




BREAKTHROUGH
Our way



We acknowledge the Traditional Owners
of the land on which we meet today and pay
respect to Elders past and present.

We also extend that respect to Aboriginal
and/or Torres Strait Islander people who
are with us today.

Housekeeping..



Phones



Toilets



Fire



Tobacco



Breaks

Who are we?

The Queensland Aboriginal and Islander Health Council is a peak organisation that is focused on strengthening the capability and capacity of our membership and improving the health status of Aboriginal and Torres Strait Islander Queenslanders.

Why are we important?

We are a vital player in strengthening the capability and capacity of Members and ensuring that an Aboriginal and Torres Strait Islander perspective is embedded into health service delivery. We also review government's actions.

What do we do?

The Queensland Aboriginal and Islander Health Council advocates, debates, builds capacity and links stakeholders to improve Aboriginal and Torres Strait Islander health status.

How do we help?

We provide support services to our Members so that they can achieve greater Aboriginal and Torres Strait Islander health outcomes.



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Our Members

- 31 Member Services
- 2 Regional Members
- 11 Associate Members
- Over 70 clinics



LEGEND

- QAIHC Member
- QAIHC Associate Member

QAIHC Regional Member

Hospital and Health Services*

- Cairns and Hinterland
- Central Queensland
- Central West
- Darling Downs
- Gold Coast
- Mackay
- Metro North
- Metro South
- North West
- South West
- Sunshine Coast
- Torres and Cape
- Townsville
- West Moreton
- Wide Bay

*Children's Health Queensland is not depicted on the map as it is a statewide specialist HHS

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Getting to know each other...

- ⦿ What is your name?
- ⦿ Who are your mob, where are you from?
- ⦿ What are 3 interesting things about you?



Session overview

Understanding
Alcohol and
Other Drugs

Managing
Emotional
and Mental
Health

Making
Change

Support

Things to remember

- 🎯 Confidentiality
- 🎯 Sharing Stories
- 🎯 Strong Feelings



Strong and
healthy families



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Session 1: Understanding Alcohol and Other Drugs

*It can be a tough road when a family member
is using drugs and alcohol*

Drugs and alcohol can
affect the way we **BEHAVE**,
THINK and **FEEL**.



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Different drugs can have different effects.



DEPRESSANTS

Drugs that slow things down

(e.g. alcohol, cannabis, heroin)



STIMULANTS

Drugs that speed things up

(e.g. caffeine, methamphetamine)



HALLUCINOGENS

Drugs that can make us see and hear things

(e.g. LSD, magic mushrooms)

Different drugs have different effects on people.

Drugs may be **illegal** (e.g. cannabis, amphetamines, ecstasy, cocaine and heroin) or **legal** (e.g. alcohol, caffeine, nicotine and prescribed or over-the-counter medications).

What do you call drugs and alcohol?



Alcohol
Grog
Charge



Tobacco
Smokes
Durri



Cannabis
Yarndi
Gunja



Meth
Speed
Ice



Heroin



Ecstasy
Cocaine



LSD
Magic
Mushrooms
Acid trip



Petrol
Paint
Glue
Sniffing
Chroming



Prescription
Medications
(Valium,
Endone etc)

Looking at Meth/Ice a little closer

All are **methamphetamine**, but vary in strength:

*Lower
Strength*



Powder
(like beer)



Base
(like wine)

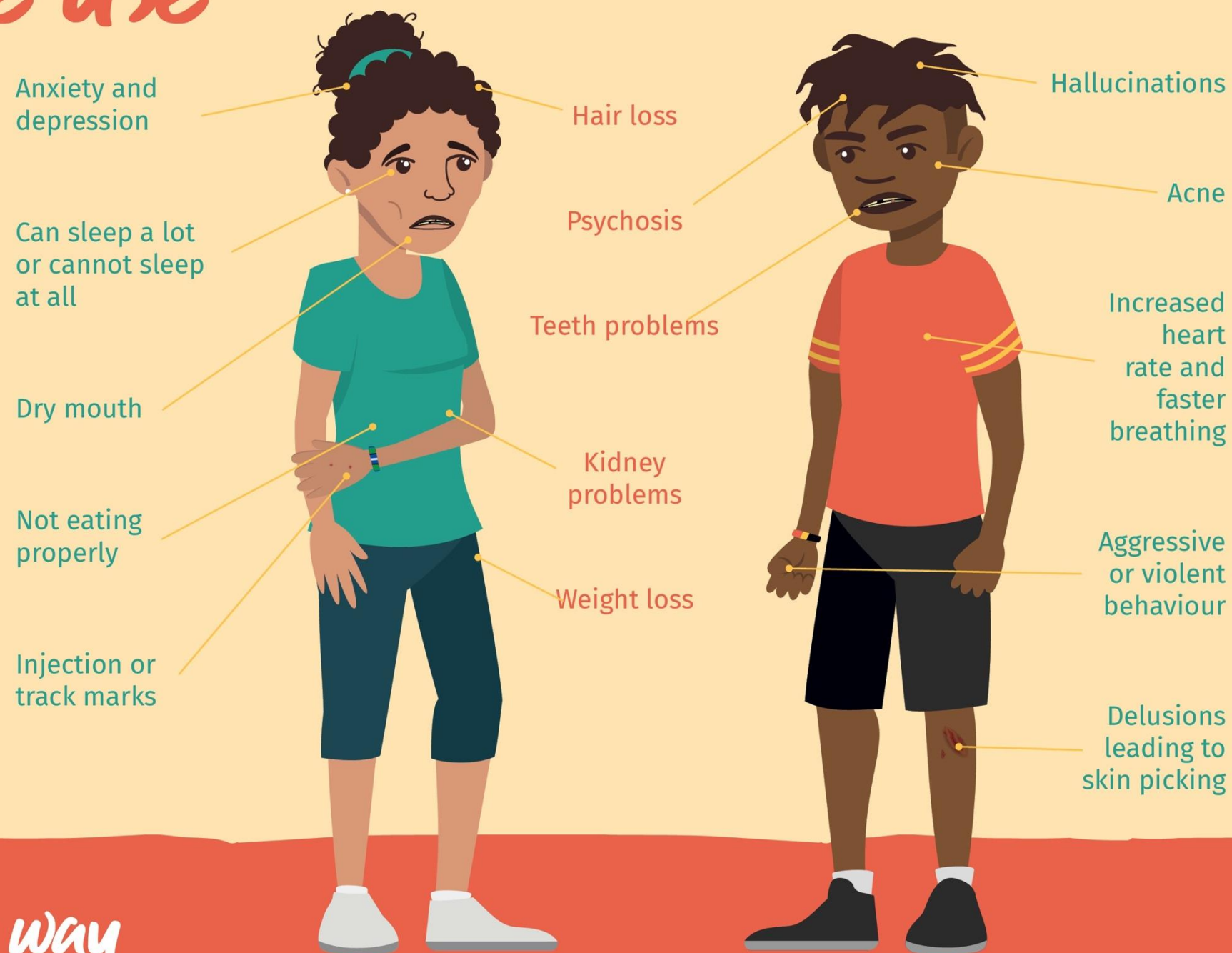


Crystal
(like spirits)

