



BREAKING THE ICE IN OUR COMMUNITY

FACT SHEET

Treatment for crystalline methamphetamine (ice)

If your methamphetamine use is affecting your physical and/or mental health, family, relationships, work, school, financial or other life situation, you should seek help.

Support services are available for you and also for your family and friends if they feel it would help them.

Your treatment will be developed in consultation with you and will be influenced by your specific needs.

The type of treatment you receive may change over time but you will be consulted and involved in the process.

If you are using methamphetamine and are not interested in seeking treatment, it is still a good idea to have a regular check-up by your GP or S-Check service (go to www.stimcheck.org.au for more information).

How can I get help?

Most drug treatment services accept self-referral – this means that a person can contact them directly to arrange an assessment. To find and discuss treatment services call the Alcohol and Drug Information Service:

Sydney metropolitan: 02 9361 8000

Regional and rural NSW: 1800 422 599

Your doctor also can provide a referral to a specialist drug treatment service, as well as information and support and ongoing treatment once your involvement with the specialist service has been completed. It is important to remember that not everyone will require specialist treatment.

You can also contact your local Primary Health Network to discuss your options. See www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Locator for a list of Primary Health Network locations.

You can also contact the Stimulant Treatment Line on:

Sydney metropolitan: 02 9361 8088

Regional and rural NSW: 1800 101 188

Privately funded treatment services may require a referral from a doctor, so it is a good idea to check first.

After you have made contact with a treatment service, an assessment will be arranged. This may be done over the phone, or face-to-face at first, and then your options for treatment can be discussed.

There may be a waiting list for some services, but if the appropriate treatment is not available at a particular agency, referral can be made to services elsewhere. If you are waiting for treatment, you can access help by calling ADIS on **02 9361 8000** or **1800 422 599** or visiting www.counsellingonline.org.au

Priority populations may be referred to a specialist service, such as those helping Aboriginal and Torres Strait Islander people; women; gay, lesbian, bisexual, transgender, intersex and queer people; parents with young children; young people; or people with particular mental health issues.



What kinds of treatment are available?

A range of treatment options is available to both private and public patients, which may be combined. They include:

- Withdrawal management/detoxification
- Stimulant Treatment Program
- Counselling
- Rehabilitation
- Drugs in pregnancy services
- Complementary therapies
- Peer support
- Social support
- Family support

Withdrawal management or detoxification

Withdrawal management or detoxification (also called detox) can help people to stop their crystalline methamphetamine use while minimising unpleasant symptoms and the risks of harm.

Withdrawal is only one step towards changing drug-using patterns and often it is a good idea to continue to access some form of treatment or support to help prevent relapse. Relapse is a common occurrence but it can be minimised if you seek additional support.

Withdrawal services usually provide support for between 3 and 14 days. The 'crash' withdrawal phase for methamphetamine can last for around 1 to 3 days, while the 'acute' withdrawal phase lasts for around 7 to 10 days. Some people may not experience a crash. You may often be required to undertake and complete detoxification before you can go into further treatment. Methamphetamine users who have completed withdrawal may experience ongoing sleep or mood problems and cravings for months after stopping. These symptoms eventually go away.

Withdrawal can be provided in a residential, home or outpatient setting. It is important to remember that nearly all people who undertake detox or withdrawal without any other treatments may relapse, so discuss with your doctor or treatment service what support options are available following your detoxification.

Residential withdrawal is also available from some treatment services.

Stimulant Treatment Program

The Stimulant Treatment Program (STP) works with people who use stimulants who wish to reduce harms from their use and/or cease use. It is available in a number of locations across NSW, and can be accessed by contacting the Stimulant Treatment Line on:

Sydney metropolitan: 02 9361 8088

Regional and rural NSW: 1800 101 188

Counselling services

This is the most common kind of treatment, and there are a number of different approaches that might be taken. These might involve talking through your problems, helping you decide if you want to cut down or stop using, learning to change the way you think, or thinking about how you might deal with difficult situations. Counselling can be provided individually or in a group situation, and is available both to people who use methamphetamine, and to their family members or support people. A support service can offer counselling or direct you to a service appropriate for you. Speak to your doctor, treatment service or local community health service.

Rehabilitation programs

Rehabilitation ('rehab') programs take a long-term approach to treatment to help you achieve your treatment goals.

Rehabilitation programs provide intensive support to people and can include a combination of counselling and general support.

There are various program models of differing intensity. These include:

- Residential programs, including therapeutic communities, usually last 3 to 12 months. No withdrawal medication is provided in the centres and you may be required to undertake withdrawal before entering the program depending if the program has a withdrawal unit attached.
- Day programs—Individuals spend from four weeks to several months participating in daily programs while continuing to live at home. Many of these services also provide psychological, legal, financial and physical support.
- Counselling and case management—Interventions can range from short-term engagement to longer-term counselling and support. Case management can involve having a support worker to assist you to access a range of other health and welfare services, including services that could help with education or employment.



Drugs in pregnancy services

Several hospitals in NSW provide drug use in pregnancy services. These services operate in tandem with antenatal services and help pregnant women with methamphetamine use problems during pregnancy as well as providing ongoing care after childbirth.

