Understanding Crystal Meth Anonymous (CMA)

Information for Corrections Professionals



Purpose of This Presentation

- Provide information to corrections staff about Crystal Meth Anonymous (CMA) and how it supports individuals recovering from crystal meth addiction.

What is Crystal Meth Anonymous?

- A Twelve Step fellowship founded in 1994 for people who struggle with crystal meth use and want to achieve abstinence.

CMA in Corrections Settings

- CMA meetings can be held in jails, prisons, and re-entry programs.
- Supports rehabilitation efforts and can reduce recidivism.

Why CMA Matters in Corrections

- Crystal meth use often contributes to criminal behavior.
- Recovery support can reduce relapse and re-offense rates.

Mission of CMA

- The primary goal is abstinence from crystal meth and all other mind-altering substances, including alcohol and medications not taken as prescribed.

Core Principles

- Abstinence
- Accountability
- Peer Support
- Service
- Anonymity

The Twelve Steps of CMA

- Framework for recovery based on personal responsibility, spiritual growth, and behavior change
- Modeled after AA's Twelve Steps, modified for crystal meth addiction

The Twelve Traditions of CMA

- Guidelines that protect the fellowship and promote unity and safety in meetings

Who Can Attend CMA?

- Anyone with a desire to stop using crystal meth, alcohol, medications not taken as prescribed, or other mind-altering substances

How CMA Supports Recovery

- Positive peer community
- Sponsorship
- Structure and accountability
- Healthy coping skills

In-Facility Meeting Formats

- Meetings can be self-led by incarcerated people
- Meetings can be facilitated by local CMA volunteers, if available

Benefits to Incarcerated Individuals

- Can reduce drug-seeking behaviors
- Encourages responsibility & self-awareness
- Allows individuals to build a community of recovery
- Builds re-entry readiness

Benefits to Facilities

- Can decrease behavioral incidents tied to substance issues
- Enhances rehabilitation programming
- Supports re-entry success

How CMA differs from other Twelve Step Programs

- Focuses especially on crystal meth addiction
- Allows a safe, non-judgmental space to address the unique challenges of crystal meth use and recovery

Integration Into Corrections Programs

- Can be part of substance abuse programming
- Works alongside clinical treatment, not in place of it

What CMA can offer your facility

- **Meetings and meeting support**
- **CMA's Pen Pal Program:** Connects individuals "on the inside" to individuals with solid recovery "on the outside" for recovery support, including sponsorship
- **CMA Books/Literature**

CMA Books Available to Corrections Facilities for free (on request) from CMA

- ***"Sober Cell – From the Inside Looking Out"*:** Collection of personal stories of recovery by individuals in CMA who have been incarcerated.
- ***"Voices of the Fellowship – Our Recovery"*:** Collection of personal recovery stories by a broad and diverse group of CMA members.
- **"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.
- **"The Twelve Steps for Crystal Meth Addicts":** A guide to the Twelve Steps written by and for crystal meth addicts in contemporary language (published by the NYCMA Fellowship)

How to Start CMA Meetings in Facilities



Contact CMA Hospitals & Institutions (H&I) Advisory Committee



Partner with local CMA volunteers



Train staff and volunteers on protocols and security needs

Re-entry and Community Support

- CMA meetings are available worldwide and online
- Engagement with CMA encourages continuity of care after release
- On discharge, individuals can immediately become part of a supportive community

Conclusions

- CMA can be a valuable recovery tool for corrections
- CMA has proven to benefit individuals, facilities, and communities

Questions / More Information?

- Want more information about CMA?

Email: publicinfo@cmagso.net

- Need literature, want to start a meeting or the Pen Pal Program in your facility?

Email: hi@cmagso.net