

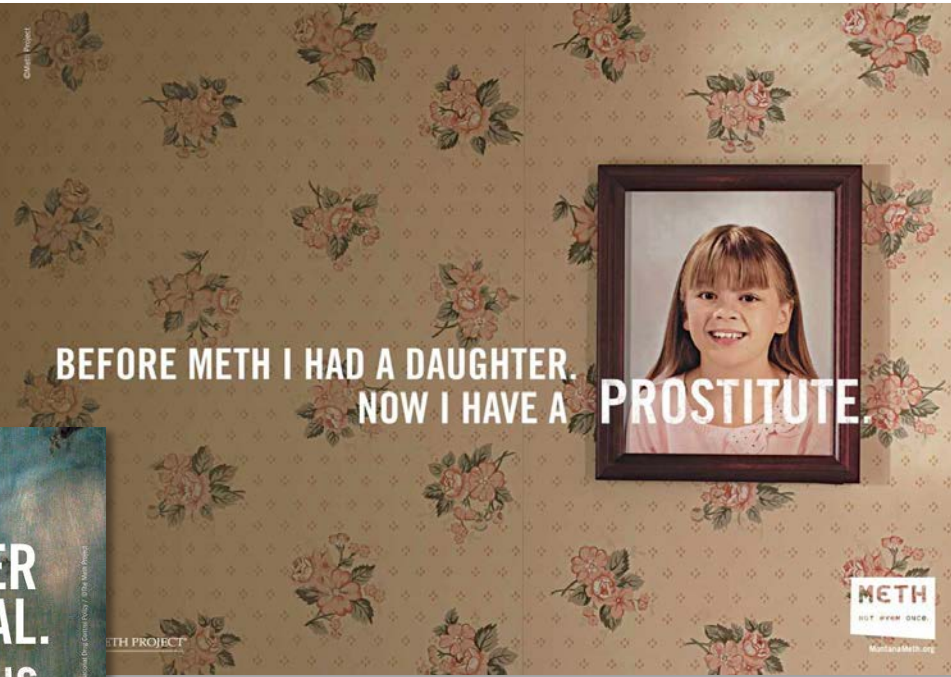
Teenagers and Ice

IMPROVING OUTCOMES IN A CHANGING WORLD

noffs™







BEFORE METH I HAD A DAUGHTER.
NOW I HAVE A PROSTITUTE.

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YOUR SKIN ISN'T NORMAL.
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Search

- Home
- Drugs**
- Youth
- Parents
- Need help?
- News
- Campaign
- Links

- Ecstasy**
- Marijuana
- Ice
- Speed
- Cocaine
- GHB
- Heroin
- Other

ECSTASY



- At a glance**
- What is it?
- Physical effects
- Problems

Ecstasy facts at a glance

The signs and symptoms of using ecstasy can include:

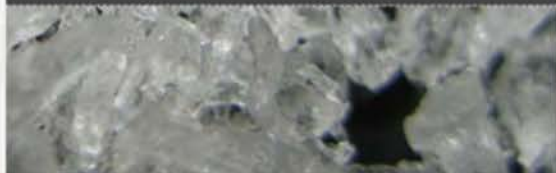
- Increased blood pressure and pulse rate
- Dilated pupils
- Raised body temperature
- Sweating
- Loss of appetite
- Jaw clenching
- Nausea
- Nervousness
- Confusion
- Teeth grinding
- Vomiting
- Hallucinations
- Tremor

The consequences of using ecstasy may include:

- Chronic sleep problems
- Cracked teeth through grinding
- High blood pressure
- Dehydration
- Anxiety
- Decreased emotional control
- Lethargy
- Severe depression
- Memory impairment
- Nerve cell damage
- Serotonin syndrome
- Death from heart failure
- Rhabdomyolysis - overexertion to the point of muscle liquefaction



THE FACTS ABOUT ICE



NEED HELP?



TIPS & RESOURCES



Prevalence

- 2013 National Drug Strategy Household Survey:
 - No significant rise in methamphetamine use (2.1% of population)
 - Marked decrease in powder (51% - 29%)
 - Marked increase in crystal (22% - 50%)



