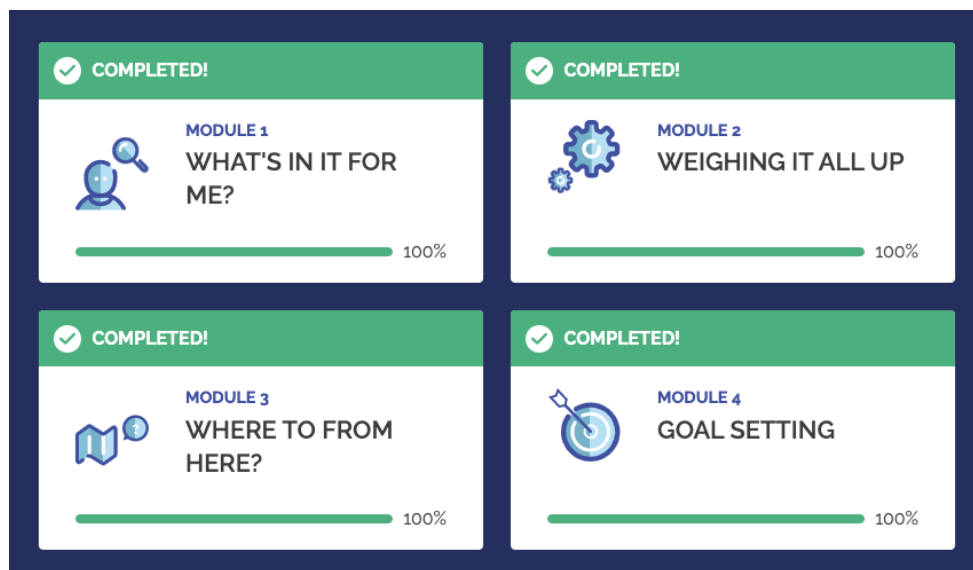


## Crystal Clear: An internet-based brief early intervention



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://australian.national.university), the [University of New South Wales](http://university.of.new.south.wales) and [Curtin University](http://curtin.university). The [Matilda Centre](http://matildacentre.org.au) (formally The NHMRC Centre for Research Excellence in Mental Health and Substance Use), in partnership with [NSW Health](http://nsw.health) and [Curtin University](http://curtin.university), 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](#)