

Methamphetamine 101 Workshop: New Knowledge and Effective Treatment Approaches

North State Training

Final Report



Methamphetamine is a growing problem in many cities across the United States, and the drug has long been entrenched in the State of California. In fall 2005, the PSATTC approached Shasta County Alcohol and Drug Programs' Administrator, David Reiten, to discuss the possibility of conducting no-cost methamphetamine training for North State substance abuse treatment providers. Mr. Reiten secured space at the Shasta County Administration Center and the County picked up the expenses of duplicating the training agenda and materials. Thomas Freese, Ph.D. (Director of the PSATTC), and Beth Rutkowski, MPH (Associate Director of Training for UCLA ISAP) developed the day-long training curricula. The PSATTC covered Dr. Freese's and Ms. Rutkowski's travel expenses. And UCLA ISAP and the UCLA School of Nursing provided continuing education for a variety of disciplines, including CAADAC-, CAADE-, and CAARR-certified treatment providers, MFTs/LCSWs, and Registered Nurses.

The one-day workshop was designed to provide individuals working in the substance abuse field with the latest high quality, science-based information regarding the growing methamphetamine problem. Topics included: methamphetamine epidemiology, methamphetamine and the brain, medical and psychiatric consequences of methamphetamine, methamphetamine use among certain populations, methamphetamine production and clandestine laboratories, the Drug Endangered Children Program, and behavioral treatments for methamphetamine abuse.

As a result of this workshop, participants would be able to:

1. Identify immediate and long-term physical and psychological effects of methamphetamine use;
2. Understand the impact of methamphetamine use on the community (e.g., environmental exposure in children and adults, criminality, and clandestine production); and
3. Describe effective, empirically based treatment approaches.

In order to ensure that the training was well-advertised and attended, Mr. Reiten offered to spread the word to his colleagues in surrounding counties. In addition to word of mouth, the training opportunity was announced at a quarterly meeting of the California Alcohol and Drug Program Administrators Association of California, and disseminated on the PSATTC's electronic listserv (that has over 900 subscribers). Initially, we were hoping for 50 individuals to attend. To our surprise, more than 145 individuals pre-registered for the training.

The training was held on March 16, 2006. Despite the rain and snow that hit parts of Northern California, a total of 105 individuals from 14 northern California counties participated in the training. Of those, seventy-one percent received six (6) continuing education credits for at least one discipline (75 participants).

The following tables provide details with regards to the county distribution of participants, as well as the type of continuing education received by participants.

County Name	Number of Attendees	Percent of Attendees
Amador	1	1%
Butte	11	10%
Colusa	1	1%
Contra Costa	6	6%
Glenn	4	4%
Humboldt	1	1%
Lassen	1	1%
Modoc	2	2%
Nevada	3	3%
Plumas	4	4%
Shasta	45	43%
Solano	2	2%
Tehama	9	9%
Trinity	10	10%
Unknown (on-site registrants)	5	5%
TOTAL	105	100%

Type of Continuing Education Credit	Number of CE Certificates	Percent of All CE Certificates
C.A.D.C. (CAADAC)	14	17%
C.A.S. (CAARR)	28	35%
C.A.T.C. (CAADE)	14	17%
MFT/LCSW (CA Board of Behavioral Sciences)	12	15%
Registered Nurses (UCLA School of Nursing)	13	16%
TOTAL*	81	100%

*A total of 75 participants received CE credits at the training. Six participants received more than 1 type of CE certificate.

The success of this training was made possible by the collaboration between the PSATTC and Shasta County ADP. Due to the overwhelming number of training requests, and the sheer size of the state of California (one of three states covered by the PSATTC), it is very important to build collaborative relationships with county alcohol and drug program administrators throughout the state.

For more information, please contact Beth Rutkowski at (310) 445-0874 x376, or finnerty@ucla.edu.