

EYEZ ON ICE

 **QAIHC**
Queensland Aboriginal and
Islander Health Council



**Queensland
Government**

The four Rs for supporting a person using drugs

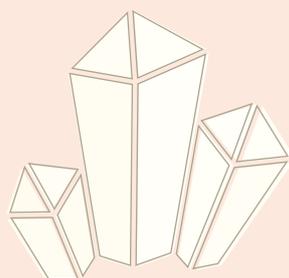


What are drugs?

Drugs (including alcohol) are substances when taken or administered into the body has a physiological effect. Drugs can affect the way we think, feel and behave.

Psychoactive drugs may be divided into three categories:

STIMULANT



Crystal Methamphetamine



Tobacco

DEPRESSANT

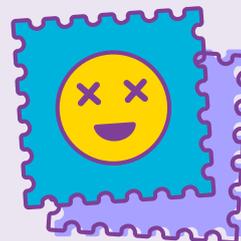


Alcohol



Cannabis

HALLUCINOGEN



LSD



Magic mushrooms

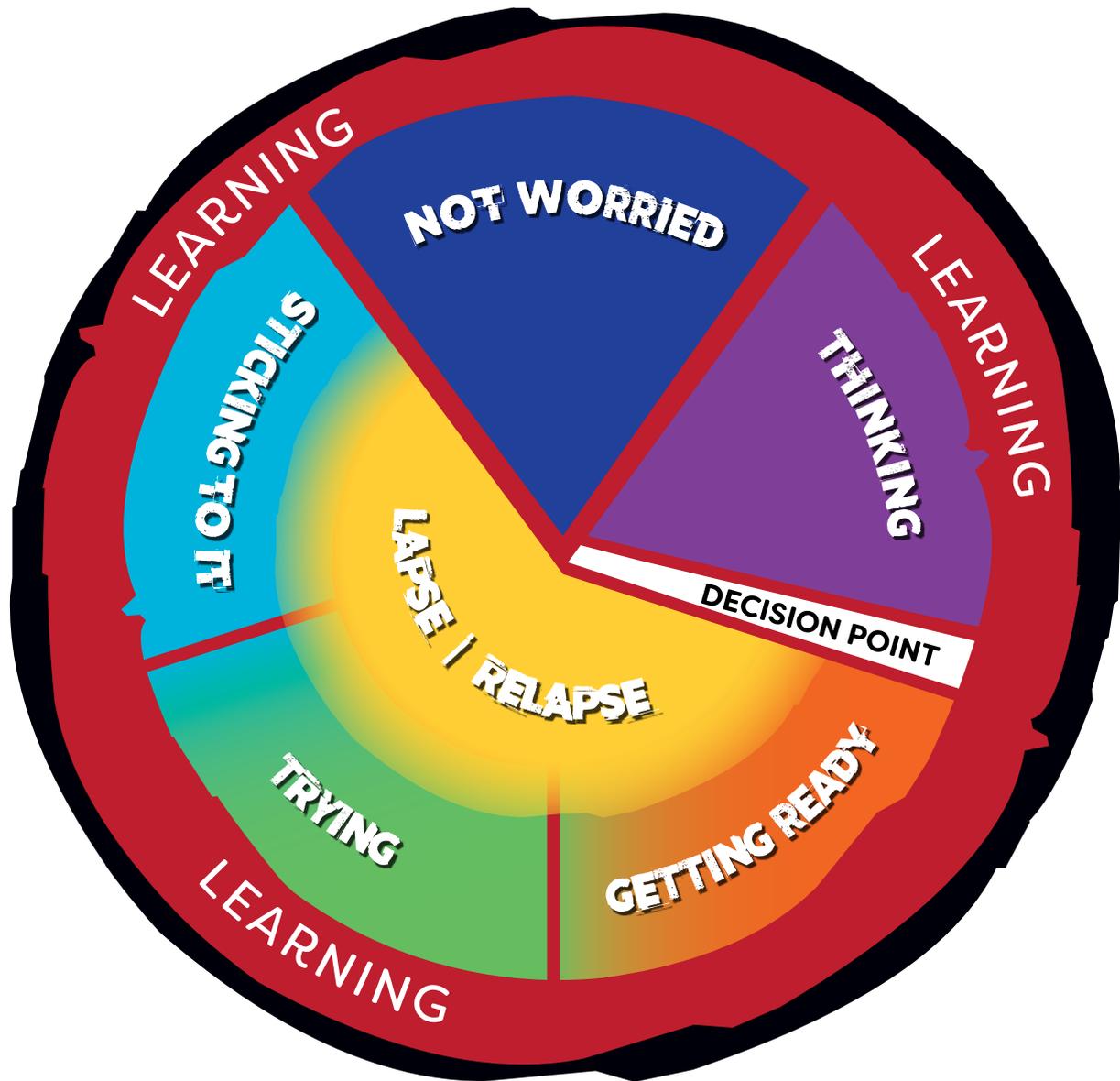
Why people use drugs



Why people use drugs



Stages of Change

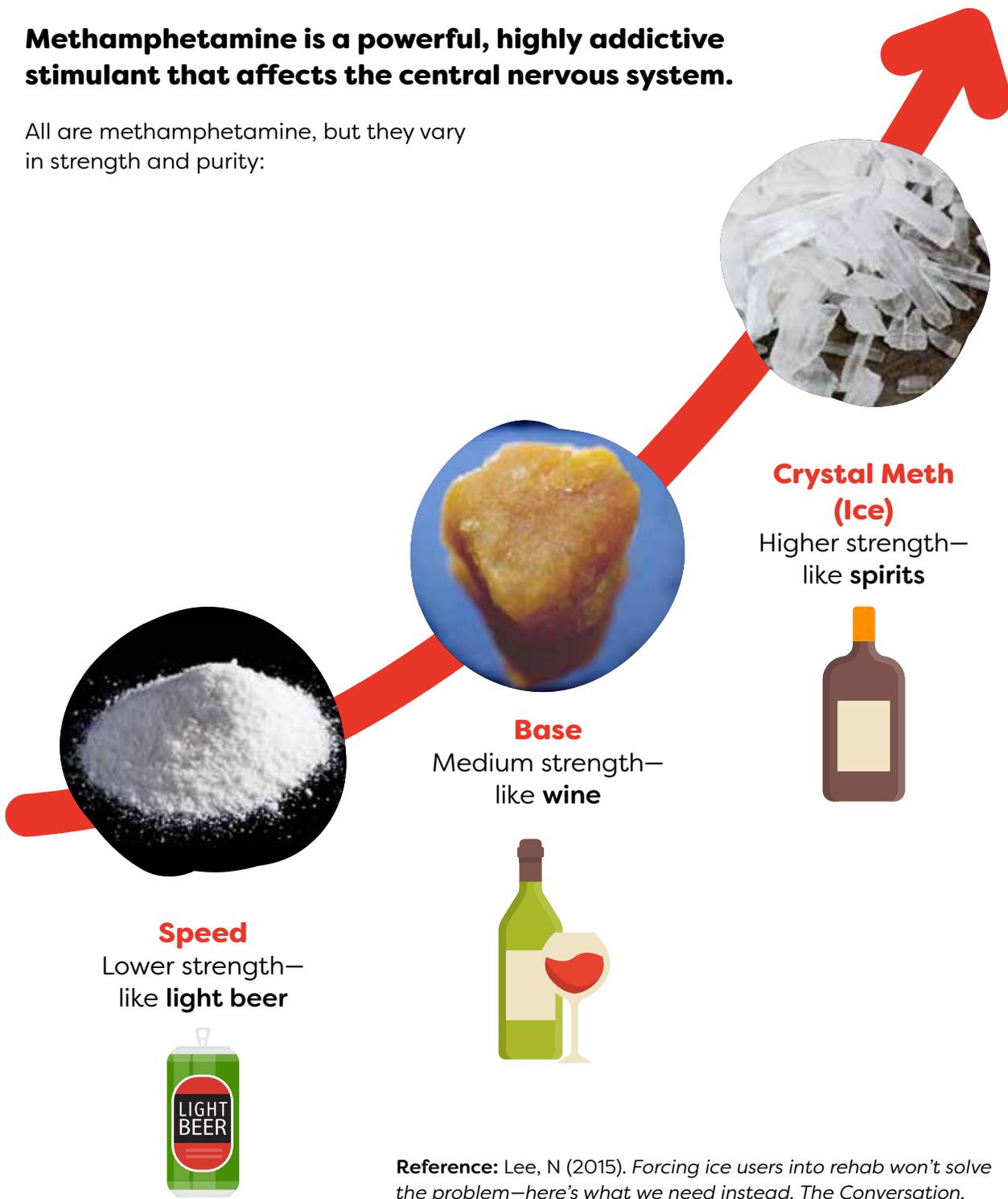


Reference: Adapted from Prochaska, J.O. & DiClemente, C.C. (1984). *The transtheoretical approach: Crossing traditional boundaries of therapy*. Malabar, FL: Krieger.

