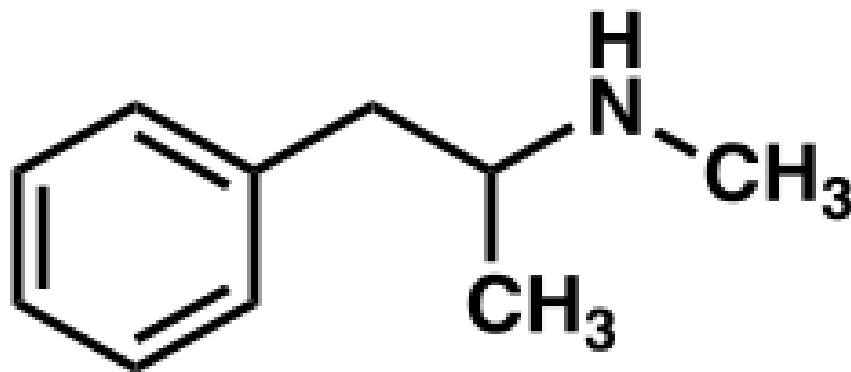




ST VINCENT'S  
HOSPITAL  
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



N-methyl-alpha-methylphenethylamine

Ice

Annabel Mayo  
Stimulant Treatment Program  
Alcohol & Drug Service  
St Vincent's Hospital, Darlinghurst, Sydney

"Racemic methamphetamine" by Boghog - Own work. Licensed under CC BY-SA 4.0 via Wikimedia Commons - [http://commons.wikimedia.org/wiki/File:Racemic\\_methamphetamine.svg#/media/File:Racemic\\_methamphetamine.svg](http://commons.wikimedia.org/wiki/File:Racemic_methamphetamine.svg#/media/File:Racemic_methamphetamine.svg)

# Who are we?

Stimulant Treatment Program at St Vincent's Hospital, Sydney opened in 2006. Hunter-New England STP is at Newcastle Hospital. More STPs envisioned.

- Primarily a counselling service. Some doctors.
- Clients aged 18 +
- Clients current or recent user of stimulant drugs
- \$0
- Priority clients

# What's the problem ?

- Australia has one of the highest rates of illicit stimulant use in the world - 2%
  - Gradual increase in ice use over last 2 decades, mostly replacing speed use (IDRIS)
  - Purity : Speed (10-20% – base (40%) – ice (80%)
  - Perception of increased harm as a result.
- 
- At least one in ten people > 14 years of age have used these substances
  - Around 10% accessing treatment

# Background

- **AOD treatment focus has been on harmful use of CNS depressants like opiates, cannabis and alcohol has obscured world wide use of stimulants, with the exception of tobacco.**
- **Caffeine and other xanthines, betel, kratom, khat, sugar not seen as harmful until now.**
- **Psychostimulants seen as having a role in improving performance, therefore tolerated.**

# Amphetamines

Amphetamines available since 1800s.  
Medically prescribed for some conditions.  
Used in military settings.  
Recreational use of Amphetamine Type Stimulants (ATS) has been high in Australia for several decades.  
In the 1990s, the then amphetamine precursors were banned.  
Subsequently, ephedrine compounds became the major amphetamine precursor.  
As a result, the majority of illicit amphetamine in Australia is now methamphetamine.



	Low dose	High dose
<b>Physical</b>	<ul style="list-style-type: none"><li>• Increases in systolic and diastolic blood pressure</li><li>• Sweating</li><li>• Palpitations</li><li>• Chest pain</li><li>• Shortness of breath</li><li>• Headache</li><li>• Tremor</li><li>• Hot and cold flushes</li><li>• Increases in body temperature</li><li>• Reduced appetite</li></ul>	<ul style="list-style-type: none"><li>• High blood pressure</li><li>• Rapid or abnormal heart action</li><li>• Seizures</li><li>• Cerebral haemorrhage</li><li>• Jaw clenching and teeth-grinding</li><li>• Nausea, vomiting</li></ul>
<b>Psychological</b>	<ul style="list-style-type: none"><li>• Euphoria</li><li>• Elevated mood</li><li>• Sense of wellbeing</li><li>• Increased alertness and concentration</li><li>• Reduced fatigue</li><li>• Increased talkativeness</li><li>• Improved physical performance</li></ul>	<ul style="list-style-type: none"><li>• Confusion</li><li>• Anxiety and agitation</li><li>• Performance of repetitive motor activity</li><li>• Impaired cognitive and motor performance</li><li>• Aggressiveness, hostility and violent behaviour</li><li>• Paranoia including paranoid hallucinations</li><li>• Common delusions including being monitored with a hidden electrical device, and preoccupation with 'bugs' on the skin</li></ul>

# Withdrawal

- 'Crash' peaks in 2 to 10 days, with residual effects lasting up to 8 weeks
- Symptoms include:
  - Feeling depressed, irritable, restless ('suicide Tuesday')
  - Lethargy
  - Increased appetite
  - Cramps, aches, nausea, rapid heart beat, hot and cold flushes

# Emerging classes of stimulants

- Cathionones (eg mephadrone)
- NBOMe's
- Psychostimulant "Pre-Workouts" e.g. 1,3-Dimethylamylamine HCL
- Botanicals





# Stimulant User Profiles

- Experimental
- Recreational
- Performance
- Sexual
- Injecting /Non-injecting
- Not dependent
- Not considering change
- Regular users
- Dependent users
- Gambling/steroid use
- Polysubstance use

