



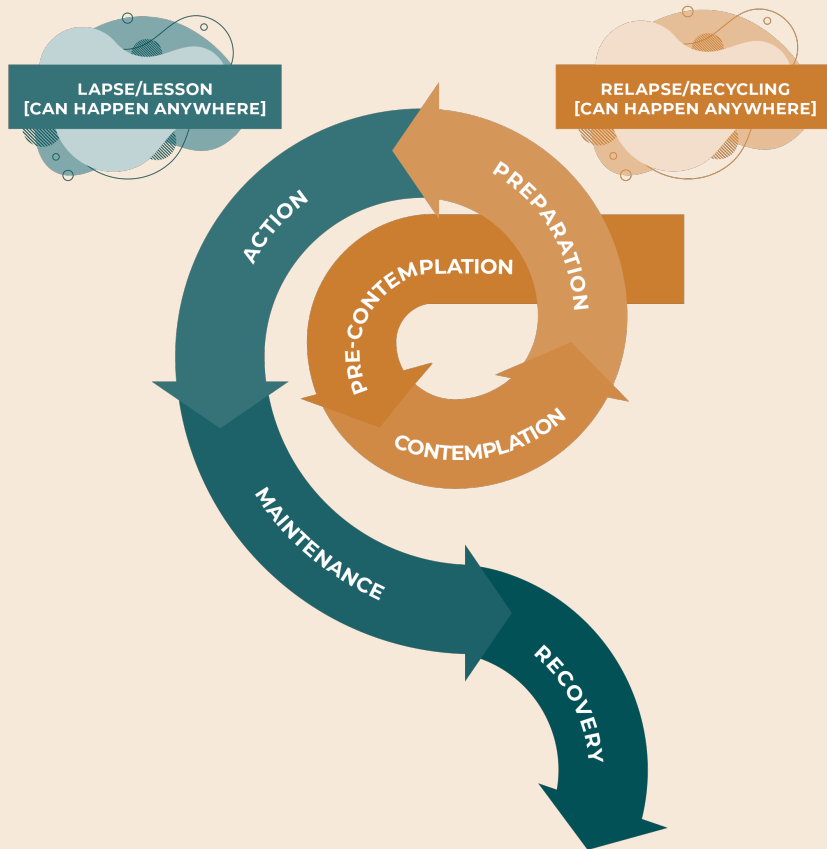
# Demystifying Methamphetamine Use *And Finding A Path To Recovery*

Presented By:

Tara Hurster – MAPS, B Psych, PGDip Psych  
Founder and Director of The TARA Clinic  
(Therapeutic Addiction Recovery Assistance)

[www.thetaraclinic.com](http://www.thetaraclinic.com)





## Part 1:

*Kickstarting Recovery By  
Knowing The Stages of Change*

## Part 2:

*How To Choose The Best  
Recovery Pathway & The Top  
Tips To Know About The Process*





