

Plénière 10 - Réduction des Risques & des Dommages

RdRD à l'ère des psychostimulants

June 11, 2026

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Sous le haut patronage de
Monsieur Emmanuel MACRON
Président de la République

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ALBATROS International Congress of Addictology

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COI/Funding

Research supported by the Canadian Institutes of Health Research, Fonds de Recherche du Québec, Health Canada, the Quebec Ministry of Health and Social Services, and the CHUM Foundation.

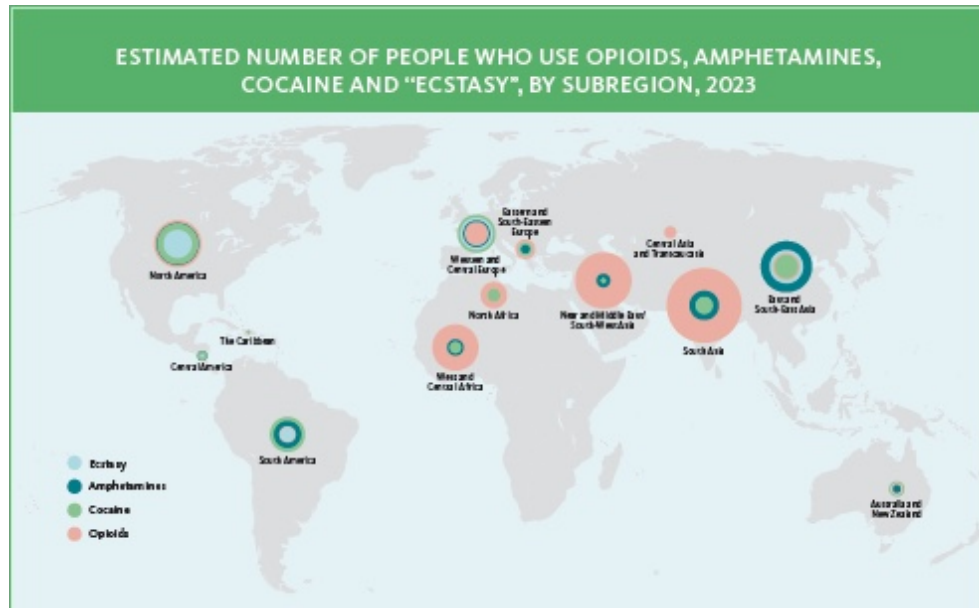
Acknowledgement

I am grateful to live and work in Tiohtià:ke/Montreal, on the unceded territory of the Kanien'kehá:ka Nation.

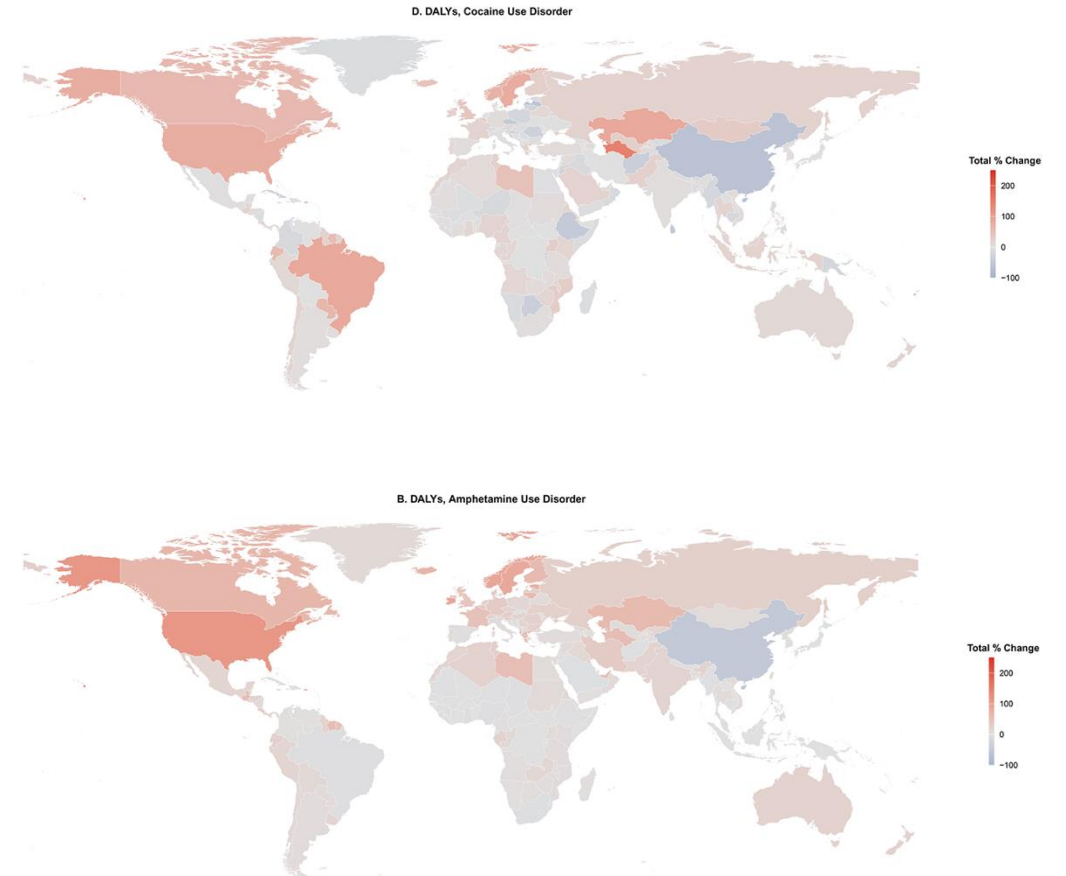
My research also takes place on the unceded traditional lands of many First Nations across the territory now known as Canada.

I acknowledge that the reasons people use substances are diverse, and that substances can have benefits as well as harms. Many individuals use them without experiencing problems. Today, my focus will be on responses to substance use that leads to problems and unwanted consequences.

