

Information for Your Clinician

1. How ready are you to reduce your stimulant use? (0 is not ready at all, 10 is very ready)

0[] 1[] 2[] 3[] 4[] 5[] 6[] 7[] 8[] 9[] 10[]

2. What is your treatment goal (i.e., abstinence, cutting down, harm-reduction focus)?

3. What are your main reasons to reduce your stimulant use (if applicable)?

4. What hesitation(s) do you have about starting treatment (if any)?

5. Which substance use treatments have you tried in the past (if applicable)?

6. What did you like or dislike about those treatments (if applicable)?

7. Have you been prescribed any of these medications (check all that apply)?
[] bupropion (Wellbutrin®) [] naltrexone pill [] Vivitrol® monthly injection
[] ADHD medications (names of medication(s):)
[] mirtazapine (Remeron®) [] topiramate (Topamax®)

8. What is your average daily stimulant use?
Type of stimulant(s): Average amount per day:
Route: [] smoking [] snorting [] injecting [] taking pills

9. Any other substance use (check all that apply)?
[] tobacco/nicotine [] alcohol [] benzodiazepines (i.e., Xanax®, Klonopin®) [] cannabis [] heroin
[] fentanyl [] prescription painkillers [] hallucinogens [] PCP [] other

Your Treatment Plan



YOUR TREATMENT INCLUDES (check all that apply):

- ☐ Therapy (specify type):
- ☐ Medication (name of medication(s)):
- ☐ Needle exchange program information
- ☐ Safer smoking kit
- ☐ Fentanyl test strips
- ☐ Naloxone (Narcan®) kit



TREATMENT GOAL FOR NEXT VISIT (if applicable):



FOLLOW-UP APPOINTMENT:

Date: / / Time:

Location:

You should have a prescription or kit for naloxone (Narcan®) and be trained (with friends and family if possible) on how to reverse an opioid overdose because fentanyl may be in non-prescribed stimulants.

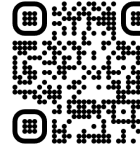


ADDITIONAL RESOURCES:

MORE INFO ON
HARM REDUCTION
SERVICES:



FIND SUBSTANCE
USE TREATMENT
NEAR YOU:



Struggling with stimulant use?

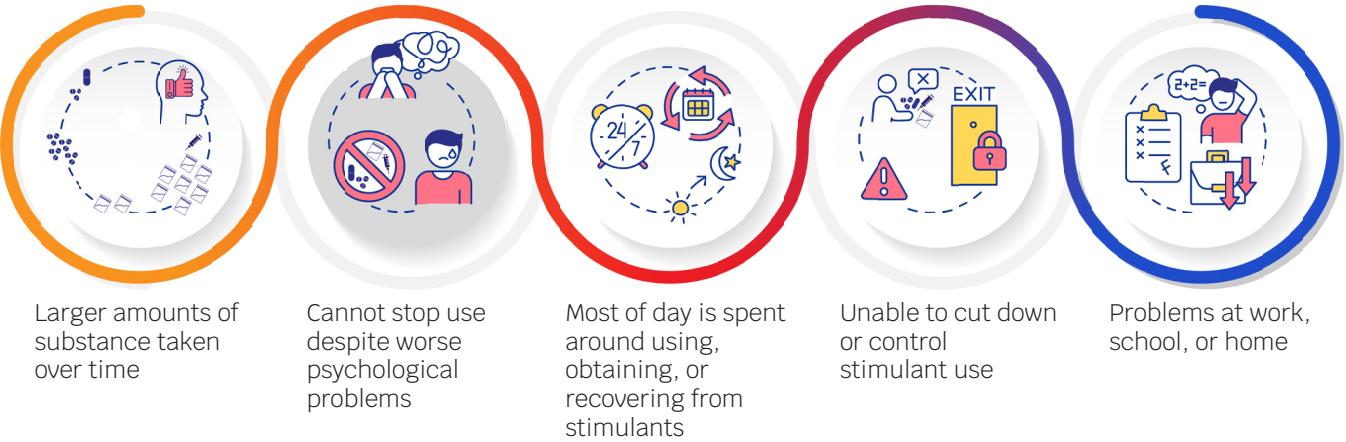
Talk to your provider today.

