



QRC: 3104

Price

One Day : \$451 inc. GST

Two Days: \$693 inc. GST

Date

27 - 28 Nov 2017

Venue

Rydges Sydney Central

28 Albion Street , Surry Hills, NW,
2010

CPD Hours

11 Hours | 30 Mins

Breaking Point - Ice & Methamphetamine - Nursing Conference - Sydney 2017

2 Day Conference for all Nurses and other Health Professionals

Need for Program

Ice is a growing concern for Australian nurses and other healthcare professionals. It is destructive for health, families and communities, and creates a raft of medical, psychological and social problems. Nurses and other health professionals are increasingly exposed to people who are affected by this drug, but often without really understanding the health issues involved. It is important that nurses and other health professionals have access to correct evidence-based information about these substances and the management of those affected by them.

Purpose of Program

The purpose of this conference is to inform nurses and other health professionals about the illicit drugs ice and methamphetamine, including their effects on people, the community and how recovery can be achieved.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Use evidence-based knowledge about ice and methamphetamine so as to create a safe environment for all concerned
- Understand the ramifications of ice and methamphetamine use in the community and how to implement methods of harm reduction in your setting
- Know the principles of rehabilitation and recovery and apply evidence-based approaches to assist sustained abstinence
- Refer people using ice and methamphetamine appropriately and align your healthcare with Statewide strategies

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Welcome and Introduction to Conference

9:05

Stuart Fenton

My Experience - a Personal Story of Addiction and Recovery

The experience of ice and methamphetamine use is life-changing and commonly results in addiction. The journey off the substance is complex but possible. This introductory session tells the story of a personal journey from recreational drug taking to an addiction and eventual rehabilitation, revealing what is involved in withdrawal from ice use and the type of support a person is likely to need along this journey.

- Getting 'hooked' on a drug - an incremental decline
- Accepting the fact that you are an addict
- Getting off meth - a different process to heroin withdrawal
- How long did it take for sustained withdrawal and what happened in this process?
- What support was required?
- What needs work after the withdrawal process to sustain abstinence?

9:45

Craig Maloney

Who Uses it? Facts About Ice

The impact of ice and methamphetamine use is now well known to have a highly disruptive impact on individuals. These effects extend to families and communities. Who exactly uses these drugs and what is the prevalence of use? This session will challenge your perceptions of ice and methamphetamine use and address:

- Rebuffing the myths - who actually uses ice?
- Why is ice such an issue of concern?
- How does the media influence our perception of a typical 'ice addict'?
- How extensive is ice use compared to other drugs of addiction?

10:30 Morning Tea

11:00

Representative from Stimulant Services, Alcohol and Drug Service, St Vincent's Hospital Sydney

'Ice, Crystal Meth, Tina' - Drug Profile and Effects Explained

There has never been a street drug quite like ice. Known by multiple names, ice is a crystallised form of methamphetamine. The physiological effects of this stimulant on the human body are vast.

This session explains what ice is, its effects and signs and symptoms. You will then be familiar with the risks associated with methamphetamine use. Includes:

- What is ice and how does it differ from other methamphetamine?
- How are these stimulant substances taken?
- What are the signs, symptoms and physiological effects on the body?
 - Cardiovascular and respiratory effects
 - Renal, metabolic and fluid balance effects
 - Changes to the skin and appearance
 - Impact on normal homeostasis
 - Sexual function
- Why can methamphetamine use induce depression, anxiety and psychosis?
- How does ice react to other substances - prescribed and non-prescribed?
- What are common side-effects and risks associated with methamphetamine use?
- Phases of use explained
- Insights into methamphetamine toxicity and how diagnostic errors can occur

12:15

TBA

The Neuroscience of Ice Addiction

Addiction has long been recognised as a disease of the brain. Vulnerable individuals consuming substances exhibit changes to their reward centres in the brain, encouraging drug-taking behaviour. Understanding the neuroplasticity of drug addiction has clinical significance for treatment. This session will reveal what exactly is happening in the brain when a person uses a drug. It will also explain how an addiction develops and in so doing, continue to reinforce the need to see the person, not the drug. Includes:

- How does ice change the brain?
- How are reward centres in the brain stimulated?
- What is the role of dopamine and other neurotransmitters?
- Why do some people become addicted and others don't?

1:15PM Lunch and Networking

2:15

Karyn Smith

Methamphetamine - a Practical Approach to Pregnancy, Birth and Postnatal Care

A common concern shared by midwives, nurses and other healthcare professionals working in the drug and alcohol field relates to methamphetamine use during pregnancy, birth and the postnatal period. This session will use a case study to practically explain:

- What is known about the impact of ice and methamphetamine use during the perinatal period?
- How to provide effective and compassionate care when methamphetamine use is occurring to a mother and baby during the pregnancy, birth and postnatal period

3:00 Afternoon Tea

3:30

Karyn Smith

Children Caught up in Chaos - When Domestic Violence is Present

The nature of drug use is renowned for leaving a trail of destruction amongst families and communities. Children caught up in this chaos may be exposed to neglect, aggressive outbursts, hostility and even violence. Being well-informed about your professional obligations in these situations will assist in these children remaining safe. This session will consider:

