



We Can Do This trial

We are seeking participants in the first trial of the *We Can Do This* online program.

- The trial is for Aboriginal and/or Torres Strait Islander people 16 years or older who have used ice about weekly for the past three months.
- Participants in the trial will have access to the program for six weeks either immediately or starting in three months' time.
- There is no cost to taking part and it will not affect any other treatments or services that you access.
- All your information will remain confidential and will only be used for the purpose of this research project.



For more information about *We Can Do This*, please contact:

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WeCanDoThis.com.au
nimac.org.au



NIMAC
Natal Innovations to Address Metropolitan Use
in Aboriginal and Torres Strait Islander Communities



SAHMRI
South Australian Health &
Medical Research Institute



Flinders
UNIVERSITY

By working together...

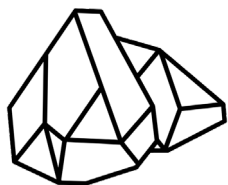
WE CAN DO THIS

Helping Aboriginal and
Torres Strait Islander
people to heal from ice



Methamphetamine

Methamphetamine (Meth) is a potent psychomotor stimulant with strong physiological effects. Crystal methamphetamine (ice) is the strongest, most addictive form of the drug, with the most harmful side-effects and double the dependence liability of other forms.



Methamphetamine use in Australia

The number of people using methamphetamine in Australia has remained fairly stable (or declined) over recent years, but harms stemming from methamphetamine use are increasing. This is partly because many people are now choosing to use crystal methamphetamine which can cause more problems more quickly in people's lives.

Methamphetamine use is of deep concern in Aboriginal and Torres Strait Islander communities but access to culturally appropriate treatment resources and services is limited.

We Can Do This

We Can Do This is an online program that seeks to provide therapeutic content in a culturally-relevant way for Aboriginal and Torres Strait Islander people.

Purpose

The purpose of *We Can Do This* is to help Aboriginal and Torres Strait Islander people get healthier and happier without methamphetamine, and to cope with the challenges of quitting.

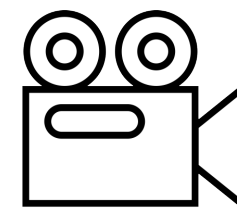


What is in the online program?

The online program was developed with input from lots of people, including doctors, psychologists and counsellors who work with people who use methamphetamine, Aboriginal community members, and Aboriginal and Torres Strait Islander people who use methamphetamine.

We Can Do This contains seven modules:

- ***Are you ready?*** – making a clear decision about using or not using
- ***Slowing down*** – connecting back to culture
- ***Cravings and triggers*** – information and activities to prepare for triggers and cravings
- ***Having a craving? Don't panic*** – use this to get through
- ***High risk situations*** – making a plan to get through temptations
- ***What's important to you?*** – identifying and living by your values.
- ***Slip-ups*** – using slip-ups to make you stronger



The modules are designed as stand-alone activities that do not have to be completed in a particular order. The modules contain films narrated and acted by Aboriginal actors that portray the lived experience of Aboriginal people. These are embedded within the program to provide illustrations of the various issues covered within it.