**Irregular/infrequent/binge use, use often normalised in peer groups/community**

**Often early stage of “using career” are “high functioning”**

**Not engaged in AOD treatment and/or treatment naïve**

**Many do not identify with traditional Alcohol and Drug Treatment Programs and organisations**

**Do not feel as though Alcohol and Drug Treatment Programs have anything to offer them**

# How does counselling help ?

**Counselling is the only evidence-based treatment for stimulant use. How does it help?**

Practicing Harm Reduction Psychotherapy,  
 Second Edition: An Alternative Approach to  
 Addictions (2011)  
 By Patt Denning, Jeannie Little  
 The Guilford Press

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AN INTEGRATED TREATMENT

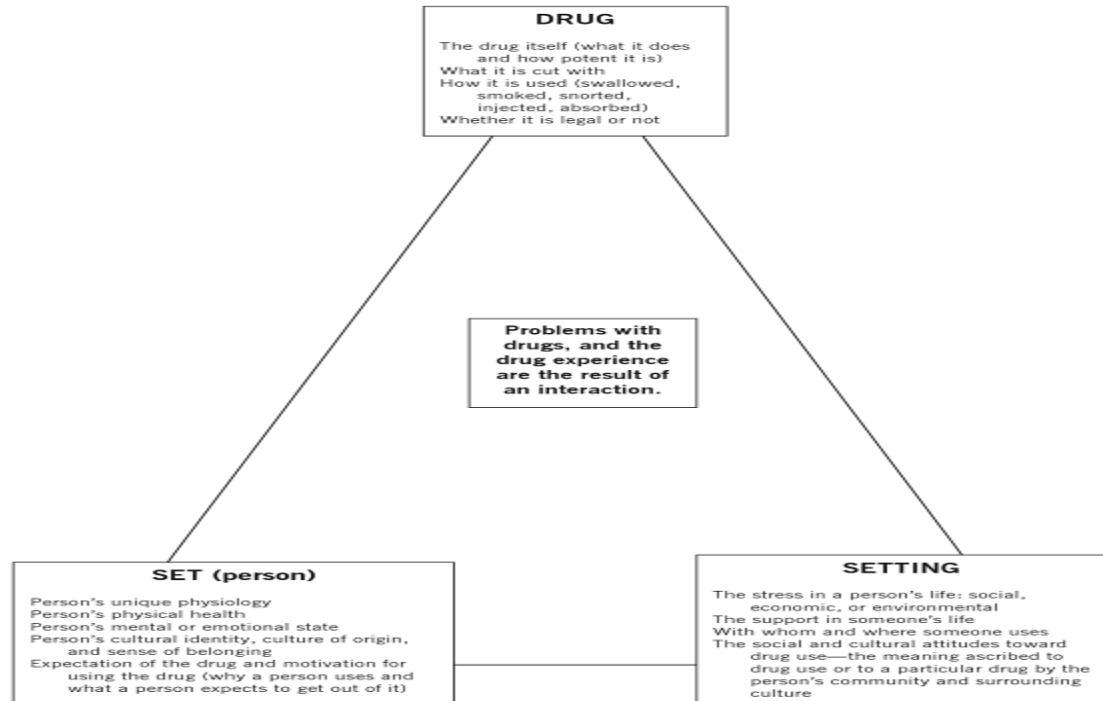


FIGURE 3.1. Drug, set, and setting. From Zinberg (1984).



# Bonding

## *Kanyini*

*Kanyini* means responsibility and unconditional love for all of creation and it envelops the four principles of aboriginal life:

*Tjukurrpa* – Creation Period (or what non-aboriginals call 'dreamtime')

*Kurunpa* – Spirit, Soul, Psyche

*Walytja* – Family, Kinship

*Ngura* – Land, Home, Place or Mother

Kanyini is best expressed in English as the combination of the two words 'responsibility' and 'love', but it is actually a relationship; it is an enormous caring with no limit – it has no timeframe: it is eternal.

Bob Randall is a Yankunytjatjara man from the Central Desert region of the Northern Territory, Australia.



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## Therapeutic Approaches

- **Assessment**
- **Counselling** Eclectic Skills
  - Brief Interventions/SFT
  - Motivational Interviewing
  - Narrative Therapy
  - Gestalt
  - Psychodynamic Therapy
  - Cognitive Behaviour Therapy
- **Community** Link+Outreach
- **Psychoeducation**
- **Pharmacotherapy**

### Therapeutic priorities:

- Harm Minimisation
- Biopsychosocial
- Strengths-based
- Trauma-Informed
- Invitational/  
membership
- Culturally aware

- Intake interview/Brief intervention
- S Check (Assessment) 5 sessions: counsellor/GP
- Treatment offered:
  - **Drop-in Clinic (Brief Intervention)**
  - **Counselling interventions**
  - **Counselling plus pharmacotherapy**
  - **Link Group** – based on Alan Jenkins Invitation to Responsibility narrative



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# Questions?



"Yaba" Methamphetamine Tablets  
Photo by Anonymous. © 2009 Erowid.org



Prescription Dexamphetamine  
Photo by MC Assassin. © 2000 Erowid.org



Methamphetamine Crystals  
Photo by Barbados. © 2011 Erowid.org



Packaged Cocaine  
Photo by Wes. © 2000 Erowid.org



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## Stimulant Treatment Program S Check

Enquiries: **9361 8078/9** (phone)

**0430 307 900** (sms)

Clinic: Level 2, O'Brien Centre  
Cnr. Victoria & Burton Sts.  
Darlinghurst N.S.W

**Monday-Friday**

## Finding us

**Support Lines**

**24 hour**

**Sydney**

**9361 8088**

**Country**

**1800 101188**

<http://yourroom.com.au/>



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