

Remote Alcohol & Other Drugs Workforce Northern Territory

Ice/Methamphetamines



Why do people take Ice/Meth

- There are lots of reasons why people use ice or speed

Can participants name some of the reasons why people would take ice

- People who take ice say it makes them confident, have lots of motivation and have lots of energy
- To understand why ice can be a problem you need to know how ice works and some of the risks of using ice



What is Ice



Understanding ice as a drug

A 'Drug' is anything except food & water which when taken alters the way the body functions physically and/or mentally.*

Source - *WHO, 1981 www.who.int



Ice is.....

- Ice is a highly purified form of Methamphetamine that looks like small ice crystals
- Ice makes people high by simulating the natural chemicals in the brain that makes people feel excited, alert and feeling good
- Ice tricks a persons brain into believing or feeling they are more motivated or have more energy. Because of this people think it's good and want to take more



How ice affects a person

How ice can affect a person can depend on many things including.

- Their size, weight and general health
- If the person has been taking it for a while
- If other drugs (gunga or grog) were being consumed too
- The amount of ice taken
- If the person has a history of mental illness



Immediate effects

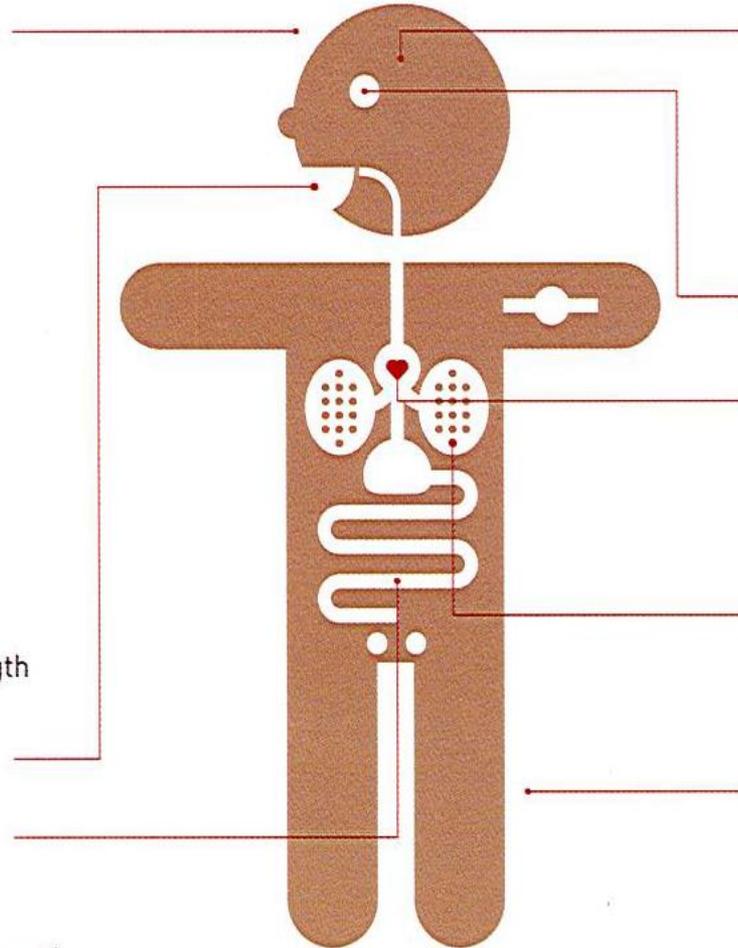
Psychological effects

- » feelings of euphoria, excitement and a sense of wellbeing
- » feelings of confidence and motivation
- » feelings of power and superiority over others
- » increased talkativeness
- » increased libido
- » restlessness and repeating simple acts
- » nervousness, anxiety, agitation and panic
- » paranoia
- » hallucinations
- » irritability, hostility and aggression
- » feelings of increased strength

Mouth dry mouth

Stomach

- » reduced appetite
- » stomach cramps
- » stomach irritation (if swallowed)



Brain

- » headaches and dizziness
- » feeling more awake and alert, reduced need for sleep and difficulty sleeping
- » abrupt shifts in thought and speech

Eyes enlarged (dilated) pupils

Heart

- » increased heart rate and blood pressure
- » irregular heartbeat
- » chest pain

Lungs

- » increased breathing rate
- » shortness of breath (from smoking it)

Body

- » feeling more energetic
- » increased sweating
- » increased body temperature
- » faster reaction times
- » itching, picking and scratching



Footprints across the Territory



When people have a lot

Having a lot of ice in one go can cause overdose.

