

# CHAMP

## Methamphetamines and Overamping

PAUL BARRY, MSW, LICSW  
CLINICIAN TRAINER AND PRACTICE COACH  
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## Land Acknowledgment





*The University of Washington acknowledges the Coast Salish people of this land, the land which touches the shared waters of all Tribes and bands within the Suquamish, Tulalip and Muckleshoot nations.*

Photo Credit: Paul J Barry

<https://native-land.ca/>

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### • CHECK IN

- Any questions or concerns about ending of study/sustainment activities?
- Anything else on your mind?

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## Learning Objectives

By the end of this session, participants should be able to:

- Recall key facts about meth use
- Understand dangers of meth overdose
- Remember effective resources for harm reduction

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## Meth and OUD



- Enormous changes in patterns of use in recent years
  - Mixing of stimulant using and opioid using drug cultures
- Commonly dealt by the same suppliers, very pure, very cheap
- Opioids on board in 43% of Meth poisonings
- Some contamination of meth with fentanyl but lots of voluntary use

Prevalence of fentanyl in methamphetamine and cocaine samples collected by community-based drug checking services, K Wagner et al, Drug and Alcohol Dependence, vol 252 Nov 1 2023

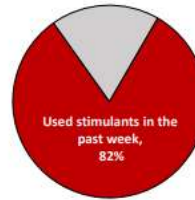
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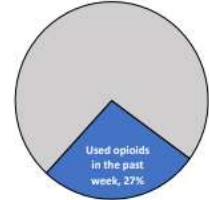
## Prevalence: 2021 WA State Syringe Exchange Survey



**Main drug heroin**  
(n=386)



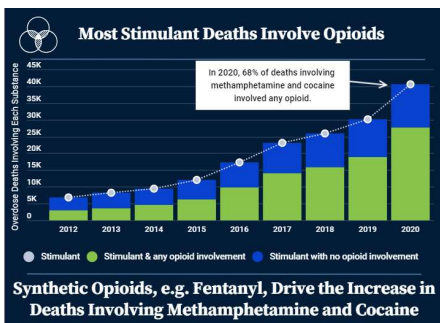
**Main drug meth**  
(n=268)



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## Stimulant Deaths and Opioids



<https://nihcm.org/publications/stimulant-drug-overdose-deaths-2022-update>

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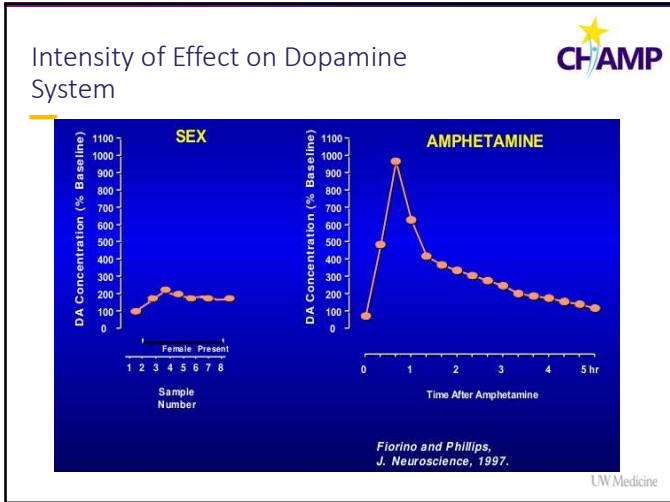
## Why Do People Use Meth?



- Safety when homeless
  - Stay awake and alert on the street
- Upper to counter act “downer” effect of street opioids
- Feelings of productivity, effectiveness, grandiosity
- Intensity of euphoric effect

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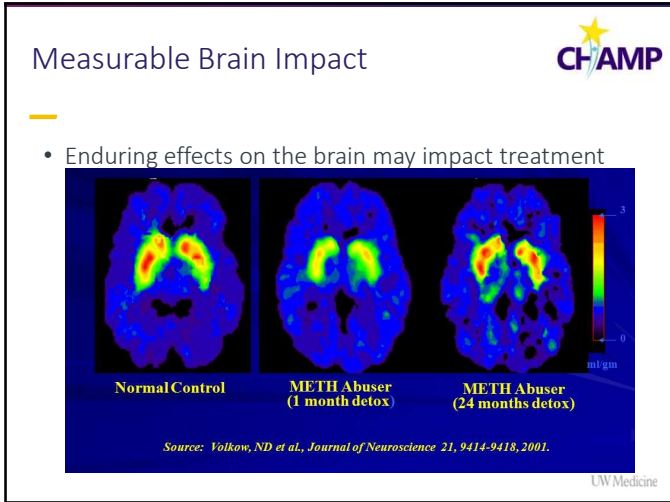


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### Impact of Chronic Meth Use

- **Medical risks**
  - Increased infection risk (HIV, hepatitis)
  - Periodontal disease (meth mouth)
  - Acute intoxication
    - Aggression, agitation, suicidality
  - Altered inflammatory response
    - Skin lesions, scabs, sores
  - Psychiatric diseases
    - Depression, psychosis, formication (tactile hallucinations of insects under the skin)
  - Stroke, heart disease, high blood pressure, **overdose**
- Despite these risks, the lack of obvious withdrawal impact seems to lessen desire for treatment

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### Talking about Meth "Overdose"

- **"Overamping"**
  - People who use are familiar with the overamping effect
    - Super fast heart rate, seizures, lack of sensation in limbs
    - High body temperature, painful headache, chest pain
    - Extreme psychiatric distress- paranoia
- **Death by overamping**
  - Death is due to the effects of stimulants on the body's cardiovascular and temperature regulating systems.
  - High fever, convulsions, and cardiovascular collapse may precede death.
  - Physical exertion increases the hazards of stimulant use.