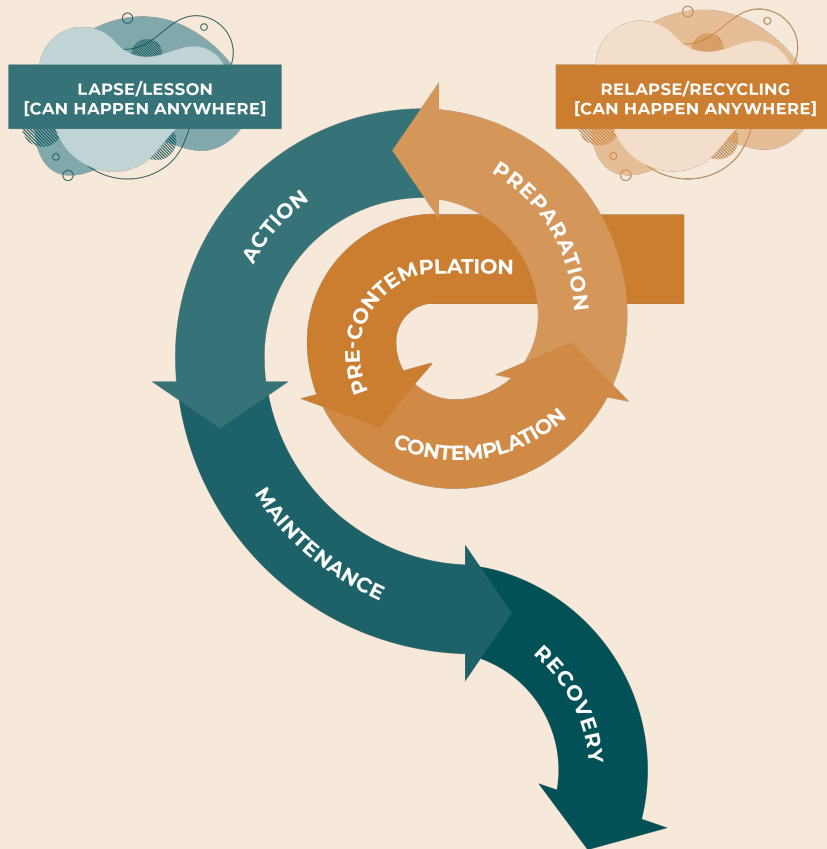
# Tara Hurster

- MAPS, B Psych, PGDip Psych

## Why am I here?

1. Disrupting the way society views addiction,
2. Providing a modern solution to addiction recovery,
3. Sharing my story of recovery, and
4. To make addiction treatment sexy!





# The Stages Of Change

## *A Brief Review*

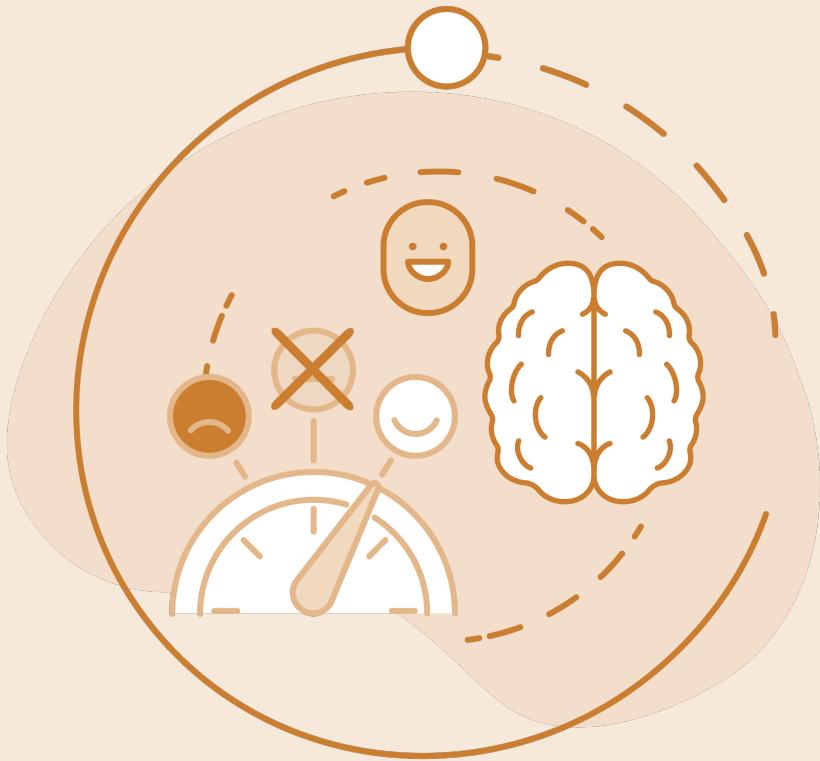
**Lapses are a fundamental aspect of your foundational learning.**

- We call lapses, lessons!

**Relapse is often linked to shame and guilt or giving up.**

- We call relapse, recycling!

