

## Symptoms of Meth Use

Sometimes it's not easy to tell whether symptoms are caused by methamphetamine use or other problems. Signs of possible meth use may include:

- Rapid "jittery" eye movements; constricted or dilated pupils
- Agitation, nervousness, irritability, moodiness or aggression
- Inability to focus, mental confusion, hyper alertness, muscle spasms
- Signs of sleep deprivation (tiredness, problems with concentration and memory, blurred vision, etc.)
- Unpleasant body odor
- Skin sores or lumps, cracked lips
- Loss of interest in normal activities, food, water, sex, sleep
- Repetitive behaviors
- Hallucinations, visual/sound disturbances, thinking problems



## Clackamas County Community Health

**Our Mission is to protect and promote the health of citizens of Clackamas County.**

Our services are available to residents of Clackamas County, regardless of race, color, national origin, sex, age, disability, religion, sexual orientation, gender identification or veteran status.



**CLACKAMAS COUNTY  
COMMUNITY HEALTH (CCCH)**

**Oregon City Hilltop Center (OCHT)  
998 Library Court  
Oregon City, OR 97045**

**Phone: 503-655-8401  
Fax: 503-655-8429**

**CLACKAMAS COUNTY  
COMMUNITY HEALTH (CCCH)**

## Overcoming Meth Addiction

**Methamphetamine  
Treatment Services**



**Tel: 503-655-8401**

# We Treat Meth Dependence

Someone you know or work with may be struggling with a serious problem — methamphetamine dependence. Methamphetamine or “meth” is a highly toxic and addictive stimulant drug that’s sweeping the country. Meth severely impacts families, especially children of those who use, and often creates legal problems for the user.



Methamphetamine use destroys lives and families.

To address this growing problem, the Clackamas County Community Health (CCCH) Adult Integrated Treat-

ment Team (AITT) has expanded its methamphetamine treatment program. We are now

facilitating our program with Meth Matrix, a proven, evidence-based treatment curriculum specifically designed for methamphetamine dependence.

## A Comprehensive Approach

The Meth Matrix Program provides a structured approach to treating methamphetamine dependence. The program incorporates practical, empirically tested treatment methods that have been positively evaluated by numerous groups, including the U.S. Department of Health and Human



Meth use has spread into every community.

Service’s Substance Abuse and Mental Health Service Administration (SAMHSA). The comprehensive program incorporates psycho-education to help clients learn about the process of addiction; cogni-

tive-behavioral group and individual therapy to help them change addictive thinking and behavior; relapse prevention strategies; and family involvement and 12- Step approaches for ongoing support.

## Treatment and Prevention

The program, designed to help clients get off and stay off methamphetamine, usually lasts about six months, but may continue for 12 months or more.

It includes both group and individual therapy sessions as needed. Group sessions are co-led by CCCH behavioral health professionals with specialized substance abuse training and peer mentors who are in recovery. Group work includes both **Early Recovery** and **Relapse Prevention**.

**Early Recovery Skills** teaches clients about triggers and cravings, physical and psychological stages of recovery, drug-free coping strategies, changing dangerous thoughts and behaviors and resources available in 12-Step and other self-help recovery groups.

The **Relapse Prevention Skills** are designed to help clients stay off methamphetamine and other drugs. It helps clients learn how alcohol and other drugs can jeopardize recovery from meth; deal with boredom, guilt and shame; stay motivated; trust others; and anticipate and prevent relapse.

## Getting In

It’s easy to refer someone struggling with meth use who is a Clackamas County resident to CCCH’s Meth Matrix-focused program. For services, call 503-655-8401 to schedule an intake appointment with an Adult Integrated Treatment Team Specialist.

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