



## Treatment guidelines, training and information resources about methamphetamine (ice) use for Victorian Aboriginal communities

Angela Harney, Sarah MacLean and Kerry Arabena, Onemda VicHealth Koori Health Unit, Centre for Health Equity, University of Melbourne

Methamphetamines are part of the 'amphetamine' group of drugs. They are synthetic stimulants which primarily affect the central nervous system, causing a range of effects such as increased energy and alertness. Crystalline methamphetamine (also known as 'ice', 'crystal', 'crystal meth', 'glass') is a type of methamphetamine that can be smoked or injected.

As part of a program of work on methamphetamine we searched the internet to identify information and education resources which might be useful to ice users, family members of ice users and professionals working with ice users in Aboriginal communities. We include both generalist and Indigenous-specific resources, and have identified information that is relevant to the Victorian context wherever possible.

The chart below explains how we have colour coded the resources.

Methamphetamine and/or psychostimulant specific resource or service
Indigenous-specific resource or service
Generalist drug and alcohol resource or service
Both Methamphetamine and/or psychostimulant specific, and Indigenous- specific resource or service

If something is missing which you think should be included in this list please contact Sarah MacLean [smaclean@unimelb.edu.au](mailto:smaclean@unimelb.edu.au) and we will update it.



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TREATMENT GUIDES & RESOURCES			
What	Who for	About	Links
Handbook for Aboriginal Alcohol and Drug Work	ATSI AOD workers, mental health workers and other health professionals	The handbook provides practical information for working in the AOD field with a focus on ATSI clients. It includes a section on 'stimulants' (including ice), how to assess and help clients using meth and includes advice on education and prevention.	PDF available at: <a href="http://ses.library.usyd.edu.au/handle/2123/8339">http://ses.library.usyd.edu.au/handle/2123/8339</a>  <a href="http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=23503">http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=23503</a>
Treatment Approaches for Users of Methamphetamine: A Practical Guide for Frontline Workers	Aimed at all 'frontline' AOD related workers (not just those with a clinical or professional background.)	Guidelines based on review of evidence and expert opinion. Includes emergency management techniques and a small section on 'Special considerations for Indigenous methamphetamine users'	PDF available at: <a href="http://www.nationaldrugstrategy.gov.au/interne/t/drugstrategy/Publishing.nsf/content/id-tremeth">http://www.nationaldrugstrategy.gov.au/interne/t/drugstrategy/Publishing.nsf/content/id-tremeth</a>
Responding to Challenging Situations Related to the use of Psychostimulants: A Practical Guide for Frontline Workers.	Frontline workers who interact with psychostimulant users - including counsellors, case managers, support & health workers.	Guide for workers based on best available research, national and international guidelines and expert opinion. Includes practical tips for reducing the likelihood of challenging situations and responding during a crisis and considerations for different service settings such as needle syringe programs and community health centres.	PDF available at: <a href="http://www.nationaldrugstrategy.gov.au/interne/t/drugstrategy/Publishing.nsf/content/07FF9B0DE1B39D7ECA25764D0080C854/\$File/chall.pdf">http://www.nationaldrugstrategy.gov.au/interne/t/drugstrategy/Publishing.nsf/content/07FF9B0DE1B39D7ECA25764D0080C854/\$File/chall.pdf</a>

<p>Clinical Treatment Guidelines for Alcohol and Drug Clinicians: No 14. Methamphetamine dependence and treatment</p>	<p>AOD clinicians and services</p>	<p>Guidelines to help clinicians and services develop better clinical pathways and services that meet the needs of methamphetamine users. Outlines both acute and longer term interventions aiming to provide key interventions to assist confidence and skill in managing methamphetamine related presentations.</p> <p>Includes large section on AOD clinical tools and worksheets.</p>	<p>PDF available at:</p> <p><a href="http://docs.health.vic.gov.au/docs/doc/B7DEE775D281BE85CA25789A0081D70F/\$FILE/methdeptreat.pdf">http://docs.health.vic.gov.au/docs/doc/B7DEE775D281BE85CA25789A0081D70F/\$FILE/methdeptreat.pdf</a></p>
<p>A brief cognitive behavioural intervention for regular amphetamine users</p>	<p>Clinical practitioners and researchers</p>	<p>A guide detailing a brief intervention specifically designed for regular amphetamine users that may be utilised by practitioners working in a wide range of treatment settings.</p>	<p>PDF and information available at:</p> <p><a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/1DEA7F68576F8F16CA257BF0001F3E5C/\$FILE/cognitive-intervention.pdf">http://www.health.gov.au/internet/main/publishing.nsf/Content/1DEA7F68576F8F16CA257BF0001F3E5C/\$FILE/cognitive-intervention.pdf</a></p> <p><a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-cognitive_intervention-cnt.htm">http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-cognitive_intervention-cnt.htm</a></p>
<p>Models of intervention and care for psychostimulant users: Monograph Series No. 51</p>	<p>Clinical practitioners, researchers &amp; policy makers</p>	<p>Comprehensive report on the pharmacology of psychostimulant drugs, their prevalence, risks and harms. Identifies best practice in detoxification and clinical interventions.</p>	<p>PDF and information available at:</p> <p><a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/5D6C43E1A64E3EE1CA257BF0001E8D5A/\$File/mono51.pdf">http://www.health.gov.au/internet/main/publishing.nsf/Content/5D6C43E1A64E3EE1CA257BF0001E8D5A/\$File/mono51.pdf</a></p> <p><a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-mono51-cnt.htm">http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-mono51-cnt.htm</a></p>

