

GETTING OUT

Drug & Alcohol Support

Many people who go to prison have ongoing problems with alcohol and/or other drugs (AOD). Using drugs and alcohol is often something that people do to try and manage pain and cope with difficult situations. Nobody chooses to become addicted – but it can be very easy to get stuck in a cycle of drug and alcohol use and imprisonment. This factsheet is for people who want some help to find their way out of this cycle.



How can I get AOD help on release from custody?

It can sometimes be difficult to know where to start with asking for help, and what kind of help would be most useful. Some people want to stop using drugs and alcohol completely. Other people don't want to stop, but they don't want to keep using in ways that land them in prison.

If you were using in custody, you might need to detox to safely remove drugs from your body. If you have already detoxed, you may need more support so that you use less or don't use again. The type of long-term support that is likely to work for you depends on your needs. You might want to get into residential rehab. This can be difficult sometimes because of a lack of beds. Recently some rehabs have also been taking fewer new clients because of the COVID-19 crisis. For some people, ongoing support and counselling in the community is easier to access than rehabs.

CRC has an AOD counselling team that may be able to help you figure out what you want and talk through where you are at. You can call us on (02) 9288 8700 (between Monday and Friday). There are also many other services available and CRC staff can help you to find services in your area.

For support, and up-to-date information about which rehabs are open you can also call the Alcohol and Drug Information Service (ADIS) which is open 24 hours a day and 7 days a week on 1800 250 015.



How can I use safely?

NUAA is an organization that has lots of good advice on using safely. You can call them on (02) 8354 7343 or look at their website www.nuaa.org.au.

NUAA recommends the following (especially during COVID-19) to reduce the risk of transmission:*

- Avoid sharing: bongs, joints, pipes, cigarettes, banknotes/tubes/straws for snorting, and injecting equipment (including water).
- Prepare your own drugs and inject yourself! Don't handle or touch other people's equipment/drugs, and don't let them touch yours.
- Picking up? Wipe the package with a swab or hand sanitizer before you open it – especially if it has been in someone's mouth!
- Be overdose aware. Erratic drug supply, illness and stress increase your overdose risk.
- Take-home naloxone is now free at participating chemists and services. Why not stock up now so you're prepared?

What about methadone?

The Opioid Treatment Line provides information, advice and referral about methadone and other opioid treatment and options. You can call them on 1800 642 428.

There have been some changes recently during COVID-19 (such as different pick up times, or new rules around takeaways). It is best to speak to your provider to ask how they are currently working.





12 Step Meetings

To find out about 12 step meetings (both those that operate online and those that are back operating face to face), you can visit both the AA and the NA websites.

www.aa.org.au

www.na.org.au

These websites also have information about what to expect at meetings. To speak to someone about 12 step meetings and what they are about you can call AA on 1300 222 222.

The Alcohol and Drug Information Service also can help with information on 1800 250 015.

Aboriginal and Torres Strait Islander Clients

CRC has experienced Aboriginal workers who can help people reconnect with their community, their culture, as well as Aboriginal and Torres Strait Islander support services and programs



Websites and phone numbers for further information

Community Restorative Centre: 1800 570 801

Alcohol and Drug Information Service: 1800 250 015

Your Room: www.yourroom.health.nsw.gov.au

The NSW Users and AIDS Association (NUAA): (02) 8354 7343 or www.nuaa.org.au

Opioid Treatment Line: 1800 642 428

Alcoholics Anonymous (AA): www.aa.org.au

Narcotics Anonymous Australia (NA): www.na.org.au

*Information about harm reduction taken directly from NUAA's COVID and Harm Reduction Factsheet

