



#practiceourway

# DRUGS & YOUNG PEOPLE

## CONTEXT AND FUNCTION OF USE

Practice

Education

Advocacy

Research

**Geoff Bayldon**

# Cannabis



# YOUTH AOD CENSUS DATA

Drug Type	Percentage who used drug in past 4 weeks		Percentage who used drug daily or almost daily		Percentage for whom drug is primary drug of concern	
	2017	2013	2017	2013	2017	2013
Cannabis	66	64	54	48	45	38
Alcohol	53	63	17	20	14	22
Methamphetamines	29	35	13	13	27	26
Heroin	2.4	7.1	1	2.9	1.4	4.5
Tobacco	48	52	43	41	2.7	2.2

# DOMAINS OF NEED

Healthy development and the resolution of problems depends on young people meeting their needs for:

**Safety** – Protection from harm and the capacity to respond to crisis

**Stability** – Security and the capacity to meet basic needs

**Agency** – Control over health compromising issues and behaviours

**Participation** – Engagement in satisfying, socially valued activity

**Connections** – Helpful relationships with people, culture and places

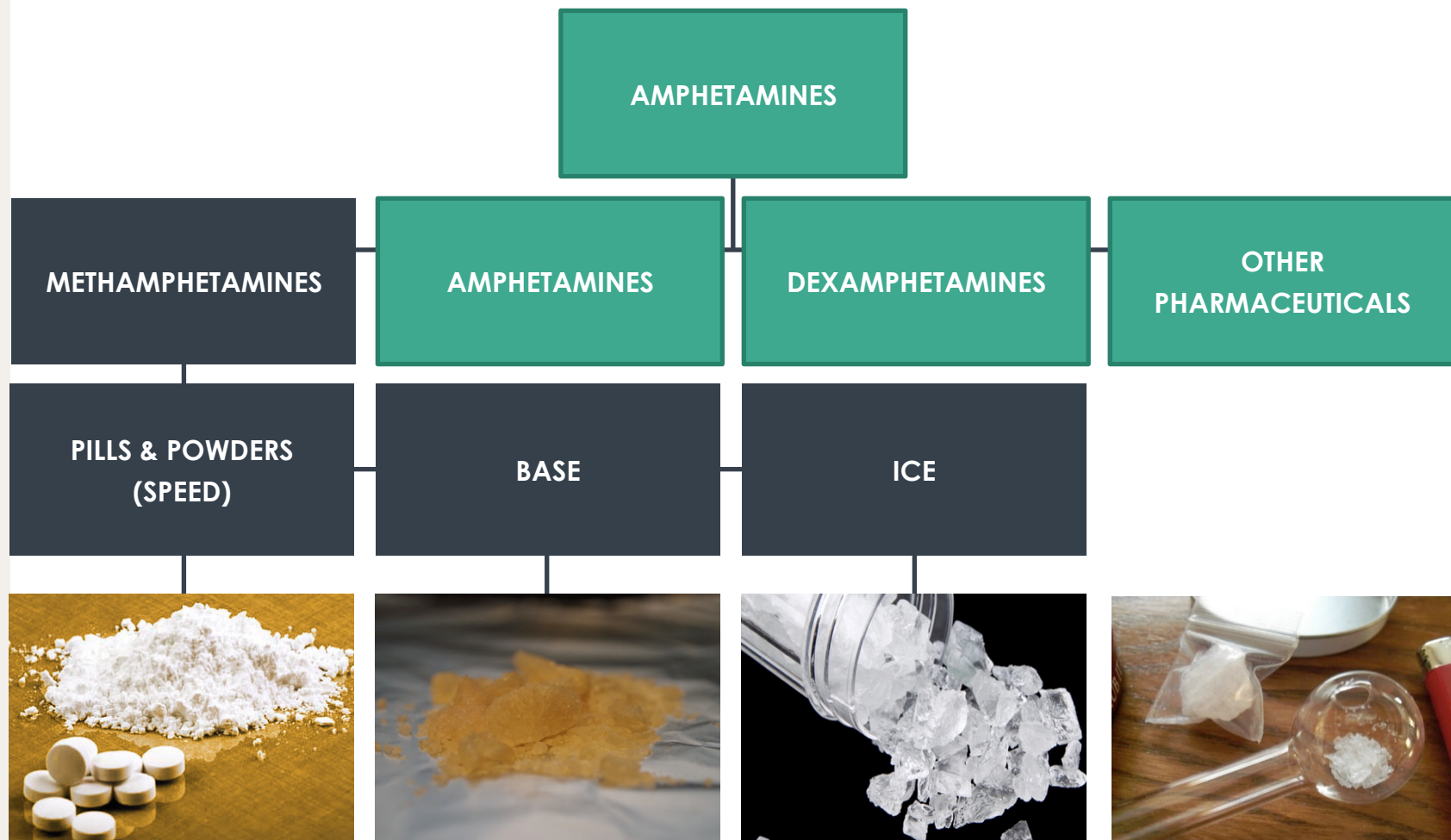
**Identity** – A coherent sense of self and one's place in the world