Fact sheet - Management of patient stimulant use for a general practice setting.	GPs	Brief fact sheet on assessment and management of methamphetamine and other stimulants for General Practitioners,	PDF available at: <a href="http://www.dacas.org.au/Clinical_Resources/For_GPs.aspx">http://www.dacas.org.au/Clinical_Resources/For_GPs.aspx</a>
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TRAINING AND EDUCATION SUPPORT

What	Who For	About	Links
Aware of Amphetamine	Health professionals and community educators	A manual and CD-ROM to assist health professionals and others, who want to provide current information about drug-related harms to people using methamphetamine and other stimulants. The manual is divided into separate units to enable the facilitator(s) to tailor their workshops to suit their audiences.	Available for purchase: <a href="https://bookshop.adf.org.au/manuals/aware-of-amphetamine.aspx?id=235">https://bookshop.adf.org.au/manuals/aware-of-amphetamine.aspx?id=235</a>
Anex 'ice –crystal methamphetamine' training programs	People working in harm reduction, health & social welfare workers, general community supporting people who use drugs.	Anex provide training to a range of organisations and audiences to help improve knowledge and confidence in dealing with issues raised by ice use. Training courses can be tailored to specific audiences and include: introduction to methamphetamine, tailored programs, 'train-the-trainer' programs and forums for community and professional groups. They have provided community information sessions in collaboration with Victoria Police.	<a href="http://www.anex.org.au/what-we-do/events/anex-crystal-methamphetamine-ice-training/">http://www.anex.org.au/what-we-do/events/anex-crystal-methamphetamine-ice-training/</a>

WEBSITES, EDUCATIONAL & HEALTH PROMOTION RESOURCES			
What	Who For	About	Links
<b>meth.org.au</b>	Meth users, workers, family/friends of users	This Australian website provides research-based, practical advice for self-managing some of the most common meth-related issues, as well as options for specialist treatment. Includes facts about meth, free testing, resources for professionals and referral information.	Links to the main site and to health professional resources:  <a href="http://www.meth.org.au">www.meth.org.au</a>  <a href="http://www.meth.org.au/index.php?id=32">http://www.meth.org.au/index.php?id=32</a>
<b>VACCHO and ADF 'Ice takes everything' posters</b>	Health and community services with Aboriginal clients	A series of 'Ice' posters developed by Victorian Aboriginal Community Controlled Health Organisation Incorporated (VACCHO) and the Australian Drug Foundation (ADF) looking at the issue of Ice for the Koori community eg <i>"Lost your sistagirls, what's next: Ice takes everything"</i>  Posters are currently available free of charge.	To enquire about the posters, contact the Social and Emotional Wellbeing team at VACCHO  <a href="mailto:enquiries@vaccho.com.au">enquiries@vaccho.com.au</a>
<b>Strong spirit strong mind program- pamphlets:</b>  <ul style="list-style-type: none"> <li>• Speed</li> <li>• Mixing drugs is dangerous</li> <li>• Injecting drug use- never share'</li> </ul>	Harm reduction information for Indigenous people	The WA Health department has produced a range of resources for Aboriginal people, including pamphlets specific to speed use which include information on what the effects of speed use and ways to reduce harms. Other relevant pamphlets include information for users on making and supporting change.  Note: lists some WA service contact numbers on back page.	For PDFs of pamphlets and information for ordering resources:  <a href="http://www.dao.health.wa.gov.au/Informationandresources/Publicationsandresources/Culturallys ecuresourcesforAboriginalpeople.aspx">http://www.dao.health.wa.gov.au/Informationandresources/Publicationsandresources/Culturallys ecuresourcesforAboriginalpeople.aspx</a>

