



BREAKTHROUGH
Our way

About this booklet

It can be difficult for people to know where to start when seeking advice, support or treatment for alcohol and other drug use. There are many different treatment options available and this booklet provides specific information on harm reduction ideas for families, stages of change, the coexistence of drug use and mental health challenges, boundaries and ideas around how to look after yourself or a loved one.

This booklet also provides information to aid locating services and supports with options from phone lines to web-based services and links to further information.

Unfortunately there can be 'wait times' before commencing with a service and it is best to contact a service directly to discuss required support options and care pathways.

Where immediate or urgent support is required call 000. For further information Adis is available for 24/7 Alcohol and Drug Support on **1800 177 833.**



There are many reasons why people use drugs and alcohol

Reduce physical and emotional pain

Cope with grief and loss

Stress

Socialise

Boredom

Stop the voices that some people hear

Gain confidence

To belong

Out of curiosity

Lose weight

Cultural reasons

Fit in with friends

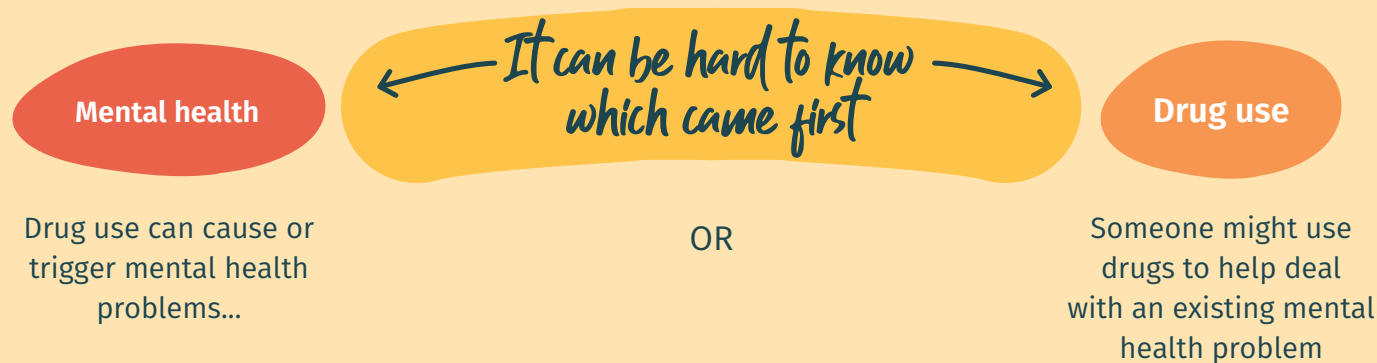
Have fun and celebrate

Stay awake

As self-medication to forget and cope with problems

To relax and experience a 'high'

Drug use and mental health



Stages of change



Reference: Adapted from Prochaska, J.O. & DiClemente, C.C. (1984).
The transtheoretical approach: Crossing traditional boundaries of therapy. Malabar, FL: Krieger.

Not worried

The person is not ready for change, which can cause conflict and chaos.

Families often feel scared, and angry.

WHAT YOU CAN DO?

Build on your relationship. Avoid arguing and growling, learn about the drug. Look at ways to help keep them safe.



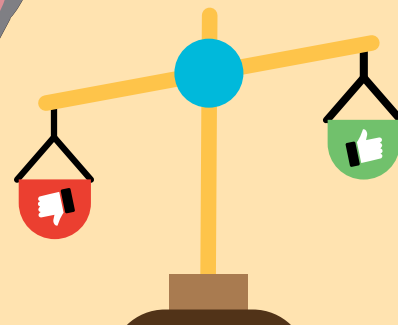
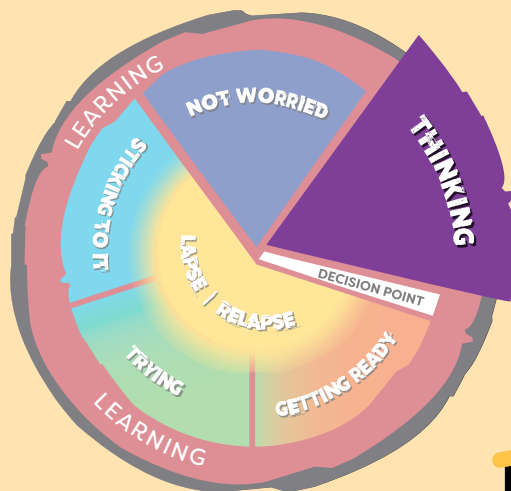
Thinking

The person is starting to notice problems.
The positives of their substance use still outweighs the negatives.

*Families often feel frustrated,
or that they are being lied to.*

WHAT YOU CAN DO?

Keep yarning with them. Keep the relationship strong. Do not rush them. Accept they may not be ready just yet, but let them know that change is possible. Be supportive.