Melissa Lyon

# Methamphetamine (Ice)

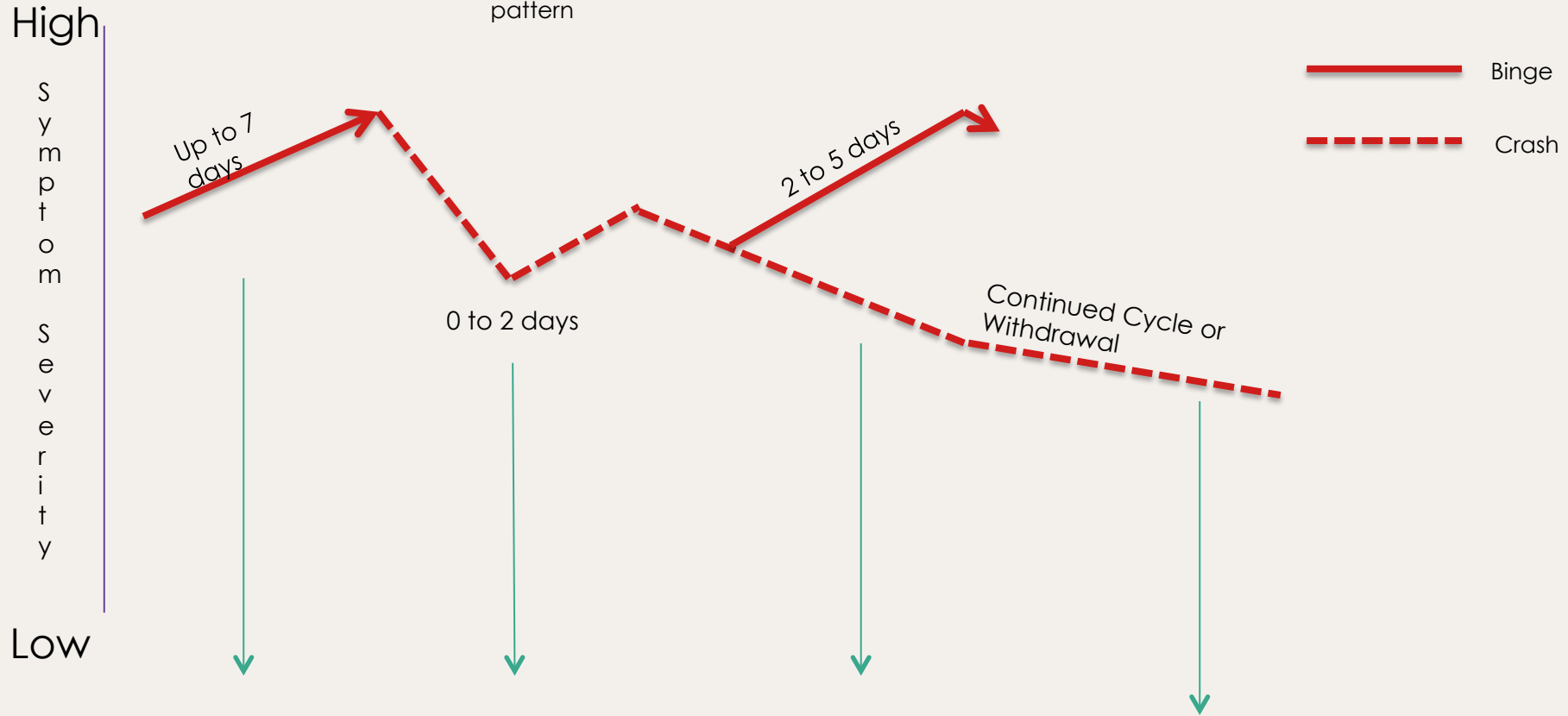


# WHAT AND HOW



# Binge-Crash Pattern

Methamphetamine is often used in a binge-crash pattern



## SO WHAT'S HAPPENING

- Agitation