Drug use prevalence and global burden of disease due to stimulants



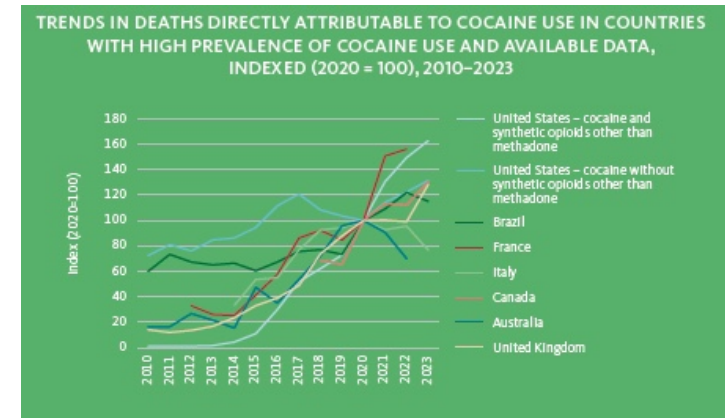
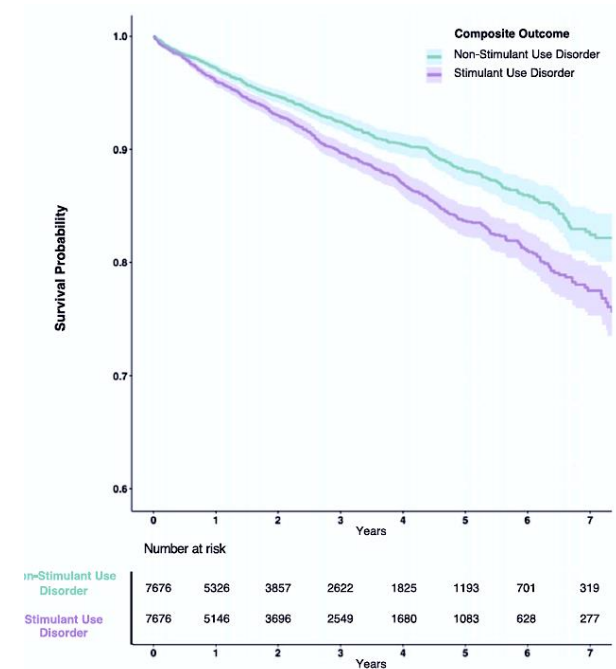
2023



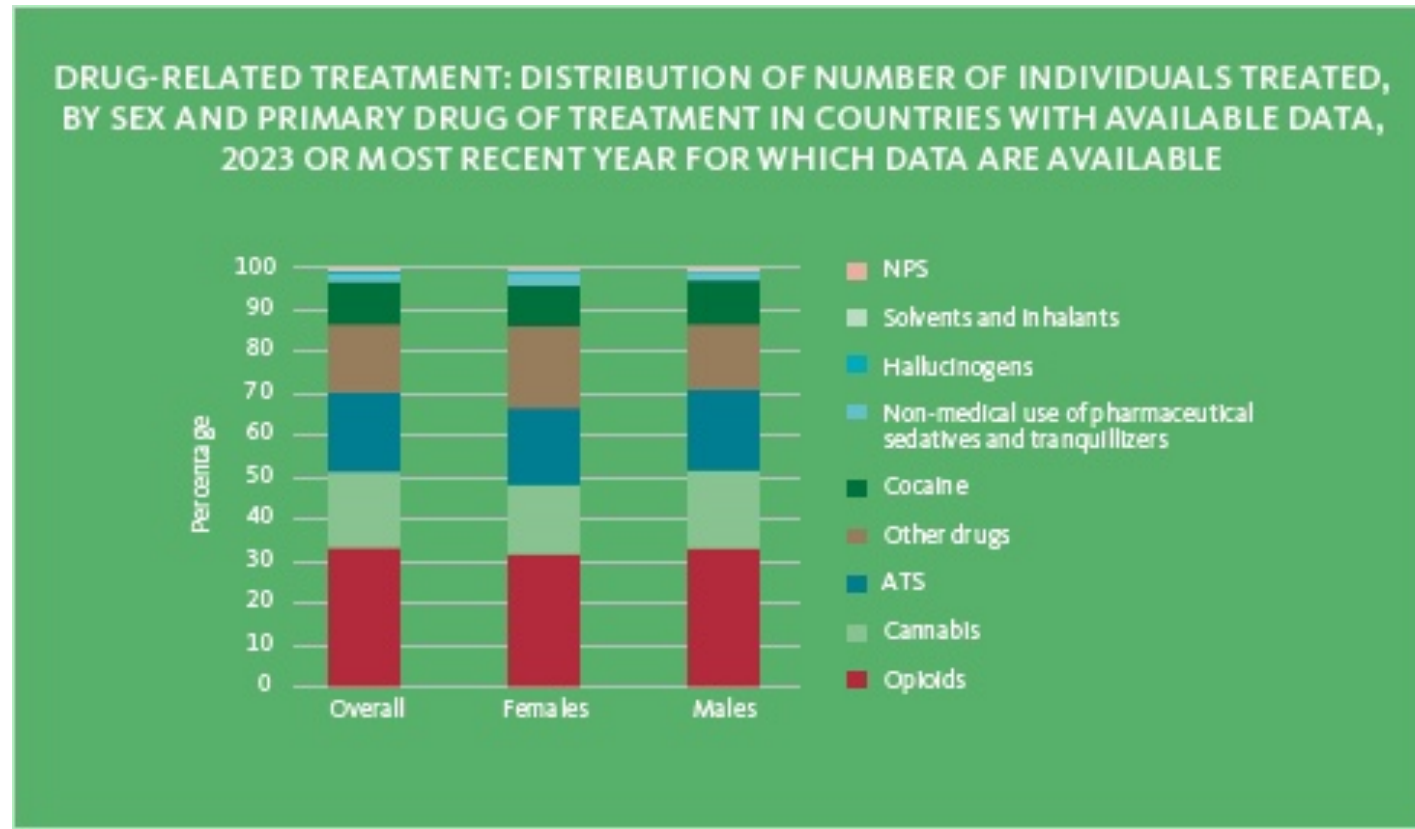
1990-2011

Stimulant use disorder: the perfect storm

- High addictive potential that can manifest within days of initial exposure
- Associated with acute and long term behavioral, cognitive, psychiatric and physical morbidity
- Involved in a large proportion of overdose-related deaths
- No treatments for stimulant use disorder currently approved by most regulatory bodies

