



# ADAPT

*A Drug & Alcohol Program for Teenagers*

**Its your call!**

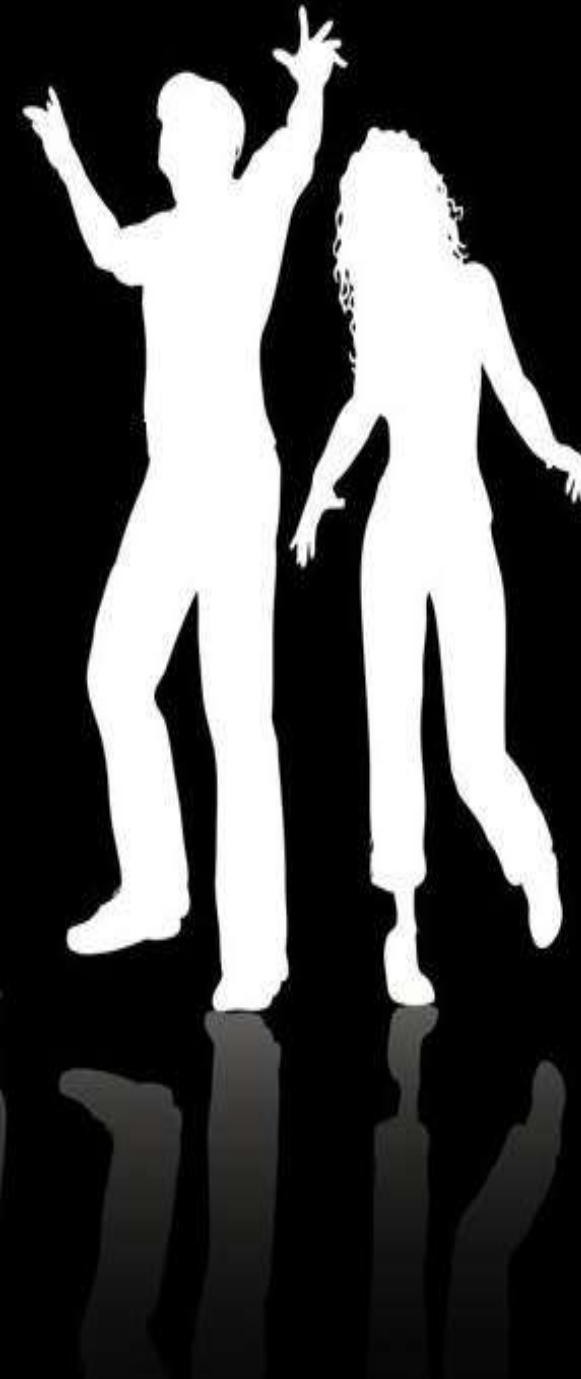


**St John**

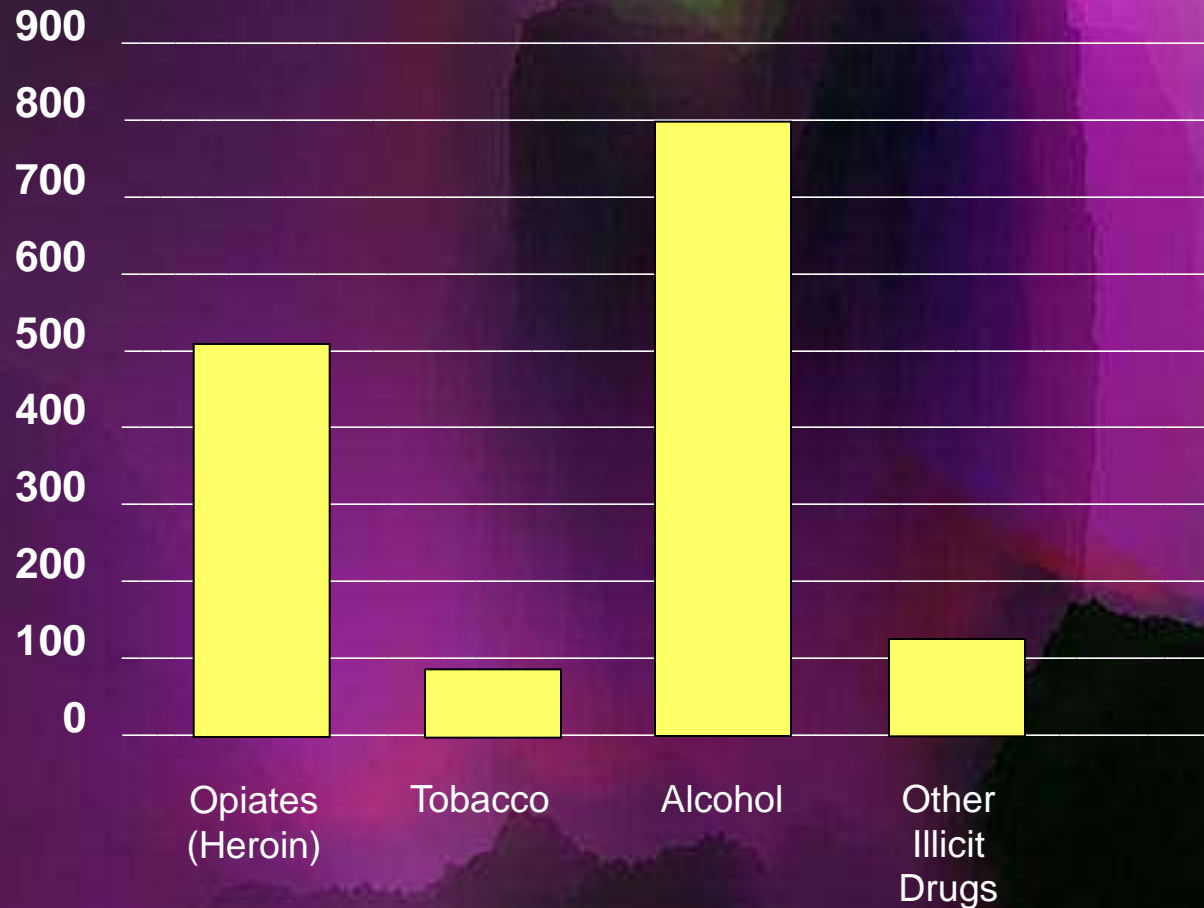
# This session

aims to increase your capacity to:

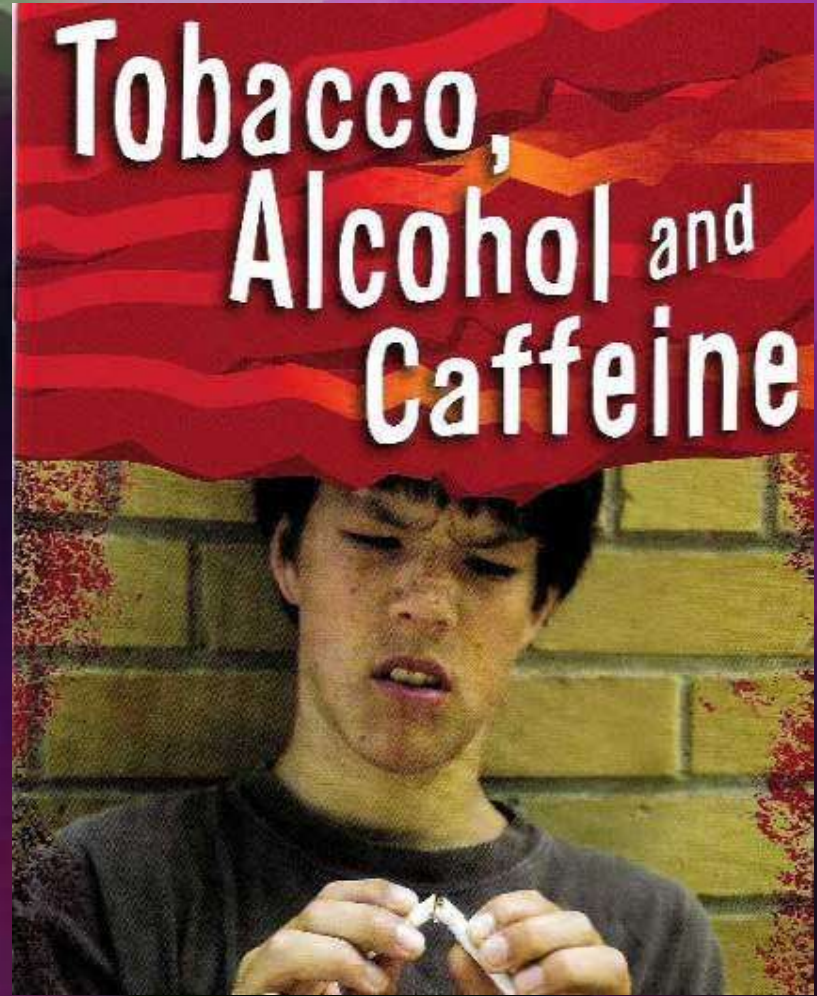
- Identify some of the risks associated with drugs and alcohol
- Recognise a medical emergency
- Identify when and how to call for an ambulance
- Provide first aid
- Prevent medical emergencies