- Insomnia
- More confidence
- Reduced Appetite
- Increased Alertness
- Increased Energy
- Euphoria

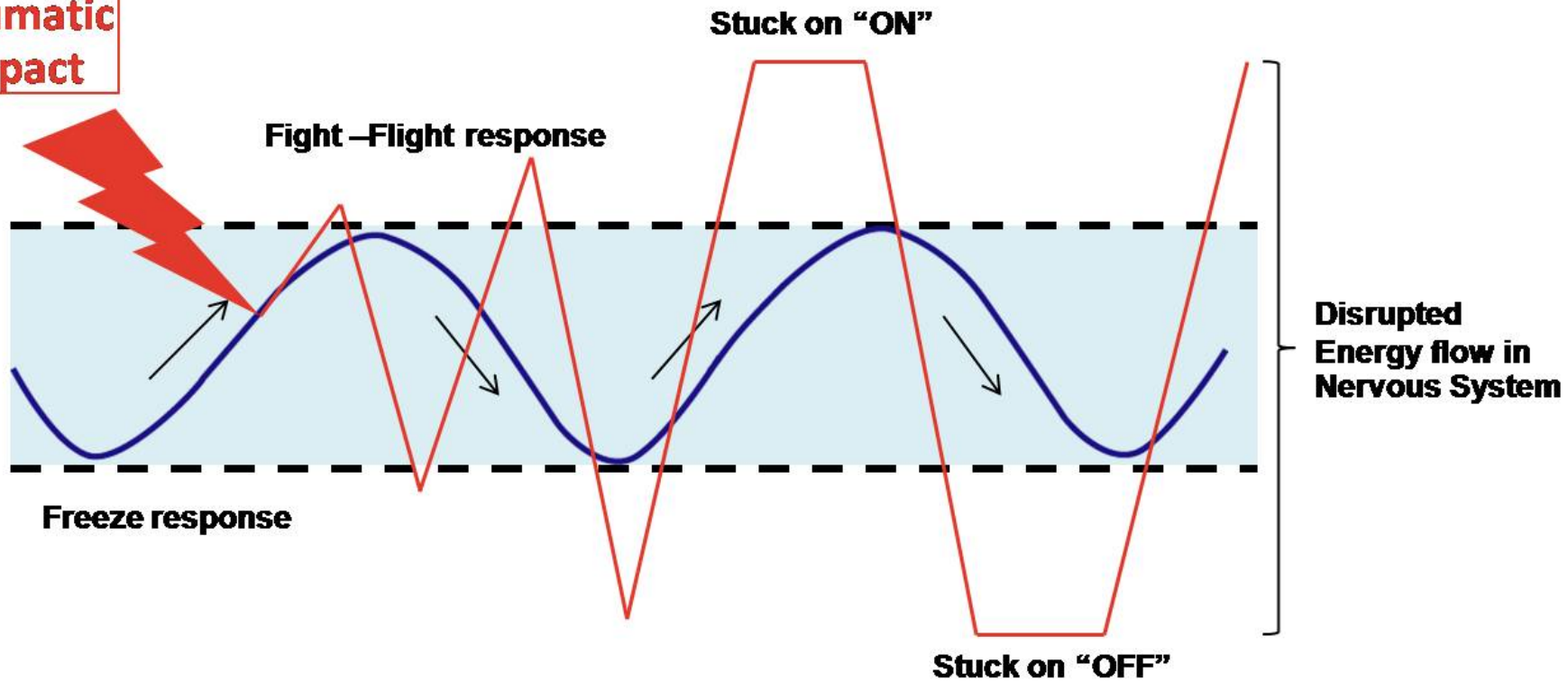
- Exhaustion
- Low Mood
- Over-eating
- Over-Sleeping