- How do you know a child is at risk?
- What are the implications for children living in chaotic and violent families?
- What can nurses, midwives and other health professionals do?
- Stories of hope and recovery

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Associate Professor Tim Wand

First Thyself - Surviving Emotionally Taxing Work Environments

The intrinsic nature of working with people who are experiencing a drug addiction means that we are likely to be exposed to a range of challenges. Feeling unsafe, witnessing violence, tragedy and dealing with trauma are some examples. This emotionally taxing environment can result in tension with colleagues, family and friends. This session will create an opportunity to discuss the following:

- What are the professional implications of working in challenging areas of nursing and healthcare?
- How prevalent is stress, burnout and compassion fatigue?
- Practical tips for supporting yourself and colleagues so you can help others

9:45

Associate Professor Tim Wand

Safety when Dealing with People on Ice

Any person affected by illicit drugs may behave irrationally and could be a danger to themselves and others. All health professionals must be alert to the risks associated with these potential harms. This session discusses and demonstrates practical de-escalation techniques to defuse violent or aggressive behaviour. Includes:

- What are subtle physical cues of aggressive behaviour?
- Non-violent communication that can reduce the need for chemical and physical restraints
- Body language tips to stay safe, de-escalate and defuse the situation
- Practical techniques to protect:
 - The person

- The public
- Yourself

10:30 Morning Tea

11:00

Stuart Fenton

The Art of Therapeutic Engagement

What if you knew that the person in front of you, an 'ice addict', had robbed a bank, was a sex offender or even a serial killer? Would it matter? Would the care that you provide change? As much as we'd like to answer 'no' to this question, the reality is that working with people who have a drug addiction often means working with challenging people. Viewing these people in a disdainful manner can result in rejection of the care offered. The impact of this may form a barrier separating the provision of care. This very practical session will draw on personal and professional wisdom.

Includes:

- Is empathy something I have or can it be developed?
- Communication, active listening and body language that oozes non-judgemental care
- A balancing act - maintaining professional boundaries whilst developing a therapeutic relationship
- How are these principles used in the therapeutic environment?
- A look at Gestalt therapy and Narrative therapy as a way of healing

11:45

Craig Maloney

'I'm not an Addict' - Moving from Denial to Action

The portrayal of ice and methamphetamine use in society can create a sense of denial about whether recovery is possible. The psychology involved in making the decision to stop using drugs can be a very tumultuous and difficult process. However, understanding the trajectory of use of a particular client means that practical interventions offered are likely to resonate with the client and may initiate change. This session will consider:

- Why is it vital to understand one's trajectory of use?
- How may clients with different ages, demographics and who are at different stages of use respond to interventions?
- Practical advice on how to tailor interventions, appropriate referrals and linking of services to the client's stage to maximise engagement
- How can we as health professionals manage our own frustration if our desire for action is not achieved?

12:45PM Lunch and Networking

1:30

Stuart Fenton

Resources, Referrals and Rehabilitation - a Guide to Services

Well-informed nurses and other health professionals are well-placed to assist families and vulnerable individuals in the community. Understanding the various services available and how to access these

can assist greatly. This session looks at the services available in *New South Wales* to assist you when caring for a person who uses ice or methamphetamine. Includes useful websites for future reference and an opportunity to ask questions.

- A list of resources including:
 - Withdrawal services
 - Residential and non-residential rehabilitation
 - Community based services e.g counselling, outreach, case management and support groups
- How to make referrals to services and where to find more information on this
- Resources for families, friends, carers, teachers and individuals
- How are rehabilitation services in particular states accessed?

2:15

Representative from Stimulant Services, Alcohol and Drug Service, St Vincent's Hospital Sydney

Treatments for Methamphetamine Addiction

In conjunction with food, fluids and safety, a range of treatments are available to assist a person with a methamphetamine addiction. Evidence suggest that the most effective treatments are behavioural therapies. This session will extend your knowledge by outlining and evaluating current approaches to treatment. Includes:

- What are the different treatment types available for methamphetamine addiction?
- Where are these treatments offered?
- Various merits and indications for each of these treatments
- A look at the evidence - what achieves the best outcomes?

3:15 Afternoon Tea

3:30

Casey Doyle

Practical Approaches to Harm Reduction

Harm reduction is a widely accepted and long standing principle that acknowledges that preventing all people from taking drugs is not achievable. Instead, there is the potential to improve health outcomes for people taking drugs by assisting them to maintain health and prevent complications of 'using'. This session will take you through a range of practical evidence-based strategies relating to harm reduction for those affected by ice and methamphetamine. Includes:

- How does a rational, integrated approach to harm minimisation work to reduce death, disease and social problems?
- What is the role of needle and syringe programs (NSP) and drug consumption rooms (DCR)?
- Is there any merit in encouraging users to smoke rather than inject?
- How to encourage blood-borne virus and sexual health screening
- What are current arguments in favour of drug policy reform such as ending prohibition-based policies?