**Overdose fliers**  
<https://stopoverdose.org/basics/methamphetamine-overdose-overamping/>

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## Stimulant Deaths

**Methamphetamine and Cocaine Deaths Now Eclipse Deaths Involving Prescription Opioids or Heroin**

<https://nihcm.org/publications/stimulant-drug-overdose-deaths-2022-update>

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## Harm Reduction

- “Take care of your body”
  - hydrating, nutrition, sleep
- Medical care
  - Hypertension and cardiac care in particular
- Use with people you know, who will call 911
- Being aware of fentanyl in supply

<https://harmreduction.org/issues/overdose-prevention/overview/stimulant-overamping-basics/what-is-overamping/>

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## SAFER USE STRATEGIES: STIMULANTS

Stimulants are “uppers” and include cocaine, crack, meth, MDMA (ecstasy), and bath salts, as well as amphetamine (Adderall) and ADHD medications (Ritalin, Adderall). These can be used to help you stay alert, or they can be used to help you focus through your day. Using any drug not meant for that purpose can be dangerous. If you are using these substances to help you work, it is not worth it.

<p><b>Prep for your trip</b></p> <p><b>Test your drug</b></p> <p><b>Try to eat</b></p> <p><b>Take care of your mouth</b></p> <p><b>Choose other ways of using</b></p>	<p><b>WARP</b> Stimulants can lower your inhibition and turn on your risk filter.</p> <p><b>HOW?</b> Think ahead and carry condoms, lube, and gloves with you. These barriers can prevent unwanted pregnancies and sexually transmitted infections like HIV and hepatitis C.</p> <p><b>WARP</b> Test out your drug on a cat with other drugs (e.g., benzos or Xanax) or, better yet, benzos and Xanax.</p> <p><b>HOW?</b> Talk to providers about getting urine drug testing before heading home before you shoot. Check out detoxing for life. Some urine sample programs have free at-home testing.</p> <p><b>WARP</b> Stimulants can dry your body and shut your appetite. Food and water replenish these important nutrients to keep you healthy.</p> <p><b>HOW?</b> Eat nutritious foods before using. Pack snacks and water on the go. Avoid using over a long time and avoid food that is eaten after using.</p> <p><b>WARP</b> Some ways of using drugs are less likely to harm your health.</p> <p><b>HOW?</b> Think that snorts is safer than smoking or a pipe than shooting. If you smoke crack, use your own mechanics for your pipes and bongs and get them.</p>
<p><b>Don't mix</b></p> <p><b>Use with safe people in a safe place</b></p> <p><b>Choose not to use</b></p>	<p><b>WARP</b> Avoid combining stimulants with alcohol, benzos, or other substances.</p> <p><b>HOW?</b> How would you know the strength of your drink. Shooting into your or hand veins is not that hard. Check your pulse, blood pressure, heart rate, and how you feel. Avoid mixing stimulants with alcohol, benzos, and other substances.</p> <p><b>WARP</b> Using stimulants and dependent substances, especially at the same time can have unpredictable effects, stress your heart, and lead to overdose.</p> <p><b>HOW?</b> Try to stick to one drug at a time, especially when you are unsure of its strength or content.</p> <p><b>WARP</b> Heavy stimulants can cause paranoia or aggression that can lead to fights, brawls, arrests, hospital care, and other bad things.</p> <p><b>HOW?</b> Avoid using with people you don't know or trust. Use when you feel safe and in control of your actions. Do not use alone when you are high.</p> <p><b>WARP</b> You can avoid overdosing or experiencing drug toxic effects.</p> <p><b>HOW?</b> You can avoid having your blood pressure spike and you can avoid a sudden amount of set a spinning wheel. Leave the rest of your money or home or in a safe place. You might also consider leaving your car.</p> <p><b>WARP</b> You can avoid overdosing or experiencing drug toxic effects.</p> <p><b>HOW?</b> You can avoid having your blood pressure spike and you can avoid a sudden amount of set a spinning wheel. Leave the rest of your money or home or in a safe place. You might also consider leaving your car.</p> <p><b>WARP</b> You can avoid overdosing or experiencing drug toxic effects.</p> <p><b>HOW?</b> You can avoid having your blood pressure spike and you can avoid a sudden amount of set a spinning wheel. Leave the rest of your money or home or in a safe place. You might also consider leaving your car.</p>

<https://depts.washington.edu/hartlab/resources/>

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## Everything about Meth!

- Dr Duncan highly recommends
- 28-page Australian booklet (ignore resource and legal sections)
- [METHbooklet.pdf](#) ([waterlooregiondrugstrategy.ca](http://waterlooregiondrugstrategy.ca))

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## StUD Treatment - Few options



- Psychosocial Support
  - Connection and Community
    - Contingency Management
    - Cognitive Behavioral Therapy
- Medications
  - Limited effectiveness, jury is out
    - Bupropion (Wellbutrin, Zyban)
    - Mirtazapine (Remeron)
    - **Buprenorphine**
    - *Topiramate, Methylphenidate* (epilepsy and stimulant meds) research pending
- ADHD medications have no supportive evidence as treatment for StUD

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## Questions & Discussion



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## For Next Time



- Celebrate a success in your case load
- Celebrate things you've learnt
- Share plans for your professional development (SUD)

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THANK YOU FOR  
JOINING US TODAY!



Paul Barry, LICSW  
[barryp@uw.edu](mailto:barryp@uw.edu)

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