



Family Drug Help

Summer 2004

www.familydrughelp.sharc.org.au

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Welcome.

The recent forced withdrawal of a vodka promotion at Virgin and Sanity stores where, for every purchase of a CD customers were given a double strength drink voucher, gives heart that there is some limit to the way alcohol is promoted to young people. During the promotion, underage teenagers were given the vouchers.

Although the withdrawal of the promotion is insignificant in itself, it sends a message that there are limits to our tolerance of how alcohol is embedded in our consciousness.

At a conference in Melbourne on the 10 December organised by the Premier's Drug Prevention Council, one of the issues of concern for the 130 delegates was enforcement of current legislation. It seems that we still have a long way to go in relation to underage drinking. Data provided again indicated the high levels of drinking amongst young people as young as 14 years old. When we then combine our knowledge of drinking patterns amongst young people with the high correlation between drinking, violence and hospital admissions, the level of concern escalates even further. One delegate told us that 30% of admissions to emergency wards between 10 pm and 6 am were related to alcohol.

However, change is possible. Local government in partnership with entertainment venue operators are engaged in a very successful trial to manage violence related to alcohol consumption in the Geelong venue precinct at night. Their success reminds us that proactive strategies are necessary and can be effective.

However we need to be careful not to see problem drinking as the curse of the young. A new report by the Australian Health Ministers Advisory Council released on the 8th December found that men aged 55 to 64 and women 45 to 54 were among the worst offenders for drinking at risky or even high-risk levels.

The question is: Who is setting the benchmarks?

Alan Murnane, Manager

Why can't they just stop?

A guide for families and friends coping with a problem drinker

Multiple copies of Family Drug Help's new booklet, 'Why can't they just stop? A guide for families and friends coping with a problem drinker' were delivered by St John's Ambulance, on a stretcher; to De Paul House, a detox centre housed in what was originally one of Melbourne's first pubs. De Paul House informs us the majority of their clients are now people with alcohol problems, whereas in the past, the majority of clients were people using illegal drugs. The story went to air on Channel 10 News on Tuesday evening, and Marie Claire and several newspapers have publicised the book and its launch.

The annual rate of deaths related to the use of alcohol is almost double that of the annual road toll. Angela Ireland, author of 'Why can't they just stop?' hopes that the

book will reach the estimated 1 million plus Victorians who are affected by a drinker in their life. It is estimated that up to 340,000 Victorians are not accessing treatment for their problem drinking. Angela has gathered together stories from families and friends and written the booklet for people who want to know how to support the drinker to get into treatment and recovery and how to support themselves in this often long term nightmare, whether the drinker gets help or not. Different family stories show us how it can actually be what we do that is important. Families can learn about how to support positive non-drinking behaviour and how to detach from the drinking behaviour. For those people who have learned to tippy-toe around the drinker, this book can be a



wake-up call. As one family member said:

"We can identify with the people in the stories, and recognise the ways we have adapted to the drinker, often losing our boundaries and ceasing to function normally."

The incentive for the writing the book came from callers to the Helpline, who are often speaking in whispers and walking on egg-shells, fearful of getting help for themselves having experienced drastic consequences from the drinker in the past. Many readers of the book reported that they wished they had had access to this book when they needed help.

"I hope that the publicity surrounding the launch will encourage people to seek help, and reading the booklet will be the start of change in their circumstances. We want a positive outcome for families, however that looks. People care about the drinker. That is why the situation is so complex. When you care about someone you want it all to work out. We provide many options to encourage realistic change for both the family member and the drinker. Contributing their stories has been an inspirational journey for family members, who by sharing their lived experience have become path finders for the journeys of future recovering families."

Heroin Parent

My daughter is a heroin addict. For many years, these words, spoken or unspoken, made me cry. I never think of her as a junkie because junk means unloved and disposable. In my mind, I always see her as a beautiful talented little girl whose future was never in doubt. She is still attractive but very thin and her skin is often marked because her immune system is fragile. She is always fragile mentally and physically. When I see her walk away from me, I see a skeleton with clothes that skips and kicks the pavement.

I love my daughter and have long lost the anger and disappointment that rose in my soul every time I saw her, or thought about her. Heroin parents travel a long and soul searching mental process. Suspicion, denial, confirmation, desperation are emotions that are always in the mind space. Weepiness can overcome the most resilient parent at the most inconvenient time, for no reason. Fear gradually replaces the other emotions. Fear of overdose, death, crime, prison, violence.