4:30 Close of Conference and Evaluations

Presenters

Craig Maloney

Craig Maloney has an impressive background which includes a Master's of Mental Health Nursing and graduate qualifications in Child Adolescent Mental health, Group Work, Alcohol and Other Drugs, Dialectical Behaviour Therapy (DBT) and Acceptance Commitment Therapy (ACT). Craig has experience working in research and occupational health and safety and is sought after as a Risk Governance and Quality Systems Architect. He has substantial teaching experience in the area of managing workplace aggression and adverse incidents, mental health, nursing, root cause analysis and risk management. Craig is a Credentialed Mental Health Nurse, a Fellow of the Australian College of Mental Health Nurses and a Member of the Australian Institute of Company Directors. He is the recipient of two national awards for his work in primary healthcare and mental health and is a pioneer of males working in family and partner violence. He currently works as a consultant in systems design, quality and risk management, education, training, suicide intervention and mental health first aid. He is a life coach specialising in nursing success and is the Executive Officer of a charity that supports injured workers on the journey to recovery.

Stuart Fenton

Stuart Fenton is a Gestalt therapist and counsellor and also a recovered drug addict whose primary drug of choice was Crystal meth amphetamine. Prior to his addictions he was a high school teacher. Since his journey of recovery, Stuart has completed a Graduate Diploma in Counselling at the Australian College of Applied Psychology specialising in Addiction, Self-esteem and Group Work. He then completed a four-year Master's qualification in Gestalt Therapy at the Sydney Gestalt Institute and Gestalt Therapy Sydney. He has worked as a Community Support Worker and Group Facilitator at The WHOS Therapeutic Community for men (Gunyah) for six years as well as working for two years as a Crisis Counsellor and Group Therapist at South Pacific Private Hospital in Sydney. Stuart currently runs a private practice with a focus on addictions, co-dependence and family interventions. Recently Stu has also worked at Malvern Private Hospital as a Senior Recovery Therapist as well as at Refocus Drug Treatment Program in Toorak, Melbourne as a group worker and primary therapist. Stuart also works with June Lake from Lakescope Group in Sydney, who facilitate invitational interventions for families who have a drug addict in their family. Stuart currently works at Riverside Clinic - The Sanctuary at Kyneton as a Senior Recovery Counselor. Stu has also begun training to become an IITAP certified sex addiction therapist. He will complete this area of study in 2018.

Representatives from Stimulant Services, Alcohol and Drug Service, St Vincent's Hospital Sydney

St Vincent's Stimulant Services provides individualised, non-judgemental, strengths based counselling support for people who use stimulants. Working in an overarching framework of harm minimisation, it aims to assist people who use stimulants to develop safer ways of using, reduce use or stop use and/or maintain abstinence and improve physical, psychological and social health and wellbeing. It provides unique clinical counselling support to people who use stimulants and who are also experiencing concurrent mental health issues.

Karyn Smith

Karyn Smith is an Outreach Clinical Midwife Consultant at the Sunshine Hospital providing collaborative midwifery care to vulnerable families in Melbourne. This role also incorporates caring for women within the hospital environment, community, mental health services and justice systems throughout their pregnancy, birth and early parenting experiences. A large part of this role is also to support other health care providers when caring for these complex families. Karyn has 30 years of midwifery experience with Nurse Practitioner endorsement in Drug & Alcohol and Midwifery categories.

Tim Wand

Tim Wand is an associate professor in mental health nursing with the University of Sydney and the Sydney Local Health District, and a nurse practitioner in mental health liaison, in the Emergency Department at Royal Prince Alfred Hospital. Tim's research interests have centred in the role of the mental health liaison nurse in the Emergency setting and the emerging role of the nurse practitioner. He has published numerous research articles, discussion papers and literature reviews in peer reviewed journals covering a variety of topics such as mental health law, risk assessment and management, aggression management, mental health promotion and solution focussed therapy.

Casey Doyle

Casey Doyle is a Credentialed Drug and Alcohol Nurse (CDAN) and is currently working as a Clinical Nurse Consultant in South Eastern Sydney. Casey has been a contributing author to an alcohol treatment program for Indigenous Australians and a co-author to a brief group intervention for non-treatment seeking individuals subjected to court-ordered supervision. He has also authored a treatment program for a six-week group intervention for substance misuse, entitled Crossroads, which is currently implemented across six different locations in Central Queensland. Casey also recently led a project to implement a Screening, Brief Intervention and Referral to Treatment (SBIRT) model within the emergency department of Rockhampton Hospital as part of the Queensland Government's strategy to tackle methamphetamine. Casey is the founder of Brave New World, a website that publishes news, views, research and other global developments in addiction treatment, harm reduction and drug policy. The site has a global reach with readers in over 110 countries. Casey is on the management committee for the Drug & Alcohol Nurses of Australasia and is a member of the Australian Drug Law Reform Foundation, Harm Reduction Australia and the Australian Professional Society of Alcohol & other Drugs.

To Be Determined

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