

Treatment Issues and Strategies for Women with Methamphetamine Dependence and Their Families

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Reasons for Starting Meth Use

■ Women

- More energy*
- Lose weight*
- Friends use
- For fun, partying
- Escape

■ Men

- Work more*
- Try something new*
- Get high
- Friends use
- Better sex

* significant difference between women and men $p < .01$

Cohen, J., Dickow, A., Horner, K., Zweben, J., Balabis, J. et al., (2003). *Am J. Addiction.* 12(5):377-85



Recent Employment and Employment History

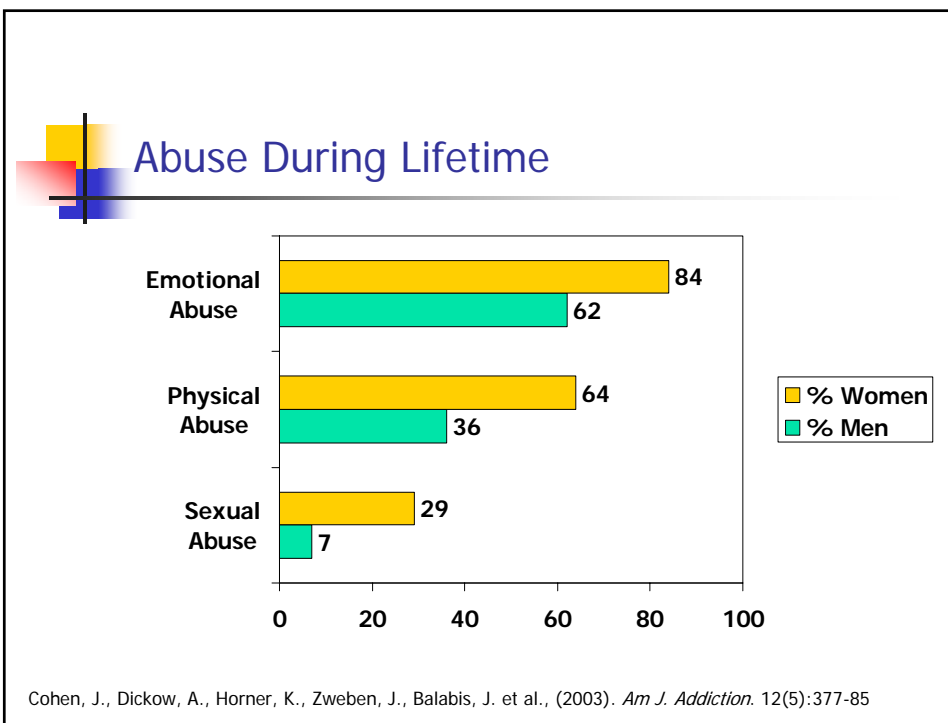
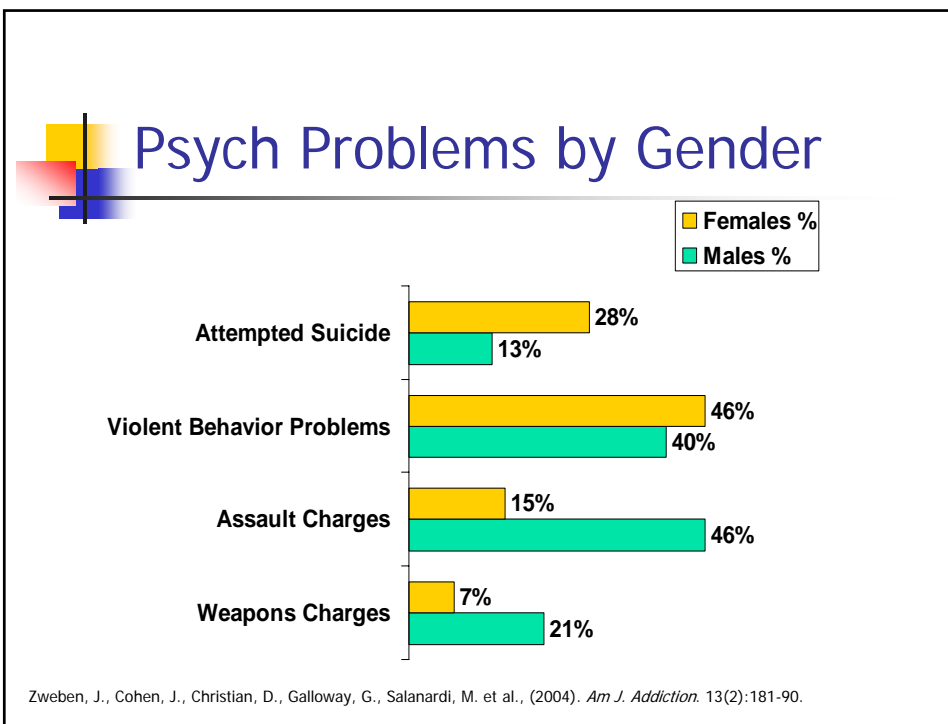
	Women %	Men %
No work, last 30 days	56	26
Full time work	24	64
Unemployed	30	10

