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**ODYSSEY**  
changing lives

# TIME FOR A CHANGE

**WORKBOOK ONE:**  
Preparing for residential treatment

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## Welcome

It is great that you are thinking about making changes in your life.

There are lots of possibilities out there, and taking steps to unleash your potential can be really exciting.

Taking those first steps can also be scary. But you don't have to do it alone.

Change is possible, especially when you have the right support around you – to help you learn new skills and keep focused when the going gets tough.

This workbook is designed to help you get ready for your residential stay, so you can get the most out of it.

Over the next few pages, you'll get a chance to think about how it might work for you, and what you need to do to get ready for your stay with us.

You can work through this workbook by yourself, or with others – like a supportive friend or your drug and alcohol practitioner.

## Why is it so hard to quit?

There are many reasons why it's so hard to give up alcohol and other drugs.

Repeated drug use can cause changes in the brain and affects how people feel, think, and act.

Repeated drug use can also affect us socially. Many young people speak about being so caught up in it that they don't have time to take a step back and think about things, or see the bigger picture. They often become less involved in other activities, and have less people in their lives who provide **real** support for them.

Another common reason are the social changes that come with repeated drug use. Many young people speak about being so caught up in it that they don't have time to take a step back and think about things, or see the bigger picture. This also often means that people have become less involved in other activities, and have less people in their lives who provide real support for them.

Making changes can be as much about changing the way we live our lives, who we connect with and the activities we do, as it is about changing the substances we use.



## Your Current Situation

The first step in preparing well for residential treatment is to take some time to think about what is happening in your life at the moment.

Living with a lot of other people, who are all making changes at the same time, is a great experience. But it can also be a little overwhelming. Spending some time to think about what is important to you now, can help you feel more comfortable when you first arrive.

The following questions will help you get a clear picture of your life at the moment.

Have a go at filling them in. It's OK if you can't think of the answer straight away.

Take the time you need, and ask people who are close to you what they think.

You might be surprised by what they tell you.

### What is important to you?

Hint: Think about your values. Some common answers are: feeling cared for; learning skills to take care of myself; and feeling like I am part of a family.

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(turn the page to continue)



## Is it time to think about residential treatment?

These questions may help you work out if coming to stay with us could be right for you.

Is it time to think about residential treatment?	Yes	No
Do you think about drugs a lot?	<input type="radio"/>	<input type="radio"/>
Have you ever tried to stop or cut down on your drug usage but couldn't?	<input type="radio"/>	<input type="radio"/>
Have you ever thought you couldn't fit in or have a good time without the use of drugs?	<input type="radio"/>	<input type="radio"/>
Do you ever use drugs because you are upset or angry at other people?	<input type="radio"/>	<input type="radio"/>
Have you ever used a drug without knowing what it was, or what it would do to you?	<input type="radio"/>	<input type="radio"/>
Have you ever taken one drug to get over the effects of another?	<input type="radio"/>	<input type="radio"/>
Have you ever made mistakes at school, or in a job, because you were using drugs?	<input type="radio"/>	<input type="radio"/>
Does the thought of running out of drugs scare you?	<input type="radio"/>	<input type="radio"/>
Have you ever stolen drugs or stolen to pay for drugs?	<input type="radio"/>	<input type="radio"/>
Have you ever been arrested, or admitted to hospital because of your drug use?	<input type="radio"/>	<input type="radio"/>
Have you ever overdosed on drugs?	<input type="radio"/>	<input type="radio"/>

If the answer to some or all of these questions is yes, a residential stay may be a good option for you. People from all backgrounds can become addicted to things. Addiction can happen at any age, but it usually starts when a person is young.

# ABOUT RESIDENTIAL TREATMENT

**Our Odyssey youth residential programmes provide a safe place where young people can make changes in their lives. We work together to learn new skills, and help young people to be all they can be.**

## 10 things you need to know about our programme

### 1. Get involved!

You'll only get out as much as you put in. Speak to your key worker about all the opportunities that are available, and take advantage of them.

### 2. Timetables

We try to pack each day full of different things, because busy people are less likely to be bored, or to have cravings. A busy timetable also means that when you leave, you'll feel ready to fit into a work schedule.

### 3. Groups

These are times when we talk about different things that are going on for us, learn new skills, and practice the new skills we are learning.

### 4. Taking on responsibility

We help our young people practice taking on responsibility and keep the programme moving:

- a. Everyone has a role. And when you are ready you will too. You will get the chance to run meetings, to make sure everyone is where they are meant to be, or to teach others. You will also learn and practice practical skills for living in a house – like cooking, doing your own laundry, and gardening. It is a great time to learn skills that will help you to be independent in the future.
- b. We also have levels to help you progress through new skills. Each level has a different focus, with different skills needed to move up to the next level. Everyone moves up the levels at their own pace.

### 5. Individual education plans

Our teachers can help you think about what direction you might want to head in for your career, and can give you individual support to get there. You'll also have the opportunity to earn credits.

### 6. Outings

The timetable includes opportunities to get out of the house and visit different places. These outings aim to help practice the skills you are learning in a different environment. Sometimes you might get to try something that you haven't experienced before.

### 7. Smokefree

You won't be able to have cigarettes while you are living in the programme. But don't worry, we provide lots of support and nicotine replacement therapy if you need it.

