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NEWS RELEASE

New home detox program launched on the Gold Coast, changing lives

A new pilot program to help local residents struggling with alcohol and drug (AOD) addiction in the comfort of their own homes has been launched on the Gold Coast and has already been credited with being a life changer for participants.

The QuIHN Community Withdrawal (Detox at Home) Program, jointly funded through Gold Coast Primary Health Network and QuIHN, provides a comprehensive treatment and support service for people with an AOD addiction.

Individuals are supported to withdraw from a range of substances in the privacy of their own homes, with the support of specialist AOD clinical staff, family and support persons.

Gold Coast Primary Health Network CEO, Matt Carrodus, said the Gold Coast had a higher than national average use of alcohol and illicit drugs, with the increasing prevalence of methamphetamines and escalating misuse of alcohol and cannabis in young people, particularly during COVID-19.

“With a number of AOD services on the Gold Coast at capacity, and the difficulty for many people to access residential services due to family or work commitments, this program provides more accessible options for people with symptoms of AOD withdrawal,” Mr Carrodus said.

QuIHN CEO Geoff Davey said for people in the Gold Coast seeking to withdraw from alcohol and/or drugs, this service will allow them to do so safely in the community.

“While remaining in their own home and by utilising a nurse practitioner-led model of care, it will ensure that the person receives holistic care throughout their journey,” Mr Davey said.

And it is already having life-changing results.

One participant said before joining the program she was struggling with anxiety and self-medicating with alcohol and felt overwhelmed.

“I trusted the team fully and just handed my life over to this, it was a relief to just have someone helping me through all of this and say what I needed and when I needed it,” she said. “I have continued not to drink, my anxiety has dropped, clearer mind, I can now make decisions, so much more motivated, I can now show up with a clear mindset and able to enjoy my time with my kids now, with lowered stress.”

Another participant who said he was drinking to excess daily and smoking too much weed, was supported through an understanding team who linked him to support networks and services.

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“My mindset has improved, and I am more motivated. I am now sober and have clarity.”

Another participant said he was drinking a bottle of Scotch a day and is now down to a few drinks per week. He highly recommends the program.

“They guided me through the whole way and I had great support both at QuIHN and at home with my wife.”

To access the program, participants can self-refer, or can be referred by their GP, health professional, AOD services, Gold Coast Health, child protection agencies, Aboriginal and mental health services, NGOs and residential rehabilitation.

Details are available at:

<https://gcphn.org.au/commissionedservices/quihn-community-withdrawal-program>

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MEDIA CONTACT: GCPHN Communications Manager: Christine Bain, 0417 779 345