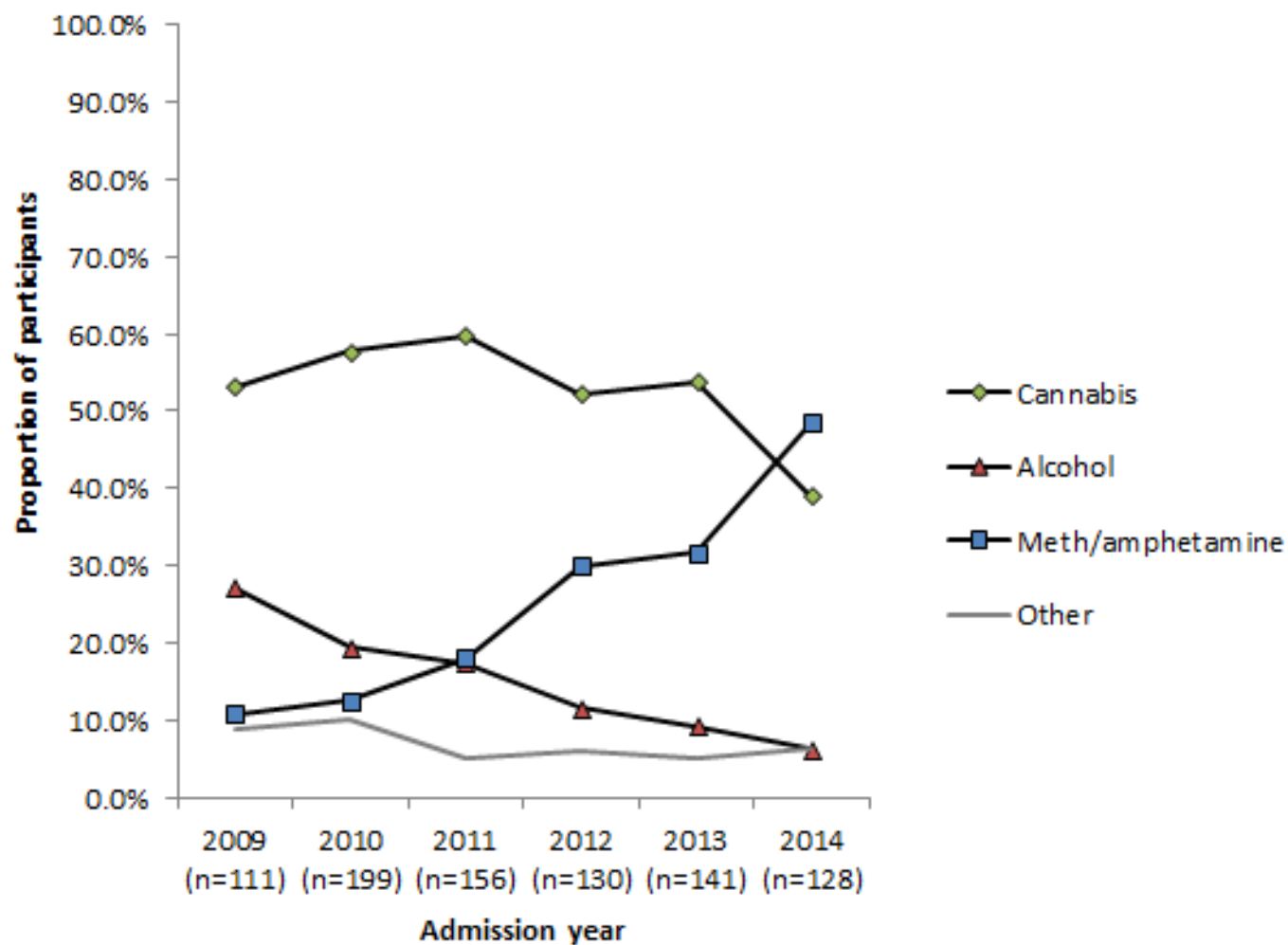


Figure 1: Drug of greatest concern

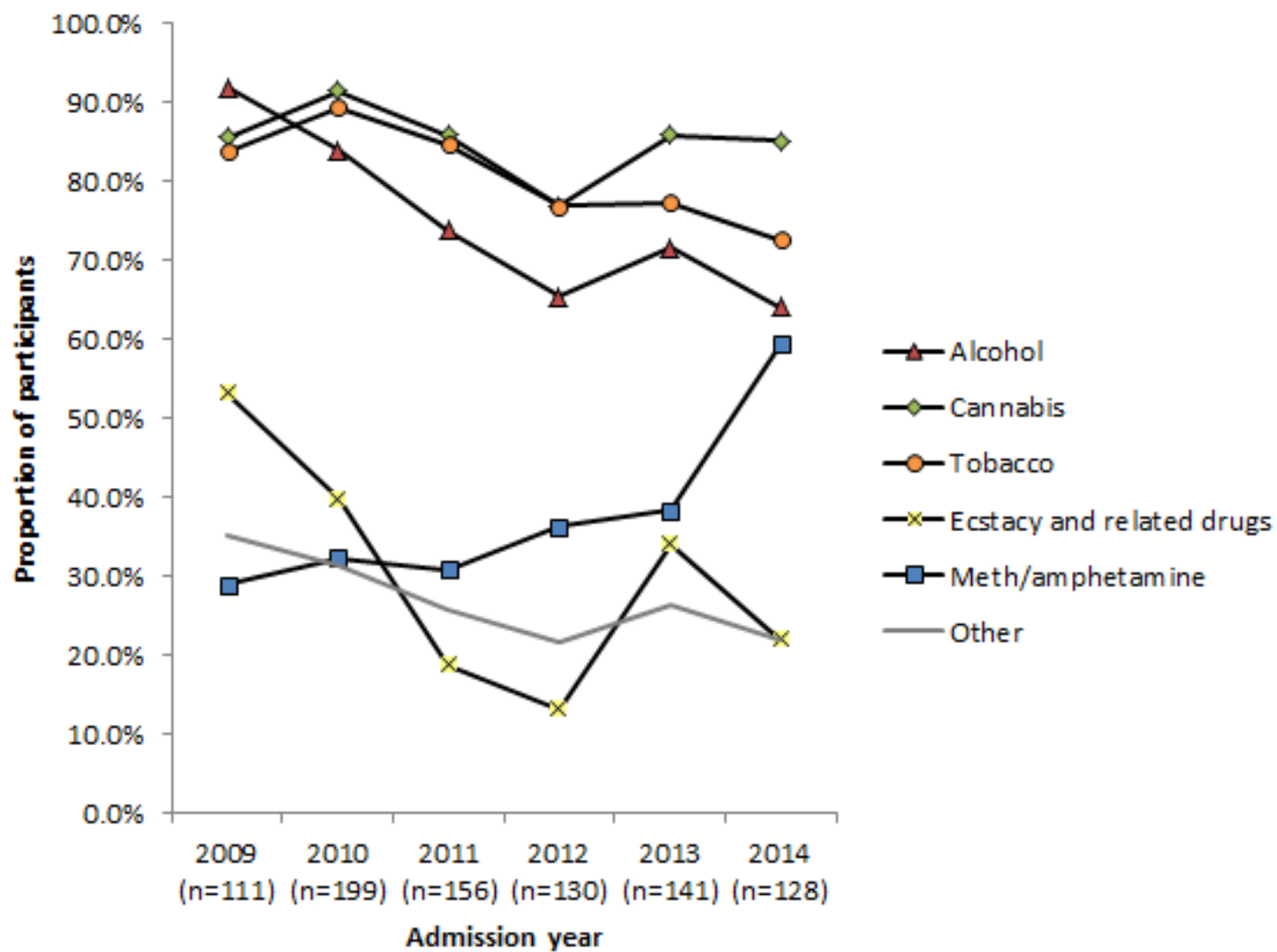


Figure 2: Drugs currently using at referral for admission

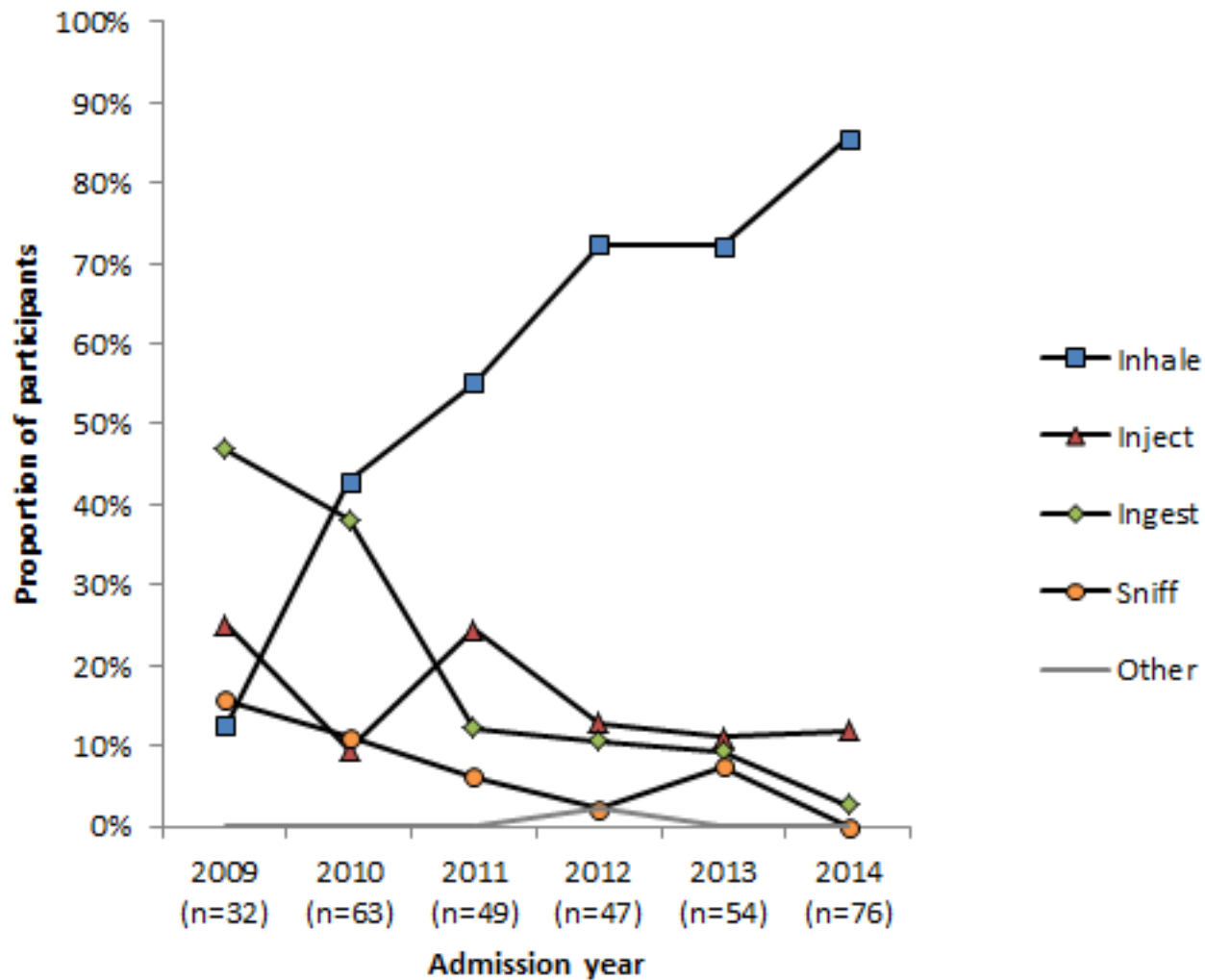


Figure 3: Trends by admission year in proportion of participants reporting each route of administration of ATS at last use

Engaging the at-risk group



Engaging with the at-risk group

- Targeting specific populations within schools with education and skills training
- Creating soft entry points for at risk young people to engage with our service
- Street University



Motivation



Motivational Interviewing

- Increasing our capacity for training in Motivational Interviewing to all staff
- Our focus is on increasing clients capacity for self-efficacy and decision making during withdrawal and maintenance phase of their drug use.
- Having all staff trained in Motivational Interviewing allows us to have targeted, evidence based conversations with clients at any time day or night.

Cognitive limitations



Cognitive Impairment

- Trained all clinical staff in Montreal Cognitive Assessment (MOCA).
- Brief, effective cognitive assessment tool to inform our treatment planning for all clients with empirical data on cognitive functioning.
- Well evidenced and works very well with substance users, particularly for methamphetamine users

Trauma