# Cause of DEATH amongst teenagers from DRUG USE



# Legal Drugs



Alcohol is one of the most commonly used drugs

## Some FACTS

- 1 in 4 hospitalisations of 15-25 year olds happen because of alcohol
- 1 in 2 Australians aged 15-17 who get drunk will do something they regret
- 70 Australians under 25 will be hospitalised due to alcohol-caused assault in an average week
- 4 Australians under 25 die due to alcohol related injuries in an average week

ALCOHOL



- Injury to self and others
- Long and short term harm to health
- 'Binge' drinking
- Sexual risk taking, including unprotected and/or unwanted sexual activity
- Negative reputation  
i.e.. embarrassment, shame
- Drink driving
- Impaired performance
- Drink spiking

# ALCOHOL

## THE RISKS

# DRUGS



Heroin



GHB



Ecstasy



Canabis



Cocaine



ICE

• ILLEGAL  
DRUGS

# Illegal drugs – short term risks



Chest pain,  
palpitations, cardiac  
(heart) problems



Headaches,  
altered  
conscious state



Agitation, anxiety,  
psychiatric episodes



Shortness of  
breath, shallow  
breathing



# Illegal drugs – short term risks



Nausea, vomiting



Hypothermia,  
dehydration



Loss of self  
control, impaired  
judgement, injury to  
self and others

# drugs – the Long term risks

Increased cardiac  
problems,  
hypertension

Depression, anxiety,  
aggression towards  
others

Dependence



Negative social interaction  
with family and friends

Psychosis, paranoia

Insomnia

Withdrawal syndrome

Liver abnormalities

# Asthma

## the increased risks

- Smoking, medications, drugs, exercise and emotional changes could all be part of a teenagers social life.
- These can all trigger asthma attacks. Asthma sufferers may not always carry their medication – especially when out at a party of venue.

