



Western Australian Methamphetamine Forum

Summary Report

October 2015

Hosted by the Western Australian Network of Alcohol & other Drug Agencies (WANADA) and the National Centre for Education and Training on Addiction (NCETA)

Western Australian Methamphetamine Forum

22 October 2015

Bendat Basketball Centre Floreat

Summary Report

Report prepared by WANADA



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NOTE:

This report is a summary record of the Western Australian Methamphetamine Forum hosted by the Western Australian Network of Alcohol and other Drug Agencies (WANADA) in collaboration with the National Centre for Education and Training on Addiction (NCETA). The Western Australian Methamphetamine Forum was held on 22 October 2015 at the Bendat Basketball Centre in Floreat and invited participants included non-government and government WA workers in the alcohol and other drug and related sectors.

ABBREVIATIONS

AOD	Alcohol and Other Drugs
NCETA	National Centre for Education and Training on Addiction
NHMRC	National Health and Medical Research Council
WANADA	Western Australian Network of Alcohol and Other Drug Agencies
WASUA	Western Australian Substance Users Association

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1. BACKGROUND AND AIM

1.1 Background context

The Western Australian Network of Alcohol and other Drug Agencies (WANADA) and the National Centre for Education and Training on Addiction (NCETA) co-presented a Western Australian forum on methamphetamine use on 22 October 2015 to support Western Australian workers in the alcohol and other drug (AOD) and related sectors. The forum brought together renowned methamphetamine experts from across Australia to highlight and examine evidence based strategies which can be used to identify methamphetamine-related problems early on, respond to them effectively, and improve treatment efficacy and outcomes.

1.2 Aim of the forum

The aim of the Western Australian Methamphetamine Forum was to provide support, raise awareness and assist to build participants confidence and knowledge in managing methamphetamine related presentations.

The intention for the participants that attended the forum was to:

- Learn about patterns and trends of methamphetamine use
- Learn about best practice treatment and intervention options
- Have the opportunity to discuss the current gaps in the alcohol and other drug treatment sector

2. FORUM PARTICIPANTS

An invitation (**Appendix A**) was extended to AOD and mental health workers as well as key workers from other community sectors including: frontline health, homeless support services, corrective services, and child protection and family support services.

Over 130 people who work to reduce methamphetamine-related harm in Western Australia attended the Methamphetamine Forum: From Research to Practice, in Perth on Thursday 22 October 2015.

3. FORUM FORMAT

The Forum agenda can be found in **Appendix B**. The Forum commenced with a Welcome to Country by Aboriginal Elders Aunty Margaret and Aunty Shirley, who have also worked with WANADA on the “Looking Forward” project.

The Forum was facilitated by Professor and Director of NCETA, Ann Roche and was structured into thirty-minute presentations from a variety of speakers, followed by an information-sharing session to conclude. The topics of the presentations are outlined below:

- *Methamphetamine Use in Australia: What the data tells us about patterns of use & users, presented by **Professor Ann Roche (NCETA)***
- *Methamphetamine Use: WA consumer snapshot survey results, presented by **Maree Stallard (WANADA)***
- *Physical and psychological effects of methamphetamine use, presented by **Professor Amanda Baker (NHMRC)***

- *Responding to meth use: Using what we know to improve treatment, presented by **Associate Professor Nicole Lee (LeeJenn Group & NCETA)***
- *An Emergency Department perspective, presented by **Dr Amanda Stafford (Royal Perth Hospital)***
- *A Peer perspective, presented by **Paul Dessauer (WASUA)***
- *A Family perspective, presented by **Sandra Harris (Palmerston)***
- *A Police perspective, presented by **Detective Superintendent James Migro (WA Police)***

Professor Ann Roche facilitated the information sharing session and asked participants to work in small groups to record their answers to the following questions:

- *“What are we currently doing well in regards to methamphetamine treatment in Western Australia?”*
- *“What are the gaps in the treatment sector in regards to managing methamphetamine related presentations?”*
- *“What can we do better in regards to methamphetamine treatment?”*

4. FORUM SUMMARY

The following section will provide a summary of the presentations and information shared at the event. A summary of the forum was also published in Drugspeak (**Appendix C**).