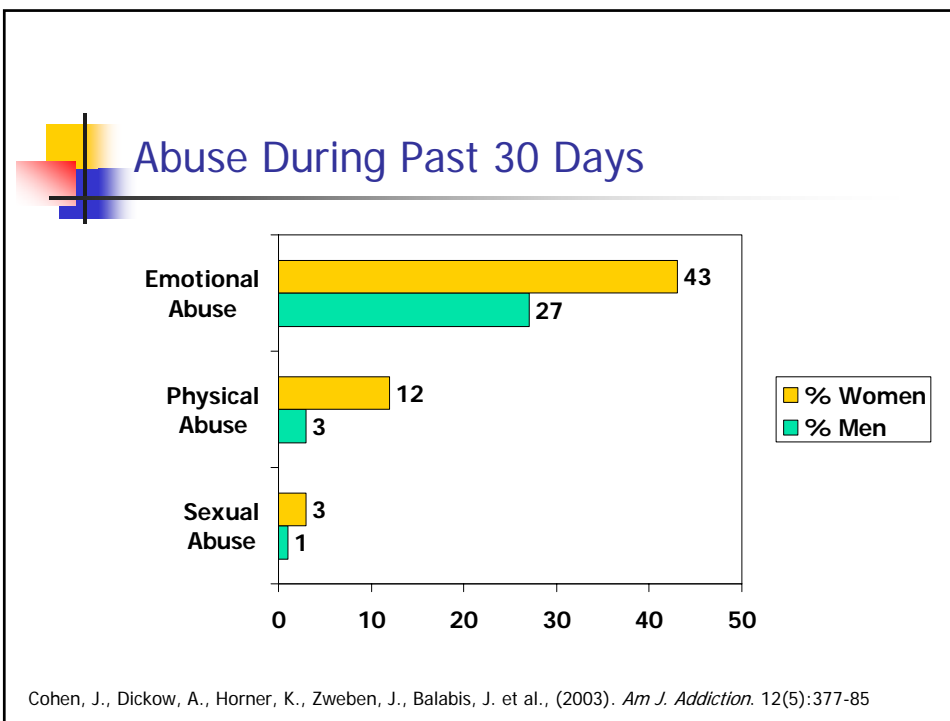
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