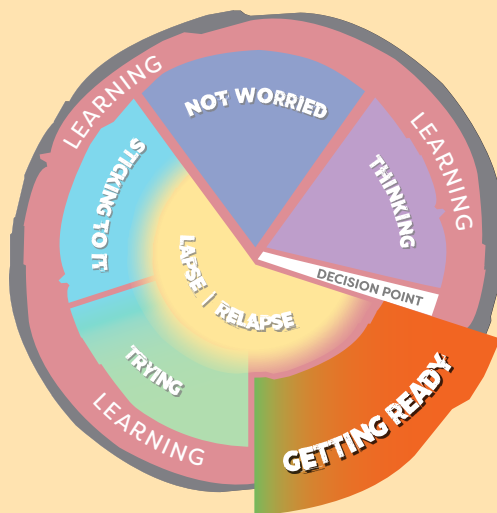


Getting ready

The person has decided that they want to make change soon and have started preparing themselves.

WHAT YOU CAN DO?

Encourage and respect their decision to make change.
Support them by providing information and connections to support services.



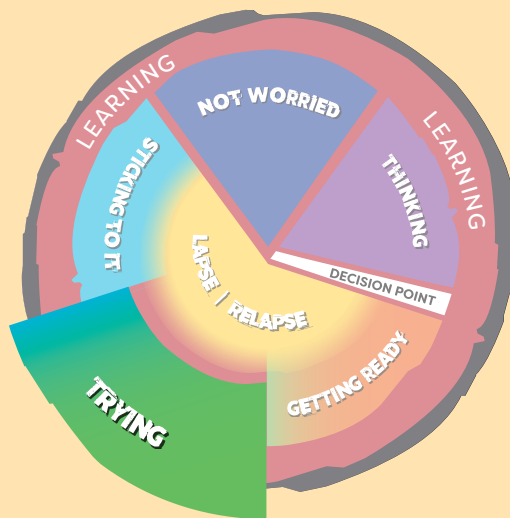
Trying

The person has decided that they want to make change, one step at a time.

WHAT YOU CAN DO?

Acknowledge the steps they have taken towards healing and the strength its taken to get here, reminding them you believe in them and how important they are to the family.

Help them with problem solving, encourage them to stay focused on their goals by keeping them busy. Stay connected and supportive.

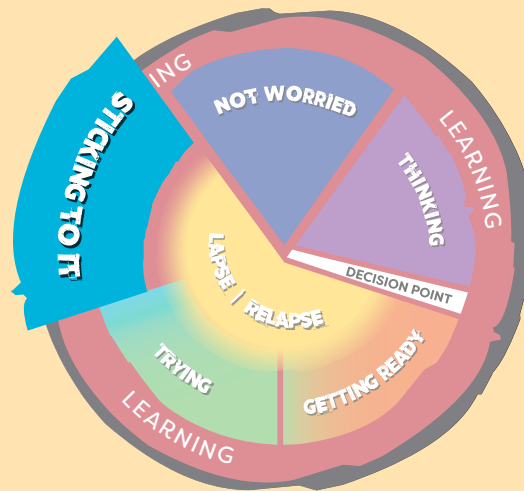


Sticking to it

The person is making the change.
Everyone is feeling hopeful and nervous,
this is shaky ground.

WHAT YOU CAN DO?

Acknowledge the steps they have taken towards healing and the strength its taken to get here. Help keep them busy (e.g., return to country and cultural practice, self-reflection, good food, exercise, music and hobbies).

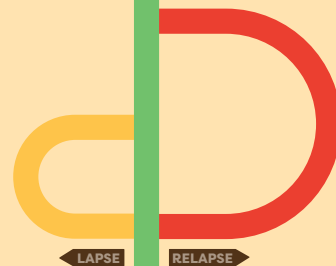
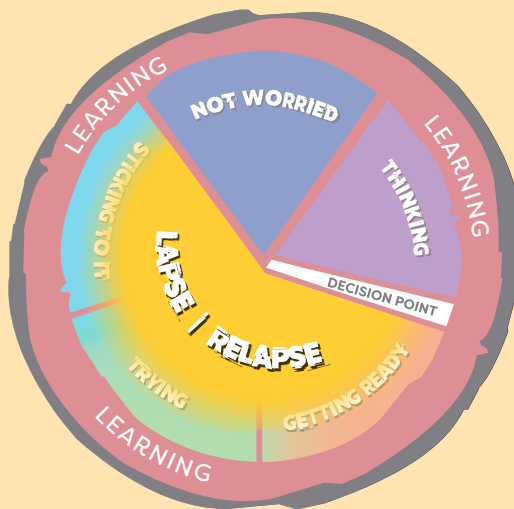