4.1 Professor Ann Roche

Professor Ann Roche, Director of NCETA, opened the Forum with an overview of current patterns and trends of methamphetamine use in Australia and its implications for the health and community sectors. Recent analyses, undertaken by NCETA, of the 2013 National Drug Strategy Household Survey show that while the proportion of Australians who have used methamphetamine in the past 12 months has remained relatively stable since 2007, the proportion of weekly users had significantly increased from 2010 to 2013. Frequent use increases the risk of harm and dependence and treatment demand had increased 4-fold. A significant shift to smoking as the preferred mode of administration, greater purity, and low price were also noted as potential contributors to increased harm.

4.2 Maree Stallard

Maree Stallard from WANADA presented the results of the Methamphetamine Use: Consumer Snapshot Survey, collected from 19 AOD services in Western Australia in August 2015. Results showed that 74% of clients that completed the survey had used methamphetamine in their lifetime. More than half of clients presenting to AOD services who had used methamphetamine had used this drug for 5 years or longer. The majority of clients using methamphetamine were using alone and indicated that methamphetamine was not their primary drug of choice.

4.3 Professor Amanda Baker

Methamphetamine use is associated with numerous physiological and psychological problems, including toxicity, cardiovascular and cerebrovascular complications, anxiety, depression, polydrug abuse, dependence, violent behaviours, cognitive deficits, and psychosis. Professor Amanda Baker, Senior Research Fellow at NHMRC, examined these

issues in detail to inform effective public health responses and focused on a healthy lifestyle approach to problem prevention.

4.4 Associate Professor Nicole Lee

Associate Professor Nicole Lee, a practicing psychologist with 25 years' experience in the AOD sector, examined what works in treatment and reinforced that what AOD practitioners already do in their respective treatment settings is appropriate to address methamphetamine issues. Compared to alcohol and heroin withdrawal, acute methamphetamine withdrawal can be protracted. This has important implications for the provision of treatment. To date relapse prevention (cognitive behaviour therapy) and motivational interviewing show most evidence of effectiveness. Suggested practical strategies for frontline workers included flexible, shorter and more frequent appointments, memory aids and assertive follow-up.

4.5 Dr Amanda Stafford

Dr Amanda Stafford, Royal Perth Hospital Emergency Medicine Consultant, spoke of the challenges they encounter and provided an insight into methamphetamine use from a clinical perspective. Dr Stafford also spoke of her upcoming research plans to study baclofen treatment for problematic methamphetamine use, using an old medication for a new problem.

4.6 Paul Dessauer

Paul Dessauer from the Western Australian Substance Users Association provided a consumer/peer perspective on the issue from a harm reduction point of view. He provided an insight into the current "epidemic" created by media attention, as well as information on current trends and manufacturing. He addressed what he believes isn't currently working in the Western Australian AOD sector and discussed what might work in the future, which included well-designed prevention campaigns, diversion to treatment and long-term residential rehabilitation with appropriate follow-up and support.

4.7 Sandra Harris

Sandra Harris, Clinical Coordinator for Palmerston Association, spoke about the impact that problematic drug use can have on families and the support that is available. Sandra spoke alongside a volunteer who shared her personal story of how Palmerston provided her with support through her child's drug issues and the impact that drug use can have on families.

4.8 Detective Superintendent James Migro

Detective Superintendent James Migro from the WA Police Service spoke of the challenges they encounter. Recent Western Australian statistics were presented including those regarding amphetamine arrests, seizures, purity as well as the impact of 'meth houses' in suburbia. He spoke briefly of the National Drug Strategy and the WA Police Enforcement Plan targeting the supply of methamphetamine in Western Australia.

4.9 Information Sharing Session: Summary of Key Themes

A number of key themes emerged from the feedback that revealed the strengths and current gaps in the Western Australian AOD sector.

Forum participants recognised the positive shift towards family inclusive practice, however identified this as an area that still requires further attention to increase family support in the sector. Even though the evidence supporting the benefits of family inclusive practice is

overwhelming, there is research (Gruenert & Tsantefski, 2012, Ibanga et al, 2008) that there is still a prevailing focus on the individual rather than the family unit in the AOD sector, and it has been slow to adopt therapeutic approaches that include family members.