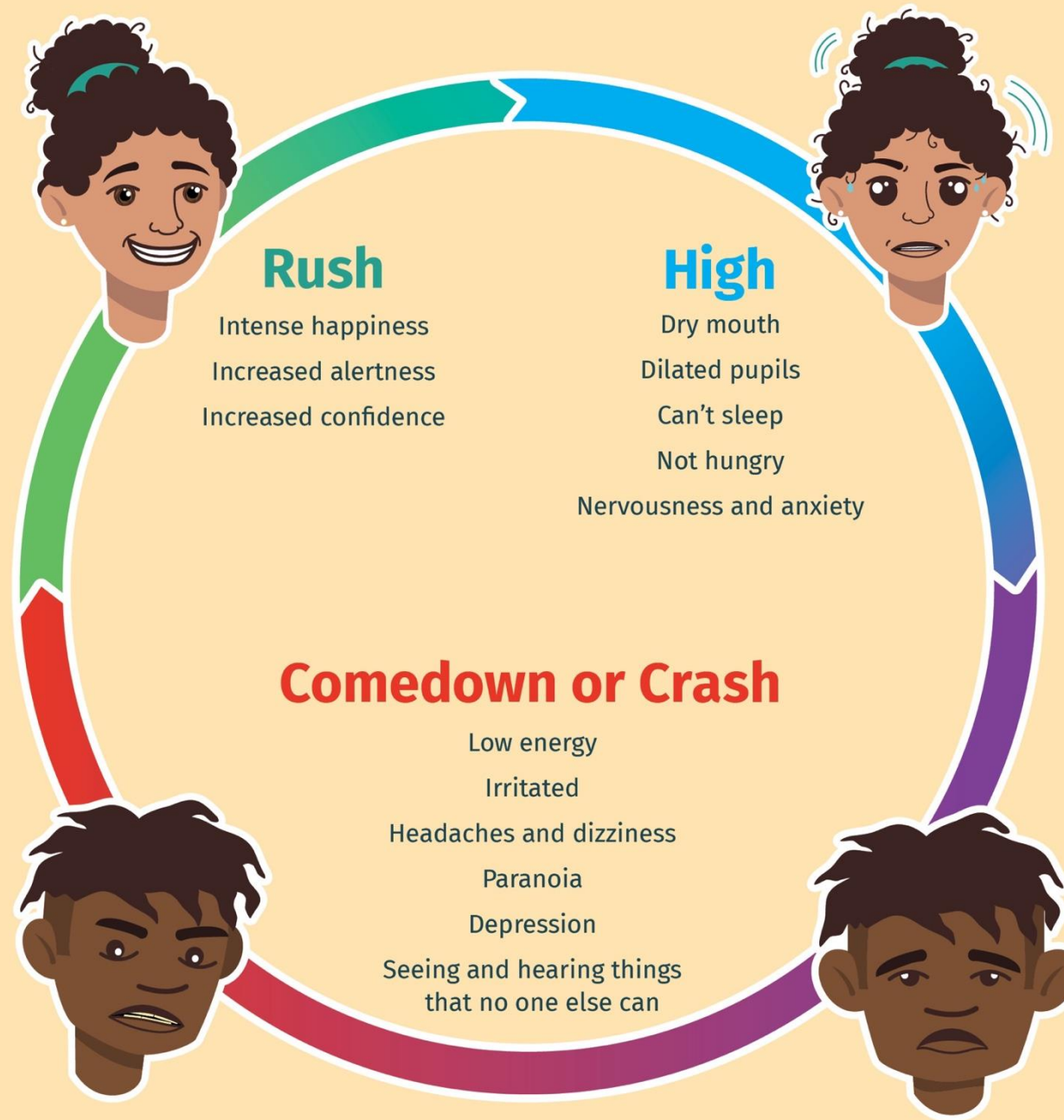
*Higher
Strength*

Effects of ice use

What are the negative short-term and long-term effects of ice use?



Cycle of ice use





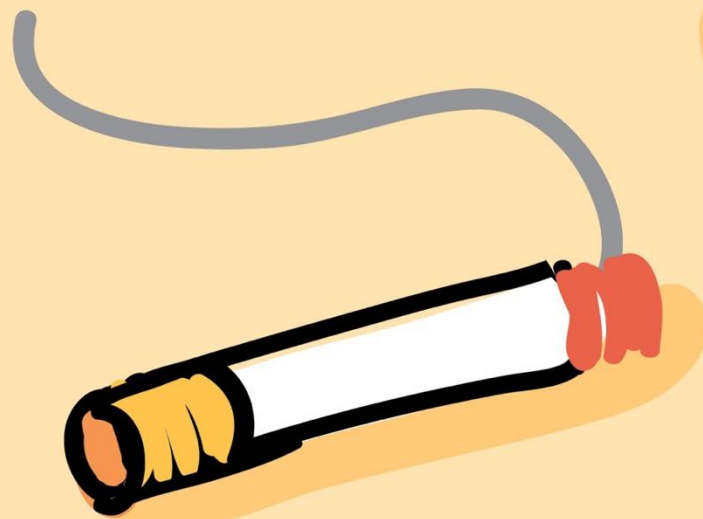
Session 2: Managing Emotional and Mental Health

When drugs and alcohol affect our family



...it might be a sign that the person is reliant on that drug

Ask yourself, why?



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There are many reasons why people use drugs and alcohol

Reduce physical and emotional pain

Stop the voices that some people hear

Fit in with friends

Cope with grief and loss

Gain confidence

Have fun and celebrate

Stay awake

Stress

To belong

Socialise

Out of curiosity

As self-medication to forget and cope with problems

Boredom

Lose weight

Cultural reasons

To relax and experience a 'high'

Whatever the drug

Try to understand
why the family member
is using the drug.
**What does it do
for them?**

For them, the drug
may not necessarily
be “**the problem**”
but actually a
“**way to cope**”

Try and support
the person to
help them find
a **healthy way**
to cope...

Remember, the way we see things can be different

The way you might see things

That's silly and dangerous



They are copying everyone else/
following the crowd



They don't care about what they
are doing to everybody else



Why?



The way they could see things

I'm alright... I'm fine... I'm good

Everyone's doing it –
it's how I fit in

I'm just doing my own thing

Why Not!?

Drug use and mental health



← It can be hard to know
which came first →



Drug use can cause or
trigger mental health
problems...

OR

Someone might use
drugs to help deal
with an existing mental
health problem

Psychosis

WHAT IS IT?

Having really mixed-up and strange thoughts, hearing voices and seeing things that no one else can... this could be **psychosis**.



WHAT CAN IT LOOK LIKE?

- ⦿ Talking confused — not making any sense
- ⦿ Feeling afraid for no reason
- ⦿ Getting really stressed out and paranoid about everything
- ⦿ Thinking they have super human powers
- ⦿ Trouble sleeping
- ⦿ Doing strange things — like digging holes or running away

Managing aggressive or agitated behaviour

Signs of agitation include:

Being
unsettled

Pacing

Jealous

Threatening
others

Paranoia/
Suspiciousness

Arguing
for little or
no reason

Easily upset
over small
things

How to respond

Managing aggressive or agitated behaviour

Avoid arguments

Keep a safe distance

Avoid physical contact

Speak in a low, controlled voice

Avoid stirring or teasing

Minimise direct eye contact

Avoid quick movements or moving suddenly towards the person

How to respond

Managing aggressive or agitated behaviour

Now isn't the
time to disagree
or argue

Listen
to the
person

Be reassuring
and supportive

Explain to the
person what is happening,
what you are doing and
why you are doing it

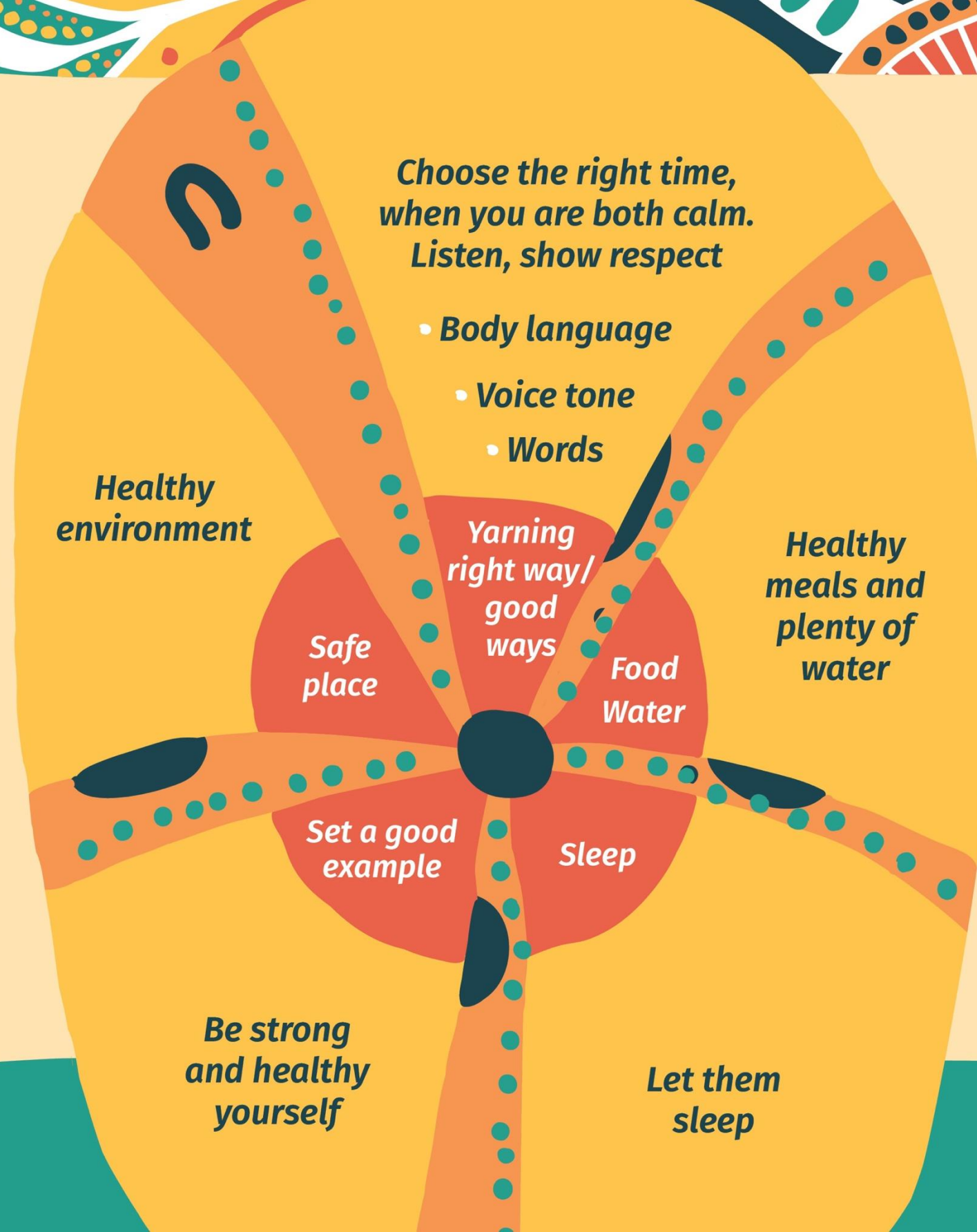
Check in with yourself –
how are you feeling?

