

Common alcohol, tobacco and other drug treatment options explained:

Treatment type/s	Definition
Aftercare	Aftercare is care provided after a client has received alcohol and/or other drug treatment to support clients in maintaining treatment goals
Case management	Case managers in alcohol and other drug settings work with clients to identify and manage their social, physical and psychological health and wellbeing
Counselling	Counselling programs help people with the psychological and social challenges of reducing or managing alcohol or other drug use e.g., Cognitive Behavioural Therapy and other counselling
Day program	Day programs provide intensive alcohol or other drug rehabilitation but are not live-in. Day programs can include therapeutic groups, education, counselling, peer support etc
Information and education (only)	Drug and alcohol programs that provide information and education only i.e., where clients receive information and education, often through conversation, but not other care
Needle and syringe programs (NSPs)	Needle and syringe programs (NSPs) provide sterile injecting equipment to people who inject drugs to reduce the harms associated with injecting e.g., providing single use injecting equipment, safer injecting information and education
Outreach	Outreach involves peers, drug and alcohol workers or other health and welfare workers and professionals providing treatment and support to people who use alcohol, tobacco and/or other drugs in their own communities and non-service settings
Pharmacotherapy	Pharmacotherapy programs provide people with medium to long- term prescription medication for alcohol and other drug treatment e.g., Opioid Substitution Therapy, Medicated Assisted Treatment
Residential treatment	Residential treatment programs are where people 'live-in' to receive organised alcohol and drug treatment and support e.g., rehabilitation, therapeutic community
Specialist ATOD primary health care	Specialist alcohol, tobacco and other drug (ATOD) primary health care programs provide primary care by specialist ATOD providers that are aware and inclusive of unique primary health care needs of people who use ATOD e.g., specialist withdrawal management, specialist counselling, specialist information and education, specialist assessment
Withdrawal management (detoxification)	Withdrawal management programs provide psychological and/or medical care for people going through withdrawal symptoms to assist in managing, reducing, or stopping the use of a drug of concern