

# Meth Check: Ultra Brief Intervention Tool



This resource is by Insight.

This resource is a brief clinical intervention tool that guides health workers working with people who use methamphetamine.

**METH CHECK**

The purpose of Meth Check is to provide you with some useful information and practical tips around methamphetamine. It should only take about 10-15 minutes to complete.

**WORKERS' NOTES**  
This tool is designed to help guide a conversation with someone who uses methamphetamine. It is not intended to replace a full clinical assessment. Please consider all risk, safety, consent and confidentiality issues before commencing. If you need a copy of this resource, please contact us via email and we will send it to you. A guide to using this tool can be found at www.insight.org.au

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**1 A BIT ABOUT METH**

**DID YOU KNOW...**

- Meth is a powerful stimulant drug.
- It can make you feel good and increases your alertness and energy.
- It works by causing a huge release of 'dopamine', the brain's pleasure chemical.
- It is known by many different names – speed, ice, crystal, shard, tito, fast, goxy, whizz.
- Powdered speed used to be amphetamine, but these days it almost always is methamphetamine.

**WHAT TYPE OF METH DO YOU USE?**

LOWER PURITY → SPEED POWDER → BASE BLENDS → CRYSTAL SHARDS → HIGHER PURITY

**HEALTHY TIP:** These are all the same drug – methamphetamine – only the form and purity is different.\*

**TOP TIP:**

- The higher the purity the less you need.
- Purity can change from batch to batch.
- All use carries risk.

**2 HOW OFTEN HAVE YOU USED METH IN THE PAST 12 MONTHS?**

- Weekly
- Monthly
- Less than once per month

**DID YOU KNOW...** Only 1.4% of Australians have used meth in the last 12 months\*\*\*. The majority of these people use it less than once per month.

**TOP TIP:**

- The more frequently you use meth, the more problems you can experience.
- If you find yourself using meth every week, you might be 'dependent' on meth.

**3 WHAT ARE THE GOOD BITS ABOUT USING METH?**

e.g. Having fun / excitement, coping with stress, to help stay awake.

**WHAT ARE THE NOT-SO-GOOD BITS?**

e.g. Sleep problems, feeling exhausted, getting annoyed, irritability, relationship break-ups, money problems, hassles with work / study, getting backst, losing interest.

**4 DO YOU KNOW HOW MUCH YOU SPEND ON METH?**

You may need a calculator for this section:

Per week \$ \_\_\_\_\_ Enter a dollar amount  
Per month \$ \_\_\_\_\_ multiply the weekly number by 4  
Per year \$ \_\_\_\_\_ multiply the monthly number by 12 (to equal 12 weeks)

After buying meth, do you find that you have enough money left over for daily expenses? e.g. food, rent, transport, bills (please circle)

Always Mostly Sometimes Rarely Never

**5 ON A SCALE FROM 1-10, HOW WORRIED ARE YOU ABOUT YOUR USE?**

1 2 3 4 5 6 7 8 9 10  
Not at all worried Very worried

**HOW IMPORTANT IS IT FOR YOU TO MAKE CHANGES TO YOUR USE?**

1 2 3 4 5 6 7 8 9 10  
Not important Very important

**Why did you give these scores?**

What would it take for your score to go up or down?

Turn the page over for more information

\* These are the most common medications which contain amphetamine or amphetamine-like substances (e.g. Ritalin, Desoxyphenone).  
\*\*\* National Drug Strategy Household Survey 2010, 2019

**Summary:** The Meth Check: Ultra Brief Intervention Tool is a clinical tool designed to guide health professionals through a 20-30 minute ultra-brief intervention with someone who uses **methamphetamine**. Specifically, the tool is a 2-sided A3 printout which guides the health professional and their client through a brief conversation about methamphetamine and the client's experience using the drug.

It is appropriate for use by generalist health and community service workers or by specialist mental health and AOD treatment workers who are conducting initial appointments, drug diversion sessions and/or opportunistic engagement with clients and patients. **Note that the tool is not intended to replace a full clinical assessment.**

The developers recommend health professionals complete a short [e-learning program](#) about methamphetamine before using any of the Meth Check tools.

**Developers:** This resource was developed by [Insight](#) as part of [Queensland Health's](#) response to [crystal methamphetamine \('ice'\)](#).

**Year:** 2018. Last updated 2022.

**Costs:** Free to download. A hard copy tear-off pad containing 25 sheets is available free of charge for Queensland-based workers. A postage fee applies if you wish to order additional copies.

*Note: You will be required to provide your email address when ordering or downloading the tools so that the developers can invite you to participate in an evaluation of the tool at a later date. Participation in this evaluation process is voluntary.*

**Evidence base:** This resource has undergone expert review.

[Access the Meth Check: Ultra Brief Intervention Tool](#)