This means that a person has taken more ice than their body can deal with.

Having a lot of ice at one time can cause.....

- Loss of coordination
- Pass out
- Hallucinations
- Very rapid heart beat
- Violent & aggressive behaviour
- Possible psychosis



When the effects starts to wears off

As the effect of ice starts to wear off a person can experience a range of different effects.

These effects may last for a few days.

- Feeling restless, irritable and anxious
- Paranoia
- Depression
- Severe mood swings
- Exhaustion
- Sleep for a long time
- Aggression that can lead to violence



The affects of taking ice all the time

- Long-lasting sleep problems
- Reduced protection from sickness
- Increased weakness to infections
- Cracked teeth and other dental problems
- High blood pressure and risk of heart attack and heart failure
- Trouble concentrating
- Can effect kidneys and result in kidney failure
- Increased risk of stroke
- Depression, anxiety tension and paranoia
- Extreme weight loss
- Breathlessness



Taking a lot of ice for along time

When a person takes a lot of ice for a long time it can cause 'Ice Psychosis'. When this happens the person will have some or all of these symptoms.

The good news is people with these symptoms usually disappear a few days after the person has stopped taking ice.

- Paranoid delusions
- Hallucinations
- Strange behaviour
- Aggressive behaviour
- Violent behaviour



Ice Dependency & Tolerance

- People who use ice for a long time can become hooked on it
- People can build up a tolerance, which means they need to use more to get the same effect
- People who are dependent on ice find it hard to stop taking it



Withdrawal from ice

Giving up using ice after a person has been taking it for a long time is hard because the body get used to having it.

Withdrawal symptoms should settle down after a week and most will disappear after a month.

Withdrawal symptoms that may happen are.....

- Cravings for ice
- Confusion and poor concentration
- Irritability
- Depression anxiety and panic
- Paranoia
- Joint aches and pains
- Trouble sleeping and nightmares
- Extreme fatigue and exhaustion



Pregnancy & Breastfeeding

- Drugs can cross the placenta and affect the unborn baby
- Using any drug while pregnant can increase the chances of early labour and low birth weight
- If mothers are using ice while breastfeeding the drug may be present in breast milk. This may have an effect on the healthy baby



Ice & other drugs

- The effect of using ice with other drugs, including alcohol, prescription medication and over-the-counter medications are often unpredictable



<http://facebook-ssavertara.blogspot.com/>



- Having alcohol, gunga and ice at the same time can cause the body great stress



Ice and community problems

All areas of a persons life can be affected by ice.

Disagreements or frustrations over ice can cause people to argue with family and friends, it can affect personal relationships.

Legal and health problems can add to the strain that a person is feeling about personal, financial, work and community relationships.



Who can help

- If you are worried about your ice use or a family member you can see a:
- Remote AOD Worker (RAODW)
- Aboriginal Health Practitioner (AHP)
- Clinic Nurse
- Clinic Doctor



How can people access these services

- Call the community health centre in your town and make an appointment
- Come and see us at the health centre to make an appointment
- Your Doctor or Nurse can refer you to the AOD Workers



*Ngurra Tjutaku Palyapayi:
everyone's home, working together
for good.*



The end

Any Questions

Thankyou for listening

If you would like to know about Remote AOD Workforce Program and our resources:

Please call us on

- (08) 8958 2503

Or visit the website

- www.remoteaod.com.au



References & acknowledgements

Source Information

- Ice- produced by Australian Drug Foundation (ADF), 2014
- On thin ICE - A users guide

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- Slide 3 - Google images
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