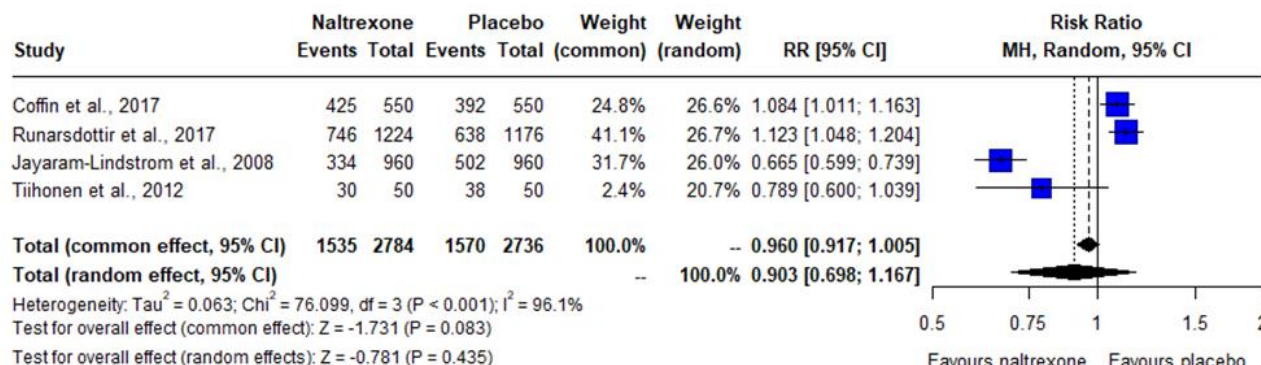


Treatment of stimulant use disorder

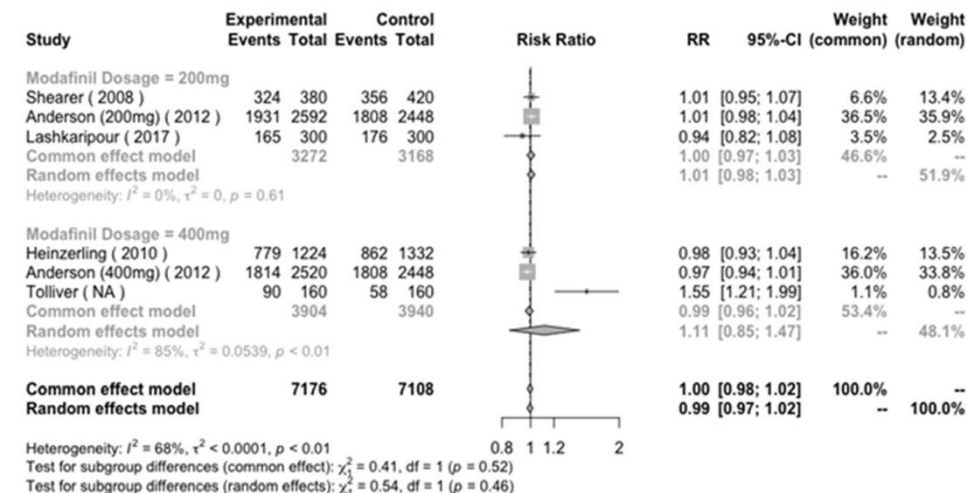


Treatment of stimulant use disorder (amphetamine-type)

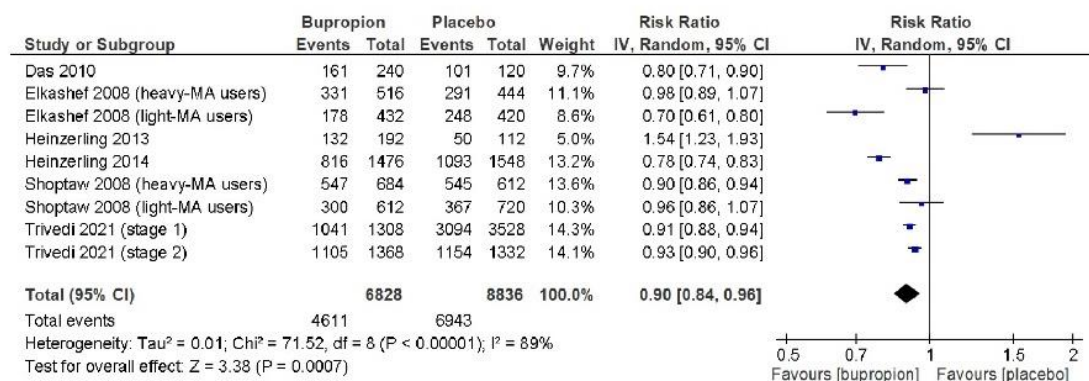
Naltrexone



Modafinil



Bupropion



Prescription psychostimulants

Number of studies/effect estimates	ATS use by UA		Self-reported ATS use		Retention in treatment		Dropout following AEs	
	n	RR (95% CI)	n	SMD (95% CI)	n	RR (95% CI)	n	RD (95% CI)
Medication								
Methylphenidate	7	0.91 (0.83, 1.00)*	3	-0.15 (-0.52, 0.21)	7	1.10 (0.85, 1.42)	7	-0.01 (-0.03, 0.02)
Dextroamphetamine	1	1.04 (0.96, 1.11)	2	-0.06 (-0.44, 0.31)	3	1.20 (0.84, 1.69)	3	-0.01 (-0.06, 0.04)
Maximum daily dose with low-level cut-off ^b								
Low dose	6	0.97 (0.93, 1.01)	3	-0.15 (-0.52, 0.21)	6	1.04 (0.83, 1.29)	6	-0.00 (-0.03, 0.02)
High dose	2	0.86 (0.60, 1.24)	2	-0.06 (-0.44, 0.31)	4	1.34 (0.89, 2.02)	4	-0.02 (-0.07, 0.02)
Maximum daily dose with high-level cut-off ^c								
Low dose	7	0.98 (0.94, 1.02)	4	-0.10 (-0.39, 0.20)	8	1.04 (0.90, 1.20)	8	-0.00 (-0.03, 0.02)
High dose	1	0.71 (0.68, 0.76)*	1	-0.17 (-0.73, 0.40)	2	2.31 (1.24, 4.30)*	2	-0.08 (-0.16, 0.01)
Duration of treatment								
< 20 weeks	5	0.97 (0.86, 1.08)	5	-0.11 (-0.37, 0.15)	7	1.04 (0.89, 1.21)	7	-0.00 (-0.03, 0.02)
≥ 20 weeks	3	0.88 (0.78, 1.00)	0	-	3	1.83 (1.11, 3.02)*	3	-0.03 (-0.08, 0.02)
ADHD in study population								
All ADHD population	2	0.93 (0.55, 1.59)	1	0.07 (-0.73, 0.87)	2	1.31 (0.32, 5.38)	2	-0.05 (-0.14, 0.05)
Mixed population/not described	6	0.97 (0.94, 1.00)	4	-0.13 (-0.41, 0.14)	8	1.10 (0.95, 1.27)	8	-0.01 (-0.03, 0.02)

Clinical Practice Guideline on the Management of Stimulant Use Disorder American Society of Addiction Medicine (2024) Pharmacotherapy Recommendations (Amphetamine-type)

Recommendation	Certainty	Strength
1. Bupropion for ATSUD with low- to moderate frequency use (≤ 18 days/month) - special consideration if nicotine dependence or depression	Low	Conditional
2. Bupropion/Naltrexone - special consideration if alcohol use disorder, nicotine dependence or depression	Moderate	Conditional
3. Topiramate - special consideration if alcohol use disorder	Low	Conditional
4. Mirtazapine - special consideration if depression	Low	Conditional
5. Methylphenidate* (reduce use of ATS, or moderate- to high frequency use (≥ 10 days/month)) - special consideration if ADHD; consider maximum dose or above)	Low	Conditional

- Physician should be board certified in addiction medicine or adequately trained
Adequate monitoring should be implemented (clinical visit, medication dispensing, etc.)

