Your Sibling and Treatment

Bros &Sis

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There are a wide variety of treatment options available for people dealing with addiction. Sometimes it's hard to know where to go to get help. The following is a summary of some of the different types of treatment your brother or sister may be considering.

Before you begin, remember you can't force your brother or sister to change or seek treatment.
It's not up to you, and it will probably only work if they genuinely want treatment.

In-patient Treatment
Lasts from a few weeks to more than 6 months
You don't need to transport them to and from treatment
Provides around-the-clock supervision and professional help for managing your brother or sister's medical and mental health issues
Before your brother or sister is accepted to this type of high-maintenance treatment, various assessments must be conducted.
Is appropriate for people who live in disruptive environments, have difficult work situations, are at risk for life threatening withdrawal symptoms, or require care for additional medical or mental health issues.

Residential Programs
Your brother or sister lives at the clinic, which offers many treatment services
Often have phases of treatment with different expectations and activities during each phase e.g. during the first phase your brother or sister's contact with the family may be limited.
In a later phase, your brother or sister may be able to start working again, going "home" to the facility every evening. They must also know and understand the program rules and expectations.

Partial hospitalisation or day treatment
Live at home whilst attending 4-8 hours of treatment per day
Programs usually last for at least 3 months and work best for people who have a stable, supportive home environment.

Outpatient Program
May range from counselling once or twice a week to a single all-day or evening program
Allows clients to keep up family and social relationships while receiving treatment
Typically costs less than inpatient treatment

Intensive Outpatient Treatment
Require a person to attend 9 to 20 hours of treatment activities per week.
Can last from about two months to a year
Your brother or sister will do well in this type of program if he/she is willing to attend counselling sessions regularly, have supportive friends or family members, have a place to live, and have some form of transportation to get to treatment session

Medication
Many programs use medications, like methadone, to help in the treatment process. Although no medications cure dependence on drugs or alcohol, some do help people stay abstinent and can be lifesaving. You could see your GP to discuss the various options

What happens in a treatment program?
Assessment: assessment of your brother or sister's individual needs
Medical Care: medical care typically includes screening and treatment for HIV/AIDS, hepatitis, tuberculosis, and women's health issues.
A treatment plan: a plan is written to guide treatment. This includes your brother or sister's goals.

Where to go from here
If you want to discuss this with someone further, call DirectLine/ADIS on 1800 888 236 or Family Drug Help on 1300 660 068. They can hook you up with a few services. You could also try seeing your GP.

Product of the Sibling Online Support programme at Family Drug Help
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