

# BREAKTHROUGH

Ice education for families

**An initiative of the Victorian Government's Ice Action Plan for family members.**

**Where: HeadSpace** Suite 1, Level 1, Central Suites, Craigieburn Central, 340 Craigieburn Road, Craigieburn, Victoria 3064

**When: Monday 9<sup>th</sup> and 23<sup>rd</sup> May 6pm to 8 pm**

**This free program which runs over two nights will provide you with the following:**

## **Topic 1 - The Facts**

- What is problem drug use? Why do people take drugs? What is ice? What are the effects of ice use -signs and symptoms? Stages of Change, How does treatment work? What are the treatment models? What can I do if they are unwilling to change their drug use?

## **Topic 2 – Family Strategies**

- Drug Use and Mental Health. How do I approach someone about their drug use?

Managing challenging behaviours such as intoxication psychosis, and aggression.

Self-care for all family members.

- Developing a safety plan for family members

## **Topic 3 - Help Seeking**

- Service navigation. Seeking support, assistance and professional help.

**Bookings essential:**

**Email: [fdh@sharc.org.au](mailto:fdh@sharc.org.au)**

**Ring: Family Drug Helpline 1300 660 068 (9 am to 5 pm)**

**Online: [www.turningpoint.com/breakthrough](http://www.turningpoint.com/breakthrough)**