**Get help as soon
as you can.**

**Make sure you look
after other people
around you.**

Try not to take
their behaviour
personally

Ways you can
help your family
member stay safe
and healthy



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Boundaries





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Responding to critical incidents

Medical emergency

When someone is having a bad reaction to the substance they have taken



Making a safety plan will help you to respond to a crisis or get to safety quicker.

Substance-induced psychosis

Having really mixed-up and strange thoughts, hearing voices and seeing things that no one else can see



In summary

Ensure
your safety

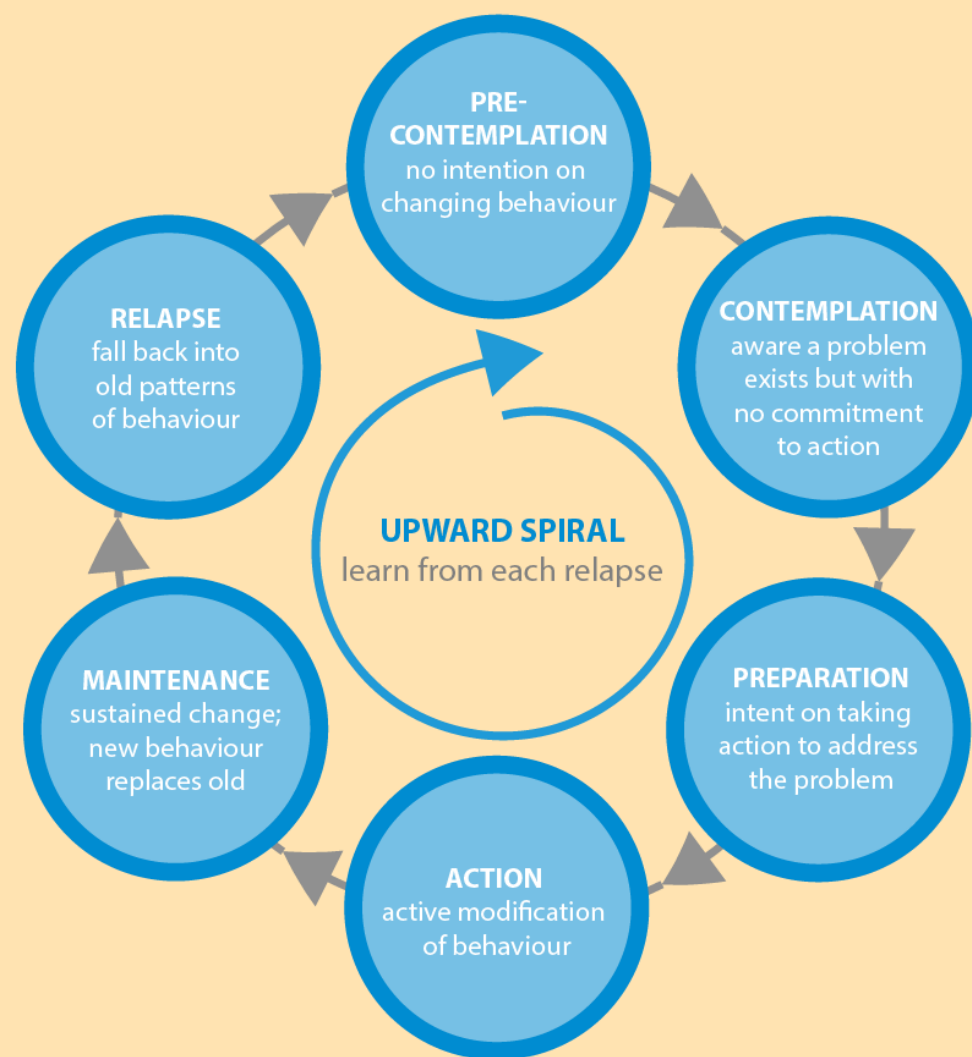
Be clear
what you
need



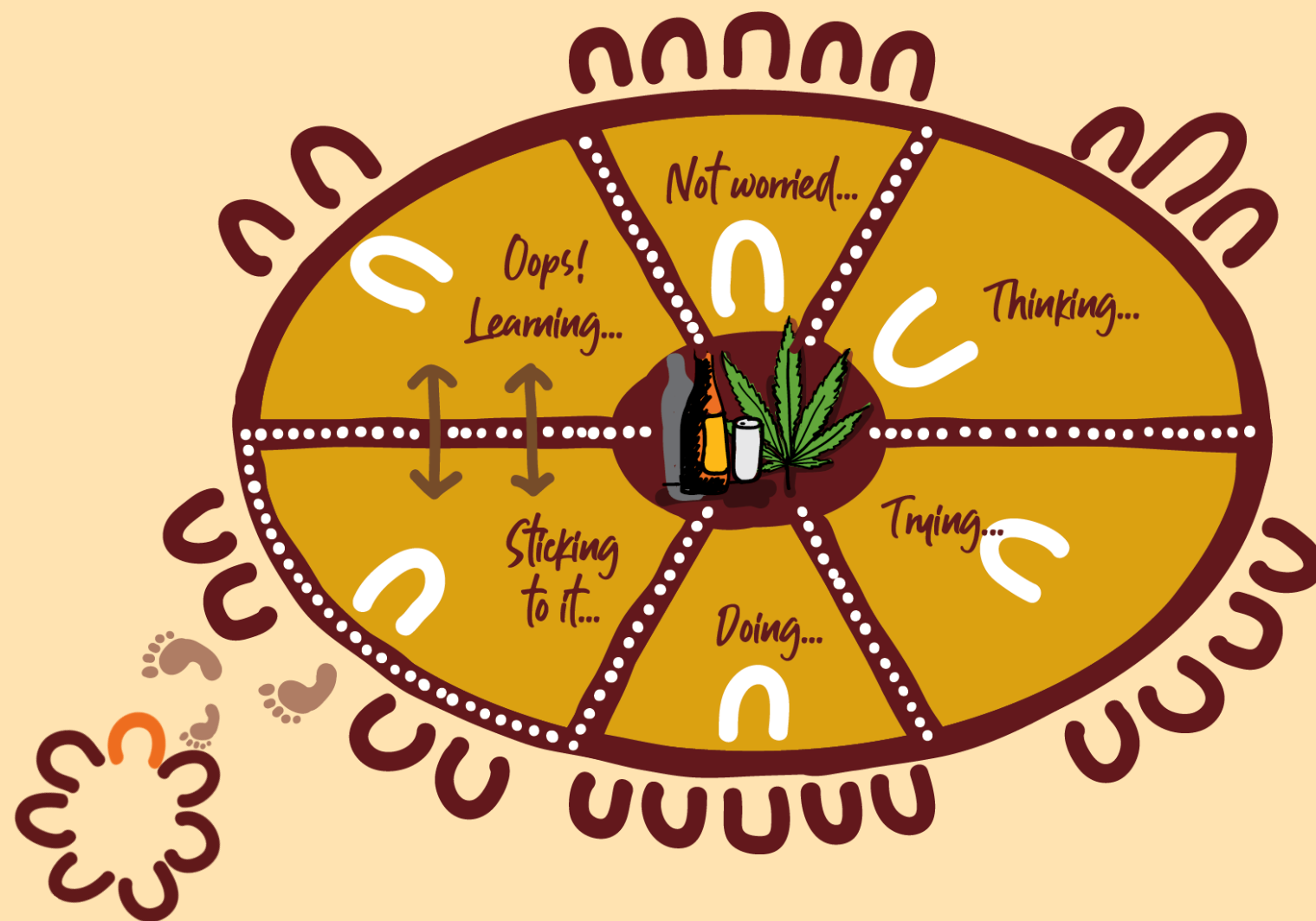


Session 3: Making Change

Stages of change

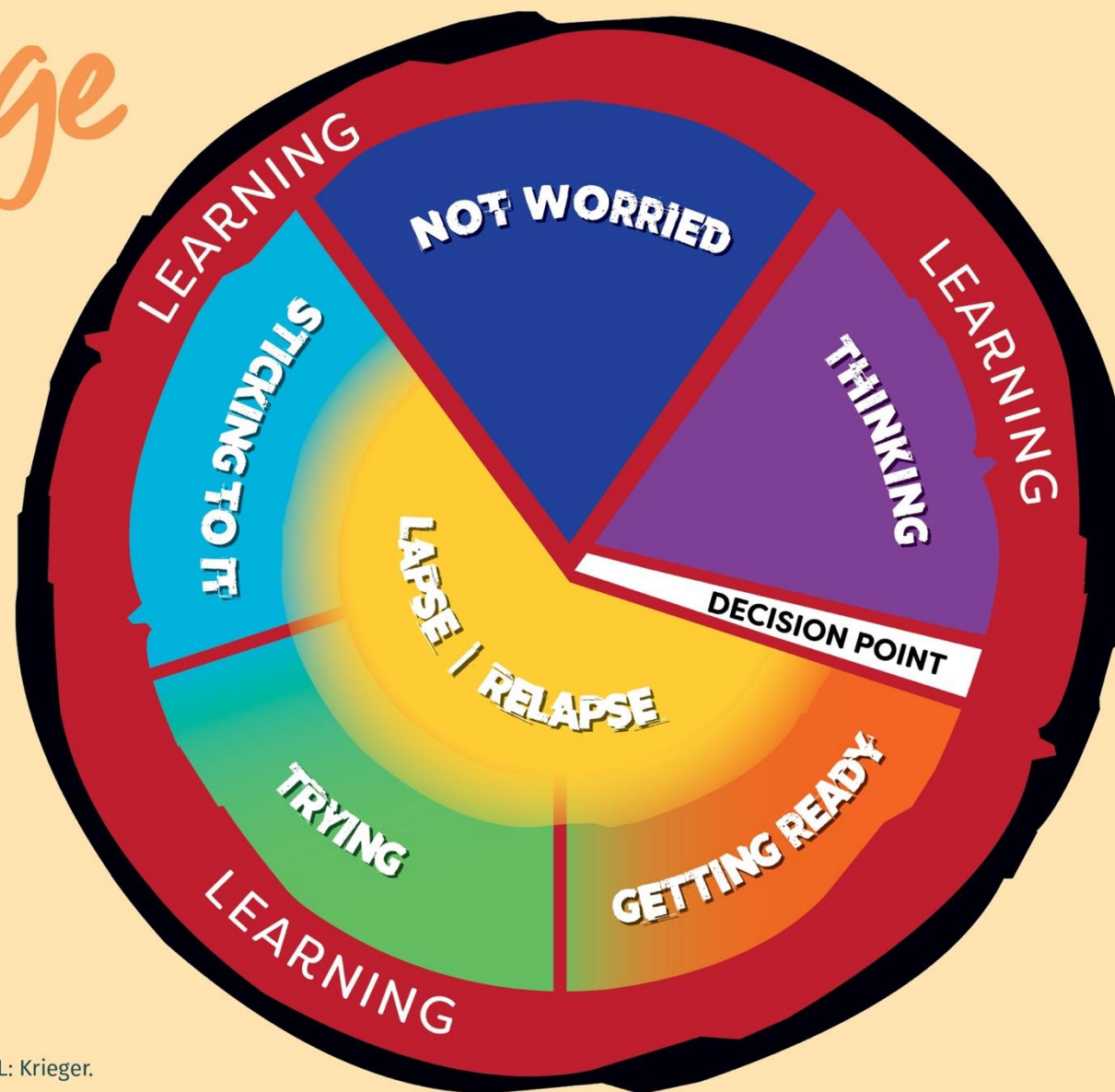


Transtheoretical model –
Prochaska & DiClemente (1984)

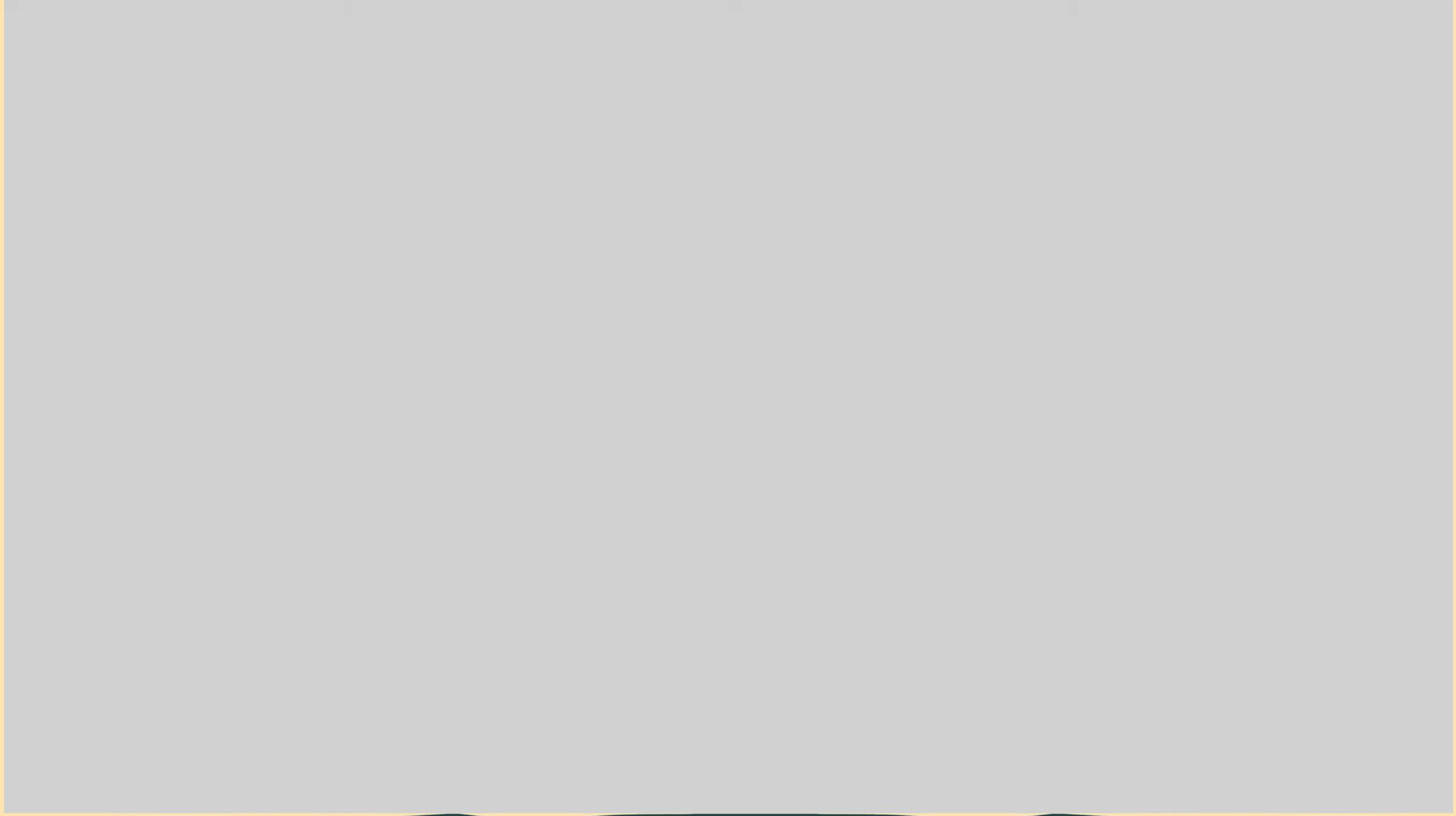


Aboriginal and Torres Strait Islander Stages of Change Story –
Northern Territory Government (2000)

Stages of change



Reference: Adapted from Prochaska, J.O. & DiClemente, C.C. (1984).
The transtheoretical approach: Crossing traditional boundaries of therapy. Malabar, FL: Krieger.