The effectiveness of peer led services was recognised at the forum with many comments directed toward the need for additional peer based and peer driven approaches. It was also recognised that stronger collaboration between services as well as between the AOD and mental health sectors is needed into the future for better consumer outcomes. This includes establishing clearer referral pathways between services and better connections between hospitals and AOD treatment services.

The diversity of treatment services and the accessibility to free programs in the Western Australian AOD sector was commended as well as the sector's ability to flexibly respond to arising issues. Yet it was noted that the sector's current treatment and support system is not particularly well designed to respond to emerging issues such as methamphetamine use. Many services are designed for other types of drugs, for example, some services lack appropriate follow-up for the extended withdrawal period associated with methamphetamine. Gaps were identified in post-treatment support and aftercare and the need for specific programs for methamphetamine users was also identified. Other gaps that were noted were the extensive waitlists of many services and the lack of funding for AOD services.

Workforce training and development was identified as a strength of the sector however it was noted that more specific AOD training for mental health service workers, police and General Practitioners is required into the future.

Refer to **Figure 1.0-3.0** for more detailed responses tabled during the information sharing session.

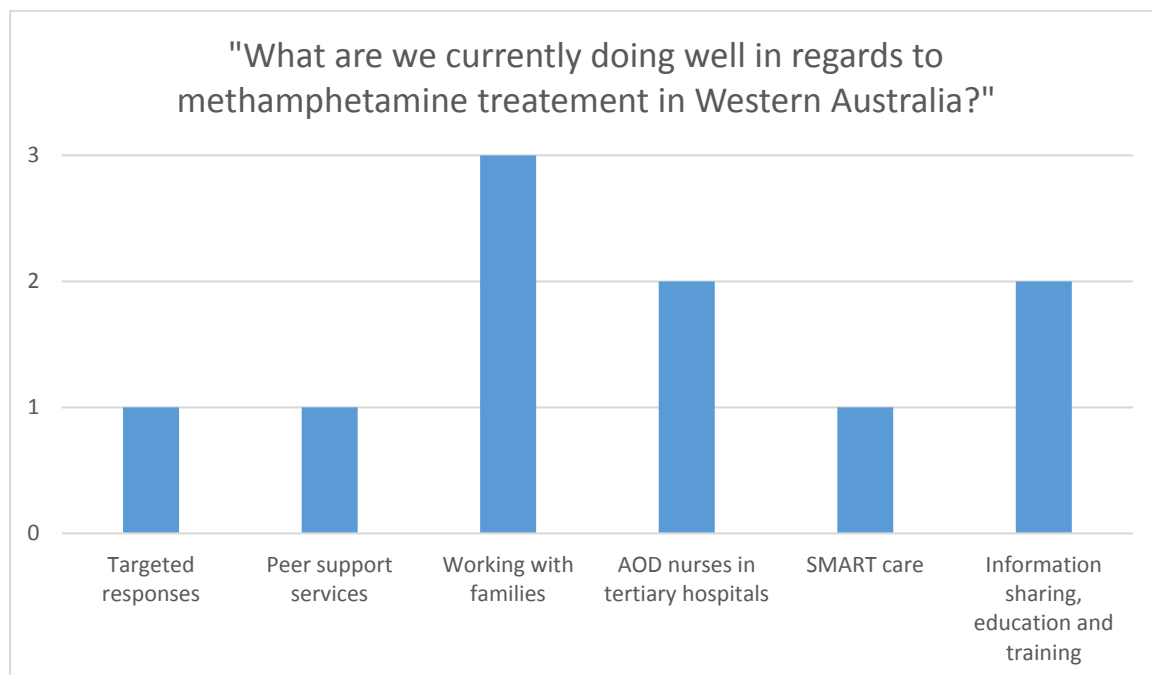


Figure 1.0

What is currently being done well in regards to methamphetamine treatment in Western Australia