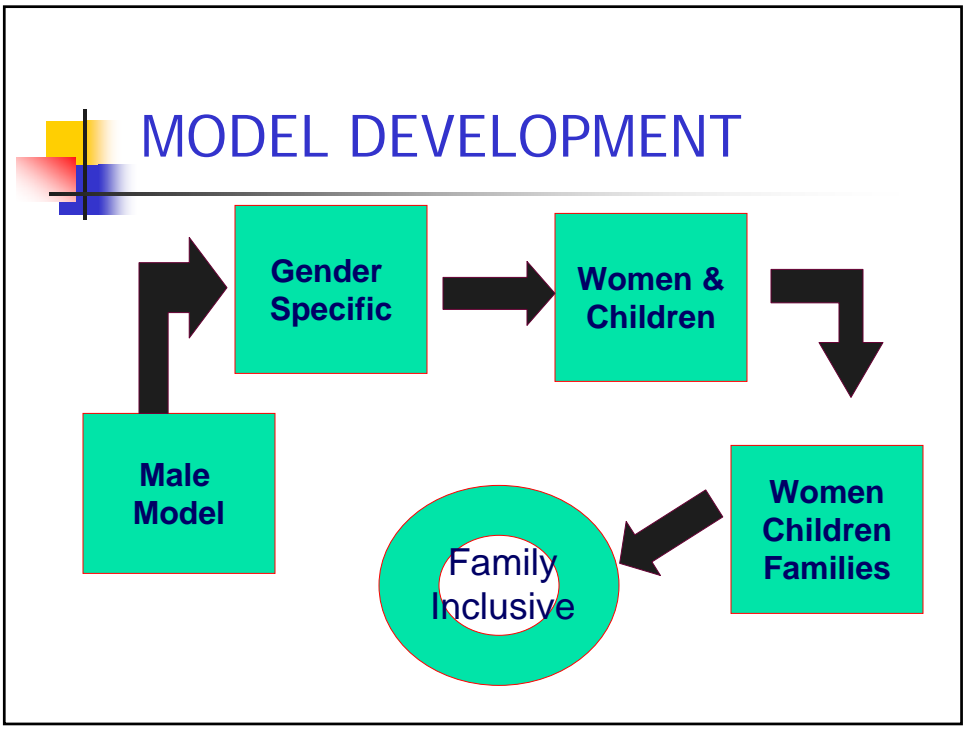
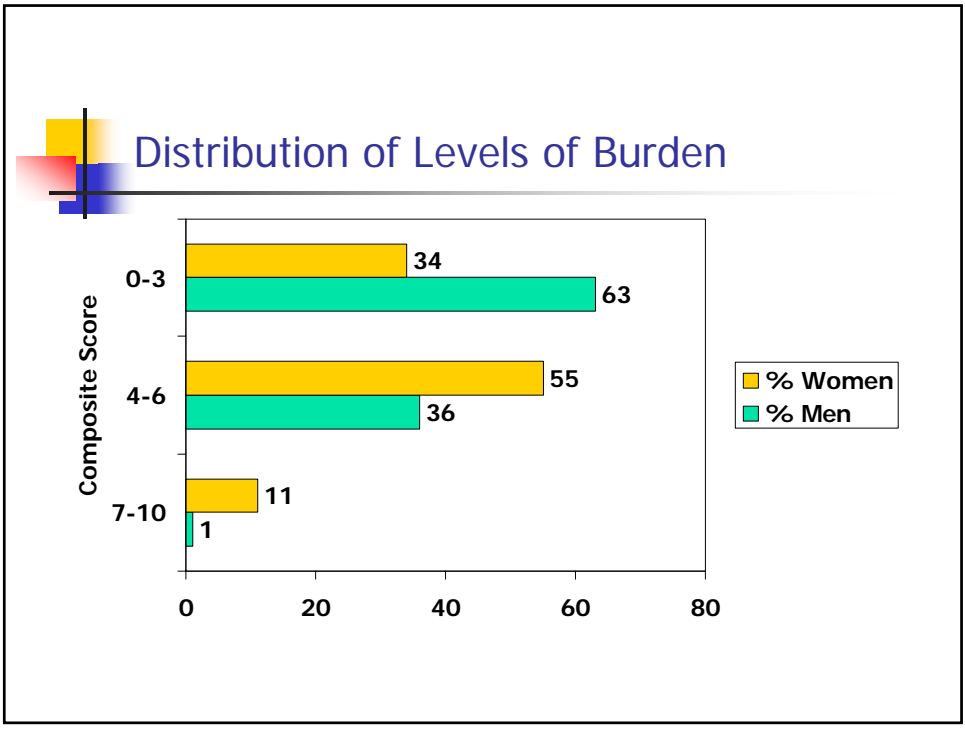
Psych Symptoms Reported

