



# Where can I find culturally appropriate, evidence-based resources about methamphetamine?

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**Australian Government**  
**Department of Health**



**THE UNIVERSITY OF  
SYDNEY**  
**Matilda Centre**

# Acknowledgement of Country

*I would like to acknowledge and  
pay respects to the traditional  
owners of the land*

*I would like to acknowledge the  
many community members who  
have provided input into this work  
and generously shared their  
stories.*





# Housekeeping

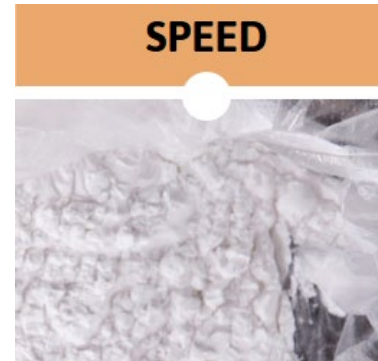
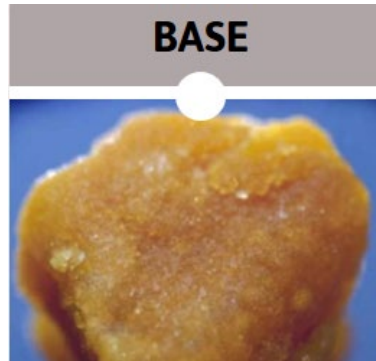
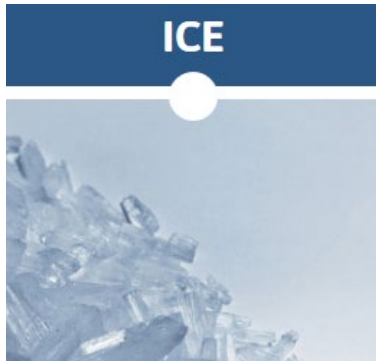
1 You are in **listen-only** mode

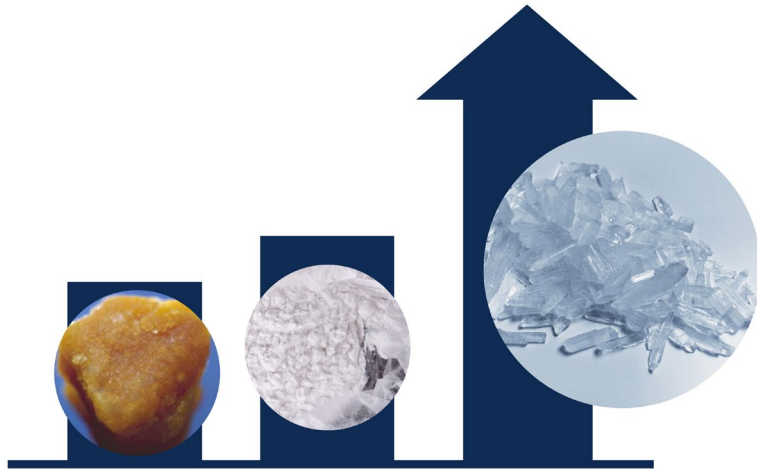
2 Please type your questions using the **Q&A button** on your dashboard.

3 This webinar is being recorded and will be made available on *Cracks in the Ice*, along with a handout of the slides.

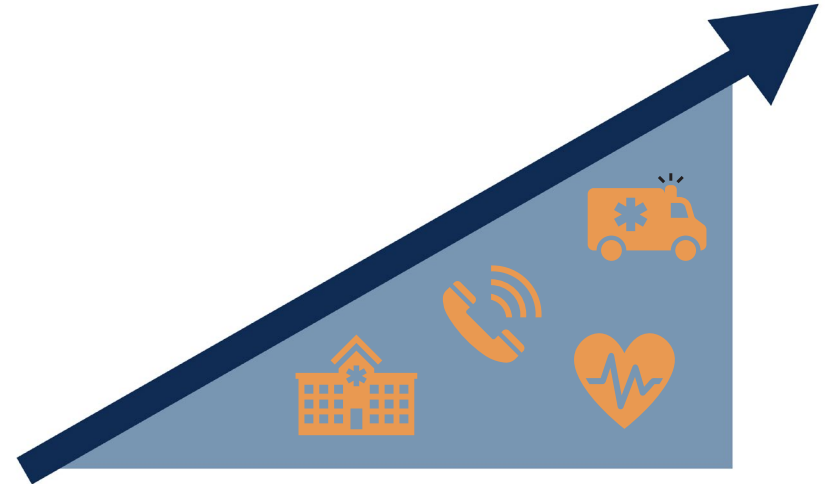


- Crystal methamphetamine ('ice'), is a **stimulant** drug
- Variant of methamphetamine and often a **purier form which leads to** more **serious side effects**, and greater risk of **dependence**





