

### Key alcohol, tobacco and other drug terms

Term	Description
<b>12 Step</b>	12–step peer-support groups focus on members sharing their personal stories and supporting each other to achieve and maintain abstinence.
<b>Aftercare</b>	Aftercare refers to any interventions that occur subsequent to initial ATOD treatment.
<b>Brief intervention</b>	A brief intervention is the least intensive alcohol, tobacco, and other drug psychosocial intervention, comprising of at least screening and feedback.
<b>Brief therapy</b>	Brief therapy differs from brief intervention as brief therapy provides consumers with the tools and strategies necessary to make changes to their ATOD use, beyond providing simple feedback and advice that are the cornerstones of brief intervention.
<b>Cognitive behavioural therapy</b>	Cognitive behavioural therapy helps an individual to identify thoughts and associated behaviours considered unhelpful, and learn alternative and more helpful habits.
<b>Detoxification</b>	Withdrawal from psychological or physical dependence of alcohol, tobacco, and/or other drugs with or without medication.
<b>Harm reduction</b>	Programs that reduce harms of alcohol and other drug use for people choosing to continue to use alcohol or other drugs.
<b>Low threshold program</b>	No exclusions, i.e., a low threshold program is able to see people whether they have used drugs or not, people can attend whilst on medication or going through withdrawal or while Opioid Management Therapy.
<b>Motivational enhancement therapy</b>	Also known as motivational interviewing (MI) or MET. It is a style of interviewing that can enhance a service consumer’s engagement in therapy by reducing resistance and emphasising responsibility for change.
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<b>Naloxone</b>	Naloxone (previously known as Narcan®) is a Schedule 3 and Schedule 4 opioid antagonist used to reverse the effects of opioid overdose.
<b>Nicotine replacement therapy</b>	Nicotine replacement therapy (NRT) aims to temporarily replace the nicotine from cigarettes to minimise withdrawal symptoms and reduce a person’s motivation to smoke.
<b>Opioid substitution therapy</b>	Opioid substitution therapy (OST) helps treat opioid dependence, reduce the harms of injecting and other health harms.
<b>Opioid treatment service</b>	Opioid treatment services (OTS) provides opioid substitution therapy and coordinated care by working with other health and pharmacotherapy services.
<b>Overdose education and management</b>	Overdose education and management provides education, information, and training about the signs of overdose and the steps to take to manage a situation.

<b>Term</b>	<b>Description</b>
<b>Peer education</b>	Peer education is delivered by trained individuals and groups with shared experiences to provide drug-related harm reduction and health promotion information.
<b>Peer support/education groups</b>	Peer support groups are groups of two or more people who share an experience or problem and who come together to provide problem-specific help and support to one another. Peer support for ATOD users may be specifically related to the use of one drug type, such as alcohol, or focused on shared issues more generally.
<b>Poly-drug/substance use</b>	Use of multiple drugs/substances at one time.
<b>Psychosocial intervention</b>	A psychosocial intervention is a term used to describe any intervention that focuses on the psychological or social factors that are associated with the use of ATOD, rather than biological factors, which are the primary focus of pharmacotherapy.
<b>Referral</b>	A referral is a written letter from one organisation or professional written to another requesting their services to help a ATOD service user.
<b>Relapse prevention</b>	A relapse prevention intervention focus on the cognitive, emotional and situational triggers for ATOD use and teach skills and strategies for alternative ways of coping.
<b>Screening</b>	Assists to identify the severity of any alcohol, tobacco and/or other drugs dependence and provides clear feedback.
<b>SMART recovery group</b>	A SMART recovery group is a type of peer support group that use a cognitive behavioural therapy based program focussed on key points of building and maintaining motivation to change, coping with urges, problem solving and lifestyle balance.
<b>Smoking cessation</b>	The process of quitting or abstaining from smoking tobacco products, with or without the aid of nicotine replacement therapy.
<b>Sobering up shelters</b>	A sobering up shelter provides short-term, safe environments and supervision for intoxicated people who are at risk of causing harm to themselves or others.
<b>Therapeutic community</b>	A therapeutic community (TC) is a type of residential rehabilitation where residents progress through treatment stages or phases with increasing levels of personal and social responsibility.