When I accepted that my relationship with her had frozen at the time she probably started taking drugs, I coped better. The rebellious teenager is a familiar child, I tried to forget that this child is in her twenties, and has her own child. Her child is too young to know that his family is a fragile unit. He has lived in nine places since he was born. He has seen his belongings "lent" to friends. This little boy is going to school next year where he will learn that he is different. Many of his friends will be different too.

The terminology for family relationships needs to be officially expanded. My daughter and her partner are heroin addicts, her child is a heroin child and possibly a heroin orphan, I am a heroin parent and will possibly be called on to bring up a heroin orphan. My son is a heroin sibling, he is himself at a vulnerable teenage age. He recently asked if she was going to die, I couldn't answer. Her death is always there. I am glad she moved to another suburb. For years I felt ill everytime I heard an ambulance.

I have been working in Lonsdale St, almost next door to the church that tried so hard to set up legal injecting rooms. I saw the Channel 7 news car outside the church like a predator waiting to make a meal of something dead. I sat in an office with people of all ages and all opinions. Most were unsympathetic because they are ignorant. Even people with heavy smoking or alcohol habits don't understand that heroin is also a habit but differs from theirs because it is illegal.

It isn't possible to force addicts to stop using, or stop breaking the law to finance their habits, by telling them to stop. There are two issues involved in this approach. First, heroin addicts stop using when they are ready to change their lives. Secondly, as a result, the "stop using" approach, known as zero tolerance, does not work as a basis for

determining drug or alcohol policy. Heroin use should never be accepted but the solution will never only be abstinence.

Heroin is part of every day life. There is no simple solution. Governments at all levels have to accept that large numbers of people use heroin. Many start as children, many start as adolescents, many as adults. The addiction is male and female and crosses all classes, professional and educational boundaries. Ironically, heroin parents are a group of people across all these boundaries with a binding concern.

My daughter has been to Windana twice. She spent a prolonged period at Odyssey house. She has been on and off the Methodone program many times. Her doctor believes in harm minimisation. I paid for Naltrexone, I don't think she ever took it. She and her partner are still committed heroin users. Commitment is not always a desirable quality. Commitment can be the same as addiction.

Every avenue for helping current addicts and preventing new addicts has to be explored. It is good to trial new strategies. A trial means trying something and evaluating the outcome before the new strategy is accepted as legitimate. It is alarming to see a prominent politician on a current affairs program who can't comprehend the concept of a trial. It is not intelligent to reject a trial on the basis that there is not enough detail about the progress and outcome. A trial is about testing new ideas by refining processes and recording outcomes.

My daughter has never told me why, how or when she started using heroin, or any other drug. It took me a long time to accept that I do not have the right to this information. Although she relates to me as a rebellious and hostile child, she is an adult. Adults are entitled to respect and privacy whatever their life situation. I still want to know. I think it might help my healing and grieving process. I grieve for my little girl who has never stopped being my child. I would support any trial or initiative that would give me even a glimpse of my child the way she was.

SOUL SEARCHING

*I will find the courage,
I'll be brave and believe,
That all I have dreamt of,
I still can achieve.*

*I will cull all my demons,
Who mock and torment,
I'll trade them for angels,
Innocent and content.*

*I trust in my Angels,
To kiss better my soul,
To love and to guide me,
To make me feel whole.*

By Danielle 2003

"I am only one; but I am still one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do."
Helen Keller

Lighten Up for Christmas

As we hurtle at breakneck speed towards Christmas, the staff at FDH can be found sprawled across the floor, surrounded by pieces of coloured paper. No, they are not making Christmas decorations, nor have they collapsed into childhood escapism brought on by the pressure of deadlines amidst constant upheaval and change. It may be true that Angela is cutting out today and Ruth is colouring in, but in fact it's all part of the deadly serious process of getting this year's Annual Report to the printers on time. This year's Annual Report, which has last year's splendid success to live up to, will be different, in that it is a creative collaboration of enthusiastic players, inspired by Angela's creative departure from the norm in producing last year's colourful and profoundly meaningful publication. This year, Angela has become the midwife to a collaborative enterprise, which will probably haunt her dreams for weeks to come!