Clinical Practice Guideline on the Management of Stimulant Use Disorder American Society of Addiction Medicine (2024) Behavioral Treatment Recommendations

Recommendation	Certainty	Strength
1. Contingency Management (primary component)	High	Strong
2. The following interventions are preferred alongside CM:		
<ul style="list-style-type: none"> Community Reinforcement Approach Behavioral skills training, increase positive reinforcers, relapse prevention 	Low	Conditional
<ul style="list-style-type: none"> Cognitive Behavioral Therapy 	Moderate	Strong
<ul style="list-style-type: none"> Matrix Model Individual counseling; CBT, family education, and social support groups; and mutual support group (16 weeks) 	Moderate	Conditional
3. Behavioral interventions delivered via digital therapeutics or web-based platforms as add-on components	Low	Strong
4. Telemedicine to deliver behavioral treatment to patients who may face challenges accessing in-person care	Moderate	Strong

Stimulant Use Disorder: Key Recommendations British Association for Psychopharmacology (2026)

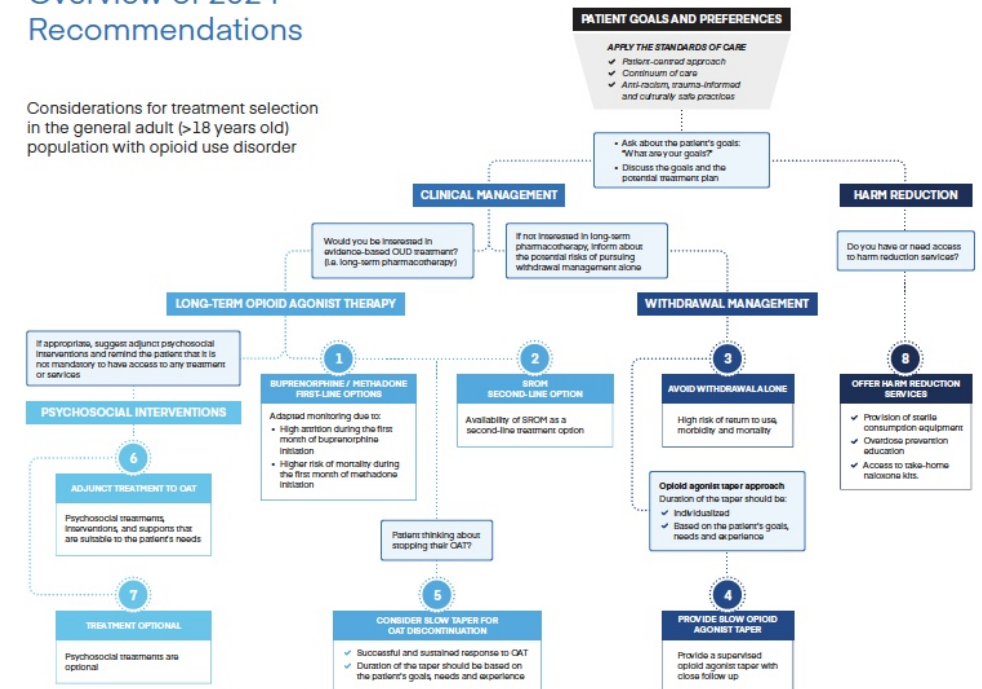
- **No pharmacotherapy currently has broad regulatory approval**
- Amphetamine
 - Current evidence does not support the use of prescription stimulants; for adults with ADHD, prescription stimulants may both improve ADHD symptoms and reduce amphetamine use
 - Preliminary evidence for depot naltrexone + extended-release bupropion
 - Preliminary evidence for atomoxetine among people receiving opioid agonist therapy
 - Antipsychotic agents can be used to treat psychosis
- Cocaine
 - No conclusive evidence to support prescription stimulants, antidepressant, dopamine agonists, anticonvulsants or antipsychotics
 - Limited preliminary evidence for bupropion for some cocaine use outcomes
- **Evidence remains limited or mixed** for most medications; additional large pragmatic trials are needed

Interventions for the management of stimulant use disorder: towards more refined treatment algorithms

Recommendation	Certainty	Strength
1. Bupropion for ATSUD with low- to moderate frequency use (≤ 18 days/month) * special consideration if nicotine dependence or depression	Low	Conditional
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4. Mirtazapine * special consideration if depression	Low	Conditional
5. Methylphenidate (reduce use of ATS, or moderate- to high frequency use (≥ 10 days/month)) * special consideration if ADHD; consider maximum dose or above)	Low	Conditional

Overview of 2024 Recommendations

Considerations for treatment selection in the general adult (>18 years old) population with opioid use disorder



Enhancing treatment outcomes through a diversified treatment pipeline

- Expert review of promising pharmacological and neuromodulation strategies for stimulant use disorder
- Most promising medications: Suvorexant and GLP-1 receptor agonists
- Other candidate medications: Cariprazine, Guanfacine, and Clavulanic Acid
- Promising neuromodulation approaches: LIFU and Photobiomodulation (tPBM)
- Toward personalized treatment based on heterogeneous phenotypes, stage of recovery, and co-occurring conditions



