

KEEPING YOURSELF SAFE

As frontline practitioners, it is sometimes easy to put all our energy and focus into supporting and risk-managing your service user whilst forgetting the importance of safeguarding ourselves.

Make sure to follow the below procedure to ensure that you're safe from the effects of Spice:



CHECK YOUR SURROUNDINGS:

Before you enter a wing, landing or room, observe and scan the environment. If you see smoke or can smell anything unfamiliar, avoid the area and go somewhere you know is safe. Spice is generally scentless however can have a metallic or a generic burning/chemical smell.



HOW DO YOU FEEL?

Seek immediate medical attention if you begin to experience any undesirable or adverse symptoms. Initially this may be light-headedness, dizziness, increased heart-rate etc.



KEEP YOUR DISTANCE:

Avoid directly approaching service users if you suspect them to be under the influence of Spice. Alert an operational member of staff of your concerns and report the matter as per your local arrangements.



KEEP YOUR TEAM INFORMED:

Use your team meetings to discuss with colleagues and line manager any new trends or behaviour you have noticed on the wings. Ensure this happens regularly and on an ongoing basis.



TELL YOUR MANAGER:

Approach your line manager directly if you feel that Spice or any other substance misuse within the prison is negatively impacting upon your health.

“GOING THROUGH A SPICE ATTACK IS TERRIFYING. IF IT HAPPENS, REMEMBER TO BREATHE AND DON'T LOSE SIGHT OF THE FACT THAT THOSE INTENSE FEELING WILL FADE. SPEAK TO SOMEONE AS SOON AS POSSIBLE AND MAKE SURE YOU ARE SEEN BY A HEALTHCARE PROFESSIONAL AFTERWARDS.”

LAURA DE FRANCO, SENIOR CASE MANAGER, CATCH22 HMP WINCHESTER