

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 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.

STOP POT

The Stop Pot course is an educational and supportive group for current cannabis users.

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?

On average, ten people attend "Stop Pot", so the group is quite small, allowing participants to interact and develop social support within the group. The groups are sequential i.e. they follow on from one another, so participants need to attend all the sessions in each program. Each session lasts about two hours.

Group topics include:

- assessment, motivational work, behavioural monitoring,
- triggers/urges, planning to quit, social support, withdrawal,
- basics of CBT techniques specific to cannabis,
- cognitive restructuring-cannabis, review withdrawal, skills (anger, assertion),
- relapse prevention.

Approximately every three months, participants from each "Stop Pot" course have the opportunity to "Catch-Up" with fellow group participants and participants from previous or subsequent groups.

The course takes place on a weekly basis from 6.00-8.00pm running for 5 weeks.

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 behavior (e.g. where they buy drugs), they will be asked to leave the group. This is called "negraving" and is considered to be a destructive behavior 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 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 course takes place at the Gold Coast Drug Council, 191 West Burleigh Road, Burleigh Heads, Qld (See Map).

Cost?

This course normally costs \$15, with health card holders free of charge.