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Treatment

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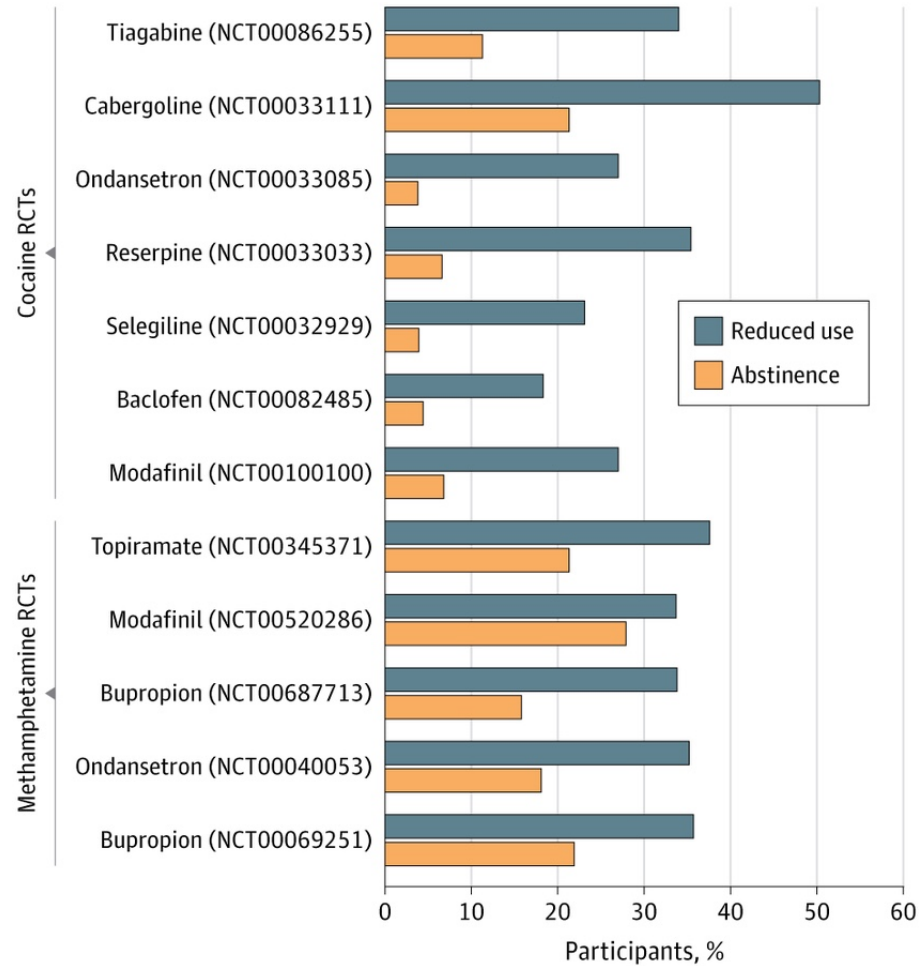
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National Institute on Drug Abuse (NIDA) clinical trials network (CTN) stimulant use disorder (StUD) task force results: 2024 update ☆

[Chatnapha Kittirattanapaiboon](#)^{a b 1}, [Steven Shoptaw](#)^{a 1} ✉, [Taryn L. Mayes](#)^{c d}, [Manish K. Jha](#)^c,
[Udi E. Ghitza](#)^e, [Madhukar H. Trivedi](#)^c

Expanding Outcome Measures for Stimulant Use Disorder Clinical Trials

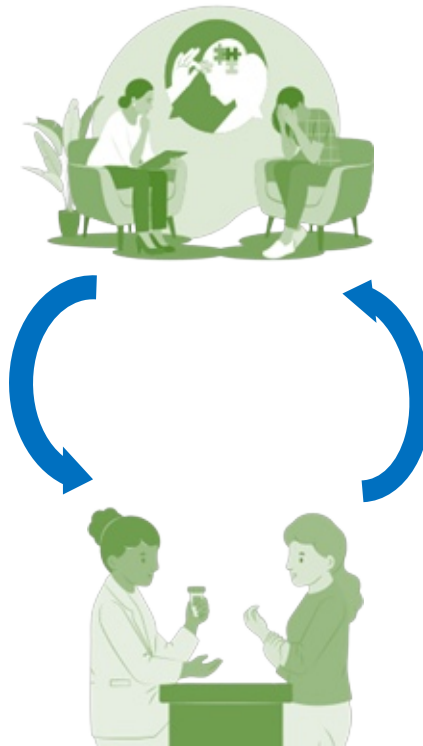


- Abstinence is an important outcome - but it should not be the only one
- Clinical trials should also capture meaningful reductions in use, improved functioning, mental health, and quality of life

Enhancing treatment outcomes by combining psychosocial and pharmacological approaches

Opportunities

- Potential for additive and synergistic effects when interventions are well designed and integrated
- Improved retention and engagement in treatment
- Ability to address a broader range of needs and preferences
- Implementation of a tailored, stepped-care approach for more precise and effective care



Challenges

- Limited data from RCTs
- RCTs can evaluate only a narrow range of intervention combinations
- Significant heterogeneity of interventions both within and between sites
- High costs and limited generalizability to real-world clinical settings depending on design

Purposeful combination approach: why, what and how to combine

Addition of high dose Stimulant and engagement Contingency management, alone and in combination, to treatment as usual for the management Methamphetamine use disorder (ASCME): a pan-Canadian multisite randomized controlled trial

Lead PI: D Jutras-Aswad; site PIs: P Bach, S Davidson, M Gosh, B Le Foll, G Poulin

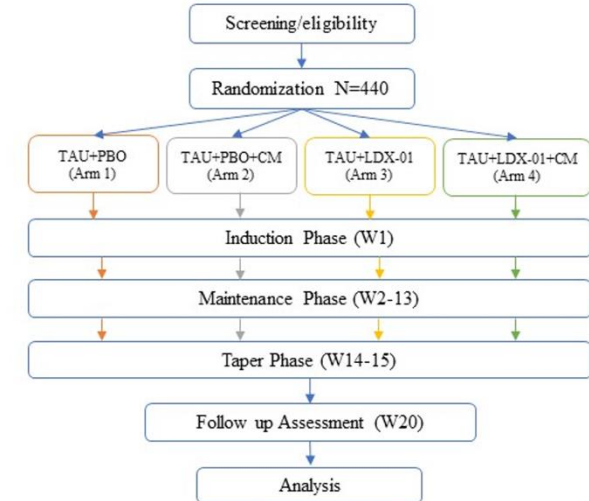
Funding: Canadian Institutes of Health Research/Canadian Research Initiative in Substance Matters

- Aim: determine if adding high-dose LDX and CM, alone in combination, to TAU reduces MA use and improves other relevant outcomes in individuals with moderate to severe MA use disorder
- Combined double-blinded (LDX component) and open-label (CM component) randomized clinical trial*
- 4 arms (N=440; 110/arm):
 - 1) TAU + placebo
 - 2) TAU + high-dose LDX
 - 3) TAU + placebo + CM
 - 4) TAU + high-dose LDX + CM
- 15-week intervention phase and a 4-week post-intervention follow-up assessment

*LDX: lisdexamfetamine - target dose 250mg

CM: contingency management - focused on engagement in treatment

TAU: motivational, relapse prevention, harm reduction, clinical management, treatment of comorbidities



Study design

* CM, contingency management; LDX, lisdexamfetamine; PBO, placebo; TAU, treatment as usual

- **Extension study – ASCME**
- **Qualitative Evaluation of Research Participation (QERPA)**