<b>ADAC – ‘Don’t mess with meth’ comic and website</b>	Indigenous young people	Produced by the Aboriginal Drug and Alcohol Council (SA) Inc. (ADAC). Website includes information about methamphetamine and links to services. An online comic about crystal meth provides culturally appropriate information on the health and social effects methamphetamine use.	<a href="http://www.dontmesswithmeth.com/info.php">http://www.dontmesswithmeth.com/info.php</a>  <a href="http://www.dontmesswithmeth.com/comic.php">http://www.dontmesswithmeth.com/comic.php</a>
<b>Speed: It’s your call - brochure</b>	Harm reduction information for young Indigenous people	This Queensland Health brochure encourages young Aboriginal and Torres Strait Islander people to talk to someone and seek help if they can't stop using speed. It includes a checklist to find out if speed is a problem and suggestions of ways to help stop using speed. Other Indigenous mental health and substance abuse resources are also available. Note: lists some QLD contact numbers.	<a href="http://www.health.qld.gov.au/rch/professionals/cymhs_factsheet.asp#factsheets">http://www.health.qld.gov.au/rch/professionals/cymhs_factsheet.asp#factsheets</a>  <a href="http://www.health.qld.gov.au/rch/professionals/cymhs_resources/speed.pdf">http://www.health.qld.gov.au/rch/professionals/cymhs_resources/speed.pdf</a>
<b>What parents should know about Ice – Pamphlet</b>	Parents and families	Pamphlet for parents provided by the Victorian Department of Health	<a href="http://docs.health.vic.gov.au/docs/doc/C0D0E10F686B6EC6CA2578A3000951DE/\$FILE/ice-brochure.pdf">http://docs.health.vic.gov.au/docs/doc/C0D0E10F686B6EC6CA2578A3000951DE/\$FILE/ice-brochure.pdf</a>
<b>ADF pamphlets:</b> <ul style="list-style-type: none"> <li>• Ice: How drugs affect you</li> <li>• Amphetamines: how drugs affect you</li> <li>• Amphetamines and your body</li> </ul>	Drug education, current meth users, support people and families,	Comprehensive and easy to read summaries of how methamphetamine affects your body and life. The ‘ice’ pamphlet includes harm reduction tips and help seeking information.  ADF pamphlet sold in bundles of 50. Content can be viewed online.  **See ADF bookshop for other relevant resources.	<a href="http://bookshop.adf.org.au/pamphlets/ice-how-drugs-affect-you-(bundle-of-50).aspx?id=97">http://bookshop.adf.org.au/pamphlets/ice-how-drugs-affect-you-(bundle-of-50).aspx?id=97</a>  <a href="http://bookshop.adf.org.au/pamphlets/amphetamines-how-drugs-affect-you-(bundle-of-50).aspx?id=85">http://bookshop.adf.org.au/pamphlets/amphetamines-how-drugs-affect-you-(bundle-of-50).aspx?id=85</a>
<b>NDARC Education Trust (NET) - information booklets:</b> <ul style="list-style-type: none"> <li>• Ice: fast facts</li> <li>• On Ice</li> <li>• A User's Guide to Speed</li> </ul>	General information for people who may come into contact with the drug; methamphetamine users	A range of booklets which include general ‘ice’ information booklets, as well as a self-help guide for people who use speed which includes strategies for cutting down and quitting. Booklets can be viewed online and available at a cost.	Order form and pdfs of brochures:  <a href="http://neteducate.org/content/pages/resources/form.php">http://neteducate.org/content/pages/resources/form.php</a>  <a href="http://neteducate.org/index.php?p=2#res_33">http://neteducate.org/index.php?p=2#res_33</a>

