

## Ice Training for Frontline Workers



# Flinders UNIVERSITY

*This resource is by Flinders University.*

*This resource provides online training for various health workers to enhance their understanding of **methamphetamine**.*



**Summary:** This online training provides frontline workers, including peer workers, alcohol and other drug workers and clinicians, with information and resources about [crystal methamphetamine \('ice'\)](#).

The aim of this comprehensive program is to enhance frontline workers' existing skills and knowledge to effectively assist clients who use ice, as well as their family members, friends and colleagues.

This resource covers a broad range of content including:

- Information about ice, prevalence of use and harms
- How ice affects people and communities

- Worker safety and preventing, managing and recovering from ice-related critical incidents
- Legal issues
- Using ice with alcohol and other drugs
- Communicating with and supporting people who use ice
- Prevention and intervention for ice use
- Organisational responses to the use of ice

**Format:** The training contains seven separate but complementary modules:

**Module 1: About Ice**

- About ice and other forms of **methamphetamine**
- Patterns of ice and other forms of methamphetamine use in Australia
- How methamphetamine/ice affects people who use it
- Methamphetamine: Legal issues

**Module 2: Effects of Ice**

- Ice intoxication
- Ice **withdrawal** and long term effects
- Using ice with alcohol and other drugs

**Module 3: Communicating with People Who Use Ice**

- Communicating and engaging with people who use ice
- Assessing and managing self-harm and suicide with people who use ice
- Basic mental health responses for people who use ice

**Module 4: People Who Use Ice and Critical Incidents**

- Critical incidents involving people who use ice
- Managing critical incidents
- Recovery, review, resumption

**Module 5: Interventions**

- Overview of interventions
- Brief interventions
- Assessment
- Counselling and cognitive behavioural approaches
- Withdrawal management
- Relapse prevention and management
- Groups with specific needs
- Supporting/working with families and carers

- Working in potentially risky environments
- Working with families

#### **Module 6: Prevention**

- Ice prevention models and strategies
- Harm reduction strategies

#### **Module 7: Organisational Responses to Ice**

- Systems redesign
- Organisational change
- Workforce development
- Stress, compassion fatigue and burnout
- Workplace and worker support

Note: The modules do not need to be completed in order. That is, if you are only interested in a specific issue, you can go straight to that module.

**Developers:** This training resource was developed by a consortium led by National Centre for Education and Training on Addiction (NCETA) at Flinders University, as part of the Victorian Government's Ice Action Plan.

**Costs:** Free; users are required to create a username and password to access the online training.

**Year:** 2016

**Evidence base:** This resource has undergone expert review. Refer to the [NCETA website](#) for more information about this resource.

[Access free online ice training for frontline workers](#)