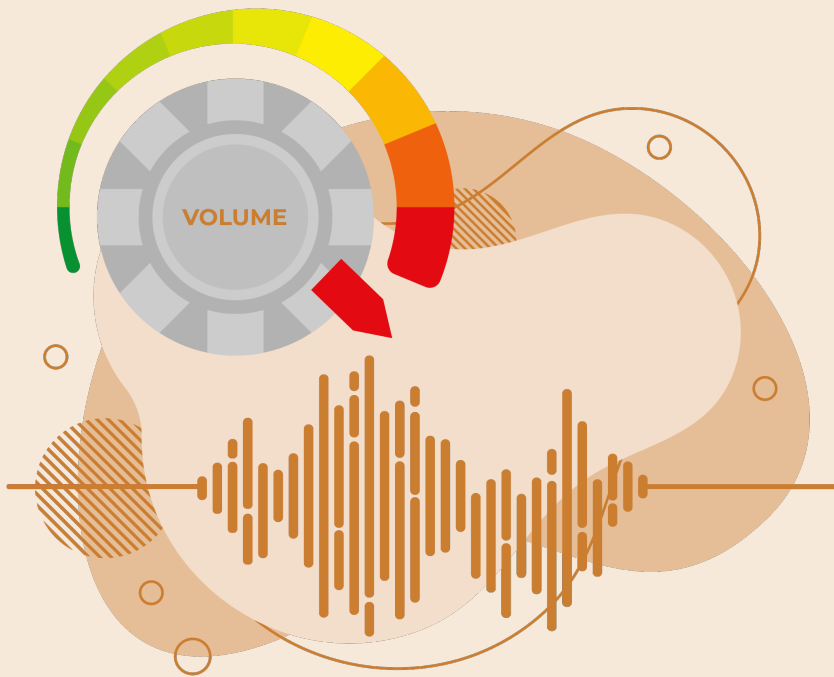




## To understand how methamphetamine impacts the brain...

You first need to understand that methamphetamine is unique in its effects when you are using the substance, and experiencing its detox.





## Let's start with the use:

Your brain is unable to naturally produce the level of Dopamine and Serotonin that occurs when you use methamphetamine.

This tends to flood the brain to such an extent that it can no longer reabsorb these chemicals after the use.

That flooding leads to a predictable period of depression and low mood for up to 10 days after your last use, which is why it can be so hard to maintain a goal of abstinence.





## Now the unique detox:

Methamphetamine has arguably the longest detox process of any substance: 9-12 months!

The interesting part is that the urges in detox follow a seemingly predictable pattern.

All you need to remember is they come in 3's!





## This is a specialised area of practice

It is very important that the professionals who are supporting you have a special interest in addiction treatment.

**You have the right to ask.**







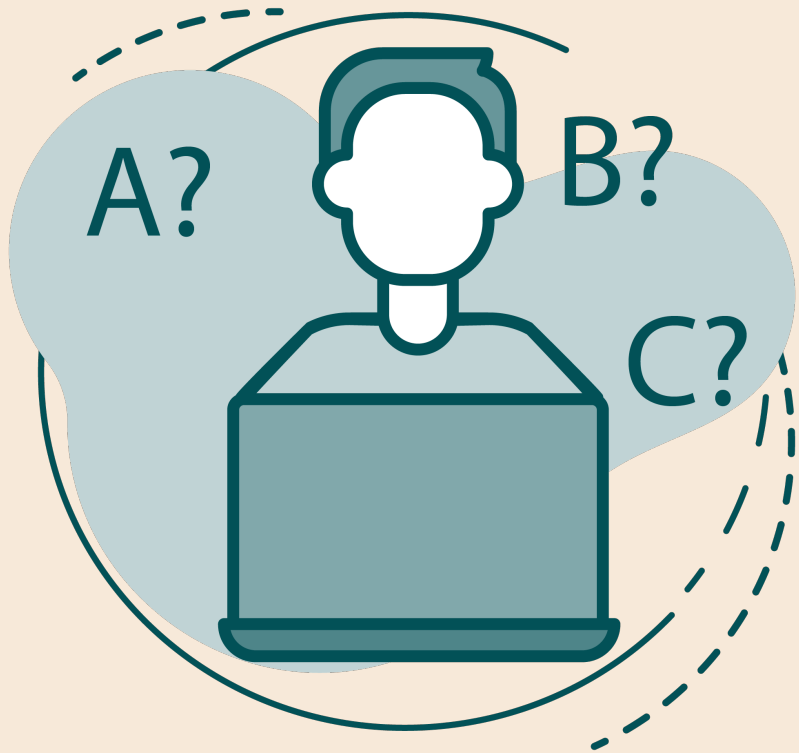
# Overcoming Addiction

*"The person is not the problem, the problem is the problem."*

- Michael White, Narrative Therapy

Your treatment should help you understand the driver behind the behaviour and guide you to implement the right tools at the right time.