# Asthma attack

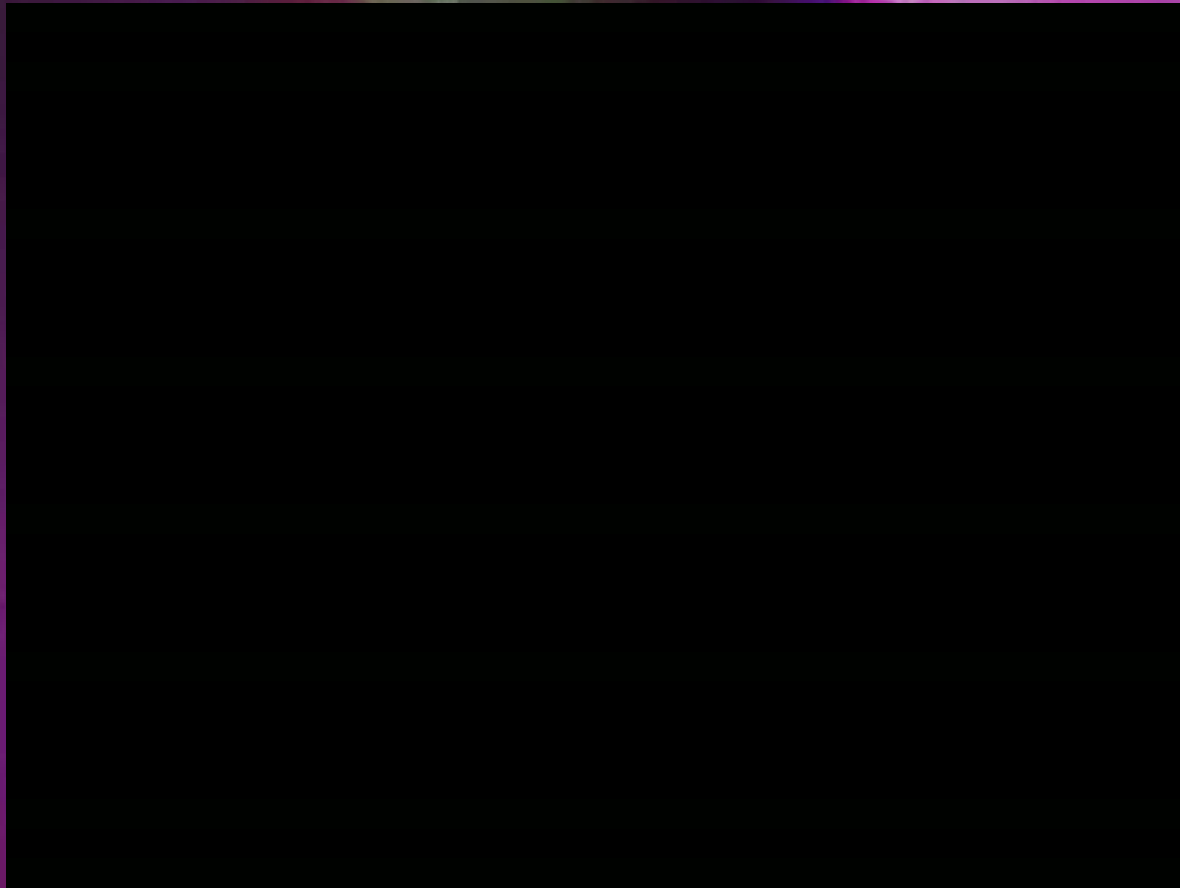
## SIGNS AND SYMPTOMS OF AN ASTHMA ATTACK

- Shortness of breath
- Wheezing
- Tight chest
- Persistent cough
- Difficulty talking, distress, panic and anxiety

## WHAT TO DO

- First time or severe attack Call Triple Zero (000)

**IT'S YOUR CALL  
WHAT SHOULD THEY DO?**



**It's your call**

# Is it a Medical emergency

- Unconscious/semi-unconscious
- Breathing difficulties
- Not breathing
- Severe bleeding
- Convulsions
- Constant vomiting
- Head trauma

These are the vital indicators of a medical emergency, but if you are ever in doubt  
**MAKE THE CALL**

# First Aid

## The Basics

### DRABCD Action Plan

- **Danger** To yourself, others and the casualty/sick person
- **Response** Squeeze & Shout
- **Airway** Recovery position and clear airway
- **Breathing** Look, listen & feel
- **CPR** CPR – if casualty is not breathing and unconscious
- **Defibrillation** Attach as soon as you can, if available
- **Call 000 (Triple Zero)**

# Get help **FAST!**

Dial 000 (Triple Zero) and ask for AMBULANCE

Be prepared to answer the following questions

- What is your exact location?
- What is your call back number?
- What is the problem?
- Is the person conscious?
- Is the person breathing?





# THINGS TO REMEMBER

Follow instructions from the ambulance call taker

If there is something you do not understand,  
tell the ambulance call taker

Interpreters available for  
non-English speaking callers

The paramedics main objective is  
to SAVE LIVES, not to dob you in

**DO NOT HANG UP**



# WHILE THE AMBULANCE IS ON ITS WAY

Stay with the casualty

Clear the area of hazards

Turn lights on and music off

Have someone meet the ambulance



You are not going to get into trouble  
by staying with the patient



# What Paramedics need to know.

Tell the paramedics everything you know

- What's happened?
- What has the patient drunk/taken?
- How much has the patient drunk/taken?
  - What time did they take it?
- How long have they been in this condition?