Methamphetamine

Methamphetamine is a powerful, highly addictive stimulant that affects the central nervous system.

All are methamphetamine, but they vary in strength and purity:

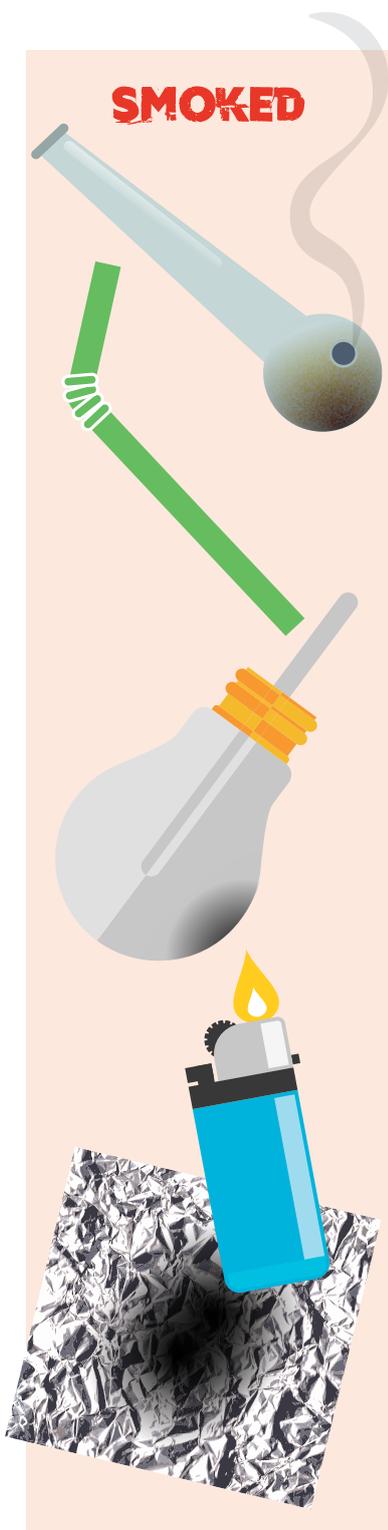


Reference: Lee, N (2015). Forcing ice users into rehab won't solve the problem—here's what we need instead. The Conversation.

Signs of methamphetamine use

Meth can be...