- Anhedonia (inability to feel pleasure)
- Lack of Energy
- Anxiety
- Sleeplessness
- Cravings

- Low Mood
- Emotionally Fragile
- Episodic Craving to Cues

# AROUSAL STATES AND IMPLICATIONS

**Traumatic Impact**





# ICE AND THE INDIVIDUAL

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- Adolescent development and ice use.
- What does Ice use offer a person?

Aaron McKee

GHB



# WHAT ARE WE SEEING?

- Case studies/interviews from workers
- Summary of patterns and trends we are currently seeing

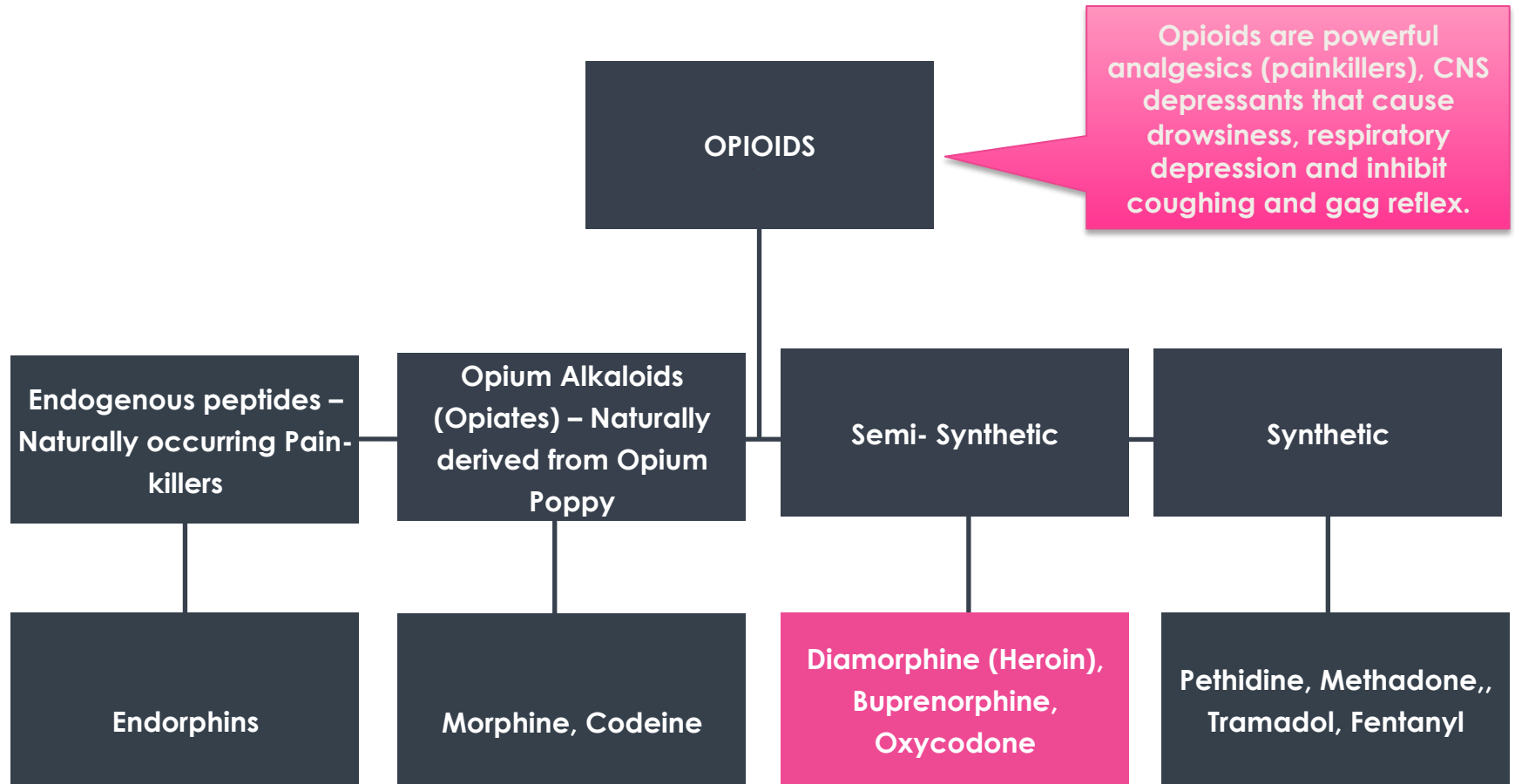


Rhiannon Bruce

# Heroin



# TYPES OF OPIOIDS



# HEROIN: THE BASICS

What does it look like?

How is it bought & used?

What are the effects?

What are the risks? Hanging Out



Injected into veins (IV)

3 secs to heart, 10 secs to body,  
peak effects 7-8 secs

Smoked

10-15mins

Snorted

10-15mins

# WHAT IS THE FUNCTION?

- Safety, Stability & Agency
  - Self-Medication (Physical)
  - Trauma
