

Are you worried about the use of crystal **methamphetamine** 'ice' in your community? This resource may help guide you to get together with those in your community who are also worried about ice. The use and impact of ice in every community is different.

**Below is a three-step guide that may help give you some ideas to get people together in your community.**

## 1. What is the story of ice in your community?

Talk to people in your community about ice. This may help you to build a picture of what is happening in your community and decide what your community needs. Some people that you may like to talk to could include:

- Community leaders/elders
- Family and friends
- Local Aboriginal or Torres Strait Islander health workers
- Doctors or Nurses
- Local police
- Youth workers

*Perhaps you could try asking some questions like these:*

- What do they know about ice and its effects? What would they like to learn more about?
- Do they see 'ice' as a problem in the community?
- What worries them about ice?
- Which part of the community is most impacted by 'ice'?
- What would they like to do to help? Or what do they think could help?
- What are the strengths of the community?

## 2. What may be the focus of your group?

Now you have a story of what ice looks like in your community and an idea of the needs of your community, you can decide what your group may focus on. We have listed some examples below, but every communities' needs are different. You may want to try something else depending on what your community needs.

- **Bridge the knowledge gap about ice.** Help you and your community learn more [about ice, its effects](#) and where to get help. Look at the information, videos and resources available on Cracks in the Ice. Download and print factsheets to share with the community.

- **Create a place for healing.** People who use ice and their family members may feel alone and ashamed to talk about their situation. Having a place where people can tell their story, ask for help, and share is one way to provide support and encourage people to seek help. You may decide to yarn with them regularly, ask them how they are going and support them to tell their story. You may support them to ask for help at the clinic or services.

Take a look at [‘tips for starting a yarn’](#) and some other ways you can support those impacted by the use of ice.

- **Strengthen the community.** Aboriginal and Torres Strait Islander communities are resilient and strong. Using the strengths of your community may help reduce the harms of ice and other drugs. Think about holding or encouraging people to attend cultural activities, community sport matches or other main events. Story-telling and sharing cultural knowledge of elders and, families is important in helping people feel connected to their culture. Think of other ways you can bring your community together.

### 3. What other resources do you have in the community that could help you? What resources do you need?

- **Speak with key leaders** in your community such as elders, health workers, outreach services, or local council. Try making a list of things you may need help with from them or ways you can get them involved with what your group is doing.
- **Tell the story** of what your group is there for to your community. Promoting your group may help people become interested in what you are doing.
- **Consider holding a community forum**, take a look at the [ADF guide for holding a forum](#)
- **Become a Local Drug Action Team.** Visit [community.adf.org.au/join-program/local-drug-action-team-program-overview/](http://community.adf.org.au/join-program/local-drug-action-team-program-overview/)