

Treating Alcohol and Substance Misuse in Australia



For individuals with severe alcohol or drug dependence, a medically supervised detoxification process may be necessary. This involves the removal of the substance from the body while managing withdrawal symptoms and providing medical support to ensure the person's safety and comfort.

Various counseling and therapy approaches are used to address the underlying issues contributing to substance abuse and to develop coping mechanisms and relapse prevention strategies.

Some common types of therapy include cognitive-behavioral therapy (CBT), motivational interviewing, and family therapy. Individual counseling, group therapy, and support groups are often used in combination to provide comprehensive support.



Medications may be prescribed as part of the treatment for alcohol and opioid dependence. Medication-Assisted Treatment (MAT) combines medications with counseling and behavioral therapies to support recovery. Medications such as naltrexone, methadone, and buprenorphine are used to reduce cravings, manage withdrawal symptoms, and prevent relapse.

Residential rehabilitation programs offer a structured and supportive environment for individuals with substance abuse issues. These programs provide a range of services, including detoxification, counseling, therapy, and skill-building activities, in a residential setting.

The duration of residential rehabilitation programs can vary from a few weeks to several months.

Outpatient treatment programs provide support and treatment while allowing individuals to live at home. These programs typically include counseling, therapy sessions, and group support. Outpatient treatment may be suitable for individuals with less severe substance abuse issues or those transitioning from residential rehabilitation.



Harm reduction approaches aim to minimize the negative consequences of substance abuse. These strategies include needle and syringe programs, overdose prevention initiatives, education on safe substance use practices, and access to naloxone, a medication that can reverse opioid overdoses. Harm reduction programs also provide support and referrals to treatment and support services.

Peer support groups, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), play a crucial role in maintaining long-term recovery. These groups provide ongoing support, a sense of community, and a platform for sharing experiences and strategies for staying sober.

Aftercare programs and support services help individuals transition back into their communities and continue their recovery journey.



It is important to note that treatment plans should be tailored to individual needs, and a multidisciplinary approach involving healthcare professionals, counselors, social workers, and support groups is often necessary.

To access treatment services in Australia, individuals can consult their general practitioners, local drug and alcohol services, or helplines such as the following support services.



There are a wide range of support and resource options available at the ELPIS Foundation of Australia for those who are or may know someone affected by drug or alcohol addiction.

Reach out to ELPIS today.

Tel: (02) 9816 1859

E: info@elpisfoundation.org.au



[Emergency Support Information](#)

The ELPIS Foundation of Australia is not a crisis centre and cannot provide crisis support.

If you or someone you know needs immediate help, please call:

Emergency | 000

Alcohol and Drug Information Service (ADIS)

02 9361 8000 or free call 1800 422 599 (NSW regional and rural callers).

Lifeline Australia – 13 11 14

<https://www.lifeline.org.au>

1800 RESPECT

<https://www.1800respect.org.au>

Alcoholics Anonymous

<https://aa.org.au>

Narcotics Anonymous

<https://www.na.org.au>