  - Managing psychotic symptoms
- Poly-Substance Use – Ice
- Identity - worth
- Connection
  - Community
  - Family
  - Relationships

*“as though all needs were fulfilled”*

*“sense of ‘distancing’ or apathy”*

*“warm, drowsy, cosy state”*

*“profound sense of satisfaction”*

*“heroin bathing the brain”*

*“great relief of tension”*

# WHAT ARE WE SEEING?

- Youth AOD Census Victoria
  - Heroin
  - Other Opiates
- Anecdotally

Codeine, Methadone, Buprenorphine, Naloxone, Fentanyl, Oxycodone



1 bottle

- 200mg Codeine = 15-20 tablets NP or Panadeine
- 4.8 gms **Paracetamol** = above recommended max adult dose in 24hrs (4gms)

- Implications



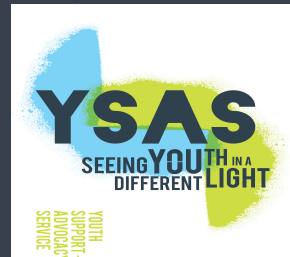


# FOR MORE INFORMATION

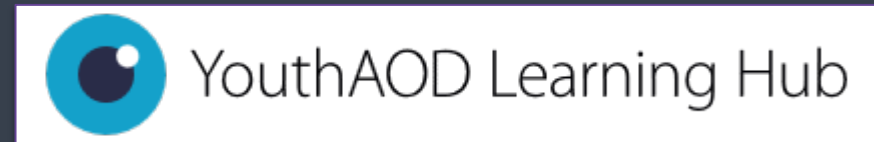
Be Curious, ask questions, learn from those using!



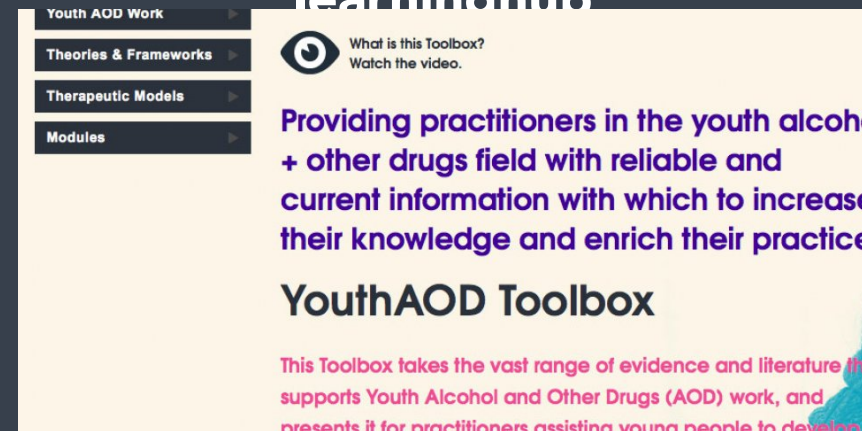
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**THANK YOU**

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