

ACON WOMEN'S COMMUNITY FORUM

What to do for yourself and your
friends

Nicky Bath – Policy Manager AIVL



What are you doing to help
manage your own and your
friends crystal use?

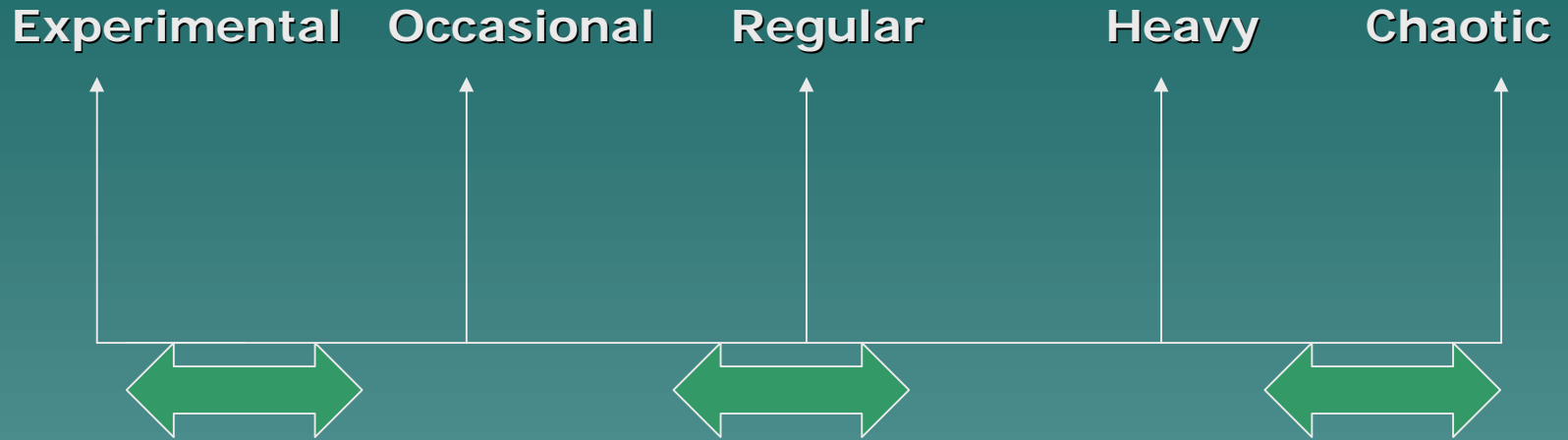
The continuum of drug use

Harm reduction uses a continuum to describe the different relationships people have with drugs:

- ◆ **Experimental:** Has tried a drug once or a few times.
- ◆ **Occasional:** Uses a drug once a month or less. Does not seek it out.
- ◆ **Regular:** Once a week or more. May be used to cope with problems.
- ◆ **Heavy:** Daily or more than once a day.
- ◆ **Chaotic:** Life heavily focused on drugs/drug use.

This continuum can help you to identify where you are on the spectrum with any given drug and to decide if you want to make changes...

The continuum of drug use – (cont)



- The drug
- Your set
- The setting

Some tips for yourself...

- ◆ Only buy amounts of crystal that you can manage – bulk buying may be cheaper but can be costly – saying no can be hard at the time
- ◆ Set yourself limits per session and try to stick to them
- ◆ Try using smaller amounts at a time
- ◆ Smoking can give you control
- ◆ Take breaks
- ◆ Make sure that you have food and non alcoholic drinks that you really like in the house – you need to replenish your body
- ◆ Get some vitamins – they can help to recover
- ◆ Set yourself a recovery plan after a session – for example don't plan a busy day, allow yourself to sleep and relax, don't make important decisions leave them for another day
- ◆ Try to manage your money – sometimes paying rent and your dealer may need planning

Some tips for you and your friends when using together:

- ◆ Set agreed limits and support each other to stick to them
- ◆ Buy in agreed amounts and do not get tempted to get more
- ◆ Make sure that you have enough clean injecting equipment and that you ALWAYS inject safely- injecting standards can lower when crystal is around...If you are injecting others take care hep C can be easily transmitted in group using scenarios – make sure that you do not mix up your injecting equipment
- ◆ Look out for each other if you think someone is not having a good time – check it out

If you are feeling a little under the weather...

- ◆ Talking can be good let the people that you are with know how you are feeling
- ◆ Listen to your heart – breath slowly and try to calm yourself down. Walking around slowly and talking yourself down can be effective
- ◆ Let your friends help you
- ◆ If you feel too scared by what is happening to you it is OK to seek professional help
- ◆ If you are feeling a bit wobbly take a break and stop using for a while – its best to be safe than sorry

Quitting tips – www.crystalneon.org

- ◆ **Set small goals that are easier to reach.** Be realistic about what you can achieve. Avoid thinking in terms of "forever." Think in terms of days, hours or even minutes. Not using for one day is much easier than not using for a whole month. Quitting "cold turkey" is not for everyone and can seem impossible.
- ◆ **Try cutting back your use in steps.** Use twice a week instead of every day, or twice a month instead of every weekend. **You can *also cut down* how much you use.**
- ◆ **Get rid of your drugs and drug paraphernalia.** This includes bags, spoons, needles, pipes etc...
- ◆ **Throw out phone numbers that trigger thoughts about using.**
- ◆ **Become aware of your using patterns.** Like when, why, where and *with whom you use* most often. Whenever you can, avoid these situations and find other activities to substitute for using.

Quitting tips www.crystalneon.org (cont)

- ◆ **Avoid anything, anyplace or anyone that might trigger you to use.** It doesn't have to be forever. Triggers might include specific objects, places, special events or strong emotional situations.
- ◆ **Schedule your day thoroughly.** Try to keep yourself occupied all the time.
- ◆ **Try alternative therapies to ease withdrawal.** Acupuncture, nutritional supplements and some herbal remedies can be very helpful for reducing cravings, balancing moods and regulating sleep. Health food stores and natural health clinics are good sources for information.
- ◆ **Get a health check-up.** Quitting or cutting back can be hard on your body. See your doctor or local community clinic to make sure you don't have any untreated health problems.

Quitting tips - www.crystalneon.org (cont)

- ◆ **Exercise.** Exercise helps produce endorphins and other "feel good" chemicals in your body. It also stimulates your immune system, relieves boredom and improves energy.
- ◆ **Get support.** Don't do it alone!
- ◆ **Be patient.** Rome wasn't built in a day. You didn't get to where you're at in a day. And you won't get out of it in one day, either. If you don't achieve 100% of your goal, don't give up.
- ◆ **Focus on the progress you have made and go on from there.** Give yourself credit for what you have achieved and **get on with making positive change in your life.**
- ◆ **Explore your treatment options.** If you find it difficult to quit on your own, you may need additional support to reach your goals. There are some treatment programs available. Making decisions about treatment can be scary and stressful, **so it's a good idea to talk with others about options and what may be right for you.**

It's easy to get consumed in what is going on around you...



1998



2002



Have fun, be safe and
keep control...

AND DON'T BELIEVE
THE HYPE!