

Inside Trauma



A Word from the Editor

Methylamphetamine (Ice) usage is continuously rising across Melbourne and subsequently Victoria. In 2015 ice had taken over from alcohol as the number one problem drug for regional Victoria. Understanding the severity of the rise in ice abuse, the Dan Andrews Labor Government implemented an Ice Action Plan, putting forth \$45.5 million to try and combat the problem. The Ice Action plan aimed to tackle issues such as:

- Support for families
- Expanding drug treatment services
- Protecting frontline workers
- Closing down manufactures
- Making communities safer

A year after the implementation of the Ice Action Plan, the Victorian Government announced the 'second stage' of the Ice Action Plan. \$57.6 million was dedicated to this plan and included:

- \$32 million to expand the Drug Court of Victoria
- \$5.5 million for training and support for frontline workers
- \$6 million for a Grampians mental health facility
- \$10 million to improve mental health, alcohol and other drug facilities
- \$4 million over four years to respond to ice in Aboriginal communities

Ice doesn't discriminate. Many have found that they have become addicted after only a few uses. Ice is a long lasting, intense stimulant that affects the brain and nervous system. Ice is known for bringing on the senses of euphoria and an apparent sharpening of focus.

The autumn edition of the Newsletter will further discuss the effects of ice in the community, things you can do when dealing with an ice addicted users and how to cope with a person's bad reaction to ice.

Alana Sumic
Resident Editor

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In this edition:

A Word from the
Editor

Ice in the Community
by Emma Sestan

Not Being Left in the Cold
by Peter Horton

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Trauma are available
through the Archive at
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Ice in the Community

The drug ice, a very pure form of methylamphetamine, is becoming more prevalent in today's society. Many people have described the use of ice as an epidemic. Not only does the drug impact the user both psychologically and medically, it is also having a significant impact on their family and the community.

The impact ice can have on the family of a user can be significant. As ice is considered to be a highly addictive substance, people report becoming addicted after only a few uses. They can then quickly change from being supportive and contributing



members of the family to individuals who are now stealing from their loved ones and also becoming both physically and verbally aggressive. The affects are also being felt by the wider community.

Since 2013, the number of drug related ambulance call outs have increased by 88% in Melbourne and 198% in regional Victoria. According to Turning Point (2014), this increase is attributed exclusively to the increase in ice use across the state. Similarly, there has also been an increase in reports to child protection agencies since ice became a serious problem. The increase in ice related offending is resulting in an increase in the number of people withdrawing from ice in custody. This is putting significant pressure on corrective services and police stations that initially house people placed into custody, as they deal with the fallout from their withdrawal.

The impact that ice is having on our community is increasing each year and unless something is done drastically, it will only continue to increase.

If you or someone you now is struggling with their ice use, please contact Trauma Centre Australia on 9205 9488.

Emma Sestan
Provisional Psychologist

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Not Being Left in the Cold

For many of us including practitioner, bystander, parent, work mate, and partner, the word “ice” sends us a “shiver”.

The growing usage has been a popular topic in the media. Has the growing popularity of ice ambushed society, or has it been a progressive climb by users who have found a drug which has been branded as the pinnacle of the methamphetamine camp.

For those who want a layman’s understanding, the following may develop a picture understanding of ice. The drug ice is a type of methamphetamine that visually looks like shards of crystal (referred to as crystal meth). It can be smoked, inhaled or

injected and usage creates intense feelings, lasting between four and 12 hours. This is followed by a “come down”.



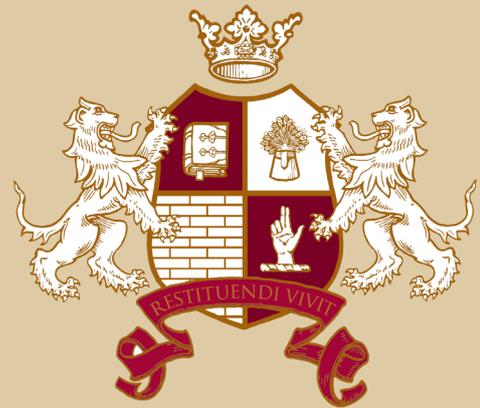
There are short-term effects of feeling euphoria and confident. With higher doses effects include, agitation, panic, anxiety, hostility, paranoia and hallucinations. Long-term effects lead to weight loss, mood swings, changes to the brain, aggression and psychosis.

How to respond and not to be left in the cold is challenging, however, the following points should be considered when responding to challenging behaviour.

Things you can do:

- (1) Set limits for your own protection and self-care
- (2) Develop a safety plan for yourself first, then children and others
- (3) Call 000 or Mental Health Crisis Team (CAT)
- (4) Keep your distance
- (5) Talk/communicate in a non-treating manner
- (6) Seek assistance from another staff member

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Brain teasers

1. A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?
2. What word in the English language is always spelled incorrectly?
3. Johnny’s mother had three children. The first child was named April. The second child was named May. What was the third child’s name?

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Coping with someone's bad reaction to ice:

Stay Calm

- Move slowly and try not to make too much eye contact
- Give the person space and don't crowd them
- Keep your voice low, calm and steady
- Move others away
- Make the area as safe as you can, remove dangerous objects

Reassure

- Be supportive
- Help them calm down by moving them to a quiet place where they can rest
- Listen to them and respond with calming comments

Respond

- Call an ambulance by dialling triple zero (000) if the person has the following symptoms
 - Racing heart beat and chest pain
 - Breathing problems
 - Fits or uncontrollable jerking
 - Extreme agitation, confusion or clumsiness
 - Sudden, severe headache
 - Unconsciousness
- Ambulance officers don't need to involve the police
- If the person becomes violent or threatens to hurt themselves or someone else, move yourself and others to a safe place and call the police by dialling triple zero (000)



**Peter Horton
Psychologist**

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Brainteaser Answers

1. Meat
2. Incorrectly
3. Johnny

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