Lapse or relapse

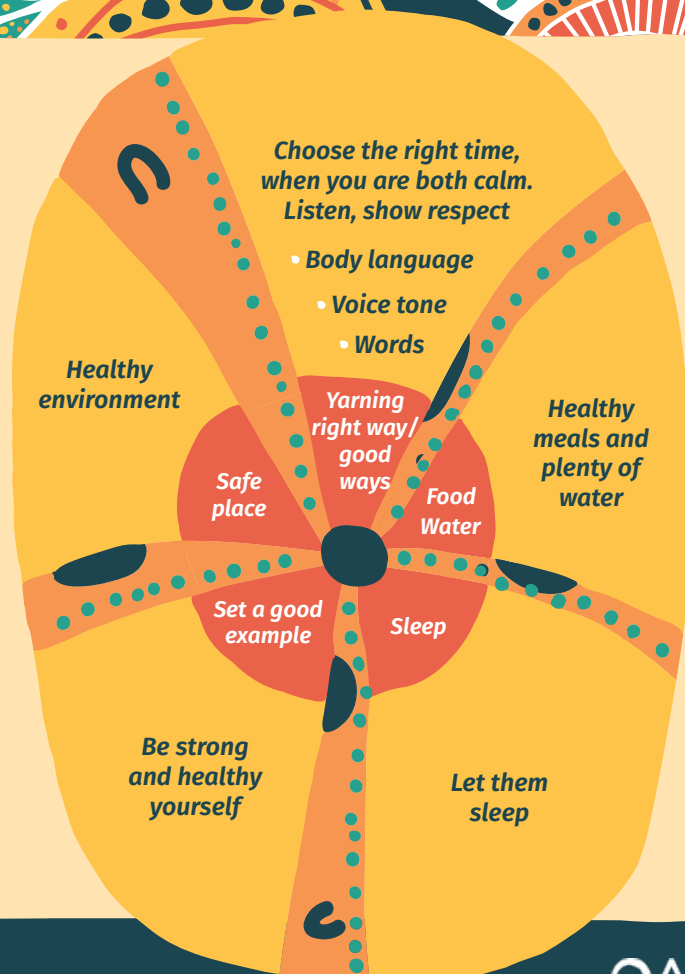
Understand lapse, and relapse is part of their healing journey.

WHAT YOU CAN DO?

Be non-judgmental and supportive to keep them on track.



Ways you can
help your family
member stay safe
and healthy




Boundaries



Supporting our young people

Safe Place, Safe People, Feel Safe



Children have the
right to be and **FEEL**
safe and protected

WE all need to
look out for our
young people and
keep them safe

Children are
UNSAFE when
exposed to
drug use

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Strategies for supporting our young people

Find time for those small yarns
about what is going on for them

Tell the truth, but remember they are young and need to be kids

Remind them they have other family and supports they can talk to

Listen to how they are feeling

Acknowledge this is hard for them too

Where to go for help?

These services, agencies and resources can help families to get support, counselling and practical assistance to support a person and their families impacted by substance use.

Aboriginal and Torres Strait Islander Community Controlled Services

- Queensland Aboriginal and Islander Health Council (QAIHC) Member and Regional Services: qaihc.com.au
- Young People Ahead (YPA): youngpeopleahead.com.au
- Darumbal Community Youth Services Inc: darumbal.org.au

Other Agencies

- Queensland Network of Alcohol and Other Drug Agencies (QNADA): qnada.org.au
- QNADA Service Finder (for specific treatment services across Queensland): qnada.org.au/service-finder
- Queensland Injectors Health Network (QuiHN): quihn.org
- ADIS 24/7 Alcohol and Drug Support: adis.health.qld.gov.au/getting-support/find-a-service
- Telephone Advisory Service: cracksintheice.org/healthprofessionals/advice-for-health-professionals
- Key support services in Australia: cracksintheice.org/when-and-where-do-i-get-help
- Youth Empowered Towards Independence (YETI): yeti.net.au

Useful Resources

- Alcohol and Drug Foundation: adf.org.au
- Alcohol and Other Drugs Knowledge Centre: aodknowledgecentre.ecu.edu.au
- Drug Aware: drugaware.com.au
- Cracks in the Ice: cracksintheice.org.au
- Positive Choices: positivechoices.org.au
- Indigenous Health InfoNet: healthinfonet.ecu.edu.au
- Insight: insight.qld.edu.au
- Dovetail: dovetail.org.au

Where to go for more help?



**Your local
Aboriginal and
Torres Strait
Islander Health
Service**



Family Drug Support

Free 24/7 telephone support line, family support meetings and information sessions –
1300 368 186
www.fds.org.au



Cracks in the Ice

An online toolkit providing up-to-date information and resources about crystal methamphetamine (Ice)
www.cracksintheice.org.au



Lifeline

Free 24 hour crisis support and suicide prevention services – **13 11 44**
www.lifeline.org.au



ADIS Queensland

Free 24/7 alcohol and drug support – **1800 177 833**
Clients and family members can self-refer
www.adis.health.qld.gov.au



Counselling online

Free 24/7 alcohol and drug counselling offered by Turning Point
www.counsellingonline.org.au



Kids Helpline

Free, private and confidential 24/7 phone and online counselling for young people aged 5–25 – **1800 55 1800**
www.kidshelpline.com.au



Mensline

A 24/7 telephone and online counselling service for men with family and relationship concerns – **1300 78 99 78**
www.mensline.org.au



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