Enhancing treatment outcomes

Single interventions are unlikely to be sufficient

↓
Combination approaches

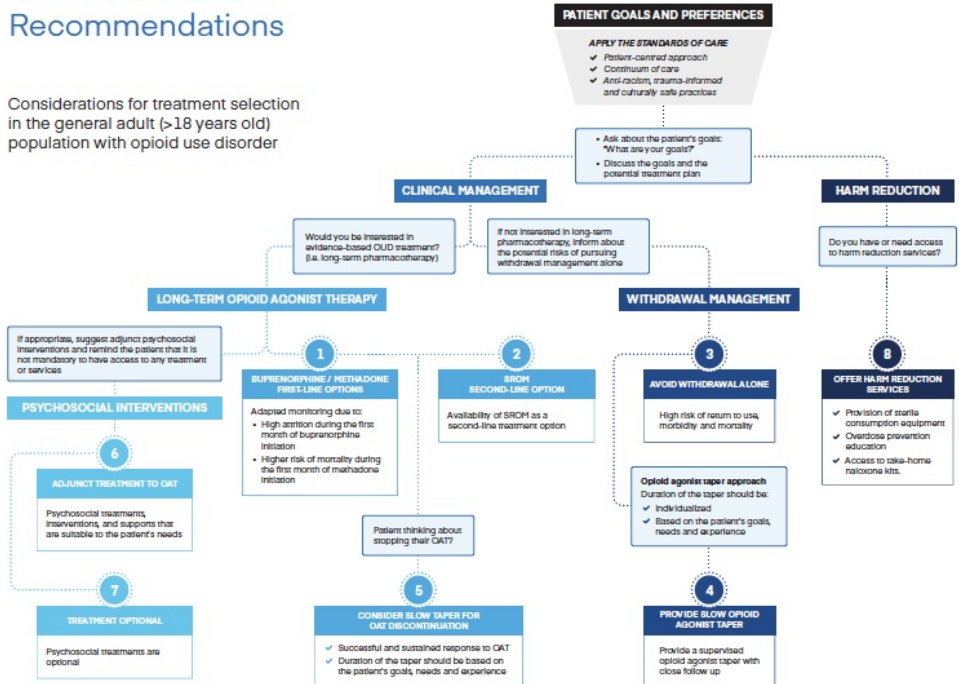
↓
Personalized care pathways

↓
Improved outcomes



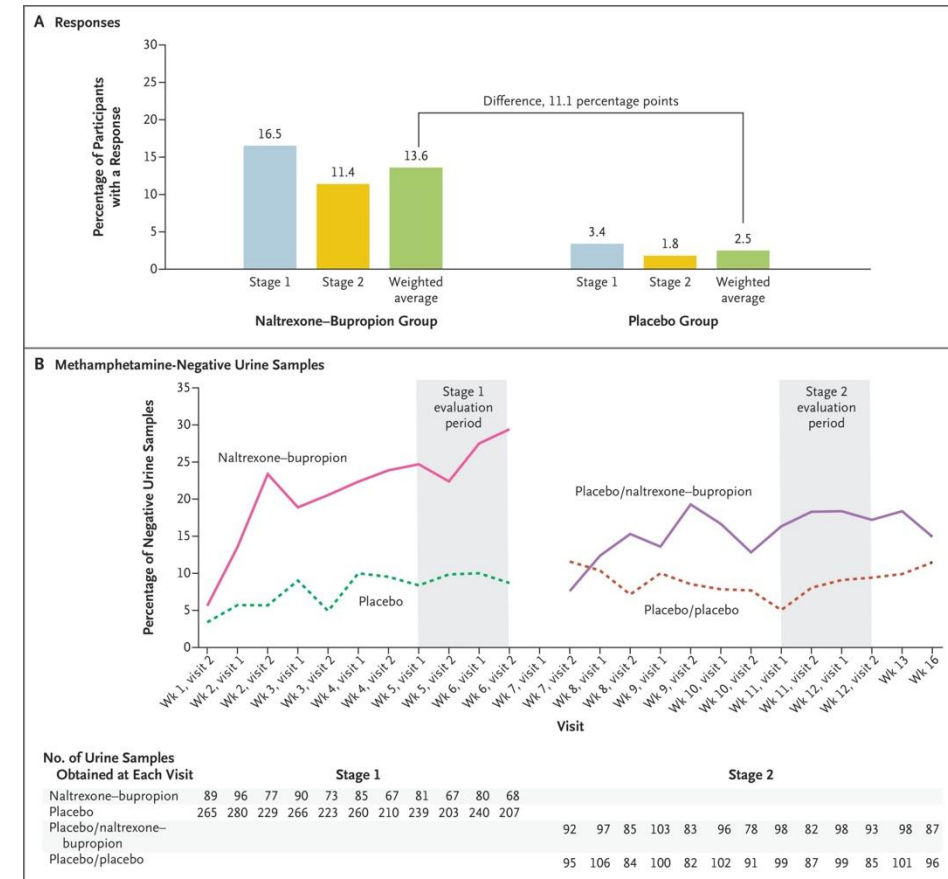
Overview of 2024 Recommendations

Considerations for treatment selection in the general adult (>18 years old) population with opioid use disorder



Limits of interventions aiming to assist with reduction and cessation of use

- Even with advances in treatment, many individuals will continue to use stimulants and remain exposed to significant risks
- Treatment innovation must therefore be complemented by effective harm reduction and public health strategies



Integrating harm reduction into the continuum of care

Harm reduction refers to policies, programs, and practices aimed at reducing the health, social, and legal harms associated with substance use, without necessarily requiring abstinence

- Integrated harm reduction approaches are increasingly recommended, but remain debated and variably implemented across jurisdictions and settings
- Existing tools (e.g., safe consumption sites) often not adapted beyond opioids - no “naloxone equivalent” for stimulants
- Different challenges: sedation/respiratory depression (opioids) vs. agitation/disorganization (stimulants)
- Stimulant overdose response needs to be multisystem, includes behavioral components
- Mental health must be central - integrated strategies are essential

nature mental health

Comment

<https://doi.org/10.1038/s44220-026-00612-w>

Psychostimulant use in Canada requires enhanced intervention strategies to reduce harm

Benedikt Fischer, Simon Dubreucq, Bernard Le Foll & Didier Jutras-Aswad

[Check for updates](#)

Canada is home to a prolonged public health crisis of overdose deaths, which increasingly involves psychostimulant drugs that are neglected in the intervention response. In this Comment, we examine the risks and harms of psychostimulant use, available interventions, and gaps for improved prevention and treatment.

Canada has been experiencing an unprecedented public health crisis of excessive drug-related deaths for over a decade. The country has a total population of approximately 41.5 million, of which about 5% are Indigenous people and about 18% live in rural areas. Drug-related deaths claimed over 52,000 lives between 2016 and 2024, with most deaths from illicitly produced, highly potent and toxic synthetic opioid drugs (such as fentanyl or its analogues). Overdose deaths have become the leading cause of unnatural deaths and adversely affect life expectancy in the general population^{1,2}. On this basis, the crisis has been framed as the ‘opioid’ or ‘fentanyl’ crisis, with extensive interventions aimed at reducing risks for opioid-related overdose either vastly ramped up or newly implemented over the past decade.