- Methamphetamine users self-reported a significant number of psychiatric symptoms.
- They reported a relatively high mean BSI (Brief Symptom Inventory) score, especially for paranoid, anxiety, and depressive subscales.





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- ### Levels of Burden
- Chronic medical problems
 - Less than a High School Diploma
 - Has dependents
 - Unemployed
 - Underemployed (part-time work)
 - Has criminal convictions
 - Experienced emotional abuse within lifetime
 - Experienced physical abuse within lifetime
 - Experienced sexual abuse within lifetime
 - Psych history





What is Family Focused Treatment?

- **Views the family** as the client - not just the parent in treatment for substance abuse
- **Begins with the family** as the primary caregiving context for intervention
- **Integrates** substance abuse treatment, mental & physical health & child development

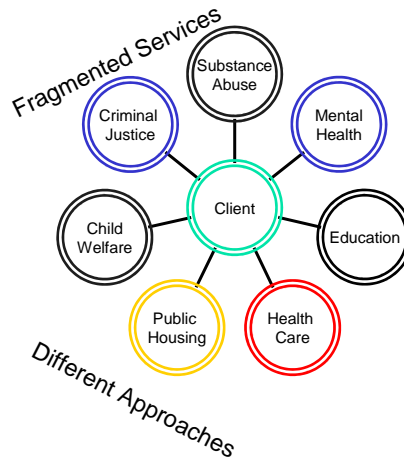


Family Focused Treatment

- Fosters family change in order to support children and families, as well as clients
- Our goal is to enhance the capacity of individuals and families to respond to the challenges in life

External Formal Social Systems

- Substance abuse
- Criminal justice
- Child welfare
- Public housing
- Health care
- Mental health
- Education



Multidisciplinary Teams

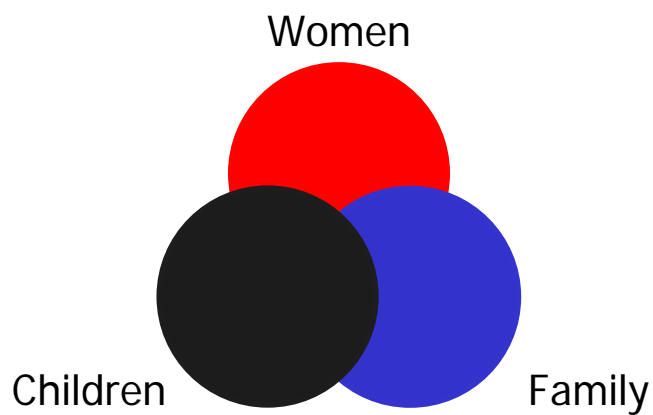
- Include key people who are working with the client, her children and her family
- Meet regularly to identify goals and monitor progress
- Make sure that treatment goals for the client, her children and her family are aligned
- Team members need to hear from one another about progress and concerns

Evaluation

- Align evaluation and implementation
- Review evaluation data regularly and use the information to make changes
- Treat the evaluators as supports, rather than as auditors



We Work at the Intersection





Treatment Issues

- Trauma/Abuse History
- Other Mental Health Issues/Illnesses
- Weight Loss
- Multi-Role Expectations
- Criminal and Legal Issues
- Medical Issues



Trauma/Abuse History



- Childhood and/or Adult Experiences of Physical, Sexual, Emotional Abuse or Neglect
- Witnessing/Participation in Gang- or Drug-Related Violence
- Witnessing/Participation in Community Violence
- P.T.S.D.; Acute Stress Disorder



