

Different types of alcohol and drug treatment.



Alcohol
and Drug
Foundation

Summary:

Alcohol and drug treatment services aim to support people with their grog or drug use.

There are lots of options available, and many are run by and for Aboriginal and Torres Strait Islander peoples. Other mainstream services provide culturally appropriate care, and have Aboriginal and Torres Strait Islander workers.

Everyone has different needs, and someone might use a few different services to find what's right for them.

This resource provides a summary of the different types of treatment options.

The main services available are:

Detox (residential detoxification): Detox gets a drug out of your system safely by providing you with care and support in a hospital or other medical facility. They are usually run by nurses, doctors, counsellors and social workers. You might stay here for 7-10 days.

Home withdrawal: Instead of having to travel somewhere, you can get a drug out of your system at home. Home withdrawal services provide outreach workers or withdrawal nurses to assist you in getting rid of the drug safely.

Counselling: You can yarn with someone who can support you to figure out why you might be drinking grog or using drugs. Counselling can improve the way you think and feel, and how to cope with different situations. You can speak to someone in person, online or over the phone. You can also choose to do counselling alone, with family or a friend, or with other people who are getting similar treatment.

Rehab (residential rehabilitation): You will live in a community with a group of other people for between three to 18 months, depending on what works for you. This is a safe and supportive environment where staff can assist you to figure out reasons for using grog or drugs and give you support for when you leave. During your healing journey, you may work on activities that teach you living and coping skills for when you return to Mob.

Day programs (therapeutic day rehabilitation services): You get the same type of support provided by a rehab, but instead, you get to live at home and maintain connections with your family, Mob and community while you do your treatment during the day.

Mental health and drugs (dual diagnosis): Some services can support you with your mental health, social and emotional wellbeing, and drug use at the same time. You might like to get some counselling, and at the same time meet with a peer support worker to assist with lifestyle changes (e.g. exercise, healthy eating, quality sleep) to improve your mental health.

Pharmacotherapy: When you take a medication to replace or reduce your use of the drug that is causing you issues. The replacement drug reduces withdrawal symptoms and lowers your cravings. For example, **methadone** and **buprenorphine** are taken as a replacement for heroin. **Naltrexone** and **acamprosate** for alcohol use.

Peer support programs: Group sessions are run by people who also have a personal history of grog or drug use. Everyone supports each other to stay off drugs or grog. This includes groups like **Smart Recovery**, **AA (Alcoholics Anonymous)** and **NA (Narcotics Anonymous)**.

Social support services: You can also get support with other things that have been impacting your health and your social and emotional wellbeing. Like housing, money, the law, physical health, or support with family or friends.^{1, 2}

Where to get support

National Alcohol and Other Drug Hotline (24/7): 1800 250 015

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

13 Yarn (24/7): 13 92 76

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

Brother to Brother (24/7): 1800 435 799

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

Yarning Safe and Strong (24/7): 1800 959 563

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

Victorian Aboriginal Health Service (VAHS): 03 9419 3000

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services](#).

References

1. Better Health Channel. Alcohol and drug treatments and programs [05.07.2023]. Available from: <https://www.betterhealth.vic.gov.au/health/servicesandsupport/alcohol-and-drug-treatment-and-programs>.
2. Victorian government department of Health. Alcohol and other drug treatment services 2023 [31.05.2023]. Available from: <https://www.health.vic.gov.au/alcohol-and-drugs/alcohol-and-other-drug-treatment-services>.

This resource has been developed in collaboration with