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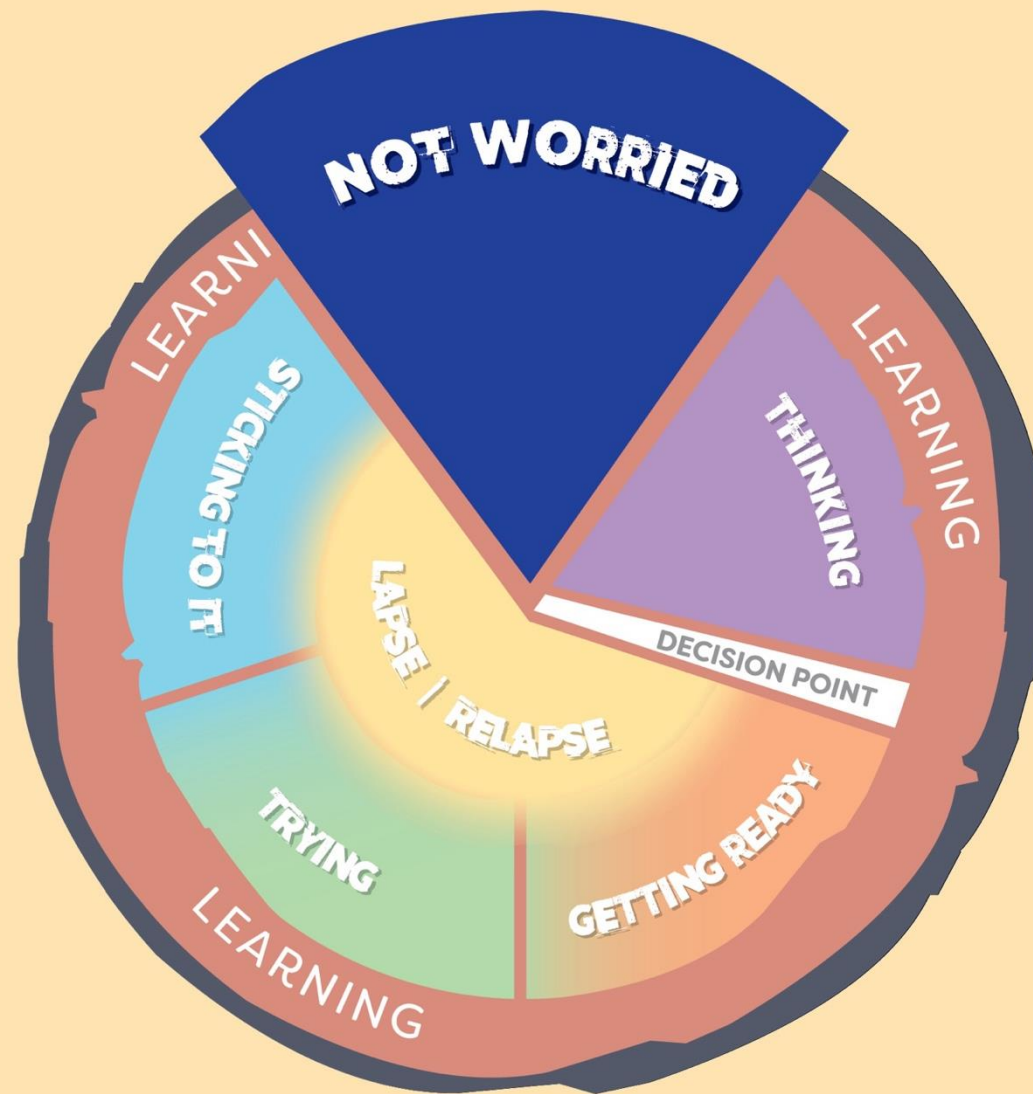
Not worried

The person is not ready for change, which can cause conflict and chaos.

Families often feel scared, and angry.

WHAT YOU CAN DO?

Build on your relationship. Avoid arguing and growling, learn about the drug. Look at ways to help keep them safe.



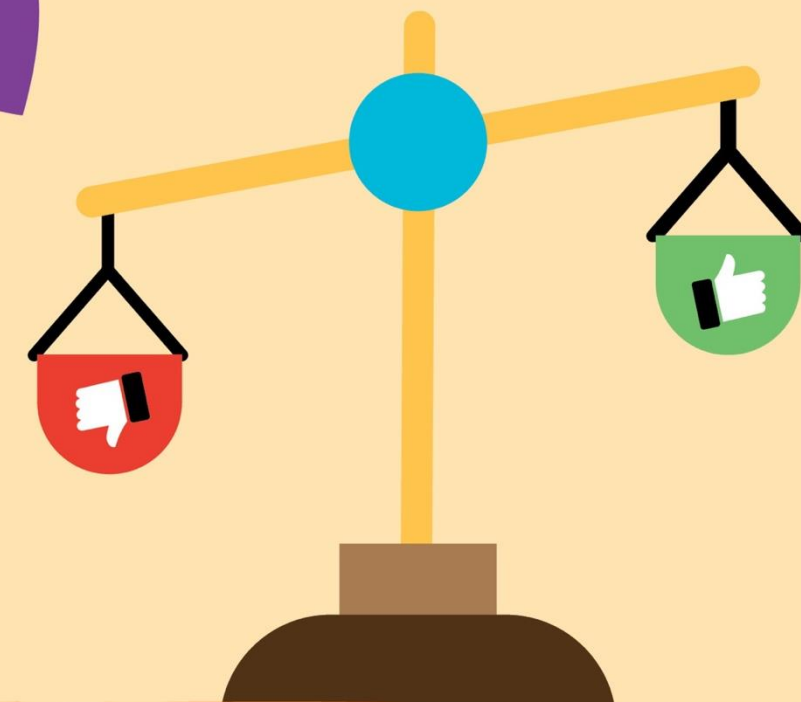
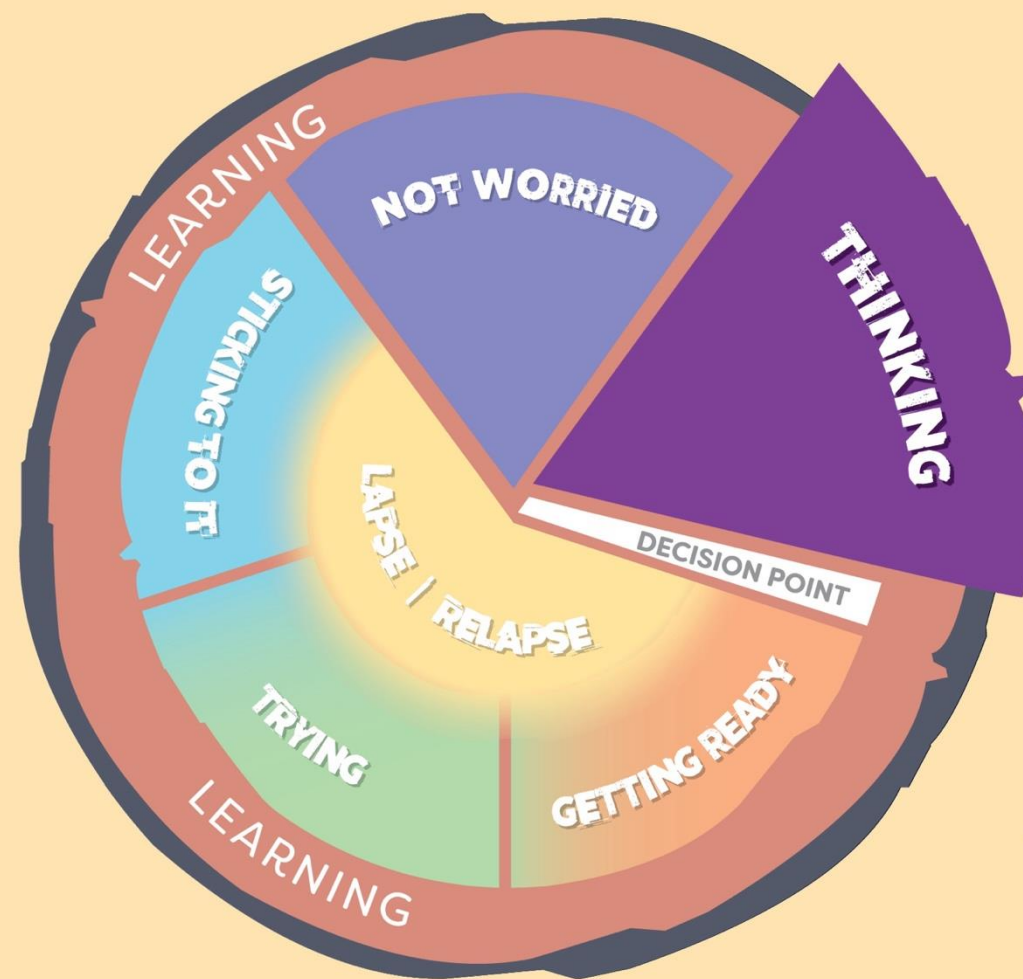
Thinking

The person is starting to notice problems. The positives of their substance use still outweighs the negatives.

