

# The Science of Methamphetamine

*AN INFORMED RECOVERY*

F A C I L I T A T O R ' S   G U I D E

---

## **To the Facilitator**

Before showing the video/DVD, take time to review this guide, which provides background information on the topic of methamphetamine addiction and recovery, a suggested session outline, and questions for group discussion.

---

**HAZELDEN®**

## **Purpose of This Video/DVD**

*The Science of Methamphetamine* is a thirty-minute video/DVD that aims to educate the viewer about the drug methamphetamine, its effect on the brain and the body, and the tools and methods for structuring an individual's recovery. The video/DVD helps the recovering person to better understand the physical and psychological affects of methamphetamine dependence and how to maintain a clean-and-sober lifestyle.

## **How Can This Video/DVD Be Used?**

The video/DVD and the discussion questions provide a dramatic and effective educational hour. The facilitator can choose to discuss the provided questions in a group session or photocopy the questions and have clients answer them on their own. The facilitator may need to provide pens or pencils. This video/DVD can be used in a variety of settings, including the following:

- individual and group sessions
- inpatient and outpatient services
- family counseling
- staff in-services

## **Learning Objectives for the Video/DVD**

After viewing this video/DVD, clients will be able to

- understand how methamphetamine is like and unlike other drugs
- identify acute and chronic physical effects of methamphetamine use
- identify acute and chronic psychological effects of methamphetamine use
- know the psychiatric consequences of methamphetamine addiction
- recognize how methamphetamine use affects the brain
- learn about the importance of structure in recovery
- utilize important recovery tools

# **The Science of Methamphetamine**

## **Suggested Session Outline**

---

Here is a suggested outline for a sixty-minute client session, which includes the viewing of *The Science of Methamphetamine* video/DVD. Please adapt this outline to fit your group's needs and time frame.

### **Materials Needed**

- *The Science of Methamphetamine* video/DVD
- VCR/DVD player and monitor
- pens or pencils
- photocopies of discussion questions

### **Preparation Needed**

- Preview the video/DVD and outline some of the key messages to review with clients.
- Review this guide and its discussion questions, thinking about possible responses.
- If necessary, photocopy the discussion questions for each client.

### **Getting Started (5 minutes)**

Before viewing the video/DVD, ask clients:

**Why do you think methamphetamine use has become an epidemic? or Methamphetamine is a stimulant. What does that tell you about the drug?**

Allow several clients to respond.

Ask clients:

**What are some of the physical and psychological effects of methamphetamine use?**

Allow several clients to respond.

Explain:

**Today, we're going to discuss the issue of methamphetamine addiction. We're going to start by watching a video/DVD. As you watch the video/DVD, look for**

- **the acute and chronic effects of methamphetamine dependence**
- **what factors contribute to making methamphetamine use an epidemic**

- **what attracts some users—men and women—to methamphetamine use**
- **how methamphetamine use affects the brain**
- **the techniques used to create structure for recovery**
- **the tools to help you recover**

### **Playing the Video/DVD (25 minutes)**

Play the video/DVD. Make sure every client can easily see and hear the video/DVD.

### **Discussing the Video (30 minutes)**

Ask your clients the discussion questions found on the accompanying page. You may not have time for all ten questions. Select the questions that seem most suited for the clients. Have participants respond verbally in the group or have them write out the answers on their own.

### **Extending the Learning (Optional)**

Here are some additional ideas, if you would like to spend more time on this topic with your clients:

#### **Activity 1:**

Invite a recovering methamphetamine addict from your community to talk with the group about his or her experiences of addiction and recovery. Ask the speaker to share what it was like, what happened, and what it is like now.

#### **Activity 2:**

Invite your clients to draw a picture, create an image, or write a story, poem, or essay about their methamphetamine addiction. Encourage them to focus on a particular object or image that best conveys or represents their addiction to methamphetamine.

#### **Activity 3:**

Invite a professor or researcher from your community to discuss the neurobiology of methamphetamine addiction with your group.

#### **Activity 4:**

Have clients identify an old using behavior that they would like to change this week. Ask participants to write down this behavior on a piece of paper and later discuss with another participant, sponsor, therapist, or friend how they might change this behavior. Encourage clients to write down who this person might be and exactly what day and time they might contact the person.

## The Science of Methamphetamine Discussion Questions

1. In your own words, describe why you think methamphetamine use has become so popular. What are some of the factors that contribute to the epidemic production and use of methamphetamine?

---

---

---

---

---

2. What are some of the acute physical and psychological effects of methamphetamine use that you experienced?

---

---

---

---

---

3. What are some of the chronic physical and psychological effects of methamphetamine use that you experienced?

---

---

---

---

---

---

---

4. The use of methamphetamine can cause serious psychiatric consequences, such as paranoia, memory loss, and depression. Have you experienced any of these or other consequences? Explain.

---

---

---

---

---

5. Have you ever experienced “tweaking”? Explain what happened and how you feel about it now.

---

---

---

---

---

---

6. Addiction is a brain disease. How does methamphetamine use, in particular, affect the brain?

---

---

---

---

---

---

7. Do you believe that your methamphetamine addiction has affected your memory?  
Explain.

---

---

---

---

---

8. Describe how methamphetamine is similar and dissimilar from other drugs.

---

---

---

---

---

9. Describe some of the key issues involved with methamphetamine dependence,  
and describe some of the important recovery tools you'll need for a healthy life.

---

---

---

---

---

---

---

10. Creating structure is critical for your recovery. List some of the ways you can create a healthy structure to your day and share them with another person in the group.

---

---

---

---

---

---

---