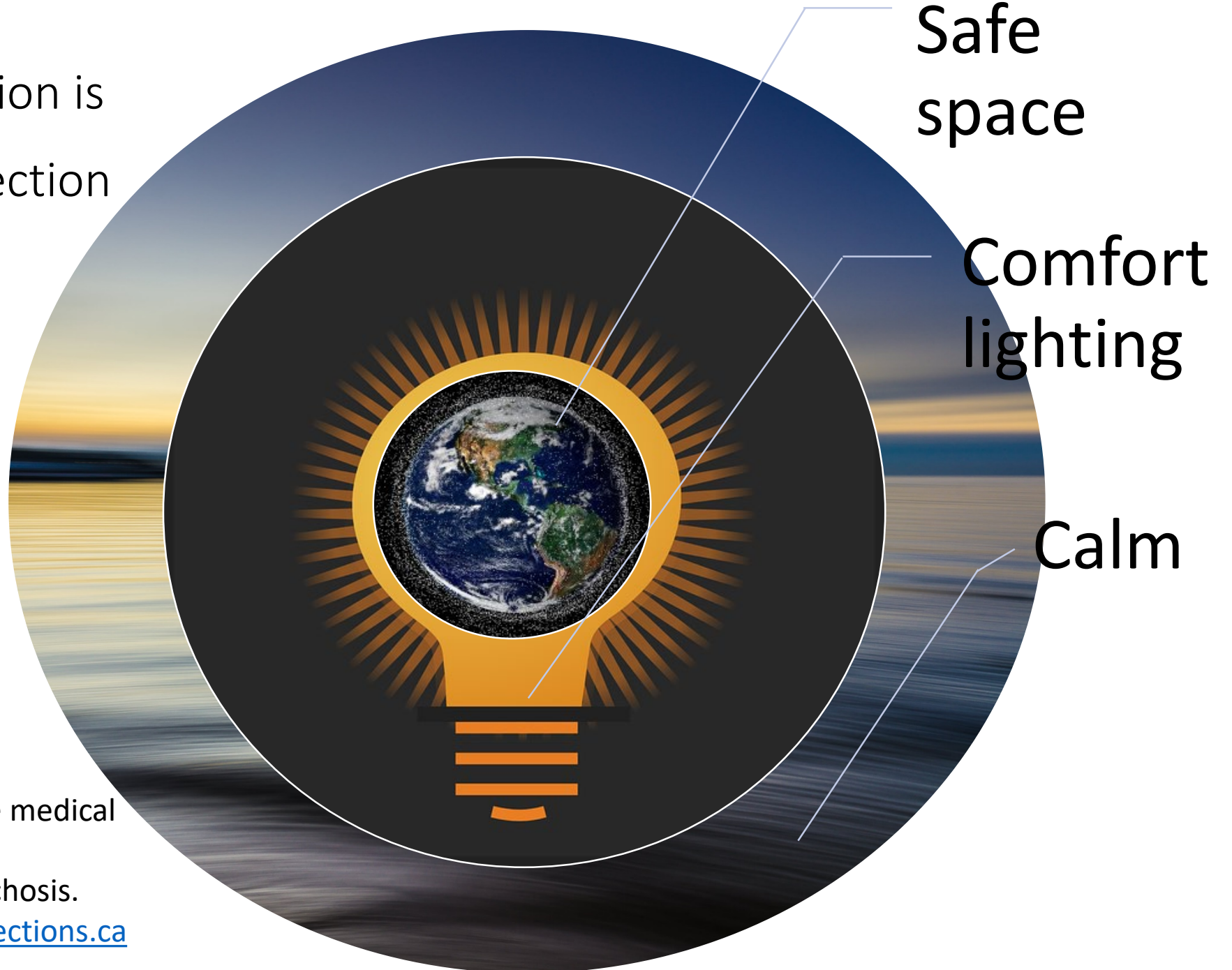
- **Treatment Settings** – meeting people where they are through community-based outreach directed towards people with no motivation toward recovery; establishing connection and relationship; easily accessible and patient centered.
 - Medical complications must be addressed with the health care system
 - Psychiatric complications – treated with cultural ceremony, or with psychiatric inpatient unit.
 - Pharmacological interventions aimed at treating Integrated with public health / health care
- **Treatment Interventions and Goals** – initially focused on basic needs, social protection (stigma and discrimination) supported through incentives
 - The use of ceremony and First Nations language
 - Matrix model - help with housing, access to jobs, life skills
 - CBT – help for managing negative thinking & developing coping skills
 - Motivational Interview



First Line of intervention is focused on physical environment & connection

- Ensure the persons immediate safety as well as the safety of others
- Provide reassurance and keep other person engaged through active listening
- Provide an Environment that is non-threatening, quiet, low stimulus, consistent staffing, visible for constant observation

