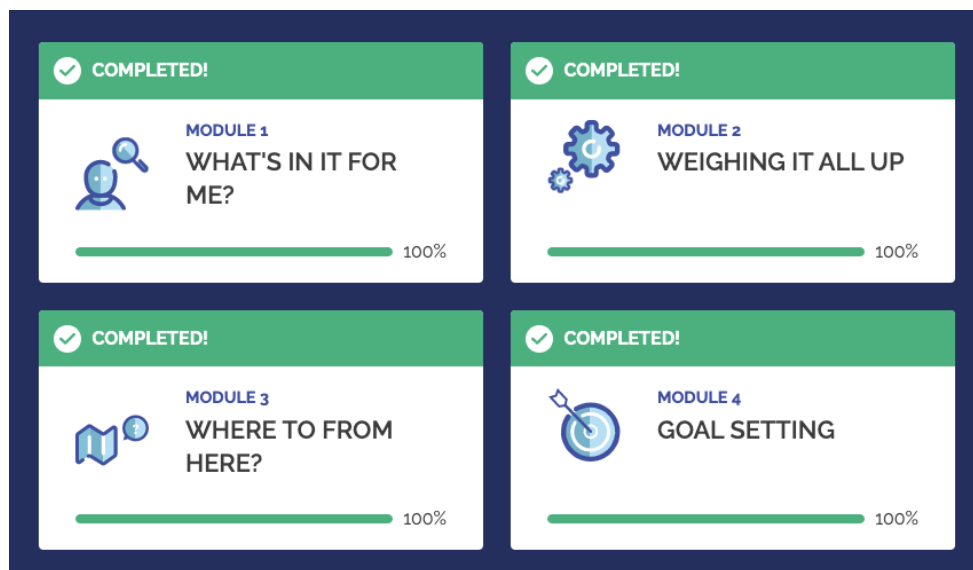


# Crystal Clear: An internet-based brief early intervention



*This resource was developed by The University of Newcastle, in partnership with NSW Health, Matilda Centre and Curtin University.*

*This resource is an early intervention tool for psychostimulant use.*



**Summary:** Crystal Clear ([crystalclear.org.au](http://crystalclear.org.au), formerly Breaking the Ice) is an internet-based brief early intervention for **psychostimulant** use, including **ice** ([crystal.methamphetamine](http://crystal.methamphetamine)). The intervention draws on Cognitive Behavioural Therapy and Motivation Enhancement Training, and aims to:

- Target light-moderate psychostimulant use (methamphetamines, including ice, and ecstasy), and particularly those who are at high risk of progressing to **dependent** or problematic use, or who are already experiencing problems, but are not seeking help, and;
- Focus particularly on young adults aged 16-25 years (but not to the exclusion of older adults).

**Developers:** Crystal Clear was originally developed in collaboration with researchers from the [Australian National University](http://www.anu.edu.au), the [University of New South Wales](http://www.unsw.edu.au) and [Curtin University](http://www.curtin.edu.au). The [Matilda Centre](http://www.matildacentre.org.au) (formally The NHMRC Centre for Research Excellence in Mental Health and Substance Use), in partnership with [NSW Health](http://www.nsw.gov.au) and [Curtin University](http://www.curtin.edu.au), re-developed the program in 2016 based on feedback obtained by young people at risk of, or already using, ice.

**Costs:** Free

**Year:** 2013. Last updated 2021.

**Evidence base:** The original Breaking the Ice online intervention has been evaluated in one peer-reviewed randomised controlled trial. See references below:

- Tait, R.J., McKetin, R., Kay-Lambkin, F., Carron-Arthur, B., Bennett, A., Bennett, K., Christensen, H., Griffiths, K., 2015. Six month outcomes of a web-based intervention for users of amphetamine-type stimulants: Randomized controlled trial. *Journal of Medical Internet Research* 17, e105 <http://www.jmir.org/2015/2014/e2105/>.
- Tait, R.J., McKetin, R., Kay-Lambkin, F.J., Carron-Arthur, B., Bennett, A., Bennett, K., Christensen, H. & Griffiths, K.M. (2014). Breaking the Ice: 3-month outcomes of a randomised controlled trial of a web-based intervention for users of amphetamine-type stimulants. *Journal of Medical Internet Research (Mental Health)*, 1(1): e1. <https://mental.jmir.org/2014/1/e1/>
- Tait, R.J., McKetin, R., Kay-Lambkin, F., Bennett, K., Tam, A., Bennett, A., Geddes, J., Garrick, A., Christensen, H., Griffiths, K.M. (2012). Breaking the Ice: A protocol for a randomised controlled trial of an internet-based intervention addressing amphetamine-type stimulant use. *BMC Psychiatry*. 12(67): DOI: 10.1186/1471-244X-12-67.

[Access Crystal Clear](#)