Rethinking mental health and stimulant use comorbidity


Received: 5 November 2025 | Accepted: 13 February 2026
DOI: 10.1111/add.70393

ADDICTION OPINION AND DEBATE

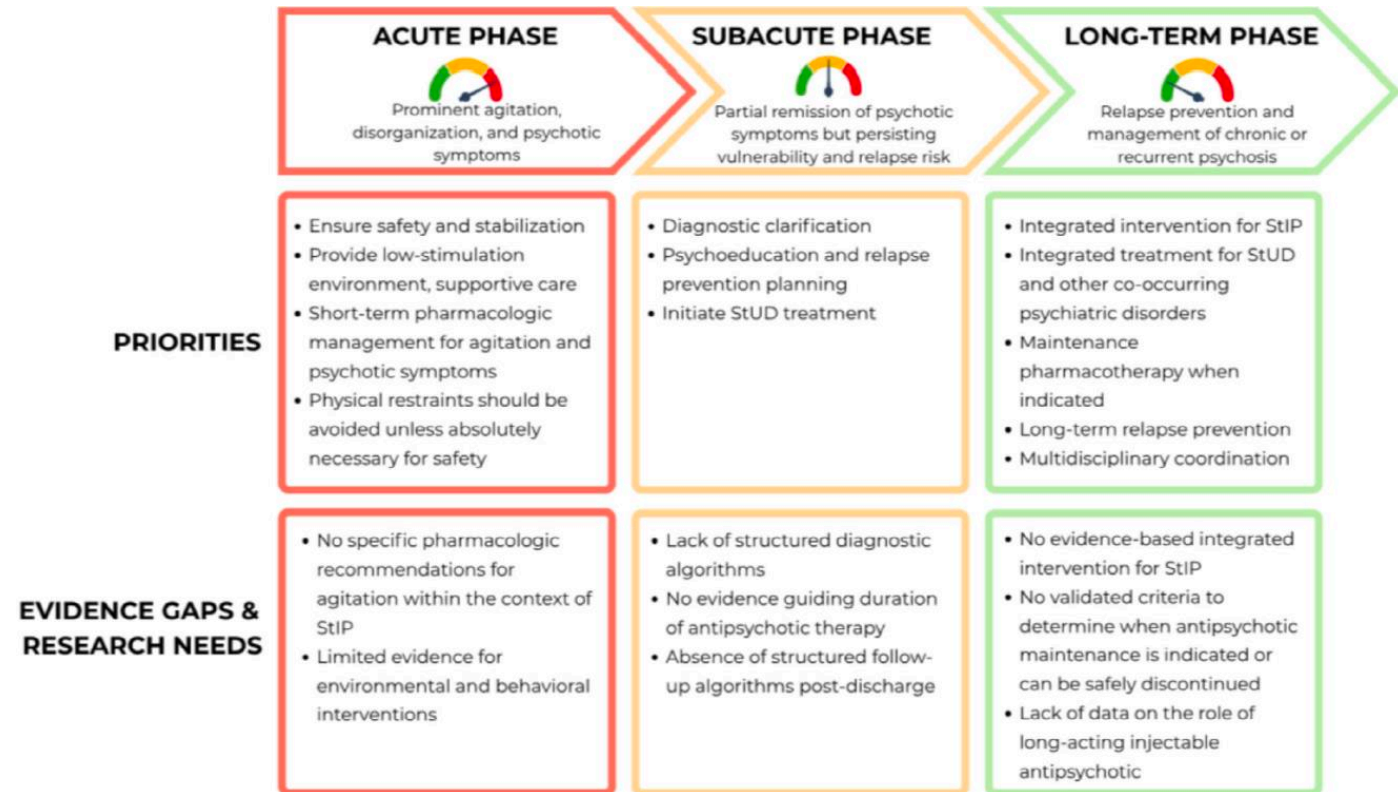
ADDICTION

SSA

A call for action: Closing the evidence gap in management of stimulant-induced psychosis

Anne Bouthillier^{1,2} | Heidar Sharafi² | Adam Bisaga³ | Didier Jutras-Aswad^{1,2} 

- Comorbidity is the norm, not the exception
- Integrated mental health and addiction care should be the standard, not the aspiration
- Time to move beyond rigid diagnostic categories toward flexible, mechanism- and needs-based approaches to treatment



Approaches to Substance Regulation

International Journal of Drug Policy 150 (2026) 105181

Contents lists available at ScienceDirect

International Journal of Drug Policy

journal homepage: www.elsevier.com/locate/drugpo

ELSEVIER

Viewpoint

Outcomes and implications of British Columbia's 'drug decriminalization initiative' for health-oriented drug policymaking

Benedikt Fischer^{a,b,c,d,e,f,g,h,i,j,k,l,m,n,o,p,q,r,s,t,u,v,w,x,y,z}, Didier Jutras-Aswad^{g,h,i}, Bernard Le Foll^{c,d,f,i,j,k,l,m,n,o,p,q,r,s,t}, Daniel T. Myran^{i,m,n,o,p,q,r}



Decriminalization is neither a panacea nor a failure. Its impact should be rigorously evaluated within a comprehensive public health framework.

TRANSFORM
Drug Policy Foundation

aidq Association des intervenants en dépendance du Québec

FÉDÉRATION ADDICTION Prévenir Réduire les risques Soigner

feda Fédération des experts en addictions

GREAA GROUPEMENT QUÉBÉCOIS D'ÉTUDES DES ADDICTIONS



Comment réguler les
Stimulants ?
Un guide pratique

Accelerated international efforts

The final, peer-reviewed published version of this preprint can be found here:

Harm Reduction Contingency Management for Stimulant Use Reduction and Antiretroviral Therapy Adherence in HIV Primary Care: Protocol for an Implementation Effectiveness Study

Steiner S, Baral S, Riley EJ, Shoptaw S, Chame G, Roberts K, Sutherland L, Knight K, Gandhi M, Coffin P, Appel A
Harm Reduction Contingency Management for Stimulant Use Reduction and Antiretroviral Therapy Adherence in HIV Primary Care: Protocol for an Implementation Effectiveness Study
JMIR Res Protoc 2025;14:e67292
DOI: 10.2196/67292
PMID: 40825537
PMCID: 12402737

BMJ Open Impact of dextroamphetamine substitution on the use of illicit amphetamines in adults with amphetamine dependence: a study protocol for the multicentre double blind randomised controlled trial ATLAS4Dependence

Fatemeh Chalabianloo ^{1,2}, Lars T Fadnes ^{3,2}, Jon Mordal ^{1,2}, Olav Spigset ^{4,5}, Else-Marie Løberg ^{6,7}, Anne Halmøy ^{6,8}, Torgeir Gilje Lid ^{9,10}, Christina Dahl Andersen ¹, Jan Tore Daltveit ^{1,2}, Jörg Asmussen ¹¹, Aleksander H Erga ^{9,12}, Kristin K Solli ^{13,14,15}, John Fredrik Askjær ⁹, Minna A K Hansen ¹⁶, Christian Ohndieck ¹, Nadine Ezard ¹⁷, Nicholas Lintzeris ¹⁸, Kjell Arne Johansson ^{1,2} for the ATLAS4Dependence study group¹