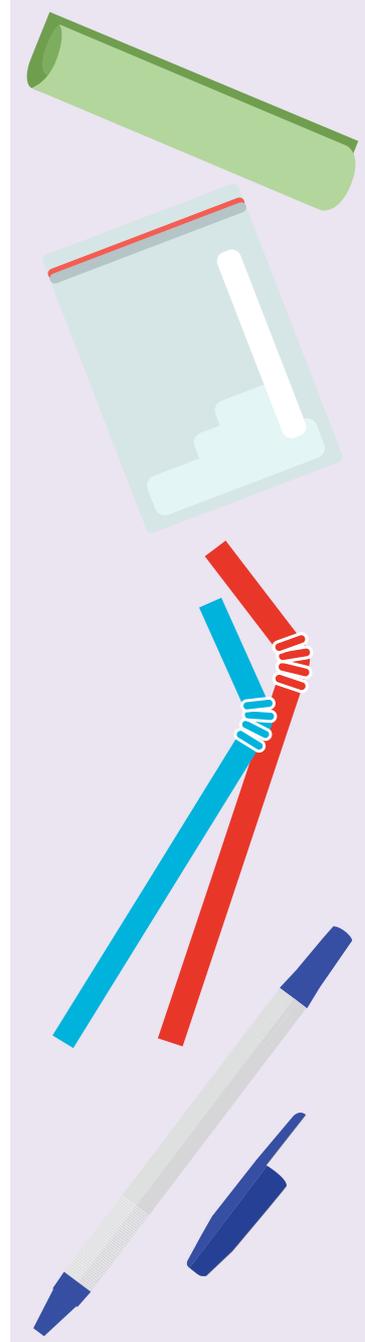
SMOKED



INJECTED



SNORTED

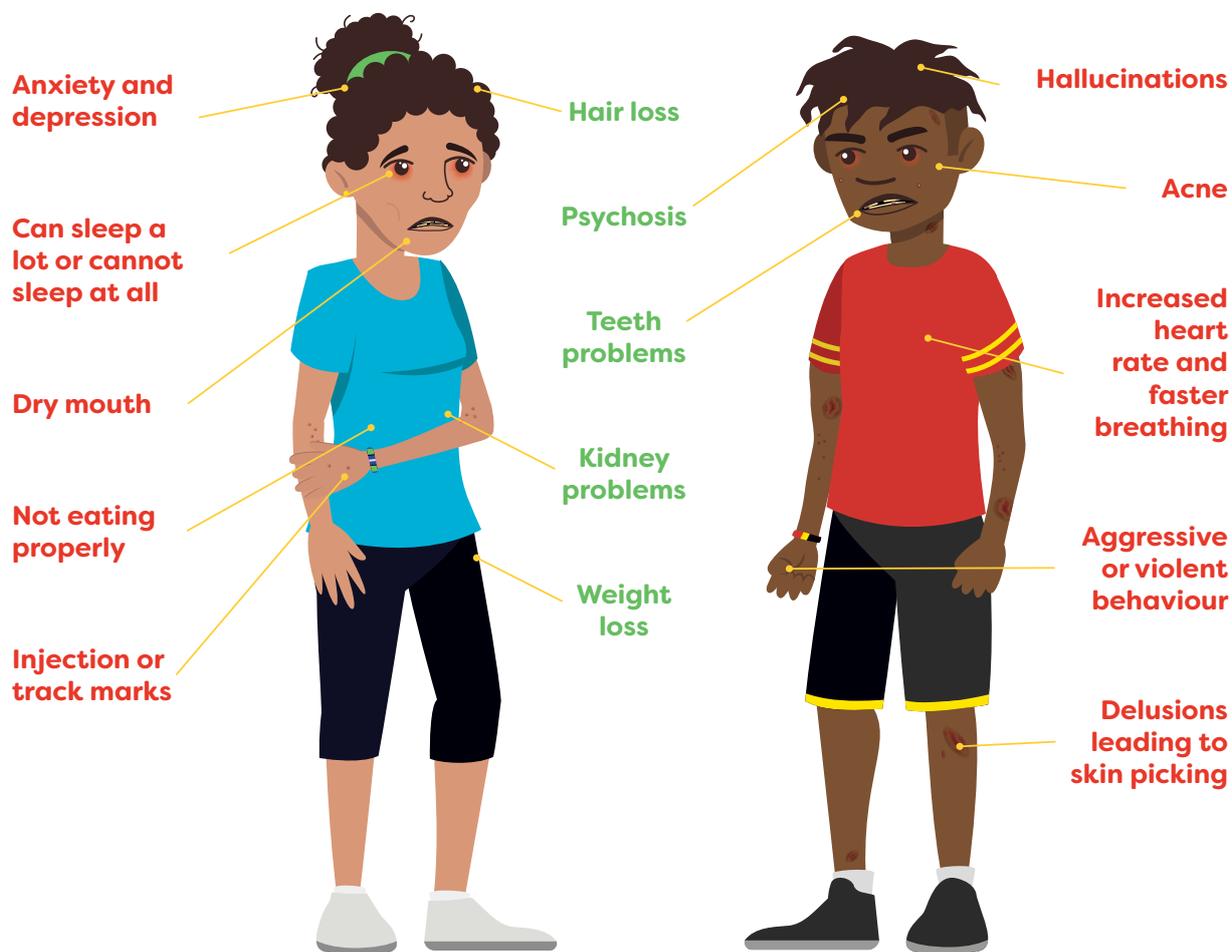


Effects of ice use

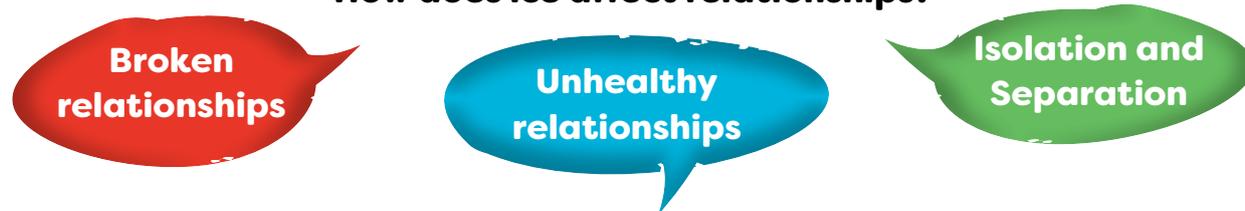