With the phone clocks still telling us that we have been at work for one hour less than we have been, little time for lunch and waste bins overflowing with sneezes, its amazing that the good humour of this wonderful team continues to thrive. No, you can't use the email at the moment, we're converting to broadband and everyone is upstairs checking their emails on the only computers still connected to the outside world! Can I use the scissors after you? Where's the glue stick?

As Christmas looms, I am probably not alone in a growing sense of dread concerning Christmas festivities. As a newly emptied empty-nester, I have not forgotten how impossible Christmas expectations of family peace and harmony have often led to disaster. I regard Christmas balefully as something that will somehow thrust a burden upon me of feeling responsible for magically transforming my family into a loving, caring, harmonious unity of joy and peace that will endure for a whole day! Fat chance! I tried announcing, last Christmas, that I had become a Pagan, and Christmas was cancelled from now on. But everyone just looked disgusted and said they were coming anyway. Maybe I could move to Tasmania?

Perhaps astrology can help?

Christmas Horoscope



Capricorn:

Its time to suspend being well organised and martyred. You'll enjoy yourself much

more if you let go and let someone else be responsible for a change!



Aquarius:

No point in trying to make sense of Christmas. It doesn't make

sense. Switch off your brain and experiment with your heart.



Pisces:

Don't drown under the weight of dreamy expectation. Stop

trying to swim upstream and learn to go with the flow.



Aries:

No point in telling you to think before you speak. Try taking a vow of silence this year.



Taurus:

Christmas is always your favourite time of year. License to indulge. Leave

enough cake for everyone to have their share.



Gemini:

Contrary to popular belief, you do not have to be busy and panicky to justify your existence. Let

your other half do the work and put your feet up. Sometimes less is more.



Cancer:

You can run but you can't hide at Christmas. Even your shell won't save you from

loneliness and isolation. Might as well wear your heart on your sleeve. When you're on thin ice, start tap dancing.



Leo:

Don't try to outshine the Christmas tree this year. You don't need

to be centre stage to have everyone enjoy your warm glow.



Virgo:

It doesn't matter how tidy the house is, tell them you love them, and let

the house get messy.



Libra:

Forget trying to find a balance at Christmas. Enjoy the too hot, too

much, too full. It's only once a year.



Scorpio:

That's a sting in your tail, not sting. Let your generosity of heart flow into

m Splash out on someone else.



Sagittarius:

Beware of overindulging. You could end up with a Saggi-hari-as!

Just as I reached under the seat to find my parachute and looked up for the oxygen mask to fall out of the ceiling, I realised I wasn't on an aeroplane, and when they invented Christmas, they forgot the life raft!

HOW TO MAKE YOUR OWN CHRISTMAS SURVIVAL KIT

1. Start with a Christmas Wish List
2. Write: "How to have" in front of each wish
3. Write an idea to try out, beside each wish.

WISHES

Lots of laughter.....Play silly board games
Tolerance.....Laugh at mistakes
Rest.....Easy menu, lots of delegating
Play.....Plan for garden/beach sports
Recognition.....Keep acknowledging everyone
Respect.....Value myself and others
Togetherness.....Sing together

List ideas to try out beside each wish.

When all else fails: My favourite exit line. "I value myself too much to listen to any more of this!"

Ruth

Our Nice Safe World

Sometimes our journey through life
Is marked by blissful ignorance
Seeing only
What lies directly in front
Things that coalesce
Reaffirming
Our nice safe world

Only to be shaken from comfort
By a depth of pain
So great
That it leaves trailing behind
An everlasting taint
Poisoning
Our nice safe world

The road you followed, which desired
To find respite from pain
Plumbed only
The depths, which lay below
Socially sanctioned practices
Challenging
Our nice safe world

And it seemed that no intervention
Could bring you back to us
Hopes dying
Of enfolding you safe within
A drug-free space
Deconstructing
Our nice safe world

All hopes of happy outcomes ended
When death wrenched you away
Inconsolable tears
Never gone, but always under
Every waking moment
Drowning
Our nice safe world

While you found the ultimate anodyne
Pain and longing inextricably bound
Takes residence
In me, once hoisted above
Now clearly understands
Craving
Our nice safe world

For Linda
Joanne Firman



OUR JOURNEY 08/10/04

As a mother enduring the turmoil of life with a heroin addicted son, I can only say one definite thing at this point in time and that is I still have a son who is alive. He has gone through many years playing all the tricks, survival games and attending court hearings a family could watch him go through. I have done everything I believe in my power to help my son. I have given the financial help, worry and anguish and still come out the other side a more educated, stronger person and am very fortunate to say I still have a son. His character is outgoing, likeable, creative, funny, well spoken, very well presented, attractive (model calibre), loyal, loving, family oriented but when he is unwell, I guess the only way to describe him is feral, sneaky, thieving, lying and unkempt.

