Understanding Crystal Meth Anonymous (CMA)

Collaborating with Healthcare and Mental Health Professionals to Support Recovery



Our Shared Purpose

- **A common mission:** CMA and professionals share a goal – supporting individuals struggling with crystal meth addiction.
- **What CMA offers:** A peer-led, non-clinical fellowship grounded in the Twelve Steps and shared experience, strength, and hope.
- **Working together:** Professionals can refer individuals to CMA; CMA provides long-term, community-based support for recovery.

What is Crystal Meth Anonymous?

- **Peer-based fellowship:** CMA is a community of individuals recovering from methamphetamine addiction.
- **Free and self-supported:** There are no dues or fees; CMA is funded by voluntary contributions from members.
- **Global support:** Founded in 1994, CMA is growing and offers meetings in many cities as well as online.
- **Not clinical treatment:** CMA is not a replacement for therapy or medical care – it is a long-term peer support tool.

What is the CMA Program?

- **Twelve Step foundation:** Modeled after AA's Twelve Steps, adapted for meth addiction.
- **Twelve Traditions:** Help guide group unity, purpose, and service.
- **Community-based:** Members share their recovery experience to help others.
- **Focus on abstinence:** The primary goal is freedom from crystal meth and all other mind-altering substances, including alcohol and medications not taken as prescribed.

What CMA is Not

- **Not a religious program:** CMA is spiritual, not affiliated with any religion or denomination.
- **Not therapy or treatment:** No licensed counselors – support is peer-to-peer.
- **Not a monitoring agency:** CMA does not keep attendance; however, attendance verification may be provided to attendees.
- **Not a one-size-fits-all solution:** CMA complements professional treatment – it doesn't replace it.

Understanding Anonymity in CMA

- **Key principle:** Anonymity encourages open sharing and protects members' identities.
- **Program-focused:** Anonymity helps CMA maintain its focus on recovery, not personalities.

What CMA Offers Your Clients

- **Safe community:** CMA meetings provide a judgment-free environment among people who've lived similar experiences with the symptoms and behaviors unique to meth use.
- **Relatability**: CMA recognizes the unique issues with meth addiction - including the relapse cycle, meth-induced psychosis, extended withdrawal symptoms, and challenges to intimacy & trust in recovery. Crystal meth users may feel out of place discussing these topics in spaces with people more focused on alcohol or opioids.

What CMA Offers Your Clients

- **Addressing meth/sex link:** Meth use is often tied to compulsive sexual behavior. CMA can provide a safe place to talk about this intersection, which may be feel taboo in other fellowships.
- **Structured recovery:** The Twelve Steps provide a clear path toward sobriety and personal growth.
- **Inspiration and hope:** Stories of recovery in CMA show that healing from meth addiction is possible.

How Professionals Can Collaborate

- **Share information about CMA:** Many clients may not know about CMA
- **Refer clients:** Suggest trying a CMA meeting for additional support.
- **Set realistic expectations:** Encourage trying multiple meetings to find the right fit.
- **Explain the process:** CMA is a long-term, lifestyle-based recovery fellowship.
- **Attend an open meeting:** Professionals are welcome at open CMA meetings (in-person or online) to learn firsthand.

Resources for Professionals

- **CMA General Services Website:** *crystalmeth.org* – includes resources and literature, including “For the Professional”

- **Professional Outreach:** CMA has a Public Information & Outreach (PI&O) Advisory Committee you can contact -- publicinfo@cmagso.net

Resources for Professionals

- **Common Questions About CMA:**

https://cma-publicinfo.s.gy/zwQ3Js

- **Informational Pamphlets:**
  - **“What is CMA?”**
  - **”To the Newcomer”**
  - **“Staying Sober”**
  - **“Sober Tool Kit”**
  - **“Sex and Sobriety”**
  - **“What About Alcohol and Other Drugs?”**
  - **“What About Sponsorship?”**
  - **“What About God?”**

https://cma-publicinfo.s.gy/rcSRNT

CMA Website Resources Links (crystalmeth.org)

- **“Hear Our Stories:** Speaker recordings of CMA members sharing their own experience, strength, and hope

https://cma-publicinfo.s.gy/NLt5ac

- **”Read Our Stories”:** Online stories of CMA members

https://cma-publicinfo.s.gy/NLt5ac

CMA Books Available on Amazon

- ***"Voices of the Fellowship – Our Recovery"*:** Collection of personal recovery stories by a broad and diverse group of CMA members.
- ***"Sober Cell – From the Inside Looking Out"*:** Collection of personal stories of recovery by individuals in CMA who have been incarcerated.
- **"Crystal Clear – Stories of Hope":** Members of CMA describe their personal journeys getting clean and sober. Available in English and Spanish ("Historias de Esperanza").
- "**Voices of the Fellowship – Our Families":** Members of CMA share how the Twelve Step program of CMA helped them rebuild trust, restore relationships, and begin to heal together.

https://cma-publicinfo.s.gy/2N3yVe

Connecting with CMA Locally

- **QR Code:** Scan to find local CMA meetings



https://crystalmeth.org/meetings

- **Main Website:** All CMA meetings world-side are posted at **crystalmeth.org/meetings**

Questions? / Need More Information?

- **Check out the CMA Website: https://crystalmeth.org**

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- **Email: publicinfo@cmagso.net**