What are the immediate effects of use ice?



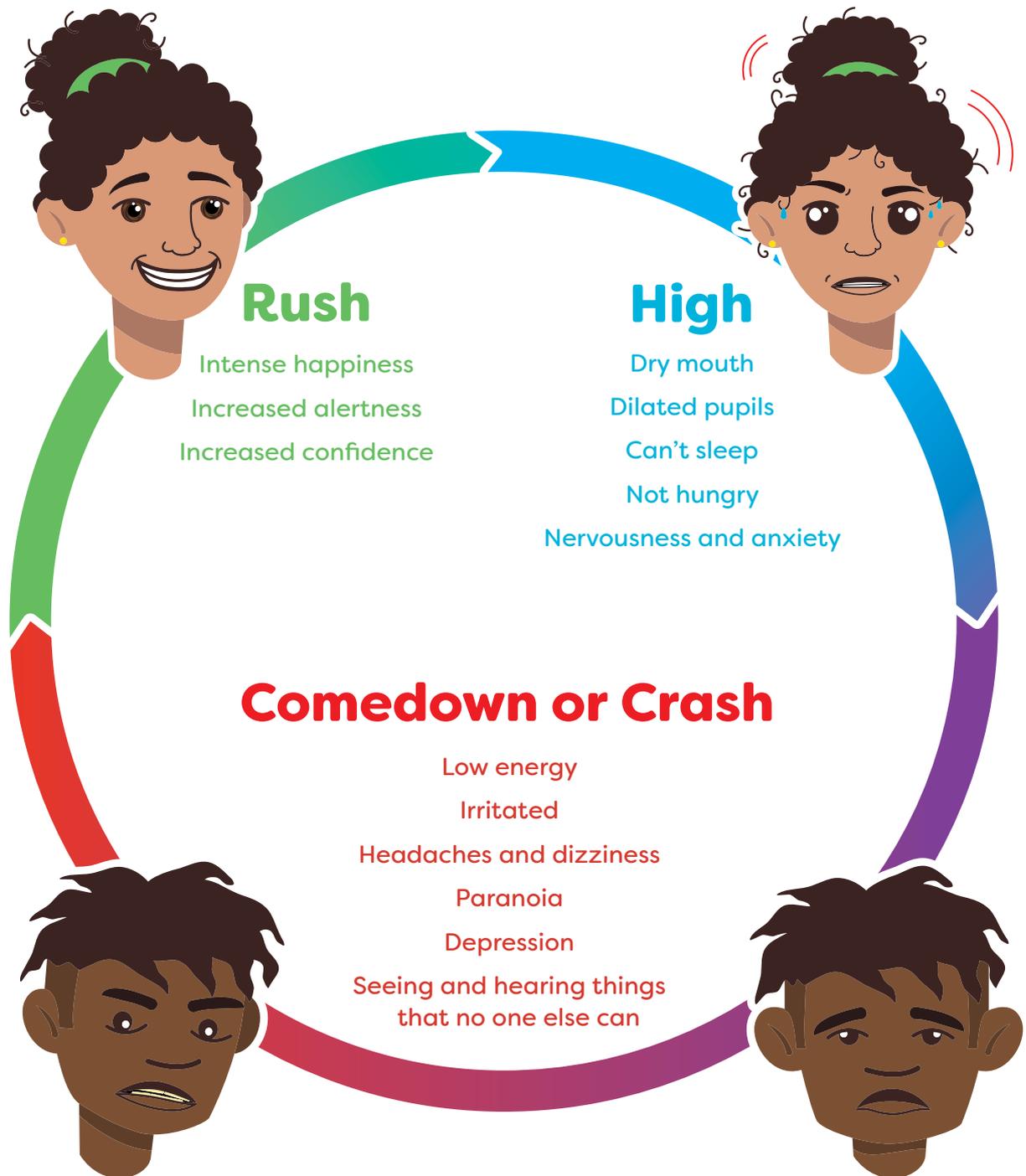
What are the negative **short-term** and **long-term** effects of ice use?