DISCLOSURES: Funding for this initiative was made possible by grant no. 6H79TIO81968 and cooperative agreement no. 1H79TIO85588 from Substance Abuse Mental Health Services Administration (SAMHSA). The views expressed in these materials do not nec-essarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the United States Government.



What is stimulant use disorder?

Stimulant use disorder means using a drug like cocaine (“coke”), methamphetamine (“meth”, “tina”), or prescription stimulants in a way that causes problems. This can affect relationships, school, work, health, or other areas. Some people may want to stop stimulants or use less.



Stimulants and Your Health

Stimulants can cause, or worsen, medical and psychological problems including:

- Heart problems
- Stroke
- High blood pressure
- Seizures
- Depression
- Anxiety
- Manic or hyperactive episodes
- Psychoses (paranoia, hearing voices)

Stimulants may also contain **fentanyl**, a different drug (powerful opioid) that can be deadly even in small amounts. Ask your provider for a naloxone (Narcan®) rescue kit (reverses an opioid overdose) if you do not have one.

Stimulant Use Disorder Treatment

- Currently, there are NO FDA-approved medications for treating stimulant use disorder.
- However, some studies show promise and some medications may help reduce use. Ask your provider about your options.
- There are behavioral therapies that have proven to be helpful in treating StUD.
- **Your treatment options may vary based on where you are getting treatment. Ask your provider what options you have in your area.**
- For example, some providers may only have experience in motivational enhancement therapy or cognitive behavioral therapy. Contingency Management therapy requires resources through a program typically and is less available across treatment settings. Ask your clinician or potential treaters what they have experience in for substance use disorder therapies.



THERAPY TYPE	Motivational Enhancement Therapy	Cognitive Behavioral Therapy (CBT)	Contingency Management (CM)	Community Reinforcement Approach
DESCRIPTION	Explores your substance use, motivations for change, and helps you achieve your treatment goals	Explores how thoughts, feelings, and behaviors are connected to substance use and helps you develop skills and coping strategies	Earn rewards for meeting treatment goals around substance use, which helps to reinforce these changes	Focuses on increasing motivation to quit substance use by improving overall quality of life through positive social connections, meaningful activities, and healthy coping strategies
WHERE TO FIND	Individual therapy in outpatient or inpatient settings	Individual therapy in outpatient or inpatient settings; can be available in group therapy settings	Very few clinical settings offer this therapy currently	Individual
TIMELINE OF THERAPY	Varies; depends on each patient	Varies; generally at least 6-12 months	Generally shorter term therapy (< 1 year)	Recommended for at least 6 months
POTENTIAL ADVANTAGES	<ul style="list-style-type: none">• Can help resolve ambivalence about making changes• Generally, more providers have some training in this therapy	<ul style="list-style-type: none">• Structured and you will develop skills to navigate your substance use• Generally, more providers have some training in this therapy	<ul style="list-style-type: none">• Potential for rapid progress in reducing substance use due to the clear reward system	<ul style="list-style-type: none">• Can help build supportive social network that promotes positive change and reduce social isolation
POTENTIAL DISADVANTAGES	<ul style="list-style-type: none">• Less structured than some therapies (i.e., CBT or CM)• Requires a skilled provider	<ul style="list-style-type: none">• Some individuals may not want structured therapy and prefer open-ended approach• Need to actively participate and practice outside of therapy sessions	<ul style="list-style-type: none">• Not a widely available treatment yet• Must maintain motivation for treatment once rewards are no longer available• Generally, it does not explore psychological issues underlying use	<ul style="list-style-type: none">• Sometimes it is not easy to find positive social supports to participate in this therapy (i.e., substance use disorders commonly negatively impact an individual’s relationships)