

Action Plan

(For Drug Users)

STEP 1: DRUG WITHDRAWAL OPTIONS;

- **NO MEDICATION** (non pharmacological) - Eg Cold Turkey, TENS or NET Machines
- **MEDICAL WITHDRAWAL THROUGH YOUR OWN DOCTOR**
Medical withdrawal through your own doctor using appropriate medication to help manage the withdrawal symptoms. Suitable for those with a strong support network.
- **HOME DETOX THROUGH LOCAL HOSPITALS**
Medicated or non-medicated home detox through public hospitals. A doctor from a local detox unit can visit and help manage the withdrawal symptoms with or without medication and monitor your progress. Suitable for those with a strong support network. Or Private Detox.
- **DRUG WITHDRAWAL UNITS (at least 6 days)**
For those with severe or complicated withdrawal, we suggest one of the drug withdrawal units in your city that are attached to public hospitals. This is strongly recommended for those with limited support, and/or have concurrent medical issues both physical, (such as liver or heart disease, a history of seizures etc) or psychological (such as psychosis, personality disorders, severe depression etc). (Eg Turning Point Fairhaven (07) 5630 7939 or HADS 07 3636 8704).

STEP 2: WORK THROUGH UNDERLYING ISSUES;

PLAN A - OUTPATIENT PROGRAM (Includes):

- **COUNSELLING (Professional and Pastoral)**
- **Gold Coast Addiction & Treatment Rehab:** Day Intensive Treatment for 3 to 4 weeks.
(9:30am – 3:30pm) Ph. 0408 332 765
- **SUPPORT GROUPS & NETWORKS**
Strengthen relationships with family & friends through Church, community groups & Support Groups (eg N.A. / A.A.) & SMART Recovery 02 9373 5100 smartrecovery@srau.org.au
- **WORK / SCHOOL (Working towards vocational goals)**
- **TRIPOD OF SUPPORT** before & after treatment (Plan A & B) =
1. weekly counselling / 2. weekly meetings / 3. weekly catchup with sponsor or recovery buddy

Other options include:

- **MEDICATION TO HELP WITH DEPRESSION & ANXIETY** (Eg St Johns Wort / Valerian)
- **MEDICATION TO HELP PREVENT RELAPSE** (Pharmacotherapies)
Eg; Methadone / Biodone, Buprenorphine, Suboxone, Naltrexone, Acamprosate & Disulfiram

PLAN B - INPATIENT PROGRAMS

- **RESIDENTIAL REHABILITATION PROGRAMS**
*Such as; Teen Challenge (in most states), Gold Coast: Transformations (07 5592 3677), Fairhaven (1300 111 827)
or Private Short Stay – Gold Coast Addiction & Treatment Rehab 0408 332 765.*
- **OTHER SUPPORTED ACCOMMODATION & POST-REHAB PROGRAMS** (eg. Mirikai)

For further info contact ALCOHOL & DRUG INFORMATION SERVICE
(24 hr telephone counselling & referral service)

For drug users & their loved ones PH: (07) 3236 2414 or 1800 888 236 (Free outside Brisbane)

'Chemically Speaking' video on Youtube explains cycle of addiction & stages of change.

<http://www.youtube.com/watch?v=Ogpofcn5ZHA>