The Paramedics only want this information to assist the patient, **NOT** to dob you in.

# Paramedics Equipment



# Living Life

## Party Time

A party can be a major hit or a lingering regret.  
Don't be remembered for all the wrong reasons.

**P** Plenty of food, plastic instead of glass

**A** Alternative non-alcoholic drinks

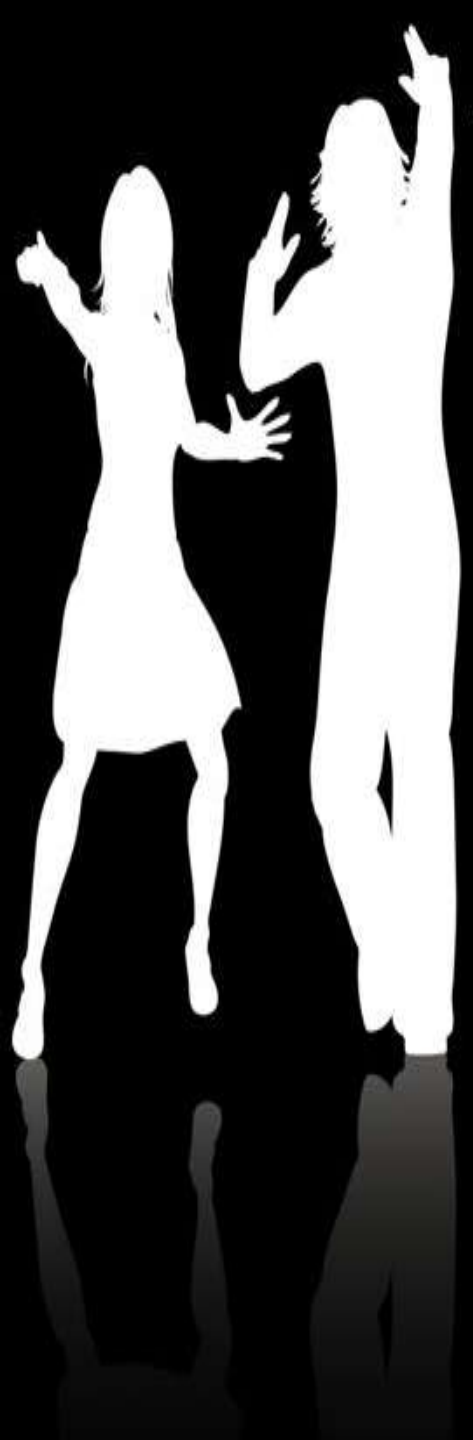
**R** Register your party with the police

