

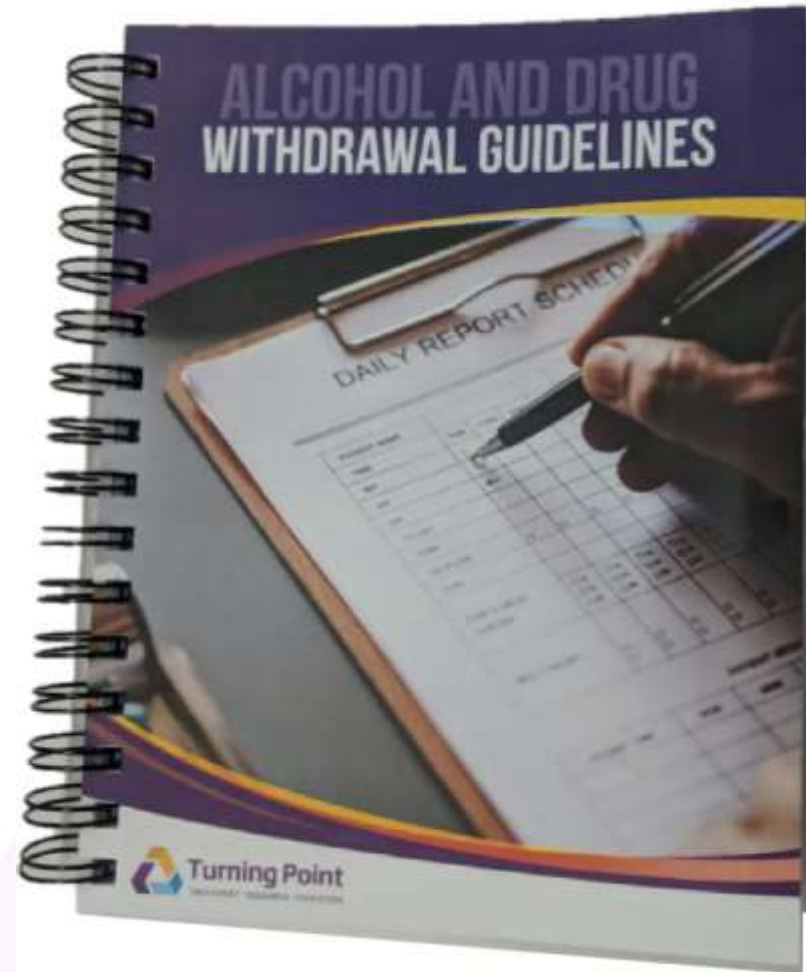
# VAADA Service Providers Conference

**Turning Point updates:**  
Integrated withdrawal and rehabilitation service  
Practical advisory service  
New withdrawal guidelines



Dan Lubman, Jonathan Tyler & Victoria Manning  
Monash University & Turning Point  
1st June 2018

# New Withdrawal guidelines



- **New Pharmacotherapies** (e.g., Baclofen, Topiramate)
- **Other drugs** (e.g., NPS, Ketamine, GHB)
- **Opioid withdrawal and chronic pain**
- **Harm reduction** (e.g., naloxone)
- **Interactions and contraindications with complementary medicines**
- **Managing psychiatric medications**
- **Special populations** (e.g., ABI, older adults, trauma)
- **Updated resources and referral links**

# New Client Withdrawal booklets

Getting through...

## Getting Through Alcohol Withdrawal

*A guide for people who want to withdraw*

For withdrawal intake services contact  
DirectLine : 1800 888 236



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Getting through...

## Getting Through Cannabis Withdrawal

*A guide for people who want to withdraw*

For withdrawal intake services contact  
DirectLine : 1800 888 236



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Getting through...

## Getting Through methamphetamine and other stimulant withdrawal

*A guide for people who want to withdraw*

For withdrawal intake services contact  
DirectLine : 1800 888 236



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Getting through...

