

HAS YOUR LIFE BECOME UNMANAGEABLE BECAUSE OF YOUR DRUG OR ALCOHOL USE?

You have taken the first and biggest step in your journey towards recovery. This isn't an easy thing to do. We are here to assist you to achieve your goals around your drug or alcohol use using a wide range of services. If there is anything at all that you are unsure of or have questions about during your time with us, please don't be afraid to ask. We are here to listen and support you. We provide a non-judgemental service that is focused on your needs and goals.

ARE YOU CONCERNED ABOUT SOMEONE ELSE'S DRUG OR ALCOHOL USE?

You may have approached us for support around someone else's drug or alcohol use. We believe that the families, carers and friends of people affected by drugs and alcohol are equally important and in need of support and understanding. We can provide you with a range of confidential services to make positive changes to your own life and equip you with the tools you need to move forward.

WHERE DO YOU START?

Ring our confidential telephone number on 0333 999 3577 and we will assess your needs and refer you to the appropriate area of the service. We are able to provide you with a peer mentor who has been through treatment to welcome you into the service. Please ask about this service when you contact us.

CASE STUDY: BRUCE

My life has changed so much since I became sober. It's changed my well-being, health and my relationship with my partner Tracy. My confidence has grown. When I was drinking I wouldn't do anything or go anywhere. Now I volunteer at The Hub and I'm doing courses to improve my reading and writing. I've just completed my ILM Level 1. I would never have dreamed of doing something like this when I was drinking. I used to sit on my sofa watching tv and getting drunk. I never realised there was a world outside my front door.

By asking for support and going through treatment I have gained a brand new relationship with my family. They didn't want to know me before I became sober. I now have friends who don't drink and who want to be my friend and not just a drinking partner. I have one friend who has supported me in my recovery and who I look up to. He's the one that told me 'there's life beyond your front door'. I've found that life and I love it.



To find out where GDAS is working near you please get in touch via the single point of contact telephone number on:

0333 999 3577

INFO@GDAS.WALES

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GDAS

**GWENT DRUG AND
ALCOHOL SERVICE**

SERVICE USER INFORMATION LEAFLET



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GDAS SERVICE:

GDAS consists of 3 service elements: Engagement, Active Treatment and Recovery. These elements interlink and you can enter any element at any time depending on your needs. GDAS operates from a wide variety of local bases throughout Gwent. We also operate within community venues and offer an outreach service.

GDAS PROVIDES SUPPORT FOR THE FOLLOWING SUBSTANCES:

- Alcohol
- Illicit drugs (Heroin, Cocaine, Crack, Amphetamines etc)
- Legal Highs & New Psychoactive Substances
- Solvents
- Prescription drugs
- Steroid and image enhancing drugs

FAMILY & CARER SUPPORT

This service provides support for families, carers and friends of people affected by drugs and alcohol. We offer the following;

- PACT - Parent & Carers training
- Brief interventions, harm reduction and self help resources
- Structured counselling
- Mutual aid (SMART recovery for family and friends)
- Case management
- Access to health promotion and diversionary activities

ENGAGEMENT:

You will be assessed in this service with immediate brief interventions offered if needed. We can also provide you with the following:

- Harm reduction advice and Naloxone
- Home visits
- Needle Exchange and
- Health Promotion
- Self-help resources

ACTIVE TREATMENT:

You will be offered structured support to assist you to reduce or stop your use of drugs and alcohol. We can also provide the following;

- Substitute prescribing for opiate users
- Alcohol Detox
- Relapse Prevention Medication including Antabuse and Naltrexone
- Peer support
- Blood borne virus testing and vaccination
- Diversionary Activities & Volunteering programmes
- Complementary therapies including acupuncture
- Service user and mutual aid groups

RECOVERY

This service provides essential recovery-based support, groups and activities to assist you to re-integrate back into your community. You can access the following;

- Detoxification support and aftercare
- Structured day care programmes and diversionary activities
- Volunteering programmes and peer mentoring
- Service user and mutual aid groups
- Weekend and evening social activities
- Residential rehab referral and aftercare
- Self-help resources

CASE STUDY: JO (FAMILY MEMBER)

When we were aware of my daughter using, it became apparent very rapidly. She fell hard and she fell fast. She lost her home. She was in debt. Social services were involved. She plummeted in a space of a year and she lost everything. I feared that there would be a knock at the door from the Police to say she was in a gutter somewhere.

The biggest thing for me was that it felt like living with Jekyll & Hyde - you never knew from one day to the next the person who you were going to be faced with. One day it would be my daughter and the next she would be someone else. That time was awful. You want to try and fix things and make it better but sometimes you have to accept that you can't. At times it was too much, I asked myself "How many times do we need to go through this before things change?"

It's been a journey for both of us and I don't want to glamourise it but it has brought us closer together. She went on to rehab and has come to terms with her defensiveness and anger and knows how to deal with it.

The support of friends and family and engaging with GDAS families service has shown me how I can be supportive and has taught me the tools I need to cope. It has taught both of us how to communicate. I would highly recommend engaging with services as it made me feel less isolated because I knew there were other people out there dealing with it.

