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Responding to people affected by ice.


Workshops for people working in the transport sector.

Funded by

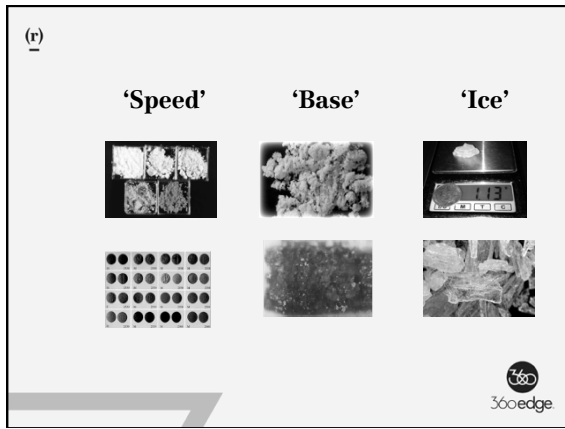


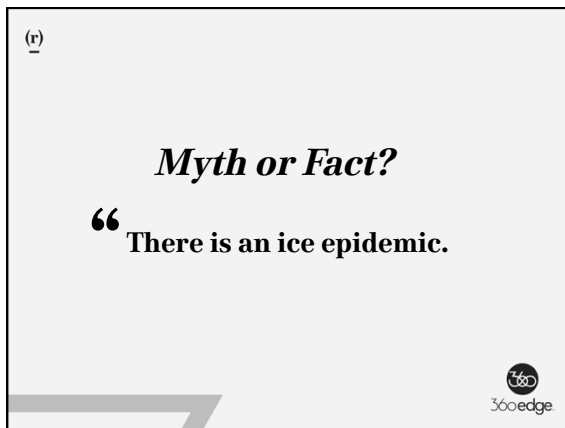
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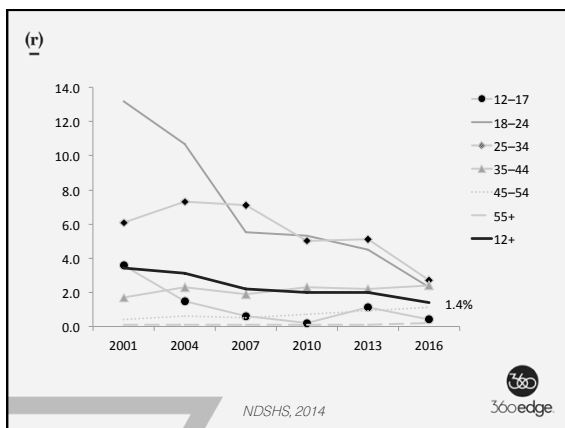
What we know.	What to do.
What is ice?	Talking to someone who is intoxicated
Prevalence of ice	Managing agitation and aggression
Effects	Responding to psychosis

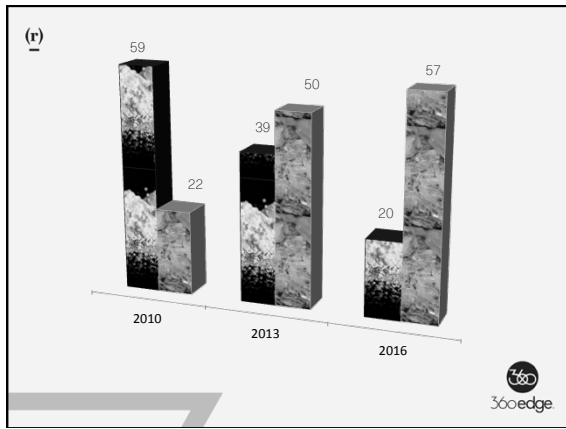


What is ice.









Why do people use ice.

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Myth or Fact?


“Methamphetamine is highly addictive.”

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	Irregular users < once a month	Occasional users Once a month+	Regular users Once a week+	Daily users
All meth	70%	15%	15%	
Ice	55%	20%	25%	
Cannabis	55%	15%	20%	10%
Alcohol	22%	35%	37%	6%

NDSHS, 2014



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Myth or Fact?

“ You can get addicted after using once.”