Aboriginal alcohol and drug services

There are seven Aboriginal residential rehabilitation services across NSW. These are delivered by non-government and Aboriginal community-controlled health services. In addition, most of the 43 Aboriginal Community Controlled Health Services in NSW provide drug and alcohol services.

Complementary therapies

These include treatments such as massage and relaxation therapies, which can be useful to help you manage withdrawal symptoms. Some herbal or natural remedies can also help, but you should first seek advice from your doctor or treatment service to see what is appropriate for you.

Self-help groups

Self-help groups can be useful if you are seeking support. Self-help groups allow people the opportunity to be with others who have an understanding of crystalline-methamphetamine-related issues, and who have developed their own strategies in overcoming dependence. There are three main self-help groups available to people who use crystalline methamphetamine in NSW:

Narcotics Anonymous (NA): na.org.au

Membership is made up of people in recovery who meet regularly to help each other stay clean. The only requirement for members is the desire to stop using. NA advocates a 12-step recovery program.

Crystal Meth Anonymous: www.crystallmeth.org.au

The only requirement for members is a desire to stop using. Crystal Meth Anonymous advocates a twelve-step recovery program.

SMART Recovery Australia:

smartrecoveryaustralia.com.au

SMART Recovery is a voluntary self-help group that aims to help people recovering from alcohol, drug use and other addictive behaviours. SMART Recovery teaches practical skills help people deal with problems and enables them to abstain and achieve a healthy lifestyle balance.

Social support

A range of social support services can help you to access housing, financial, legal, general health, dental and other assistance. Speak with your local community health service or treatment service for details.

Family support

Services are available to support those around you who may be affected by your drug use. As well as providing understanding, they can provide information about how best to help during treatment.

Family Drug Support

Australia-wide: 1300 368 186

How much will it cost?

There may be minimal costs for some services in the public sector, but a number of different treatment options (such as counselling and withdrawal) are generally free or low-cost. You will have to pay for any treatment undertaken at private alcohol and drug services. Residential not-for-profit services usually ask for a contribution from residents on benefits (e.g. Newstart) while they remain in residential treatment.

Before you start treatment, contact Medicare and/or your private health insurer, if you have one, to confirm exactly what you're covered for. Private health insurance is recommended if you wish to access the private treatment sector.

Further information

Help and support lines (24 hours, 7 days a week)

Alcohol and Drug Information Service
Sydney metropolitan: 02 9361 8000
Regional and rural NSW: 1800 422 599

Stimulant Treatment Line
Sydney metropolitan: 02 9361 8088
Regional and rural NSW free call*: 1800 10 11 88

Please note free call numbers are not free from mobile phones, except Telstra mobiles

Family Drug Support – www.fds.org.au
Australia-wide: 1300 368 186

Other help and support services and resources

If there are concerns about the health or emotional safety of children within the home, call the **Child Protection Helpline on 132 111**.

Where children are old enough to recognise they would like assistance or to talk to someone the **Kids Helpline – 1800 55 1800** is Australia's only free, private and confidential phone counselling service specifically for young people aged between 5 and 25.

Aboriginal Health & Medical Research Council of NSW
02 9212 4777

Contact AH&MRC for details of your local Aboriginal Community Controlled Health or Residential Rehabilitation Service

NSW Users and AIDS Association – www.nuaa.org.au
Sydney metropolitan: 02 8354 7343
Regional and rural NSW: 1800 644 413

ACON – www.acon.org.au
ACON's Substance Support Service offers specialist LGBTI-friendly counselling for stimulant and crystalline methamphetamine users.

NSW Intake Line: 02 9206 2000

Breaking the Ice (Australian Drug Foundation) website www.adf.org.au/breakingtheice

A joint project by the Australian Drug Foundation and NSW Health aiming to reduce harms from crystalline methamphetamine (ice) in NSW.

Your Room website – yourroom.com.au

Website providing access to confidential counselling, information and resources for people in NSW, including a range of Indigenous resources.

Stimulant Health Check

An LGBTIQ-friendly resource with information about discussing your stimulant use in regular GP health check-ups.

ACON: 02 9206 2000

Links to further help and support

www.health.nsw.gov.au/crystallinemethamphetamine/Pages/treatment.aspx
www.druginfo.adf.org.au/contact-numbers/help-and-support

Statistics

NSW statistics on crystalline methamphetamine

www.healthstats.nsw.gov.au/Indicator/beh_illimethed/beh_illimethed

Australian statistics on crystalline methamphetamine

www.druginfo.adf.org.au/topics/quick-statistics#amphetamines

Online resources

Crystalline methamphetamine

Background paper – NSW data (NSW Health)
www.health.nsw.gov.au/crystallinemethamphetamine/Publications/background-paper.pdf

Crystalline methamphetamine

Key messages (NSW Health)
www.health.nsw.gov.au/crystallinemethamphetamine/Publications/key-messages.pdf

Crystalline methamphetamine (ice) (NSW Health)

www.health.nsw.gov.au/crystallinemethamphetamine/Documents/crystalline-methamphetamine.pdf


Ice: family and friends support guide

www.druginfo.adf.org.au/infographics/ice-family-friends-support-guide

For information on withdrawal

see www.adf.org.au/cdat-breaking-the-ice-resources


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 facebook.com/australiandrugfoundation

 adf.org.au/subscribe

 adf.org.au/breakingtheice

 yourroom.com.au

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