Crystal is now the **most prevalent form** of methamphetamine in Australia



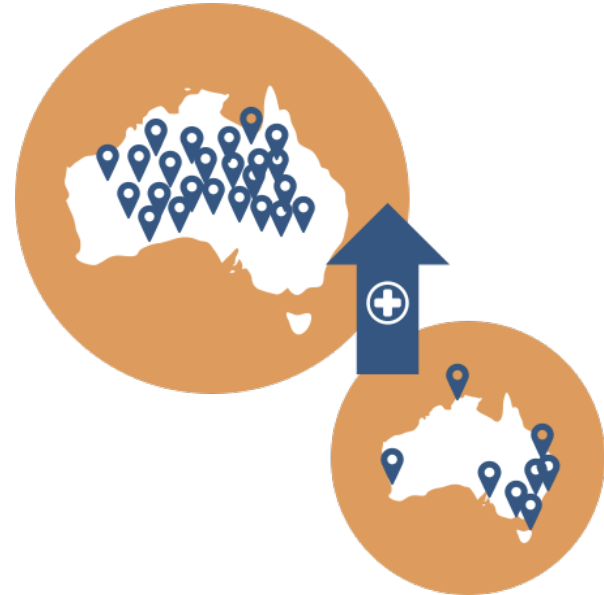
Methamphetamine-related **harms are rising**



## Use and impact is high in regional and remote areas



**2021 National Wastewater  
Drug Monitoring Program**



**The National Hospital Morbidity  
Database (2016-17)**



- Increased anxiety and concerns
- Often neglect their own needs and develop mental health issues of their own
- Experience the stigma and shame of a loved one's use of drugs

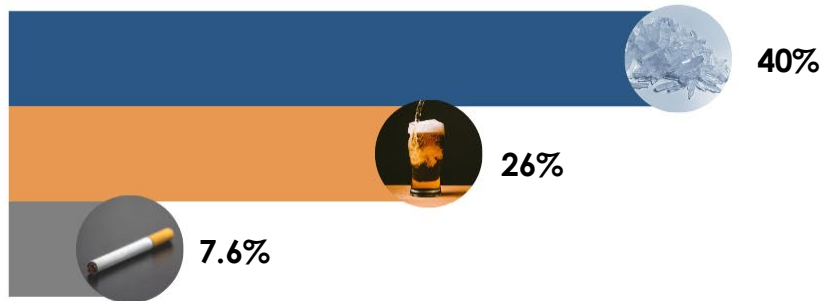
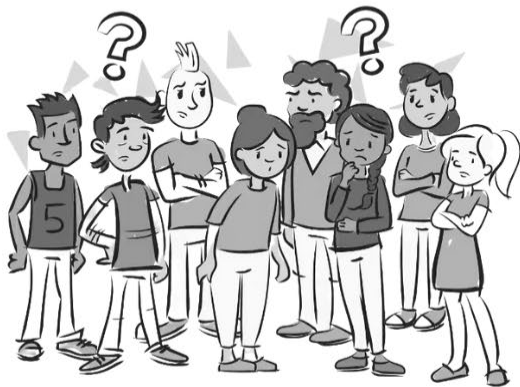
# Perceptions of selected drugs among people aged 14 and over (%)

## National Drug Strategy Household Survey 2019

% associated the drug with a drug problem



% rated as drug of most concern to the community







# Cracks in the Ice



## RECOMMENDATIONS

Support families, communities and frontline workers

### Recommendation 1

The Commonwealth, state and territory governments should work together to develop an online curated toolkit of information and resources to support families and communities to better understand and respond to the problems caused by ice.