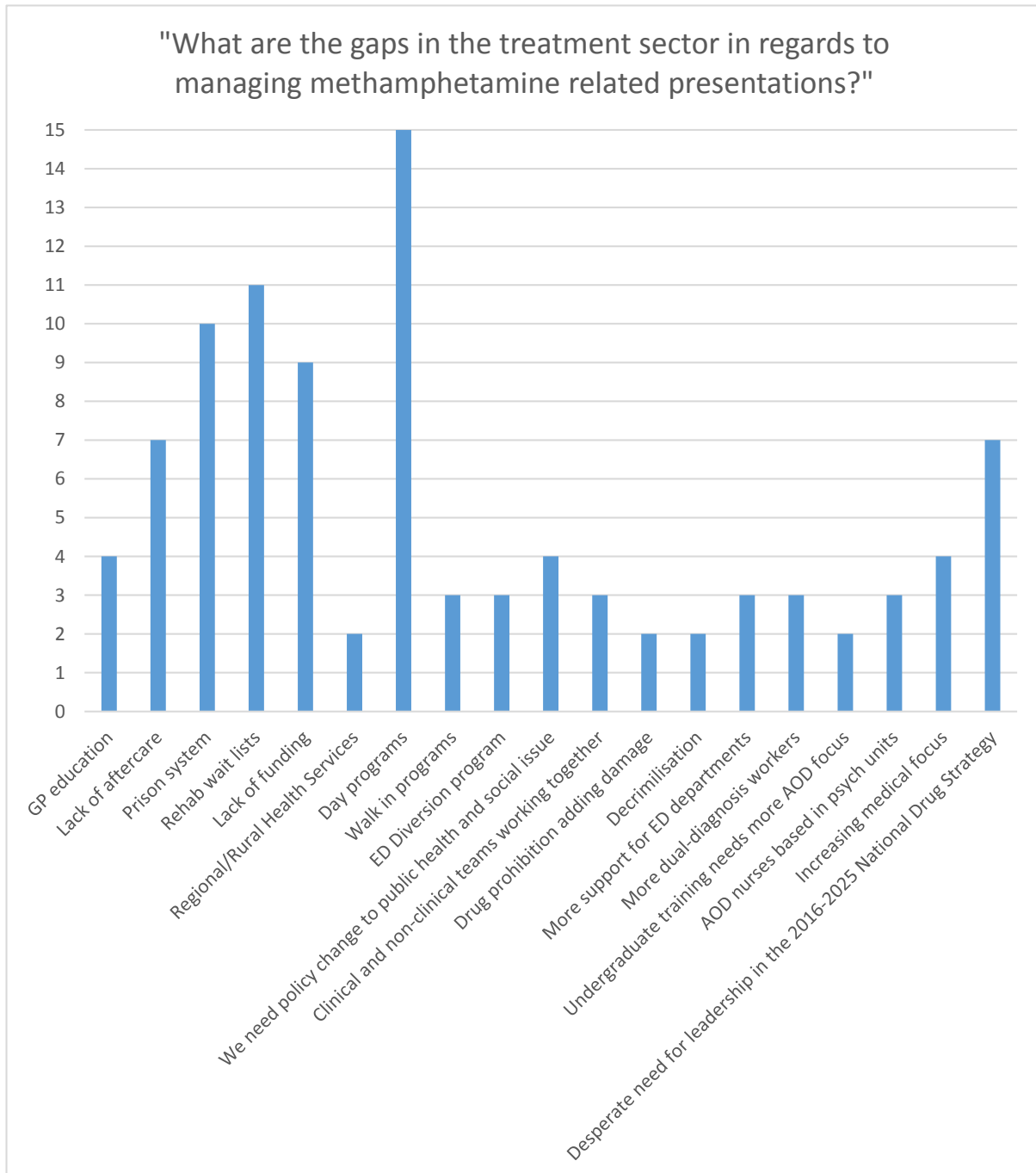


Figure 2.0
 The gaps in the Western Australian treatment sector in regards to managing methamphetamine related presentations