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Dependence.
Adaptive state that develops from **repeated** drug administration

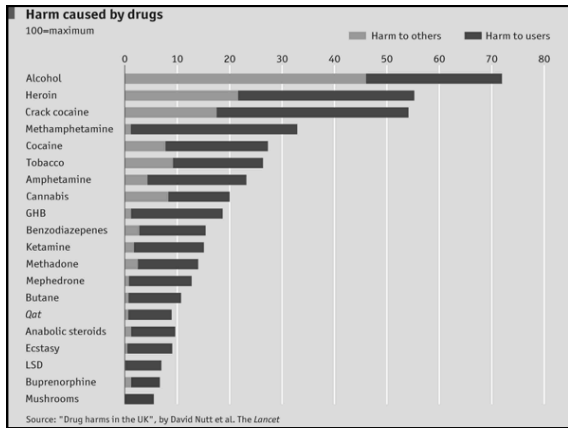


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Myth or Fact?

“ Methamphetamine is the most dangerous of all drugs.





Immediate effects of methamphetamine.

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Mild intoxication Moderate intoxication Toxicity



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Euphoria and wellbeing
Energy
Attention, alertness and memory
Sex drive
Appetite




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Nervousness, anxiety, panic
Agitation
Psychotic symptoms
Jaw clenching, teeth grinding
Nausea, vomiting
Headache
Hot and sweaty, racing pulse



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Chest pain
Tremor, seizure
Severe headache
Unsteady walking
Difficulty breathing
Hot flushed sweaty skin
Confusion, disorientation
Muscle rigidity, spasm, jerking
Severe agitation, panic, psychosis



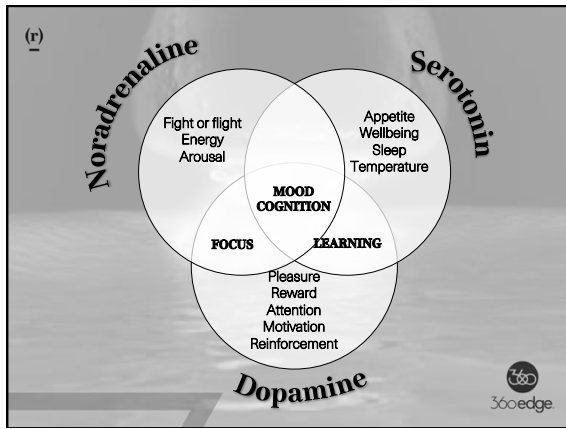
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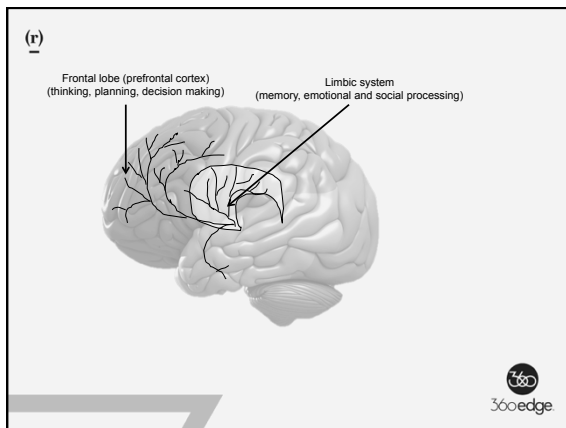
Myth or Fact?

“ Methamphetamine gives you super human strength.”



How methamphetamine works in the brain.





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Focus, attention and concentration
Memory
Planning, decision making
Emotion regulation, mood, impulse control
Flexible thinking
Energy levels
Threat sensitivity

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Responding to people who use ice.

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Talking to someone who has taken ice.



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- Speak and act calmly, using calm even tones
- Less eye contact
- Be patient
- Express concern
- Don't take anything personally
- Don't be aggressive, forceful, patronising or dismissive



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Myth or Fact?

“ Most people who use ice get aggressive.



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Dealing with agitation or aggression.



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Acute intoxication alone does not appear to lead to violent behaviour.

McKetin et al., 2006



**Threat sensitivity.
Emotional regulation.
Psychosis.**

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Jittery Irritated Agitated Angry Aggressive Violent

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**Don't escalate.
Diffuse/de-escalate.
Safety procedures.**

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Fixed choice options
Short simple sentences
One message at a time
Give space if needed

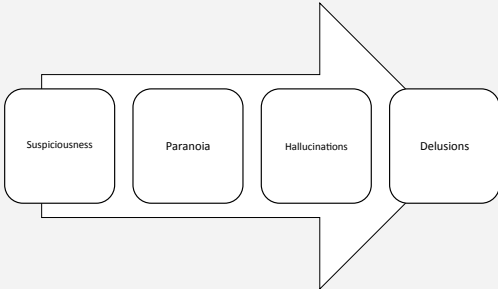


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Responding to psychosis.



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Suspiciousness Paranoia Hallucinations Delusions



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Don't argue with delusions or hallucinations
Don't agree with delusions or hallucinations
Be reassuring



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Call OC.



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