Families often feel frustrated, or that they are being lied to.

WHAT YOU CAN DO?

Keep yarning with them. Keep the relationship strong. Do not rush them. Accept they may not be ready just yet, but let them know that change is possible. Be supportive.

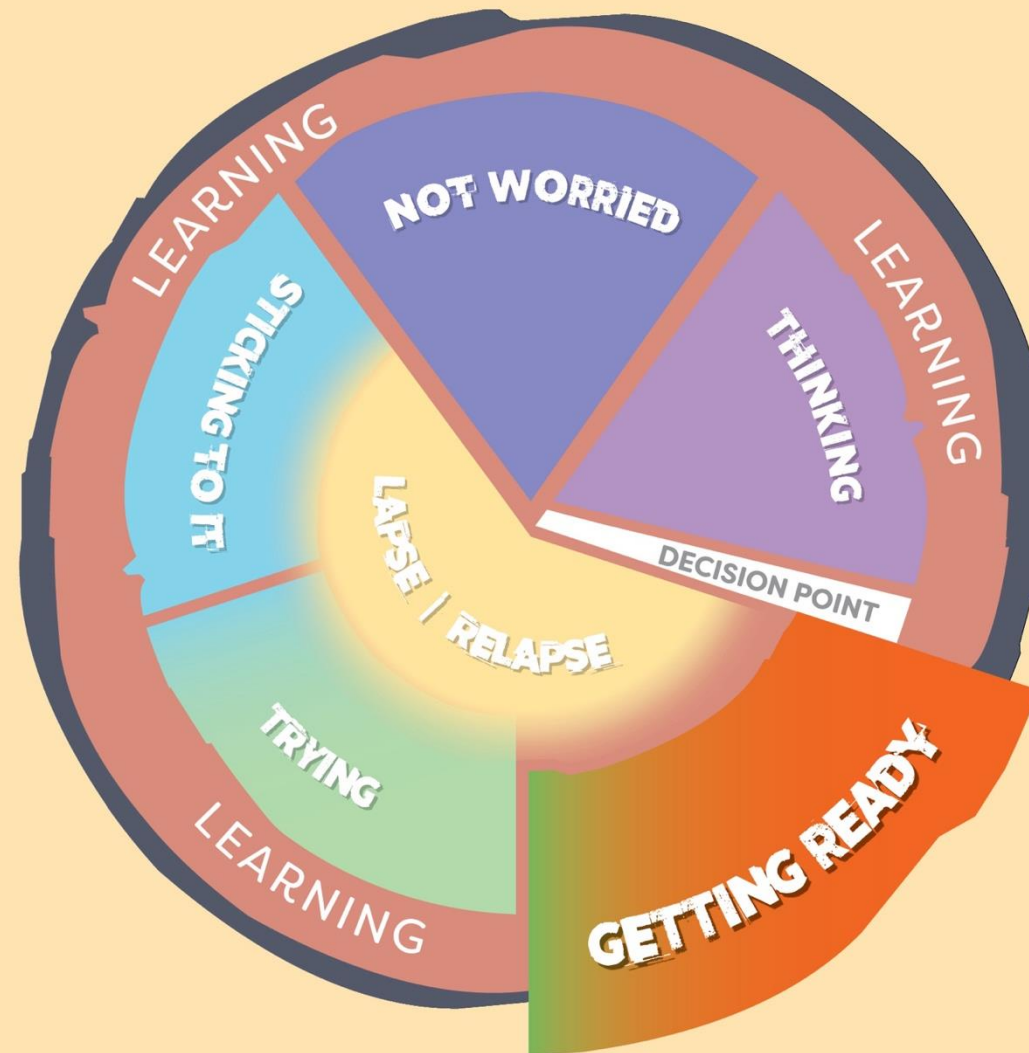


Getting ready

The person has decided that they want to make change soon and have started preparing themselves.

WHAT YOU CAN DO?

Encourage and respect their decision to make change. Support them by providing information and connections to support services.



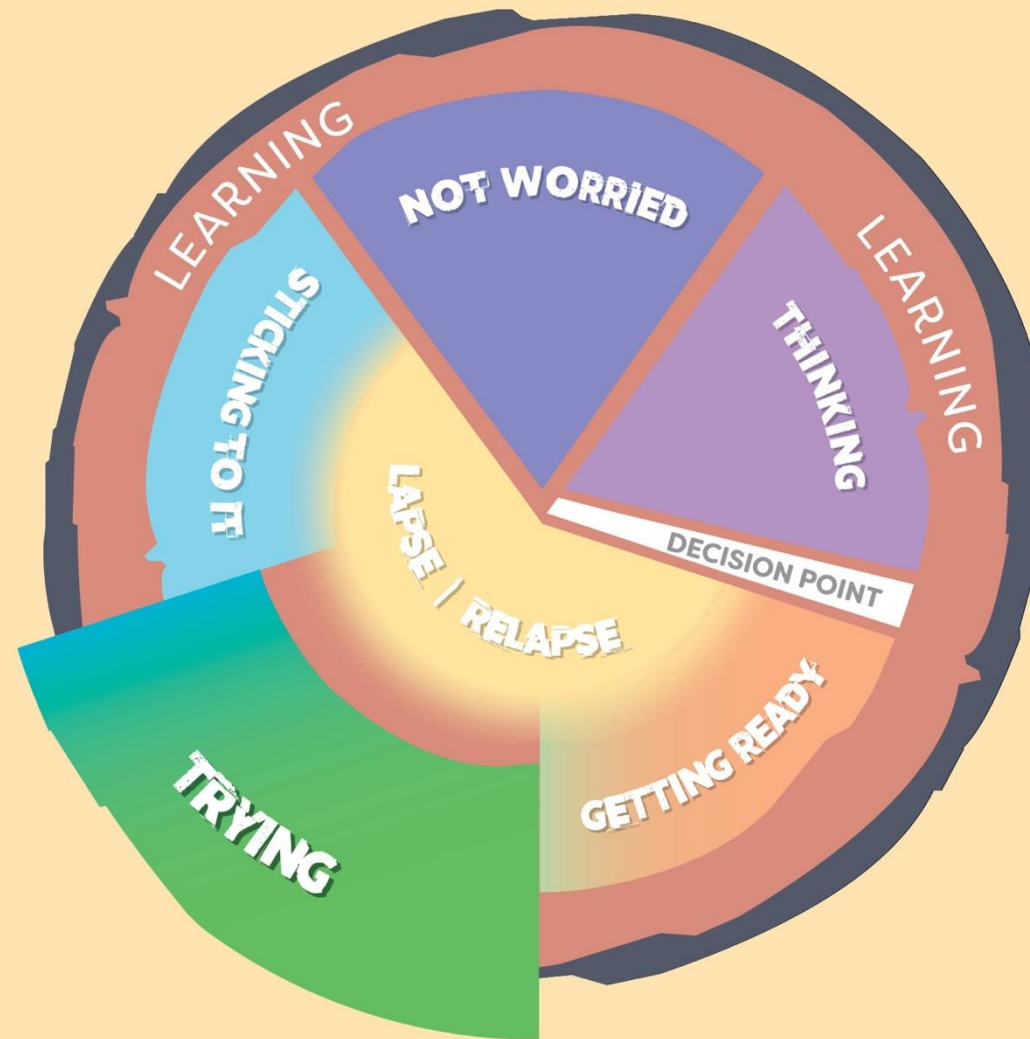
Trying

The person has decided that they want to make change, one step at a time.