## Getting Through Opioid Withdrawal

*A guide for people who want to withdraw from heroin and other opioids*

For withdrawal intake services contact  
DirectLine : 1800 888 236



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## 4. Setting withdrawal goals

It is important to consider what your 'withdrawal goals' might be. For example, you may want to:

- **stop** using entirely, **cut down** or **control** your use
- maintain this change for a **long** or **short** period of time

It is important to ensure your goals are 'SMART'

### Specific



### Measurable



### Achievable



### Relevant



### Timed



If goals are too broad or general, e.g. ('be good') they can be hard to achieve. Reaching your goals will require planning, time and accountability.

### 4.1 Useful tips to help you stick to your goals

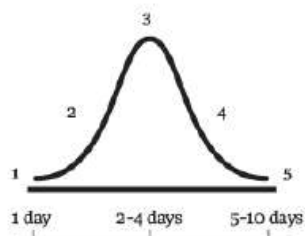
**Understand:** Think about and write down your goals – and try to remember them when your motivation is low.

**Don't do it alone:** Surround yourself with likeminded and supportive people. Ask others to hold you 'accountable' for your actions, share with them your goals and seek support if you are at risk of relapse.

**Stay motivated:** Positive messages (e.g., "I'm doing really well") thoughts or images can help encourage you to keep going. Some people find it helpful to stick these positive messages around their room or to keep them on their phone (some people even set a reminder so they pop up on their phone every once and a while). Another useful idea is to jot down your thoughts and daily activities in a journal for you to re-assess each week to keep you on track.



The numbers on this curve correspond to the stage and symptoms shown in the table below.



### Stages & Symptoms of Withdrawal

Stage	Possible Symptoms
1	Runny eyes and nose, sneezing, yawning, sweating and craving
2	Agitation, irritability, sweating, goosebumps, hot or cold flushes, loss of appetite and craving
3	Sweating, mood changes such as irritability, anxiety and depression, diarrhoea, fatigue, joint and muscle aches and pains, headaches, nausea and vomiting, increased urination, craving, twitching and restlessness
4	Craving, physical symptoms and discomfort begin to subside and appetite returns
5	Some symptoms may remain longer-term, such as sleep issues, craving, fatigue, irritability, mood fluctuations



## 6. Starting and preparing for withdrawal

Before beginning withdrawal, it is important to consider and organise a few things.

### 6.1 Choosing where you are going to go through withdrawal

You can go through withdrawal:

- at home or;
- in a residential unit




Even if you have a strong preference for one setting over another, your alcohol-drug worker or doctor will recommend a setting based on the factors outlined in the table located on the following page.

### 6.2 Hospital based withdrawal

Hospital based withdrawal may be necessary for those with serious physical or mental health issues, and for those who are pregnant or who may experience an unplanned withdrawal (are admitted to hospital or the emergency department due to a separate or related issue and undergo withdrawal at the same time).



## Weekly mood tracker

Name:		Week:															
Mood	Example Day		Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		
	Morning AM	Evening PM	Morning ☀️	Evening 🌙	Morning ☀️	Evening 🌙	Morning ☀️	Evening 🌙	Morning ☀️	Evening 🌙	Morning ☀️	Evening 🌙	Morning ☀️	Evening 🌙	Morning ☀️	Evening 🌙	
1 																	
2																	
3																	
4																	
5 																	
Review each day																	
Rate your day: 1(bad) to 5 (good)	e.g., 4																
What aspects of your day did you like?	e.g., Walked the dog, worked, saw my friend Alice																
What didn't you like?	e.g., Argument with a friend																
Hours of sleep	e.g., 7																

# Priorities for 2018-2019

- Priority topics?
- Revised/new guidelines?
- New resources?
- New Tools?
- Have your say by completing the form (rank the options or suggest others)





## Order Catalogues

<http://store1.on-demand.com.au/turningpoint/>

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