

BreakThrough Ice Education for Families Handbook



This resource is by Turning Point, SHARC and The Bouverie Centre.

The BreakThrough handbook provides families impacted by a loved one's use of crystal methamphetamine ('ice') with information about what ice is, why people use it and the impacts it can have, and further support options.



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](#)