



METH ADDICTION

Call Santé Center for Healing today to get
started on your recovery!

866.238.3154



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What is Addiction?

The [American Psychiatric Association](#) defines addiction as a “complex condition in which there is uncontrolled use of a substance despite harmful consequences.” People who suffer from addiction typically experience an intense focus on obtaining and using substances. While substance use exists on a spectrum from mild, to moderate, to severe, addiction is marked by continued use despite problems, including legal, relationship, financial, and medical.

What Does an Addiction to Methamphetamine Look Like?

You may be contemplating whether you have a problem with “meth.” Maybe your family, friends, therapist, or other medical provider has raised concern about your usage. According to the [National Institute on Drug Abuse](#), here are a few markers that may indicate you have a problem needing professional clinical and medical treatment -

- Significant anxiety
- Confusion
- Insomnia
- Mood disturbances
- Violent behavior
- Paranoia
- Visual and auditory hallucinations

- Delusions
- Changes in brain structure and function
- Memory loss
- Severe dental problems
- Weight loss

People who use meth often experience pleasurable effects when they initially begin using. Yet over time those effects become less intense or infrequent, which typically leads to taking higher doses, more frequently. “Chronic methamphetamine abusers may develop difficulty feeling any pleasure other than that provided by the drug, fueling further abuse” ([National Institute on Drug Abuse](#)).



How Prevalent is Methamphetamine Abuse?

The [Centers for Disease Control and Prevention \(CDC\)](#) reports -

- During 2015-2018, an estimated 1.6 million U.S. adults (18 years or older) reported using methamphetamine in the past year.
- Of the 1.6 million U.S. adults who reported meth use in the last year, 52.9% met the criteria for a formal diagnosis of methamphetamine use disorder.
- 22.3% reported injecting methamphetamine within the past year.
- Co-occurring substance use and mental illness were common among those who used methamphetamine within the past year. Specifically, research has shown that about 40% of people who seek treatment for meth report anxiety symptoms ([Edwards, Mooney](#)).



- One in ten Santé Center for Healing clients and individuals report actively using or abusing methamphetamine.

While meth is often smoked or snorted, escalation to injecting meth is common. There are a number of risks associated with IV drug use including needle sharing which can increase the chance of contracting serious diseases like HIV or Hepatitis C. Additionally, IV meth use increases the chance of overdose and death. Treatment is imperative and life-saving.

What Does Treatment Look Like at Santé?

Treatment of methamphetamine use disorder is unique to each individual and based on a number of factors. An assessment by a treatment center like Santé Center for Healing is a great place to start. During an assessment you'll meet with clinical and medical staff to assess what level of care (Intensive Outpatient, Detox, Residential, etc.) will be most appropriate to meet your needs. Levels of care help determine what your treatment looks like, for example -

- You may need more intensive treatment that includes around the clock residential care with initial services like medical detox or other medication management.
- You may live at home while attending an intensive outpatient level of care during the day or at night.
- You may need a structured transitional living to access peer support and accountability in a therapeutically supported environment.

During an assessment you may experience shame or guilt associated with your substance use. These feelings are normal. It's important that you try your best to be as transparent as possible with your usage, including frequency, amount, and any side effects you've experienced as a result. As previously discussed, co-occurring mental health symptoms, including anxiety, paranoia, and insomnia are common with meth use. Be sure to disclose any mental health related symptoms during your assessment to help the clinical and medical team develop the best plan for you.

You may have preconceived notions about what treatment looks like but at Santé, treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, experiential therapy, equine therapy (when appropriate), expressive arts, physical fitness, and more! At Santé we believe that long-term recovery is possible.

Josh Pitre, MSW, LCSW, EMDR Trained and CSAT Candidate, a primary therapist at Santé Center for Healing reflects, "Meth causes a variety of problems for those who are addicted. Most of the individuals I work with who regularly use or are addicted to meth have a plethora of consequences. Outside of health concerns, most of the individuals I treat also experience financial, familial and relational problems. Often times their meth use is compounded with other risky behaviors, like anonymous sex, which contributes to other possible health risks. In conjunction with medical interventions I utilize trauma focused therapeutic interventions to address the underlying problems which precipitated their meth use."

Why Should I Seek Treatment?

You may be feeling overwhelmed as you consider seeking help for your substance use. Getting professional help to learn the tools to achieve long-term recovery can be crucial to your success. Getting treatment for meth use as soon as possible is crucial, as meth use causes structural and functional changes in the brain, some of which can be irreversible.

According to [National Institute on Drug Abuse](#) reports, "continued methamphetamine use causes changes in the brain's dopamine system that are associated with reduced coordination and impaired verbal learning. In studies of people who used methamphetamine over the long term, severe changes also affected areas of the brain involved with emotion and memory." The sooner you seek treatment for your meth use, the more likely you are to recover from these effects.



Length of treatment can vary widely, based on your specific needs, circumstances, and progress.

“Research has shown unequivocally that good outcomes are contingent on adequate treatment length. Generally for residential or outpatient treatment, participation for less than 90 days is of limited effectiveness, and treatment lasting significantly longer is recommended for maintaining positive outcomes” ([National Institute on Drug Abuse](#)).

Santé Center for Healing’s Chief Operating Officer Michelle Luttrell, MA, LMFT-S reminds you, “make the decision just for today. Make the call. Enter into medical and clinical care. Take each day one at a time.”



What Does Long-term Recovery Look Like?

At Santé Center for Healing, discharge planning begins as soon as you’re admitted to any program or level of care. We want you to have a plan that’s uniquely crafted to your needs after treatment. Addiction is a chronic disease that needs ongoing support. Recovery isn’t achieved upon completion of residential treatment or even an intensive outpatient program. Rather, it’s a process of ongoing growth day by day.

To help you stay on track, upon discharge from Santé Center for Healing alumni are automatically enrolled in Santé’s “Open Road” program where you’ll have access to support, activities, and more, to help you along your path. The alumni program involves a variety of activities to learn how to do life sober with weekly support meetings, quarterly road trips, fun sports events, community service and sharing experience, strength and hope with those who need it.

Next Steps Needed?

If you think you need help, we’re here to support you. You can reach us anytime at (800) 258-4250 or by visiting our website at <https://www.santecenter.com/>.

I came to Santé extremely doubtful of its methods. I thought I was 'unfixable' and I planned to just BS my way through treatment. I got here, 19 years old, addicted to crystal meth and sexual acting out, and I truly hated myself. I couldn't stand the shame and guilt I had over my actions, but I had no intention of being 'rigorously honest.' But somewhere along the way, this place and all its strange tools and contracts and groups started to chip away at my walls, and against my better judgment I opened up. I learned things about myself at Santé that I never knew. I learned I can be a leader. I learned I have compassion and empathy. And most importantly, I learned that my past no longer has to cast its dark shadow over me. I love myself today, just for today. That is a miracle. My birth certificate may say something to the contrary, but I can honestly say that I was born on a small hill in Argyle, TX because here, for the first time, I experienced LIFE.

- Santé Alumni