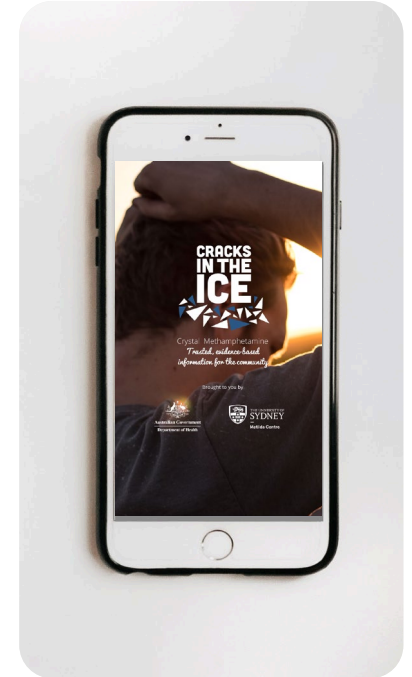


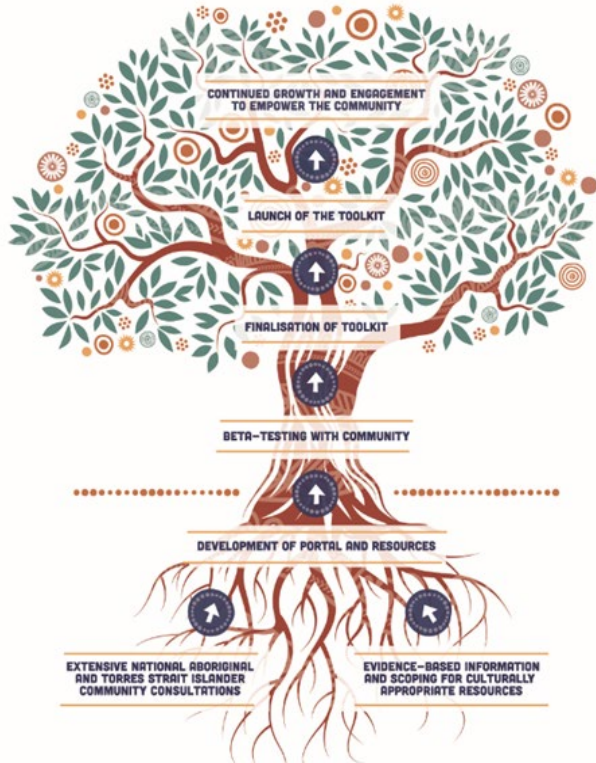
# Cracks in the Ice



## Targeted information and resources for:

- ✓ Community members
- ✓ Families and friends
- ✓ People who use ice
- ✓ Health workers
- ✓ Schools





- Led by an Expert Advisory Group
- National resource developed in consultation with communities across Australia
- Input from 240 Aboriginal and Torres Strait Islander people through focus groups and online beta-testing



How was it developed?



## • Aims:

- Identify the questions Aboriginal & Torres Strait Islander community members have regarding crystal methamphetamine and its harms.
- Find out what should be included on the website to address these questions and how this could best be presented.



# What did the focus groups say?



- **Key topics:** Facts about crystal methamphetamine, prevalence, signs a person may be using the drug.
- Provide locally based support services and information on the treatment pathways.
- Focus on creating a narrative of empathy and breaking down stigma



Harms to those who use 'ice'.



Availability & accessibility of support services



Impact on families and communities



Supply and demand of 'ice'.



Based on feedback from the focus groups:

- Developed resources including **animations, fact pages** and **hard copy resources**.
- Unique interactive features were built, and special graphics were designed
- The community were then asked to provide feedback on these resources.





- Participants tested site content, and provided feedback through a survey
- **Total participants = 116 people**
- **73** Aboriginal and/or Torres Strait Islander peoples participated.
- **92%** of participants selected that it was clear what information they can get from Cracks in the ice.







# Beta Testing



Fact pages most likely to be read were:

- 'What to do if someone won't seek support' (75%)
- 'Concerned about someone using ice' (64%)



*“Perhaps more than one brochure could be developed as this is covering a lot of different areas...”*

- **86%** of health workers said the information page would be helpful for them when looking for resources about ice.





# Introduction to website



# Printed hard copy resources



- Developed as companions to the online toolkit.
- Aim to **summarise key information** from the Cracks in the Ice
- **Free resources** which can be ordered and delivered anywhere in Australia (at no cost)
- Electronic versions downloadable online



## Acknowledgments:

- Australian Government Department of Health for funding the project
- The *Cracks in the Ice* Team & Collaborators
- The many **community members** who provided input into Cracks in the Ice.





# Visit Us



1

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3

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**Q & A**



# Thank You!

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