

Ice: Training for Frontline Workers

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The right information and tools are required by workers to effectively respond to people affected by crystal methamphetamine (Ice) and to provide support, reduce stigma and enhance safety.

Ice: Training for Frontline Workers, developed by the National Centre for Education and Training on Addiction, Flinders University, is a free resource for frontline workers who want to enhance their crystal methamphetamine-related skills and knowledge. It was funded by the Victorian Department of Health and Human Services, as part of Victoria's Ice Action Plan. It is relevant to a wide range of sectors, including health and welfare, education, criminal justice, and transport.

The training contains flexible content that suits a variety of needs. It has 7 independent but complementary modules:

1. About Ice
2. Effects of Ice
3. Communicating with Ice Users
4. Ice Users and Critical Incidents
5. Interventions
6. Prevention
7. Organisational Responses to Ice.



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Each module contains between 2-8 topics. Learners can work through all the modules, just one, or any number of individual topics. Each module is designed for adult, independent and individual learners to work through at their own pace. It allows them to focus on issues of particular relevance to them and their circumstances. The full list of Modules and Topics are included below.

Module 1: About Ice	<ol style="list-style-type: none">1. About Ice and other forms of methamphetamine2. Patterns of Ice and other forms of methamphetamine use in Australia3. How methamphetamine / Ice affects users4. Methamphetamine: Legal issues.
Module 2: Effects of Ice	<ol style="list-style-type: none">1. Ice intoxication2. Ice withdrawal and long term effects3. Using Ice with alcohol and other drugs.
Module 3: Communicating with Ice Users	<ol style="list-style-type: none">1. Communicating and engaging with Ice users2. Assessing and managing self-harm and suicide with Ice users3. Basic mental health responses for Ice users.
Module 4: Ice Users and Critical Incidents	<ol style="list-style-type: none">1. Critical incidents involving Ice users2. Managing critical incidents3. Recovery, review, resumption.
Module 5: Interventions	<ol style="list-style-type: none">1. Overview of interventions2. Brief interventions3. Assessment4. Counselling and cognitive behavioural approaches5. Withdrawal management6. Relapse prevention and management7. Groups with specific needs8. Supporting / working with families and carers.
Module 6: Prevention	<ol style="list-style-type: none">1. Ice prevention models and strategies2. Harm reduction strategies.
Module 7: Organisational Responses	<ol style="list-style-type: none">1. Systems redesign2. Organisational change3. Workforce development4. Stress, compassion fatigue and burnout5. Workplace and worker support.



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