We, as a family, have had personal belongings stolen, police at our door, shame, experienced failure, and feel as though we are people you wouldn't want to know. At the end of the day, we feel as though what we have done is all we know how to do, but all we want to know is how to make things better.

What I have done is not change, but developed strength through my decision to keep going and to appreciate my life. I don't want to stop the bus and get off.

I have met people through my journey and have drawn from them what options there are as a means to protect and re-build the ruins left by a family member during his time on drugs. I feel like an atom bomb has gone off and I have been left to clean up the rubble. Time in prison is most painful and shameful, but the prisons are full of people just like my son and behind each son is a family who are going through their own sadness and turmoil. Our emotions are devastated. We can't understand how he can do these things to his family that he loves. I am sad, but I am also angry and hurt. I don't understand why.

For me, the hardest thing is having weeks go by, right past your eyes and not hearing anything from my son. Then the phone rings and it is him. My heart flutters with joy and nervousness because of the uncertainty of the conversation and how it is going to unravel. I am, though, glad that I know he is alive.

I want to tell the world that he is alive but I don't because I have built big, brick walls around myself, because I don't want to be hurt again.

I have made a choice that there is no longer any room in my life for danger and hurtful choices to come in. I know in my soul that I wouldn't change anything I have done with and for my son, because I know I have done the best I could with what I have and to this day, despite everything, my son is still alive.

I love my son and I know he loves his family. He may be taking a different road but he is still alive, and whilst he is, there is HOPE.

It's not how low you fall.
It's how high you climb up.

We need to encourage each other because we can relate.
We need to hope to see it through.
We need to love in our hearts enough to keep going.

Mother

"The longer I live, the more I realise the impact of attitude on life. Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company..... a home.....

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.....

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you..... we are in charge of our attitudes."

Charles Swandell

My Story

Until over a year ago my life was a mess. It's clear to me now, in my second year of recovery, just how bad it really was. The last ten years of my life have been consumed solely by drugs. The lifestyle I was leading was not only affecting me, it was having a huge impact on those who loved me. I was only ever aware of, or in touch with, my own pain and saw only what I was going through. My world revolved around when and how I'd get my next fix. I thought of nothing or no one else. It seemed as though nearly every living moment was spent scamming, scoring, or using.

Needless to say my habit rapidly grew, so did my desperation. I still carry feelings of shame and guilt for things I did out of desperation. The pain of withdrawal was something I'd avoid at any cost. Inevitably I lost the company and trust of those around me. The strong morals and healthy values I was brought up with and believed in were gone, along with my conscience and dignity. I loved the people I was hurting, but sadly, feeding my addiction had become my top priority.

I'd been living like this for so long that I started to just accept it as my way of life. I thought that no one really expected much more from me, so why should I? I convinced myself, without a doubt, that I was living how I was destined to live, and this was who I was. I wondered after so much water under the bridge and so much damage done if people would ever believe that I could change.

Suicide was something I thought about a

lot, but it was never an option. My family deserved better than that. I knew that if I ended it then and there that I would be remembered as the person I was in the depths of my addiction, the person I was so ashamed to be. I could no longer live with myself, settling for less than I knew I was worth.

It was then that I knew things had to change.

To continue living how I was just wasn't an option. Physically and emotionally I was exhausted. I wanted to carry more than guilt and shame. I wanted to feel proud of who I was and achieve things. I wanted to be reliable and trustworthy and to be given responsibility. I wanted a purpose and a place in the world. I desperately just wanted to be happy again.