# What Is Addiction?

A repeated action, triggered by the desire to reduce distress, that continues despite the negative consequences associated with the behaviour.



# “Great, but how do I fix it?”



## You're not broken!

Knowing the options available to you will give you the confidence to choose what's best for you.

Let's get into it.



# Recovery Models



## ABSTINENCE BASED RECOVERY

The 12-Step framework of  
Alcoholics Anonymous (AA) etc.  
where you stop all substances



## HARM MINIMISATION

Identify the risks that are  
present and work on a plan to  
reduce them either through  
reduction or stopping



# Treatment Methods



## INPATIENT

For the duration of your program you will stay in the facility. All accommodation, food and therapy is included.



## OUTPATIENT

While you complete the treatment program you will continue to live at home and be able to work.



# Funding Formats



## PUBLIC FUNDING

Medicare and Centrelink funded programs are often inpatient and either detox (3-10 days) or longterm (9-12 months).



## PRIVATE FUNDING

Private Health Insurance covers some 21-day inpatient programs. Personal funding can be used for other private programs.



# Treatment Process Options



## DETOX

A 3-10 day medically assisted process of detoxifying the substance out of your body. Often little to no therapy is provided during a detox.



## SHORT-TERM INPATIENT

A 3-4 week medically supported introduction to recovery in Private Psychiatric Hospitals.



## LONG-TERM INPATIENT

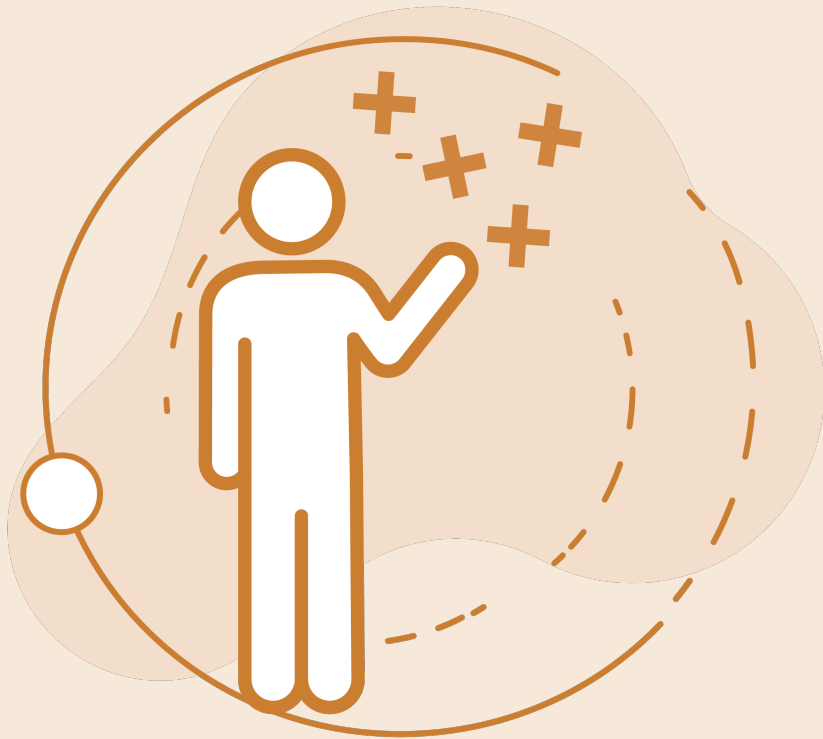
A 3-12 month programs often provided as part of a Therapeutic Community and from an Abstinence Based Recovery model.



## OUTPATIENT

Encouraged as ongoing support after completing an inpatient or detox process. The TARA Clinic doesn't require you to have completed an inpatient stay before joining.





