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A Day in the Life of a Residential Alcohol and Drug Rehab.

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Interesting perspectives:

Luke Williams, a Melbourne-based journalist, who wrote his diary about his “8 weeks in residential drug rehab”

<https://www.sbs.com.au/news/feature/rehab-diaries>

SBS [Addicted Australia](#): Season 1 Episode 1

Episode 1 <https://www.sbs.com.au/ondemand/video/1812256323517/addicted-australia-s1-ep1>

Movie “28 Days”

Stars: Sandra Bullock

A hard-drinking New York journalist takes her reputation as the life and soul of the party too far when she knocks over her sister's wedding cake and crashes the bridal limousine. When a court orders her into rehab for a month, she initially refuses, but eventually she begins to take her stay in a rehab seriously.



Australian drug use - illicit

July 24, 2020

The illicit drugs that showed an increase in lifetime use include:

- cannabis - 1% increase to 36%
- hallucinogens (like LSD or 'magic mushrooms') - 1% increase to 10.4%
- ecstasy - 1.3% increase to 12.5%
- inhalants (like nitrous oxide or 'nangs') - 0.6% increase to 4.8%
- ketamine - 1% increase to 3.1%
- cocaine - 2.2% increase to 11.2%.

Australian drug use – legal

July 24, 2020

Alcohol - 1 in 4 Australians are still consuming alcohol at risky levels on at least a monthly basis, Approximately 1 in 10 people who consume alcohol may be experiencing a form of dependence on it. Australian Drug Foundation <https://adf.org.au/insights/australian-drug-use/>

Pregnancy - around 35% Australian Drug Foundation <https://adf.org.au/insights/australian-drug-use/>

Nicotine - The latest data from the National Drug Strategy Household Survey (NDSHS) estimated that 11.6% of adults smoked daily in 2019. This daily smoking rate has declined from an estimated 12.8% in 2016 and has halved since 1991 (25%)

<https://www.aihw.gov.au/reports/australias-health/tobacco-smoking>

Prescription - Prescription drug abuse is a rising problem in Australia and pharmaceutical drugs have been the most frequent contributors to overdose deaths in Victoria in recent years.

<https://www.racgp.org.au/afp/2016/december/prescription-drug-abuse-a-timely-update/>

Covid impact

<https://www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia/contents/impact-of-covid-19-on-alcohol-and-other-drug-use>

Changes in alcohol consumption in Australia:

of those who reported that they drank at all (excluding those who said they never drink alcohol), a higher proportion of respondents reported that their alcohol consumption **decreased** since the spread of COVID-19 in Australia (27%, compared with 20% who said it had increased).

a higher proportion of **females reported that their alcohol consumption had increased** (18.1% compared with 15.5% for males). Note: those who said that they never drink alcohol were included in this analysis as not having changed their alcohol consumption.

of those who reported an increase in alcohol consumption, **nearly half (46%) said that the increase was 1–2 standard drinks per week and 28% reported an increase of 3-4 standard drinks**

The most **common reason** given for increased alcohol consumption was that the person is spending **more time at home** (67% for males and 64% for females). The next most common response for males was '**Boredom, nothing else to do**' (49%) while for females it was '**Increased stress**' (42%).

<https://www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia/contents/impact-of-covid-19-on-alcohol-and-other-drug-use#purchaseandconsumption>


Treatment streams in Victoria

- **Counselling**
- **Non-residential withdrawal**
- **Residential withdrawal**
- **Therapeutic day rehabilitation**
- **Residential rehabilitation**
- **Care and recovery coordination**
- **Pharmacotherapy**

Rehab Program Client Characteristics

- Gender
- Age
- Duration before rehab
- Substance
- Court involvement
- Children





What is a residential AoD rehabilitation Service?

Odyssey House Residential Rehabilitation programs are structured, live-in programs for people who experience severe problems with alcohol and/or other drug use, and their associated mental health issues.





Take Tour – “Hope Centre” Gippsland

- <https://odyssey.org.au/what-we-do/residential-rehabilitation/bairnsdale/>



ODYSSEY HOUSE VICTORIA

<https://odyssey.org.au/>



History of Resi
Rehabs

Philosophy
Communiques
Rules

Cost



Staff mix

Group/phases

First 6weeks

Phase 1

Phase 2

TREATMENT PRINCIPLES

1. Substance dependence is a **complex** but treatable condition that affects **brain function** and **influences behaviour**
2. Treatment is **accessible**
3. Treatment is **person-centred**
4. Treatment involves people who are **significant** to the client
5. Policy and practice is **evidence informed**
6. Treatment involves **integrated** and **holistic** care responses
7. The treatment system provides for **continuity of care**
8. Treatment includes a **variety of biopsychosocial approaches**, interventions and modalities oriented towards people's recovery
9. The **lived experience of alcohol and other drug users** and their families is **embedded** at all levels of the alcohol and other drug treatment system
10. The treatment system is **responsive to diversity**
11. Treatment is delivered by a **suitably qualified and experienced** workforce