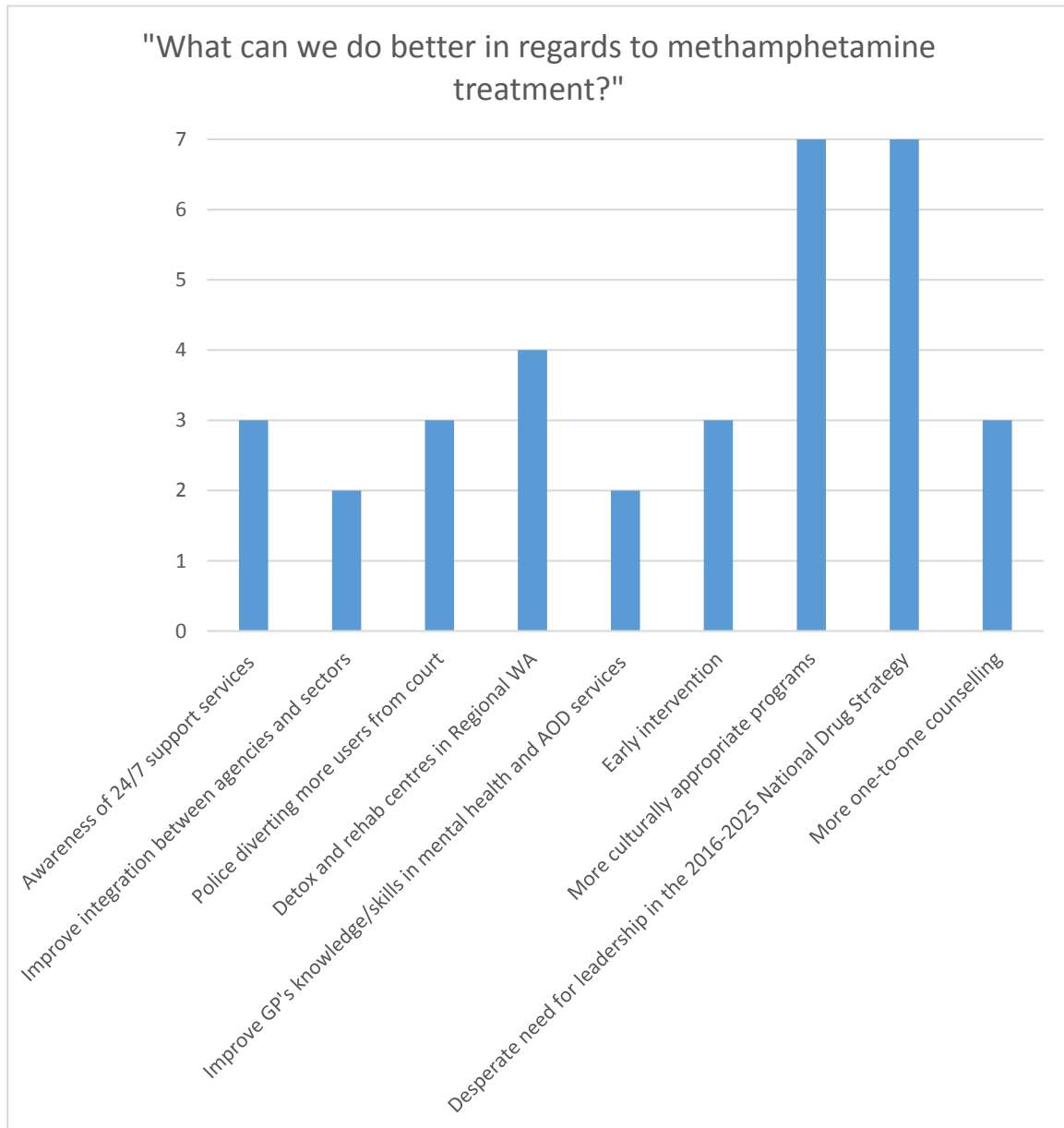


Figure 3.0
 What could be done better in Western Australia in regards in methamphetamine treatment

5. FORUM EVALUATION

Over 130 participants attended the forum from a wide variety of alcohol and other drug and mental health professions, including frontline health (doctors, nurses, counsellors), community workers, police and policy makers. Following completion of the forum, participants were requested to complete an evaluation questionnaire (**Appendix D**). Over half (54%) of participants completed this evaluation.

