

## **THE GOLD COAST DRUG COUNCIL INC.**

The Gold Coast Drug Council Inc., also known locally as Mirikai (formerly the Drug Referral Centre), is a registered charitable institution. It was established in 1971 as the first alcohol and drug service on the Gold Coast and received a land grant from the Gold Coast City Council in 1981 to develop services in West Burleigh. Since that time we have developed into a centre for education, prevention, assessment, referral and detoxification.

In addition to the Mirikai ("place of peace"), Therapeutic Community Program, we offer a growing number of programs, such as the Drug Court, QIDDI, Youth Outreach service, Family Therapy service and OASIS supported accommodation program. In recent years we have developed a specialist clinical team to manage and treat clients with both addictions and mental health disorders (referred to as "dual diagnosis"). We continue to review and develop our services to meet new needs.

The Gold Coast Drug Council also provides a 24 hour telephone information and referral service for people wanting assistance to address drug-related problems. We handle thousands of telephone calls and enquiries each year.

The Gold Coast Drug Council has been quality accredited by the Institute of Healthy Communities Association since 2001.

## **Early Birds Support Group**

This service supports people in the early stages of recovery from drug addiction. It is designed to provide a regular service to members of the community who need assistance with long-term drug use. The aim is to address and reduce the immediate and long-term personal and social impact of drug use.

### **Who?**

Clients can access the service from across the community. Clients can be referred from a range of sources, including health, welfare, community organizations or may self-refer.

Clients should phone our Receptionist/ Advice Worker on (07) 5535 4302 to make enquiries about accessing the service.

### **How?**

All clients are assessed by counsellors prior to attending. This assessment includes a brief history of the client, their reason for seeking treatment, current drug use and any past or current psychiatric or therapeutic history. Assessments normally take place from 4.30-6.00pm weekdays.

The service is based on a harm minimisation model, facilitated by an outclient counsellor. It offers the opportunity for clients to express their problems and feelings in a supportive, confidential and non-judgemental environment.

The group takes place on a weekly basis from 4.30pm to 6.00pm.

A complementary group for families and friends of those with drug and alcohol problems is also available (see Family & Friends Support Group).

We also offer a supervised Urine Testing service (a current Medicare Card is essential). For more details on either of these services please contact our Receptionist/Advice Worker on (07) 5535 4302.

### **Rules?**

Out-clients attending this group are required to comply with the following rules:

- clients may not attend an outclient group if they are under the influence of a drug/substance, including alcohol. Should this occur they will be asked to leave the group,
- if any members of the group (irrespective of whether they currently use a substance) engage members of the group in conversation about their past or present behaviour (e.g. where they buy drugs), they will be asked to leave the group. This is called "neg-raving" and is considered to be a destructive behaviour in terms of recovery,
- when clients first arrive at Mirikai for an outclient group (particularly if they currently use a substance), they are asked to remain in reception until the group begins and leave as soon as the group ends,
- clients must not to engage in conversation with current residents of the Mirikai Therapeutic Community Program. Should they be seen doing this they will be asked to leave the property.

### **Where?**

The Group takes place at the Gold Coast Drug Council, 191 West Burleigh Road, Burleigh Heads, Qld (See Map).

### **Cost?**

This program is free of charge to clients.

