

## BREAKTHROUGH ICE EDUCATION FOR FAMILIES HANDBOOK



**Summary:** The BreakThrough handbook is an educational resource for families impacted by a loved one's use of crystal methamphetamine ('ice'). The handbook provides information about what ice is, why people use it and the impacts it can have on the person using the drug, their families, friends and the broader community. It also provides some information on where to access additional help and support.

Specifically, the handbook covers three topics:

### Topic 1 – Facts

- Types of drug use and reasons for use
- Ice and effects
- 'Come down' and **withdrawal**
- Drugs and mental health

### Topic 2 – Strategies

- Talking to your loved one
- Stages of change
- Family roles
- Responding to challenging behaviours
- Self-care for families
- Safety plan for families

### Topic 3 – Help

- Support, assistance and professional help

**Developers:** Turning Point, Self Help Addiction Resource Centre (SHARC) and The Bouverie Centre, with funding from The Victorian Department of Health and Human Services.

**Year:** 2017

**Costs:** Free

**Evidence base:** This resource has undergone expert review. Refer to handbook for full reference list.

[Access the BreakThrough: Ice Education for Families handbook](#)