

Stimulating Conversations: Improving Gendered Treatment Responses to Methamphetamine Use

Category: Poster Presentation (In-Person)

Abstract Body

Objectives:

Methamphetamine use is a growing concern in Canada and the USA and is associated with negative health and social consequences. While sex and gender impact uptake, patterns of use, responses, and treatment access and outcomes for all substances, comprehensive evidence-based treatment responses for people who use methamphetamines, and in particular women, remain limited. From 2021 – 2023, the Centre of Excellence for Women's Health (CEWH) led a project to understand the impact of sex, gender, and trauma related factors on equitable access to, and outcomes of, harm reduction and treatment programming for people who use methamphetamines.

Methods:

We conducted a scoping review and environmental scan to 1) identify methamphetamine responses that include sex, gender, trauma, and equity elements and 2) explore how these elements affect intervention, harm reduction, and treatment outcomes for people with methamphetamine concerns.

Findings:

The scoping review identified $n = 17$ articles on methamphetamine interventions that included sex, gender, trauma, or equity elements, and $n = 12$ articles on how sex and/or gender impact methamphetamine treatment outcomes. The findings were shared with a Community of Inquiry of substance use treatment practitioners to inform an evidence-based discussion and were translated into six knowledge products to facilitate the application of evidence-based sex-, gender-, trauma-, and equity-informed approaches to improving treatment responses to methamphetamine use. Each resource was adaptable to various treatment response settings, to better support those who use methamphetamines.

Conclusion:

There is a need for more research regarding effective responses to methamphetamine use, especially for interventions tailored to women. Nonetheless, there is a need for guidance in this area, so we developed accessible resources that highlight ways in which treatment providers can understand and attend to the potential

impacts of sex, gender, trauma, and structural inequities on methamphetamine use in order to develop more comprehensive treatment responses.

Key Words (Max 5)

- Equity, Diversity, Inclusion Issues
- Other
- Prevention/Harm Reduction
- Treatment models/programs
- Women/pregnancy/neonatal issues

Learning Objective #1

To share conversations starters that facilitate the incorporation of sex, gender, trauma and equity informed approaches to improve treatment responses in Canada

Learning Objective #2

To increase understanding of the role of sex, gender, trauma and equity and how they impact meth use and harm reduction, withdrawal management, and treatment responses

Reference #1

Ciketic, S., et al., A review of psychological and pharmacological treatment options for methamphetamine dependence. *Journal of Substance Use*, 2012. 17(4): p. 363-383.

Reference #2

Greenfield, S.F., et al., A qualitative analysis of women's experiences in single-gender versus mixed-gender substance abuse group therapy. *Substance use & misuse*, 2013. 48(9): p. 750-760.

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