How does ice affect relationships?



Cycle of Ice use – what to look for



Stages of Change – How can you support?

Stage		What can you do?
Learning	Not worried	Keep the relationship positive. Don't argue or growl. Learn about the drug. Look at ways to keep them and yourself safe.
	Thinking	Be supportive. Don't rush change and accept they might not be ready. Learn about treatment and support services.
	Decision Point	Support and listen to the person as they have decided to make change.
	Getting ready	Encourage and respect their decision to make change. Support them by providing information and connections to support services.
	Trying	Stay connected and supportive while they heal. Encourage them to stay focused on their goals.
	Sticking to it	Encourage positive family and social connections.
	Lapse / Relapse	Be non-judgmental and supportive to keep them on track. Understand lapse and relapse is part of their healing journey.

Responding to critical incidents

Medical emergency

When someone is having a bad reaction to the substance they have taken



Making a safety plan will help you to respond to a crisis or get to safety quicker.



Substance-induced psychosis

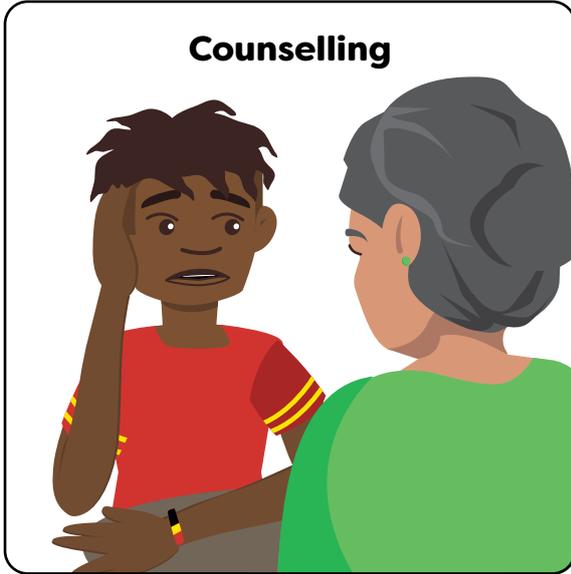
Having really mixed-up and strange thoughts, hearing voices and seeing things that no one else can see



Treatment and support types

There are many forms of help available to a person impacted by substance use and at times it can seem hard to choose the best place for them to go.

