

## 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 Personal Support Program (PSP), Drug Court, QIDDI, Youth Outreach service, Family Therapy service and OASIS supported accommodation programme. 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 6.30pm to 8.30 pm 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 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 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.

# PROGRAMS & SERVICES

## RESIDENTIAL PROGRAMS

### Mirikai Therapeutic Community Program

#### Outreach Accommodation Support and Integrated Services (OASIS)

#### Drug Court Program

#### Drug Court Supported Accommodation Program (MISO)

## OUT-CLIENT PROGRAMS

### Personal Support Program (PSP)

#### Drug Court Day Therapeutic Community Program

#### Queensland Illicit Drug Diversion Initiative (QIDDI)

#### Youth Outreach Program

#### DRASTIC Program

### Youth Dual Diagnosis Support Program

#### Family Therapy Program

## OUT-CLIENT SERVICES

### Family & Friends Support Group

### Earlybirds Support Group

### Stop Pot

### Supervised Urinary Testing (UT)

## HEALTH EDUCATION

### Drug Awareness Course

#### HOW TO GET HERE:

Surfside Bus Lines run from Pacific Fair to West Burleigh Shopping Centre on Route Number 4 departing at:

<u>Morning</u>	<u>Afternoon:</u>
8:54 9:54 10:54 11:45 12:54	1:54 3:00 3:40

Surfside Bus Lines run from the Pines Shopping Centre to West Burleigh Shopping Centre on Route Number 757 departing at:

<u>Morning</u>	<u>Afternoon</u>
8:29 9:29 10:29 11:29 12:29	1:29 2:29 3:29

#### HOW TO LEAVE HERE:

Surfside Bus Lines run from West Burleigh Shopping Town to Pacific Fair on Route Number 4 departing at:

<u>Morning</u>	<u>Afternoon</u>
7:55 8:55 9:45 10:45 11:45 12:45	1:45 2:55

Surfside Bus Lines run from West Burleigh Shopping Town to the Pines Shopping Centre on Route Number 757 departing at:

<u>Morning</u>	<u>Afternoon</u>
8:34 9:32 10:32 11:32 12:32	1:32 2:32 3:32

For additional times and routes, please phone **TRANSINFO** on **131230**, or visit the web site at [www.translink.com.au](http://www.translink.com.au).

# STOP POT

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