JAMA Psychiatry | Original Investigation

Mirtazapine for Methamphetamine Use Disorder: A Randomized Clinical Trial

Rebecca Mcketin, PhD; Steven Shoptaw, PhD; Lucy Saunders, BBlSci (Hons); Long Nguyen, MCom; Philip J. Clare, PhD; Gregory J. Dore, PhD; Alyna Turner, PhD; Olivia M. Dean, PhD; Peter J. Kelly, PhD; Shalini Arunogiri, PhD; Juanita Koeijers, BHealthSc(Nutr); Tayla J. Degan, PhD; Louisa Degenhardt, PhD; Michael Farrell, MB, BCh, BAO; David Goodman-Meza, PhD; Barbara Sinclair, MBChB, David Reid, BSocSci(Hons); Frank Cordaro, PhD; Harry Hill, MMed(Psychiatry); Robert Lundin, MBBS; Jeremy Hayllar, MD; Michael Christmass, PhD; Willy Liaw, MBBS; Danica Liu, PhD; Amelia Woods, PhD; Blaire Brewerton, MBBS; Ellie Holyoak, MBBS; Brian Tid-Fung Wu, MBBS, MSc; Hayley Maher, MPH&TM; Noreen O'Dea, BPsychSci(Hons); Joel Keygan, BPsych(Hons); Ava Kontogiannis, BPublicHlth; Lily Palmer, BSc(Health Promotion); Cally Morrison, BPsych(Hons); Anna Wrobel, PhD; Bec Hyland, BSN; Gift Kidan, MPH; Vanessa Romeo, BPsychSci(Hons); Khine Wut Yee Kyaw, MBBS; Marianne Byrne, MPH/MHIM; Samantha Colledge-Frisky, PhD; Emma Zahra, MPH; Michael Berk, MD, PhD



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National Institute on Drug Abuse (NIDA) clinical trials network (CTN) stimulant use disorder (StUD) task force results: 2024 update ☆

Chatnapha Kittirattanapaiboon ^{a,b,1}, Steven Shoptaw ^{a,1}, Taryn L. Mayes ^{c,d}, Manish K. Jha ^c, Udi E. Ghitza ^e, Madhukar H. Trivedi ^c



COmprehensive Meta-analysis and meta-regression of Psychiatric disorders in people with Amphetamine-type Stimulant use disorder Study

NIHR | National Institute for Health and Care Research

PROSPERO
International prospective register of systematic reviews

The efficacy and acceptability of psychosocial interventions for the treatment of Methamphetamine use disorder: A systematic review and network meta-analysis of randomized-clinical trials

Arash Bahremand, Heidar Sharafi, Gabriel Bastien, Lucy Chester, Nicolas Garel, Hamzah Bakouni, Christina McAnulty, Stephanie Coronado-Montoya, Ovidiu Tatar, Emiliana Matus, Didier Jutras-Aswad

NIHR | National Institute for Health and Care Research

PROSPERO
International prospective register of systematic reviews

Pharmacological Interventions for the Treatment of Amphetamine-type Stimulant Use Disorder: A Systematic Review and Network Meta-analysis

Heidar Sharafi, Anne-Marie Bissonnette, Christina McAnulty, Hamzah Bakouni, Laurent Elkrief, Gabriel Bastien, Daniela Ziegler, Didier Jutras-Aswad

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#ScaleUp

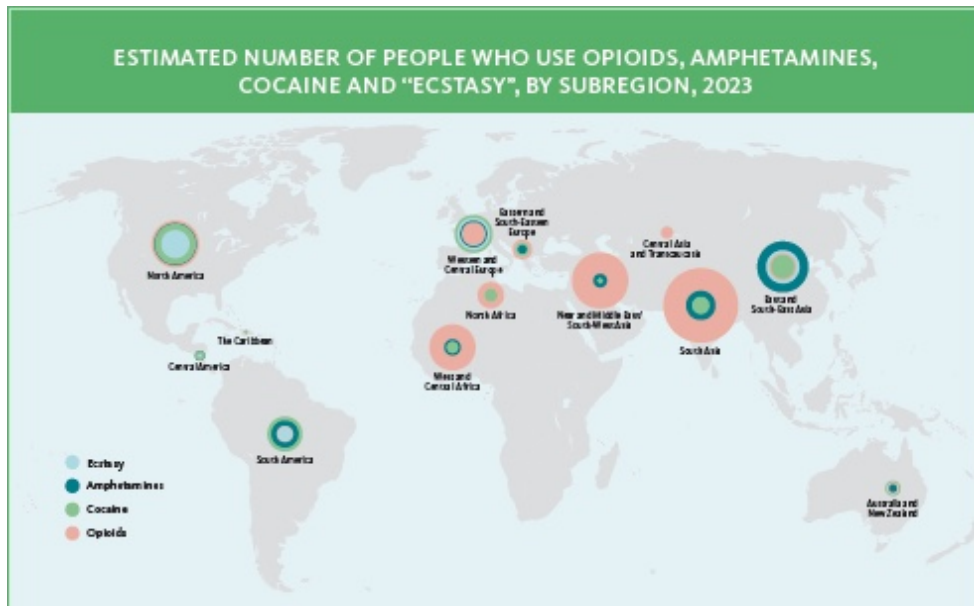
Scalable interventions for the treatment and care of stimulant use disorders

Stimulant Use Disorders: Developing Drugs for Treatment Guidance for Industry

Additional copies are available from:

Office of Communications, Division of Drug Information
Center for Drug Evaluation and Research
Food and Drug Administration
10001 New Hampshire Ave., Hillandale Bldg., 4th Floor
Silver Spring, MD 20993-0002
Phone: 855-543-3784 or 301-796-3400; Fax: 301-431-6353; Email: druginfo@fda.hhs.gov
<https://www.fda.gov/drugs/guidance-compliance-regulatory-information/guidance-dev>

A global public health challenge requires coordinated scientific, clinical, and public health responses



- No single intervention will solve the stimulant crisis
- The challenge is no longer simply to discover new interventions, but to ensure that effective interventions are scalable, affordable, accessible, and implemented across diverse settings

Remerciements

- People with lived and living experience
- Study participants
- Families and caregivers
- Research team members
- Students and trainees
- Clinicians and service providers
- Colleagues, co-investigators, and collaborators
- Community and partner organizations
- Knowledge users and policymakers
- Funding agencies and institutional partners



Merci!



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