Other Mental Health Issues/Illnesses

- **Depression:** Major Depression; Bipolar I,II Disorders
- **Anxiety:** P.T.S.D.; Panic Disorder; O.C.D.; etc.
- **ADD/ADHD**
- **Schizophrenia, Schizoaffective Disorder**
- **Substance-Induced Disorders:**
Amphetamine-Induced Psychotic Disorder
- **Personality Disorders**



Weight Loss

- **Body Image Issues**
- **Recovery and 'substitution'**
- **Mental health medications and weight gain**



Multi-Role Expectations

- Mother
- Wife
- Housekeeper
- Friend
- 'Skinny and attractive'
- 'Party Girl'



Criminal and Legal Issues

- Mandated Treatment for Drug/EtOH Cases
- CPS Cases: Parenting; Family Treatment
- Desire for Family Reunification
- Domestic Violence: Anger Management



Medical Issues

- Hepatitis C; Liver Disease
- Bone LOSS: Bone Disease; Dental Problems
- AIDS/HIV
- Myriad of Other Health Problems



Treatment Methods

- Group, family, and individual sessions
- Matrix Model
- Najavits' Models: Seeking Safety, Women's Addiction Workbook
- Family Systems approach
- Women's Group



Next Steps

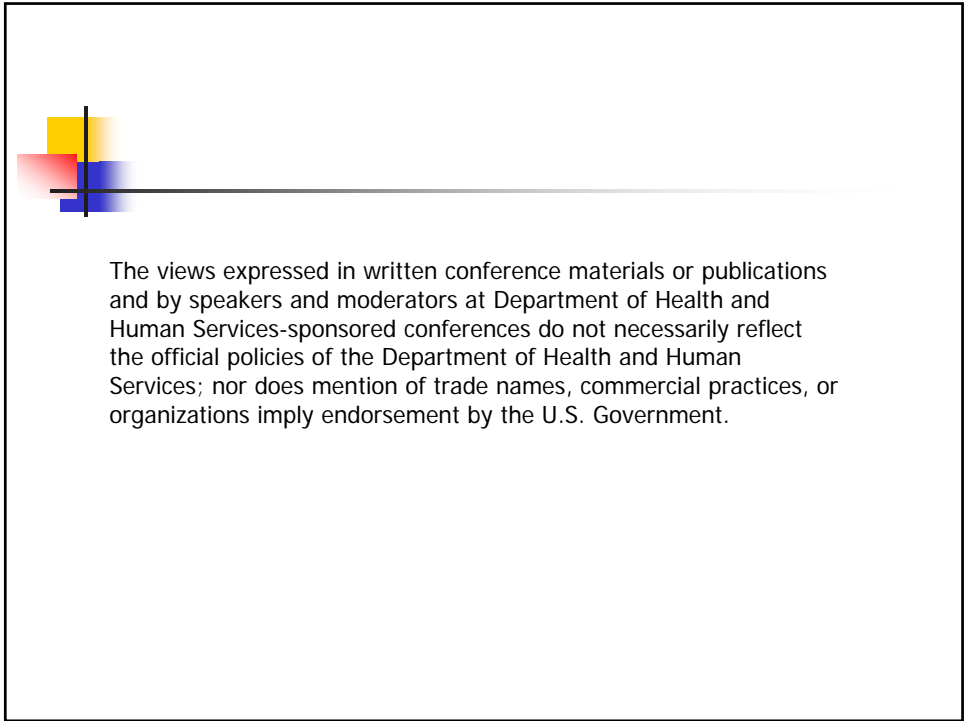


- We would like you to consider the following questions as we continue to move towards evidence-based, family focused treatment.
 - What kinds of support are needed for women, children and families?
 - How do we fit in all the necessary programming?



Next Steps

- How do we allocate our limited resources to achieve our program goals?
- How do we balance staffing and program needs?
- How do we find time to do everything we need to do?



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