<b>Healthy Spirit Healthy Community: A Guide to Drugs and Alcohol within our Community</b>	Resource for community members and health professionals providing information about alcohol and drugs including ice	This booklet by the Victorian Community Controlled Health Organisation (VAACHO) and Australian Drug Foundation (ADF) - provides information about alcohol and drugs including ice	Booklet available at <a href="http://www.vaccho.com.au">www.vaccho.com.au</a>  Ice section of the booklet available at <a href="http://www.druginfo.adf.org.au/attachments/1477_2014-05-27_ICE_SPEED_WEB_screen.pdf">http://www.druginfo.adf.org.au/attachments/1477_2014-05-27_ICE_SPEED_WEB_screen.pdf</a>
<b>No shame no blame - family comic</b>	Aboriginal family members of people with substance use issues. People working with Aboriginal families.	This comic is part of a set of resources developed under the NSW Aboriginal Families and Carers Training (AFACT) project titled 'No Shame, No Blame!' – designed to assist Aboriginal families and carers coping with the drug or alcohol problem of a loved one. The resources also include a workers guide and promotional poster, still available online.  Note: may include NSW service contact numbers	PDF of comic and other resources: <a href="http://www0.health.nsw.gov.au/pubs/2007/afact_comic.html_df">http://www0.health.nsw.gov.au/pubs/2007/afact_comic.html_df</a>
<b>Youth Drug and Alcohol Advice (YoDAA)</b>	Workers, young people., family and carers, and schools	Provides loads of information about drug use and service availability for young people in Victoria. YoDAA also provides a link to a 24 hour advice line – see below.	<a href="http://yodaa.org.au/">http://yodaa.org.au/</a>
<b>DrugInfo website</b>	All	DrugInfo offers a wide range of free resources about alcohol and other drugs.	<a href="http://www.druginfo.adf.org.au/">http://www.druginfo.adf.org.au/</a>



## SOME MAINSTREAM SERVICES AND SUPPORT GROUPS

What	Who For	About	Links
<b>Access Point</b>	Clients self-referring to CBT counselling at Turning Point can make an appointment with Access Point	Access Point is a service at Turning Point Drug and Alcohol Service in Fitzroy. It is for people who use amphetamine type stimulant drugs, including methamphetamine and cocaine and provides supportive counselling sessions based on a CBT model for clients to address their stimulant use.	<a href="http://www.turningpoint.org.au/Treatment/For-Health-Professionals/Specialist-interventions.aspx">http://www.turningpoint.org.au/Treatment/For-Health-Professionals/Specialist-interventions.aspx</a>
<b>ReGen - Methamphetamine Personal Education Program</b>	Methamphetamine users who have been placed on a diversion program or who are concerned about their methamphetamine use	A free 3 hour education program based on the best current evidence regarding methamphetamine use and treatment. The course provides an opportunity for participants to reflect on the impact of meth use on their lives and those people around them; supports participants to develop strategies associated with various stages of behaviour change, including harm reduction, planning for change, getting through withdrawal and relapse prevention	<a href="http://www.regen.org.au/education/client-courses/meth-education-program">http://www.regen.org.au/education/client-courses/meth-education-program</a>
<b>Crystal Meth Anonymous</b>	Crystal methamphetamine users	Crystal Meth Anonymous is a 12 step program and methamphetamine-specific mutual support group. In Australia, these were first established in Sydney 2005 but new meetings are commencing in St Kilda and Ballarat, Victoria	<a href="http://www.crystalmeth.org.au/">http://www.crystalmeth.org.au/</a>
<b>Youth Drug and Alcohol Advice (YoDAA)</b>	Workers, young people., family and carers, and schools	Provides loads of information about drug use and service availability for young people in Victoria.	1800 458 685 – 24 hour free advice

<b>Family Drug Support - support services and information</b>	Families of substance users (not meth specific)	A national support and information service with a chapter in each state that provides family assistance 24 hours a day. The website provides fact sheets and a range of coping tips and information to support family members - e.g. 'Dealing with Conflict'  FDS produce a family education kit 'A Guide To Coping' which includes information and strategies for families of drug users (avail via website)	<a href="http://www.fds.org.au">http://www.fds.org.au</a>  Helpline 1300 368 186.
<b>Family Drug Help</b>	Family members of substance users	Provides family member support groups around Victoria, a telephone helpline and online support. Family counselling and courses.	<a href="http://www.familydrughelp.com.au">www.familydrughelp.com.au</a>  <a href="http://www.familydrughelp.org.au/attachments/Support%20groups%20web%20Brochure%202010.pdf">http://www.familydrughelp.org.au/attachments/Support%20groups%20web%20Brochure%202010.pdf</a>
<b>Counsellingonline.org.au</b>	For drug users, family members and others	Support is available using chat or messenger type of interaction, 24 hours a day, 7 days a week across Australia	
<b>SMART Recovery</b>	For drug users, ex-users	SMART Recovery (Self Management And Recovery Training) are groups that combine mutual support with elements of cognitive behaviour therapy. Groups are not methamphetamine specific but are for anyone wanting help managing their substance use or other addictive behaviours	<a href="http://smartrecoveryaustralia.com.au/">http://smartrecoveryaustralia.com.au/</a>



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**Author/s:**

Harney, A; MacLean, S; Arabena, K

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