WHAT YOU CAN DO?

Acknowledge the steps they have taken towards healing and the strength its taken to get here, reminding them you believe in them and how important they are to the family.

Help them with problem solving, encourage them to stay focused on their goals by keeping them busy. Stay connected and supportive.

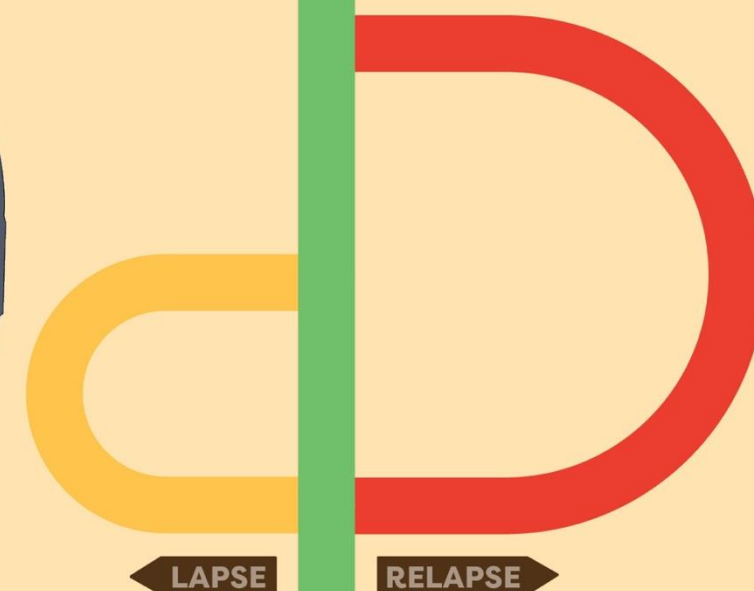
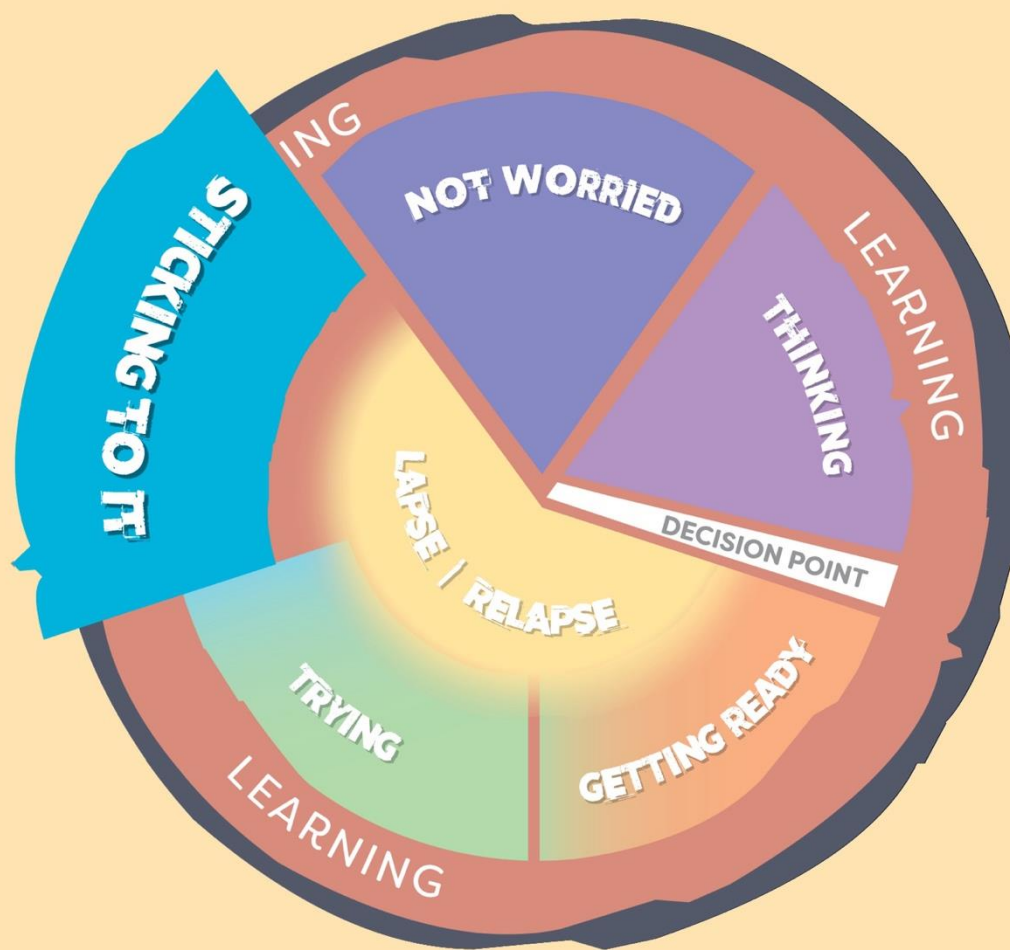


Sticking to it

The person is making the change.
Everyone is feeling hopeful and nervous,
this is shaky ground.

WHAT YOU CAN DO?

Acknowledge the steps they have taken
towards healing and the strength its
taken to get here. Help keep them busy
(e.g. return to country and cultural
practice, self-reflection, good food,
exercise, music and hobbies).



Lapse or relapse

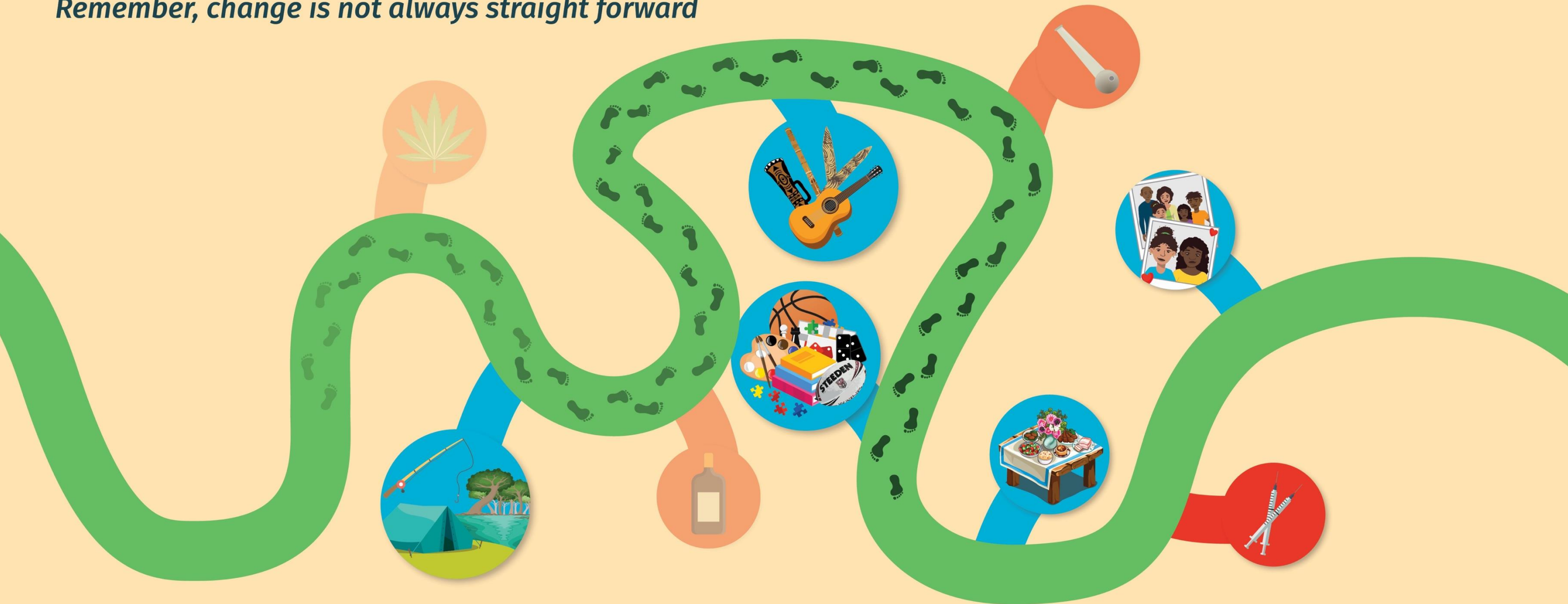
Understand lapse, and relapse is part of their healing journey.