I had experienced detox units and rehabs in the past with one significant difference; I was doing it for myself this time. I was ready to face it head on; I had nothing to lose and everything to gain. This was my chance to show myself and those around me that I was much more than my behaviour. A chance few addicts get. When I knew I had nothing left but a lot of time alone it forced me to look inward, to really see who I was. I'd avoided myself for so long. Buried beneath my troubled exterior I found the person I've always known existed, the same person I denied myself being all this time. Looking back, I think that was because that person knew right from wrong and had a conscience and having a conscience meant feeling. If I ever wanted to be rid of the shame I lived with, or be able to hold my head up again, I needed to take responsibility for the things I'd done and the people I'd hurt.

Now eighteen months later I've come

further than I'd thought possible. I believed in my self-discovered worth and that was enough to fuel me. It has been a lot of hard work, but I believe that anything worthwhile takes effort. I've also discovered that anything that takes effort and perseverance has lasting rewards. In the time that I've been drug free my life has taken a whole new direction. It feels wonderful to exist in a new world, a world I have created for myself.

My life is now starting to resemble one that I previously thought impossible. All the things I envied other people for having are now becoming my own, things like independence and self worth. I remember my biggest wish at the start of my recovery was for everyone to see me differently, for them to see past my mistakes and forgive me. As I progressed through my recovery I realised that it was me that needed to see me differently, to see past my mistakes and to forgive myself.

All I have experienced in my years of addiction has contributed to who I am today. I say contributed because it doesn't define who I am, only what I've experienced. Although it was a very difficult and painful part of my life it has strengthened me in so many ways and taught me so many lessons. It's a part of my life that has now passed so I leave it behind me and take with me all I've learnt. I'm comfortable saying I'm proud of how far I've come in the time I've had. At the end of the day I'm confident that I'll be able to survive anything that life may throw at me.

(For mum and her enduring belief in me.)

- Anonymous 2004

MAGICAL MYSTERY TOUR

When I was asked to write "a few lines" about the Magical Mystery Tour it was not a good time for me. As I thought about it, my memories of the day were like a diary - times, places, events, people. Slowly these memories rekindled my feelings and I can sincerely say that the experience sits high on my carpe diem list.

Even though it was raining on Saturday 23 October, as a "volly" on the big red Party Bus for the Magical Mystery Tour, the clouds over my world blew away and the sun shone through. I was pampered,

transported, entranced, entertained, enlightened, wined and dined, and all in the company of my dedicated "volly" colleagues.

A lady wearing a magnificent feathered headpiece with a gentleman in a frock coat took great care of us. As well as attending to our needs, they took us to Aladdin's caves in my home town where we met inspirational people and saw wondrous things. I saw places that I had taken for granted in a completely different light. I met people who inspire me by their dedication to their passions.

It was indeed a magical tour. It was like stepping through Alice's looking glass and leaving my usual daily

News From the Groups

- Mt Evelyn Group Stepping out and Jumping In. Mt Evelyn members joined in the risky business of taking laughing seriously at the "Power of Play" laughter workshop. "It was fantastic! One of the best sessions I've ever been to," says Marg, Mt. Evelyn's Support Group Leader. "Imagine! At 9.30 on a Saturday morning, a diverse group of strangers playing and laughing together! The group is still talking about it. It was very impressive. As a step towards reclaiming your own life, the workshop was an invaluable experience that demonstrated tools for improving your quality of life."

- Surprise Benefits for Support Group Leaders. Involvement in a collaborative theatre project to be performed in March 2005, has been the unexpected outcome for Marg, of leading the Mt Evelyn Support Group. Attending a Community Leadership Program run by the Yarra Ranges Shire, led to a partnership with the community Development and Project Officers, in collaboration with Jim, leader of Ringwood Support Group, to create a series of snapshot, short scenarios of family stories. Siblings and other family members are becoming involved as actors and production team, and the Shire will be making a video of the production. "Its great fun and all a positive consequence of undertaking the Family Support Leader's role. Who'd have thought it would lead to this?" Contact Marg for performance times on 9737 0799.

In further news from Mt Evelyn, in addition to the regular weekly meetings, a six-eight week structured course delivered by Alliance on Monday evenings has been running, training members in understanding Family Alcohol and Other Drug Processes.

- Facilitators Networking and Training Day. Support Group leaders from Ringwood, Frankston, Elwood, Melton, Balwyn, Moorabbin and Mt Evelyn met at FDH for a great day exchanging information and learning from each other. Due to the success of the day, we are planning to continue running similar sessions in 2005, which will be open to any support group members with an interest in facilitating groups. A weekend workshop will also be scheduled for non-metropolitan support group facilitators, and other leaders who can't access daytime workshops.