The feedback from the forum was extremely positive about the variety of speakers, evidence-based content, and the relevance of the forum to their work environments. Participants commented favourably on the diversity of information and the organisation of the forum. Presentations by Associate Professor Nicole Lee, Professor Amanda Baker and Paul Dessauer were reported to be especially valuable, and increased participants' knowledge about the physiological and psychological impact of methamphetamine, treatment efficacy and the options available for frontline professionals.

The results from the completed evaluations were positive and showed that:

- All participants were satisfied with the forum;
- 96% of participants indicated that the forum was relevant to them and their work;
- 81% of participants indicated that they learnt either 'a lot' or 'a good amount' from the forum;
- 95% of participants agreed/ strongly agreed that the forum provided them with information that they could take back to their service/organisations;
- 98% of participants indicated that they would recommend similar events to other staff; and
- 97% of participants indicated that they were satisfied with the services and support provided by WANADA.

6. FORUM SUMMARY

In summary, the Western Australian Methamphetamine Forum noted areas where patterns of use had changed, the risks associated with use, and the importance of understanding the physiological and psychological changes involved and ensuring that treatment and other responses reflected this knowledge. Emphasis was placed on the importance of early intervention strategies and the need for service redesign to accommodate longer term treatment and significant treatment demand.

Please note, speaker presentations are available for download from the WANADA website: <http://www.wanada.org.au/Home/methamphetamine-forum-presentations.html>

Visit the WANADA website: <http://www.wanada.org.au> for more information.

APPENDICES

Appendix A – Event Flyer

Appendix B – Agenda

Appendix C – Drugspeak Article

Appendix D – Evaluation Questionnaire

Appendix A: Event Flyer


Western Australian Network of
Alcohol & other Drug Agencies

 **NCETA**
Australia's National Research Centre
on AOD Workforce Development

The Western Australian Network of Alcohol & other Drug Agencies and
The National Centre for Education and Training on Addiction
Present

A Methamphetamine Forum

From Research to Practice

Date: Thursday 22nd October 2015
Time: 9.00 am – 3.15 pm
Venue: WA Basketball Centre, 201 Underwood Ave, Floreat

Cost: FREE for WANADA Members (Full & Associate)
\$50 to attend for Non-Members
Morning Tea & Lunch Provided

PLACES ARE LIMITED

To register for the forum please complete the form overleaf and email to
vanessa.vidler@wanada.org.au by Friday 9th October 2015

By attending this forum you will:

- Learn about patterns and trends of methamphetamine use
- Learn about best practice treatment and intervention options – what works
- Have the opportunity to discuss the current gaps in the drug and alcohol treatment sector

Who should attend?

- Alcohol and other drug (AOD) workers
- Mental health workers
- Key workers from other sectors including: front line health; homeless support services; corrective services; child protection and family support services.

Presentations from:

Professor Ann Roche: Director, NCETA, Flinders University

A/Professor Nicole Lee: Director, The LeeJenn Group & Associate Professor, NCETA, Flinders University

Professor Amanda Baker: Research Fellow, NHMRC, University of Newcastle and Clinical Psychologist.

Dr Amanda Stafford: ED Consultant, Royal Perth Hospital

Paul Dessauer: Outreach Coordinator and Peer Educator, WA Substance Users Association (WASUA)

Sandra Harris: Coordinator, Palmerston Association

Superintendent James Migro: Licensing Enforcement Division, WA Police Service

Appendix B: Agenda

Methamphetamine Forum Program

Thursday 22nd October 2015

WA Basketball Centre, Floreat

Time	Presenter/s	Session
8:30 am – 9:00 am		Registrations Tea & Coffee
9:00 am – 9:15 am	Jill Rundle Professor Ann Roche Aunty Margaret & Aunty Shirley	<ul style="list-style-type: none"> • Introduction • Welcome to country
9:15 am – 9:45 am	Professor Ann Roche and WANADA	What the data tells us about patterns of use and users of methamphetamine (including recent WA snapshot data)
9:45 am – 10:15 am	Professor Amanda Baker	Physical and psychological effects of methamphetamine use
10:15 am – 10:30 am	MORNING TEA	
10:30 am – 11:00 am	Associate Professor Nicole Lee	Treatment issues in dealing with methamphetamine clients
11:00 am – 11:30 am	Dr Amanda Stafford	Emergency Department perspective
11:30 am – 12:00 pm	Paul Dessauer	Peer perspective
12:00 pm – 12:45 pm	LUNCH	
12:45 pm – 1:15 pm	Sandra Harris	Family perspective
1:15 pm – 1:45 pm	Superintendent James Migro	Police perspective
1:45 pm – 2:00 pm	SHORT BREAK	
2:00 pm – 3:00 pm	Professor Ann Roche	Information Sharing Session <ul style="list-style-type: none"> • What is happening • Effective interventions – what has worked well • What are the gaps • Partnerships and referrals
3:00 pm – 3:15 pm	Professor Ann Roche	Closing statements
3:15 pm	CLOSE	