# Co-Morbidity Treatment

Mental health treatment isn't effective when you're struggling with addiction. That's because the addictive behaviours are used as coping strategies.

If you jump into trauma or anxiety management before building the skills to cope with this distress, the addictive behaviour increases!







# Big Feelings & Instant Gratification

That is what addiction teaches your brain.

Whatever you have practiced the most is the easiest thing to do in times of stress.



# “Thanks, but how do I choose?”



**It all comes back to the  
Stages of Change**

Go back and watch Part 1 of this Two-Part Webinar to find your Stage of Change.





# Pre-Contemplation

Relies on strong guidance:

*Unlikely to be self-motivated.*

## **Services like:**

- *Cracks in the ICE - [www.cracksintheice.org.au](http://www.cracksintheice.org.au)*
- *ADIS – 1800 250 015*
- *ADF – [www.adf.org.au/](http://www.adf.org.au/)*





# Contemplation

Still relies on strong guidance:

*Less likely to be self-motivated*

## **Services like:**

- *SMART Recovery –*  
[www.smartrecoveryaustralia.com.au/](http://www.smartrecoveryaustralia.com.au/)
- *Inpatient Detox & Short-Term Inpatient*

*NB: The longer you can be in an inpatient program, the better at this stage.*





# Preparation

Benefit from supportive guidance:

*More likely to be self-motivated*

## **Services like:**

- *Inpatient Detox & Short-Term Inpatient*
- *Long-term Inpatient*
- *Outpatient Treatment Programs*





# Action

## Aligned guidance & self-direction

*Getting self-motivated*

### **Services like:**

- *SMART Recovery - [www.smartrecoveryaustralia.com.au/](http://www.smartrecoveryaustralia.com.au/)*
- *Inpatient Treatment*
- *Outpatient Treatment*





# Maintenance

Ongoing self-direction

*Completely self-motivated*

## **Services like:**

- *Cracks in the ICE - [www.cracksintheice.org.au](http://www.cracksintheice.org.au)*
- *ADIS – 1800 250 015*
- *SMART Recovery - [www.smartrecoveryaustralia.com.au/](http://www.smartrecoveryaustralia.com.au/)*





# Recovery

## Living your new life:

*Your choice to remain connected to the recovery community is yours to make.*

*You have completed the change process and are now living your full, rich, and meaningful life.*

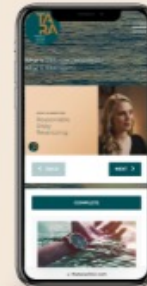
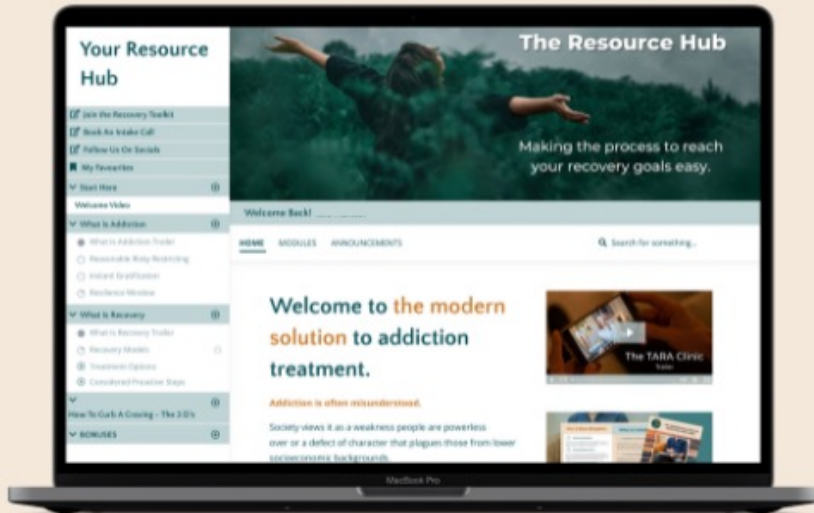




FREE OFFER

# The Resource Hub

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The TARA Clinic – [www.thetaraclinic.com](http://www.thetaraclinic.com)



## Demystifying Methamphetamine Use

# Questions?

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