WHAT YOU CAN DO?

Be non-judgmental and supportive to keep them on track.



Remember, change is not always straight forward





Session 4: Support

The good news – there IS hope

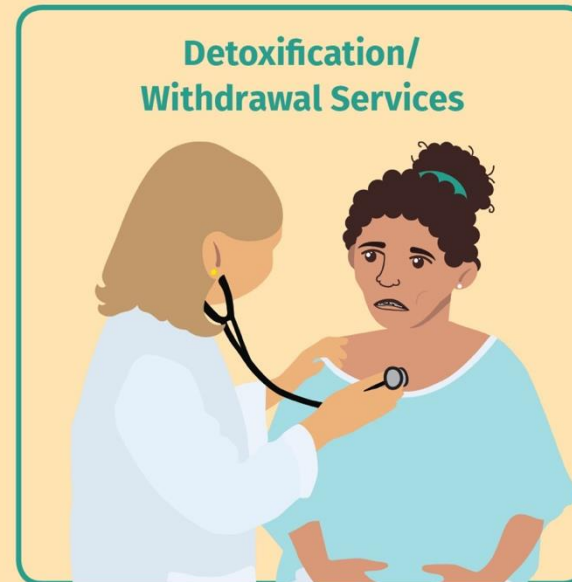
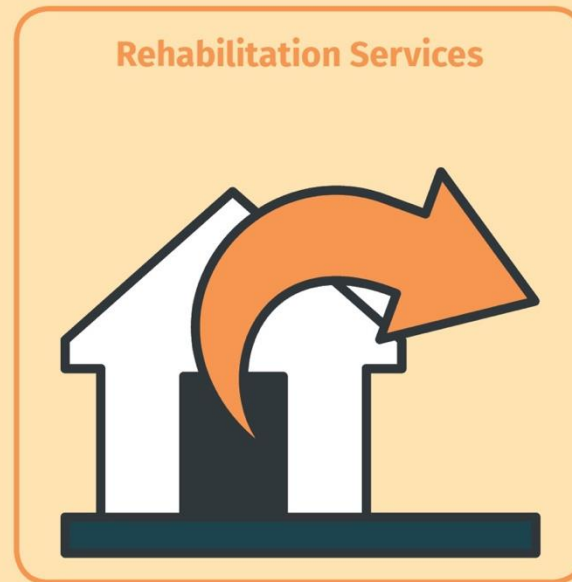
- 🎯 People do cut back or quit
- 🎯 People do heal and return to family
- 🎯 Help is available
- 🎯 Treatment works

*The evidence shows that when families are involved in treatment, the outcomes are better for **everyone***



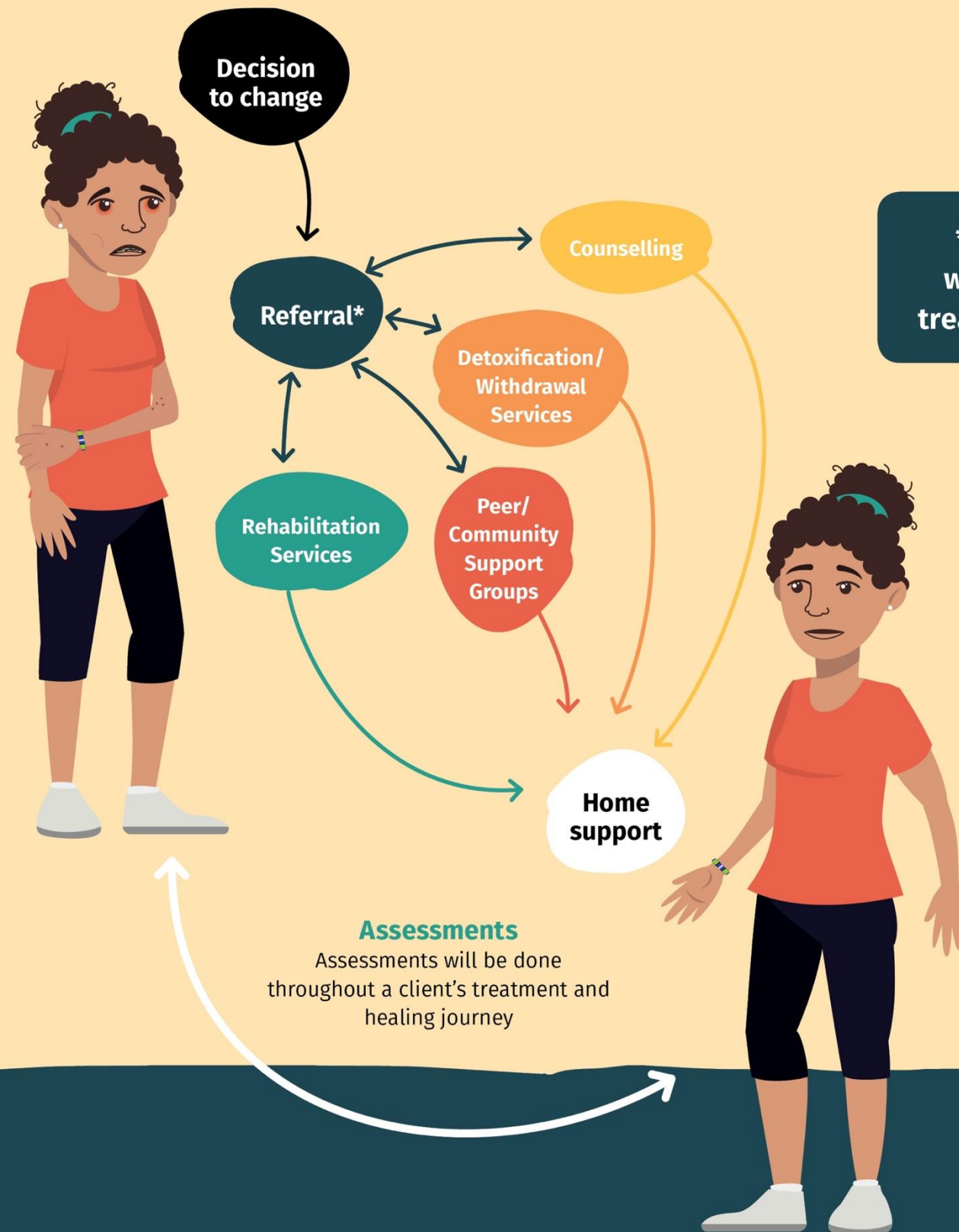
Treatment and support

Help is available and there are a number of different treatment options.



It is important to remember that treatment services are voluntary.

Treatment journey



i
*There can be waiting lists for treatment services.

Assessments
Assessments will be done throughout a client's treatment and healing journey

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Looking
after
yourself



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Reconnecting



Supporting our young people

Safe Place, Safe People, Feel Safe

Children have the
right to be and
FEEL safe and
protected

WE all need to
look out for our
young people and
keep them safe

Children are
UNSAFE when
exposed to
drug use

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Need to talk to *someone?*



Family or Friends



Health Worker



Aboriginal and Torres
Strait Islander Community
Controlled Service



Where to go for help?

These services, agencies and resources can help families to get support, counselling and practical assistance to support a person and their families impacted by substance use.

Aboriginal and Torres Strait Islander Community Controlled Services

- Queensland Aboriginal and Islander Health Council (QAIHC) Member and Regional Services: qaihc.com.au
- Young People Ahead (YPA): youngpeopleahead.com.au
- Darumbal Community Youth Services Inc: darumbal.org.au

Other Agencies

- Queensland Network of Alcohol and Other Drug Agencies (QNADA): qnada.org.au
- QNADA Service Finder (for specific treatment services across Queensland): qnada.org.au/service-finder
- Queensland Injectors Health Network (QuIHN): quihn.org
- ADIS 24/7 Alcohol and Drug Support: adis.health.qld.gov.au/getting-support/find-a-service
- Telephone Advisory Service: cracksintheice.org/healthprofessionals/advice-for-health-professionals
- Key support services in Australia: cracksintheice.org/when-and-where-do-i-get-help
- Youth Empowered Towards Independence (YETI): yeti.net.au

Useful Resources

- Alcohol and Drug Foundation: adf.org.au
- Drug Aware: drugaware.com.au
- Cracks in the Ice: cracksintheice.org.au
- Positive Choices: positivechoices.org.au
- Indigenous Health InfoNet: healthinfonet.ecu.edu.au
- Insight: insight.qld.edu.au
- Dovetail: dovetail.org.au



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