- Good News from Seymour. Seymour Family and Friends Support Group will be restarting after being in recess. We're aiming for a February re-opening at a new venue, so please contact Marie on 5799 2731 if you are interested in attending the group, or if you can help with advertising the 2005 launch.

- Inner South Parents and Friends. People who are interested in Mental Illness issues can attend these meetings, which are held once a month with guest speakers delivering information on a variety of topics. The meetings are held at 67, Argyle St., St Kilda on the 2nd Tuesday of the month. Call 9508 4723 for more details.

- Up and Coming in Castlemaine. Fourteen counsellors from the AOD field met with Ruth and Alan in Castlemaine for a Family Drug Help training day, to explore the impact of AOD on family members. It was heart warming to experience the depth and breadth of understanding within the group, of the issues that families are dealing with. There was strong support for setting up a Castlemaine Family Support Group with recognition of the hurdles facing rural families in attending groups, such as confidentiality, anonymity and transport. Please call Ruth at FDH if you are interested in supporting the launch of this group in 2005, or if you are interested in being a member. Phone: 9573 1777.



chores, routines and left brain life behind to be rejuvenated by the sight and feel of new textures and colours, the experience of new spaces and old collectables, and being humbled before gigantic effort.



Thank you FDH for all the organisation which was a spectacular success. What a wonderful way to be a FDH volley. Willy Wonker you never had it so good in the Chocolate Factory.

Seminars/ courses/ interesting things on...

Fun events....

Be StreetSmart- Dine Out... Help Out
15 November- 24 December 2004
By dining out, you can help Melbourne's homeless...
Info: Anne 9836 1926 or
www.streetsmartaustralia.org

Gaslight Night Market at Queen
Victoria Market
24 November 2004- 23 February 2005
Every Wednesday night except 29/12
from 5.30-10pm
Info: 9320 5822 or www.qvm.com.au

12-19 December 2004
Melbourne Women's International
Jazz Festival
Info: www.bennettslane.com

On the Wagon Week
6-13th February 2005
Abstain from alcohol for a week and
donate the saved money to Odyssey
House
Info: www.odyssey.org.au

Pottery Expo in Warrandyte
26-27 February 2005
163 Yarra Street
Warrandyte 3113
Info: 9844 2337 or
www.potteryexpo.com

Alcohol and Other Drugs Events and Information...

Due to the impending holiday season,
things are pretty quiet in this neck of the
woods...but....

www.druginfo.adf.org.au - has a new
online dual diagnosis resource library

"Thinking Drinking: Achieving Cultural
Change by 2020"
Rydges Melbourne
21-23 February 2005
Info: 9278 8137

"Let us not look back in anger or forward in fear, but around in awareness" James Thurber

Free Training for Support Group Facilitators will be provided by Family Drug Help in Glenhuntly in 2005.
Professional and Peer Facilitators are welcome, as are Support Group members who have an interest in becoming facilitators.
Call Ruth on 9573 1777 if you would like to be informed of these training and networking opportunities.

VOLUNTEERING

Peer Support Volunteers within Family Drug Help (FDH) all have personal experience of another's drug use within their own family or friendship group. This experience helps the volunteer gain an understanding of the needs of people seeking support from the service, who are primarily the families of people with issues around drug use.

Volunteer roles include management of resources (services and information), newsletter production, answering calls on the Helpline, and database management and entry.

FDH is currently recruiting additional Peer Support Volunteers for our telephone Helpline and is looking to attract people who are committed to their own personal growth, with a willingness to address their personal issues arising from their relationship with someone whose drug use is problematic.

Successful applicants will begin training on April 27th and complete the 50 hour training course on 30 May, 2005. For further information contact Anne Rosewood on 9573 1702, or arosewood@sharc.org.au

"Why Can't They Just Stop?" To order a free copy call **1300 660 068**.

For bulk prices and orders, also call 1300 660 068

Please put me on the Family Drug Help Mailing List

Name:

Organisation:..... Email:.....

Address:.....

Suburb:..... State:..... Postcode:.....

Send back to Ruth Nolan Coordinator Network and Information Services
Family Drug Help 1242 Glenhuntly Rd Glenhuntly 3163

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