**T** Transport – designated drivers

**Y** Your party – your responsibility

**What else?**





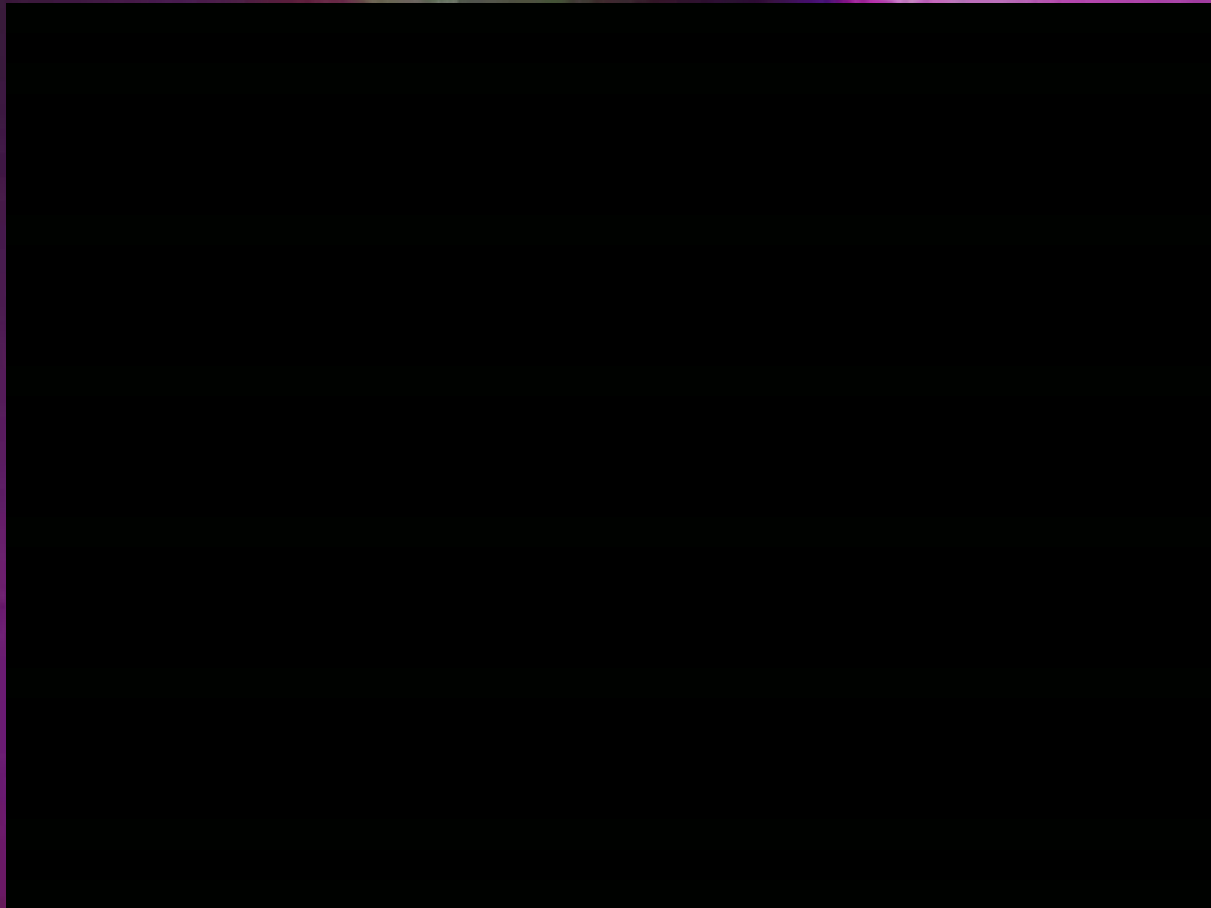
# Living Life

## Have a great time

- Plan how to get home
- Take a mobile phone
- Consider your medication
- Choose your driver carefully
- Be prepared to adapt!

If a medical emergency occurs, do not  
hesitate to call 000 (triple zero)

# IT'S YOUR CALL



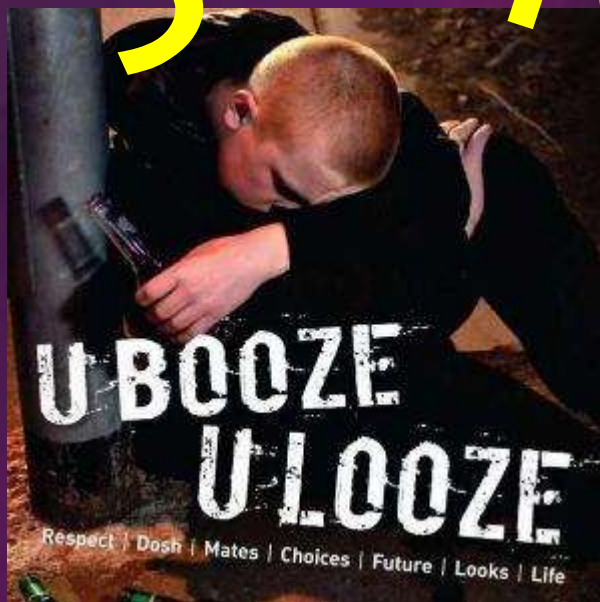
# The call

000 [TRIPLE ZERO] CALL





# Scenarios



# Remember when?

QUESTION?