Appendix C: Drugspeak Article

From Research To Practice - Methamphetamine Forum

Photo: NicoleLeeAmandaBakerWANADA_NCETA_MethForum2015.jpg

Caption: Associate Professor Nicole Lee, National Centre for Education and Training on Addiction (NCETA) and The LeeJenn Group with Professor Amanda Baker from the National Health and Medical Research Centre, University of Newcastle at the 'From Research to Practice' Methamphetamine Forum in Perth

Words: 301

Over 130 people who work to reduce methamphetamine-related harm in Western Australia attended From Research to Practice, a forum held in Perth on Thursday 22 October 2015.

The Western Australian Network of Alcohol and other Drug Agencies (WANADA) worked with the National Centre for Education and Training on Addiction (NCETA) at Flinders University to host the event, facilitated by NCETA's Professor Ann Roche.

"Participants included alcohol and other drug workers, police and policy makers," says WANADA CEO Jill Rundle. "People expanded their knowledge and their networks, learning from each other."

Professor Amanda Baker, Research Fellow with the National Health and Medical Research Centre at the University of Newcastle and Associate Professor Nicole Lee from NCETA and The LeeJenn Group shared their knowledge of methamphetamine use, prevention and treatment.

Paul Dessauer from the WA Substance Users' Association (WASUA) provided a consumer perspective while Palmerston Association's Sandra Harris talked about the impact on families and the support available.

Royal Perth Hospital ED Consultant Dr Amanda Stafford and Detective Superintendent James (Jim) Micro from the WA Police Service also spoke of the challenges they encounter.

In preparation for the forum, WANADA conducted a survey of 19 alcohol and other drug services in August, with the resulting snapshot presented on the day.

"Seventy four per cent of clients had used methamphetamine in the past," says WANADA Sector Development Manager Maree Stallard. "Of the people who used methamphetamine, more than half reported having used the drug for more than five years, with 55% reporting that they didn't use with friends or contacts."

Says Jill Rundle, "We've learnt at the forum how important early intervention can be in the treatment of methamphetamine use, so we encourage people to seek information and support as soon as concerns arise."

For more information and to download speakers' presentations, visit: www.wanada.org.au

Appendix D: Evaluation Questionnaire



Methamphetamine Forum, 22nd October 2015 EVALUATION QUESTIONNAIRE

Please tick the box that you feel most closely represents your views.

1. How satisfied were you with this forum?				
Very satisfied	Somewhat satisfied	Undecided	Not very satisfied	Not at all satisfied

2. How relevant was this forum to you and your work?				
Very relevant	Somewhat relevant	Neutral	Not very relevant	Not at all relevant

3. To what extent do you feel you have learned from this forum?				
Learned a lot	Learned a good amount	Learned a reasonable amount	Learned less than expected	Learned nothing

4. What is the most significant piece of knowledge you are taking away from this forum?

5. This forum has provided me with information that I can take back to my service/organisation				
Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree

6. What would you identify as the strengths of this forum?

Methamphetamine Forum, 22nd October 2015

7. What improvements would you recommend for this forum?

8. Would you recommend similar events to other staff?				
Definitely	Probably	Not sure	Probably not	Definitely not

9. How satisfied are you with the services and support provided by WANADA?				
Very satisfied	Somewhat satisfied	Undecided	Not very satisfied	Not at all satisfied

Thank you for your time and input. Please feel free to contact WANADA staff with any further comments or feedback at any time.
