

It can be difficult for people to know where to start when seeking advice, support or treatment for alcohol or other substance use and the range of treatment options can be confusing.

This brochure provides information on a range of treatment options and recommends calling Adis 24/7 Alcohol and Drug Support to help find the right one. Call anytime on 1800 177 833.

### **Withdrawal management / detoxification,** also called 'withdrawal' or 'detox'.

**What is it and how can it help?** Withdrawal management provides support for people when they are stopping or cutting back their use of alcohol or other substances and can help people manage their withdrawal symptoms. Withdrawing from alcohol or benzodiazepines without medical supervision can be life-threatening and people are strongly encouraged to seek medical advice and support.

**What to expect?** People can feel unwell during a detox and may require medical treatment and support to help cope with their withdrawal symptoms. Treatment usually takes 5-7 days, it can be done as either an 'outpatient' or an 'inpatient'. During an outpatient detox the person stays at home (or another safe place) with daily visits to a health professional. During an inpatient detox, the person may be admitted to a hospital, or another treatment facility.

### **Counselling**

**What is it and how can it help?** Counselling is often the first step when a person is seeking support for any alcohol or other substance use concerns and can be provided by psychologists, social workers, or other healthcare professionals. Counselling can help people to explore social and psychological concerns, provide support through life changes, address issues in a positive way, problem solve and identify other support options. Counselling is available face to face, over the phone or online, and has been shown to improve the effectiveness of other treatment options such as withdrawal management.

**What to expect?** In alcohol and drug counselling, a person works with a health professional who will listen non-judgmentally, help identify goals, and provide useful strategies to reduce the harms caused by alcohol or substance use.

**Opioid Treatment Program (OTP),** also called opioid replacement therapy (ORT), opioid substitution, pharmacotherapy, methadone program.

**What is it and how can it help?** OTP is considered as the most suitable treatment option for people who are dependent on opioids (heroin, oxycodone, morphine, codeine etc) and has been shown to be effective in reducing opioid related harms. A prescription medication (either methadone or buprenorphine) replaces the drug of dependence, and is dispensed at the treating opioid clinic or pharmacy. Engaging in an OTP enables people to improve their health and well-being and public alcohol and drug clinics, or private prescribers can provide this treatment.

**What to expect?** A medical assessment is conducted with a person to ensure that they are suitable for opioid treatment. If suitable, the person will be required to attend their treatment program provider for monitoring and medication reviews – the frequency of these appointments will be negotiated with the treatment provider.



### ‘Rehabilitation, also called ‘rehab’

**What is it and how can it help?** Rehabilitation offers intensive and structured treatment for people who are experiencing significant harms due to their alcohol or other substance use. Rehabilitation focuses on relearning life skills and coping without the use of alcohol or other drugs. This may include a mix of one-on-one counselling, group work, peer support (i.e. attending Alcoholics Anonymous – AA; or Narcotics Anonymous – NA meetings), and team-community building exercises. Rehab can help people focus their energy on positive lifestyle changes and take some ‘time out’ while they work on their alcohol or drug concerns.

**What to expect?** Rehabilitation can be offered as a ‘residential’ or ‘non-residential’ program and requires a commitment from people to remain abstinent from all substances. Rehabilitation is a longer-term treatment, usually between 6 weeks and 12 months. In residential rehab a person lives in the treatment facility which provides 24-hour support. Non-residential rehab sometimes called ‘day-hab’ offers daily, intensive, and structured treatment for people who wish to remain living at home. Prior to attending a rehabilitation program a person is required to first complete withdrawal management / detoxification.

### Support Groups

**What is it and how can it help?** A support group is where people help each other deal with similar issues and many people find it comforting to share their concerns or problems with others who have had similar experiences. Some common support groups include Smart Recovery, Alcoholics Anonymous (AA), Narcotics Anonymous (NA). There are also support groups available for families and significant others who are worried about a loved one’s use of alcohol or other drugs. Some common support groups for families and significant others include Al-Anon and groups provided by Family Drug Support.

**What to expect?** Support group meetings are usually held in person or online, with the aim of providing a safe and supportive network. Support groups allow people to get together and share stories, strategies and tools, and to help each other deal with similar concerns.

### ‘What help is available?’

Adis 24/7 Alcohol and Drug Support is a 24 hour, 7 day a week confidential support service for people in Queensland with alcohol and other drug concerns, their loved ones and health professionals.

**Talk to us. Anytime, anywhere.**

**1800 177 833**

### ‘What should I do in an emergency?’

If the person has collapsed or lost consciousness, call an ambulance on triple zero (000). If they have stopped breathing commence CPR. If they are breathing normally, place them into the recovery position and continue to monitor them.