Trauma and Crisis

- Increased our training capacity in trauma informed practice as a best practice model.
- Especially relevant in the current climate given the amount of recent trauma our clients have suffered (violence, homelessness, selling self to dealers etc.)
- All staff trained in Therapeutic Crisis Intervention (TCI) to work with unpredictable and challenging behaviors in a supportive and holistic way.

Family



Families

- Increased capacity to work effectively with families
- Issues with ice users in the family setting highlights our development of our Youth Homelessness Services (YHS) to work closely with PALM to support young people at risk of homelessness.
- Clinical staff have received training in brief family focused therapy to better support our clients and their families.

Outcome



Methamphetamine use reduced significantly

6.3 days per month to 1.7 days per month

3 pipes per day to 1.1 pipes per day

Cannabis use reduced by 2 thirds

18.2 days per month to 6.5 days per month

19 cones per day to 6.5 cones per day

Statistically significant decreases across all items in Severity of Dependence Scale (SDS)

Number of arrests decreased by 66%

Suicidal attempts reduced by over 70%

Statistically significant increases in family
communication and trust (Family Assessment Device –
General Functioning Scale)



Conclusions

- Poly-substance use is common and a focus should remain on alcohol, cannabis and tobacco
- A re-focus of resources and energy towards interventions targeted at specific populations at risk (rather than mass scare campaigns)
- Prioritizing research into effectiveness of current treatment approaches for meth/amphetamine use as well as access to treatment for specific populations
- Integrated treatment approaches which allow individuals opportunity and time to pro-actively recover and grow.

The real face of ice....

“Thank you PALM... For once I feel like I actually belonged somewhere and felt like all the staff and rezzie’s were a part of my big, dysfunctional family. I’ll never forget my time in PALM and the most wonderful people I've ever met. So thanks again to you..... I’m me again”

Female, 14 years

“Thankyou for making me feel safe at night time and always coming in at saying goodnight to me and waking me up early for school. Thankyou for helping me with everything I love you so so much and I’m going to miss u so so much!!! ”

Female, 17 years

The real face of ice....

“I would like to thank all the staff for supporting me through all the tough stages and not giving up on me like most people have done throughout my life.... I am really grateful for all the hard work all the staff have put in for me and I can guarantee it was not a waste of time”

Male, 16 years