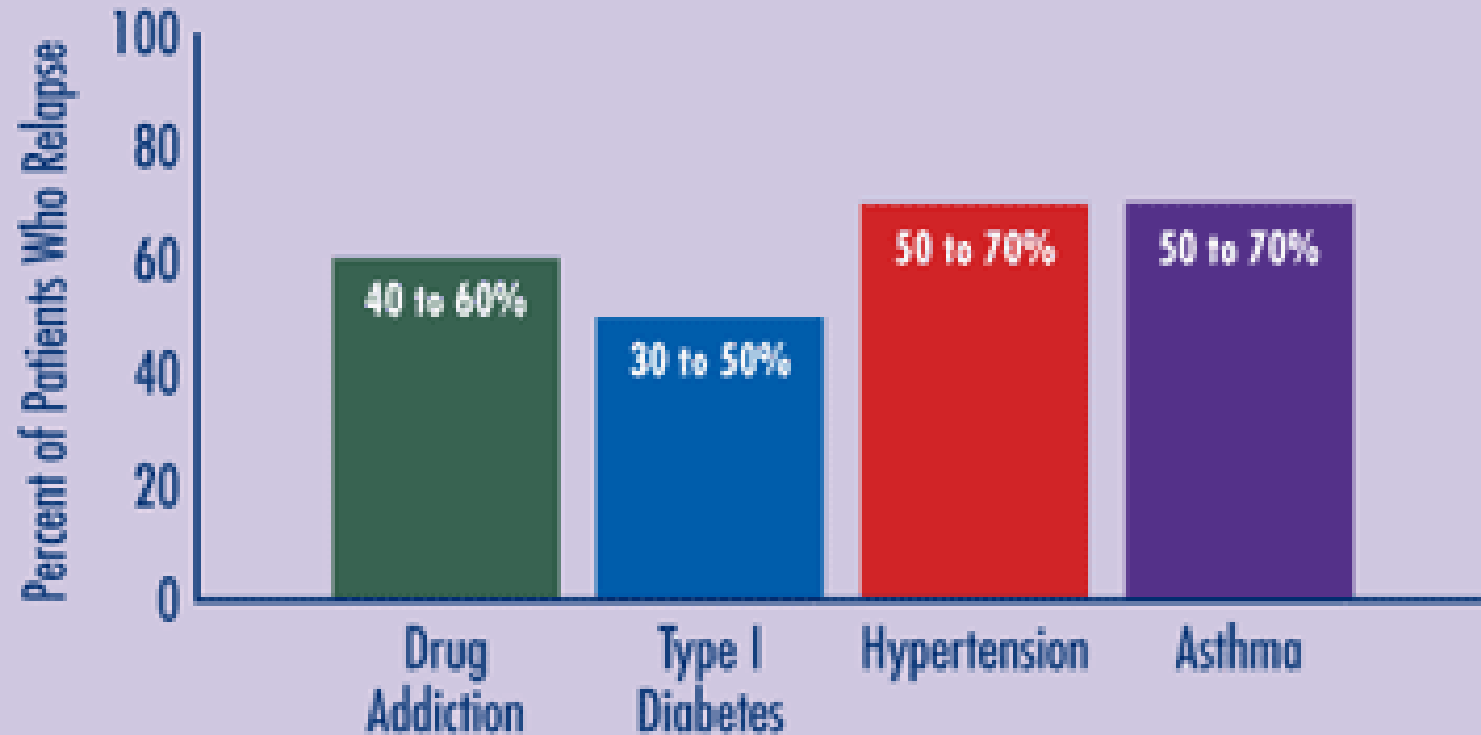
Australian 2006 Guideline for the medical management of patients with Methamphetamine-induced psychosis.
Retrieved from: www.makeconnections.ca



Benefits of Treatment for Crystal Meth

- **Psychosocial Treatment Interventions – drug counselling & education (can be components of CBT, peer support, motivational interviewing)**
- **Pharmacological Treatment – for medical and psychiatric complications of meth use:**
 - **To treat depression and suicidal ideations**
 - **To treat anxiety, irritability, agitation, fatigue, sleep, and drug cravings**
 - **To address protracted withdrawal (once stabilized) focused on enhancing the dopaminergic neurotransmission to counteract its deficit from crystal meth – the replacement therapy to create normalization of the dopaminergic neurotransmitters without further dysregulation**

COMPARISON OF RELAPSE RATES BETWEEN DRUG ADDICTION AND OTHER CHRONIC ILLNESSES



Source: JAMA, 284:1689-1695, 2000

Relapse rates for people treated for substance use disorders are compared with those for people with diabetes, hypertension, or asthma. Relapse is common and similar across these illnesses (as is adherence/non-adherence to medication). Thus, drug addiction should be treated like any other chronic illness; relapse serves as a trigger for renewed intervention.



Reducing Stigma

“Promoting non-stigmatizing attitudes to ensure the availability, access and delivery of health, care and social services for people who use drugs”.

For First Nations People this means using Indigenous Knowledge, culture, language and connection to land.

What we've heard...

- First Nations governed response – Band Council Resolution empowers a community development approach
- Focused on addressing basic needs first
- Establish connection through outreach... including peer support
- Pharmacological intervention plus culture... land, language, song, drum, medicines
- Community feast to honour the healing journey of people who use drugs... Without an expectation of abstinence
- Continuous and ongoing support towards establishing purpose ... address income support, food, housing, child welfare



Continuing the conversation...

- To develop guidelines to support First Nations communities and treatment centers in addressing opioids and crystal meth
- Understanding needs and strengths through the First Nations community opioid survey
 - Adult
 - Youth
- With support:
 - Training and education for community workers
 - Public health material – youth, adult, elders
 - Capacity development for community based research



Key Messages From Indigenous Knowledge





Expect - life, to live life, work for life





Helpers need training to develop “belief”



Understand language as medicine





The circle is healing

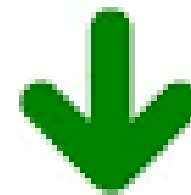
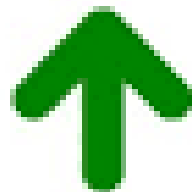
All life moves in a circle



Don't declare a war on
drugs or addictions

Support the
voice of
people who
use drugs

Belief → Attitude



Results ← Action

claireshealthyhome.com



Connect, support, and meet people who use drugs
where they are

The creator imaged the most beautiful and perfect
place... Where life would grow... a place full of hope,
belonging, meaning and purpose



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