Counselling



Rehabilitation Services



Detoxification/ Withdrawal Services

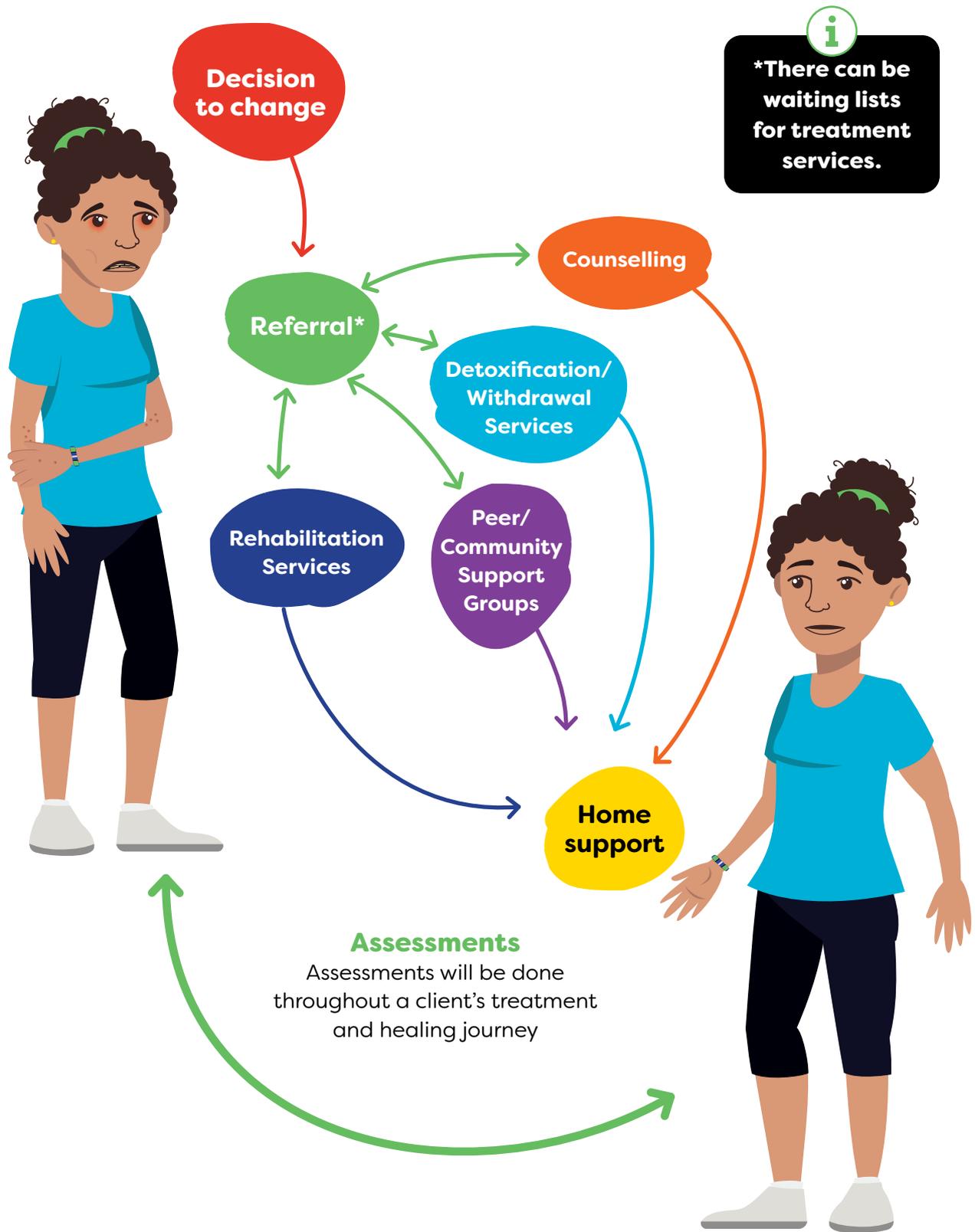


Peer/Community Support Groups



It is important to remember that treatment and support services will only engage or admit an individual if he/she wants to get help for their drug use.

Treatment journey



Reconnecting



Reconnecting