### 8. A home-like environment

We want you to feel comfortable when you stay with us. There are no bars or locks to prevent people from leaving. However, leaving the grounds without prior approval may mean we are unable to keep a place for you in our residential programme.

### 9. Staying healthy

Your stay will include medical and psychiatric assessment and treatment. Medication will only be given when specified on a current prescription and if contained in a labelled pharmaceutical container.

### 10. An environment that supports change

This means we expect there to be no alcohol or non-prescription drugs, no violence or threats of violence, no sexual behaviour, and no stealing.

You can find out more about what to expect from residential treatment on pages 18 to 23





## What do you want to get out of a residential stay?

Before you come to stay with us, it is a good idea to have a think about what you would like to get out of your stay with us. You can then refer back to this as you go through your journey.

Below are some suggestions to help you get started – but feel free to add your own ideas:

- Either stopping, or cutting back how much you use – what is your most realistic option?
- Being able to get a job, or attend school or a course; improved attendance or grades
- Being able to have better relationships with family, friends, or employers
- Feeling healthier, e.g. sleeping better, no longer getting chest infections, better dental care
- No longer getting in trouble with the law or being in court
- Improved mental health, e.g. less anxiety, less anger, fewer mood swings, less depression.

### I hope my stay at Odyssey will help me:

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# GETTING READY FOR RESIDENTIAL TREATMENT

## Taking the first step

### Step One: Let us know you want to stay

Complete a referral form and give it to us. We can also take your details over the phone, or fill it in together if you prefer.

A completed referral form	✓ <input type="checkbox"/>
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### Step Two: Getting to know you

Once we've received your referral form, we will allocate your key worker, who might meet with you face-to-face or via a phone or video call. They will help you and your family prepare for coming to stay with us.

We will also need to collect some more information to help us provide the best possible support for you. This information includes:

An alcohol and other drug assessment by an alcohol and other drug practitioner. If you haven't got a current assessment to share with us, we can help you get one.	✓ <input type="checkbox"/>
Contact details for your support people and family/whānau	<input type="checkbox"/>
Details of any medical conditions, or medication that you use	<input type="checkbox"/>
Details of where you will live after you leave us	<input type="checkbox"/>

### Step Three: Getting a date to come and stay with us, and getting ready

Once we have all the information we need, we can start planning when you will come and stay with us.

The next few sections will help you get ready and make the most of this opportunity.

## What to focus on before your stay

### “We can do anything, but we can't do everything!”

In the table below, we've set out some of the things you need to do or get used to thinking about before you come stay with us. They're all about helping you feel as comfortable as you can when you stop using substances and start residential treatment.

### Think about goals you might like to set and put them in the table below.

Hint: You can talk to your Odyssey key worker about these, who will also help you to reach them. You may also like to talk about them with other supportive people.

What?	Why?	My goal is:
Reduce my alcohol and other drug use.	To make the withdrawal symptoms a bit easier (see more about withdrawal from page 30).	
Practice sticking to a timetable (see page 18).	This makes it easier to get used to the programme timetable when you come stay with us.	
Practice identifying what I am feeling, and using strategies to manage my feelings (see overleaf).	This makes it easier for you to be in control of your feelings and actions.	











and on the opposite page. Write down each member of your family/whānau and choose the level of involvement you want them to have:

## Family support

Everyone feels different about the kind of support they want from their family while they are living with us. We want you to be involved in deciding what will work best for you. So before you come to live with us, we will talk to you about this. We will also check it again with you when you arrive. To help think about what might work for you, have a go at filling in the table below and on the opposite page. Write down each member of your family/whānau and choose the level of involvement you want them to have: ✓ which applies to each family member

My family:	Supports me	Makes it harder
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●

The main person I want my Odyssey key-worker to speak to is:

.....

LEVEL OF INVOLVEMENT I WANT THEM TO HAVE				
They get told what I am doing	They get told how I am progressing	They get to know how they can help me	They come to family meetings	They work with me and my key-worker
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●

## What to bring

when packed ✓

Birth certificate	<input type="checkbox"/>
Any or all other personal identification that you may have, e.g. driver's licence, passport, community services card	<input type="checkbox"/>
Bank statement or printout from the bank, along with bank card	<input type="checkbox"/>
Copies of any recent school reports or records.	<input type="checkbox"/>
Up to ten changes of clothing. (Don't forget underwear, socks, something to sleep in, some clothes for outdoors, and something to keep warm)	<input type="checkbox"/>
Swimware (no bikinis)	<input type="checkbox"/>
Sensible footwear, including trainers (but not more than three pairs)	<input type="checkbox"/>

### Other things you might like to bring with you:

- A small amount of cosmetics (like moisturiser or make-up)
- Sunglasses
- You can bring a cellphone and music player, but you won't be able to use them until later in the programme.

### Medication

- If you are coming to Odyssey House Christchurch, please bring any prescribed medicine that you need. This is given to staff on arrival.
- If you are coming to Odyssey Auckland, your prescribed medication will be ready for you when you come in.

### Please do NOT bring the following:

- Drugs or alcohol
- Cigarettes or lighters (we can supply nicotine replacement therapy)
- Money or valuables
- Bedding, blankets or towels (these are provided)
- Toiletries, e.g. toothbrush, toothpaste, deodorant etc. (these are provided)
- Aerosols of any kind
- Gang affiliated colours and clothing.

### You might like to bring some things to personalise your room:

- Try to find things that will help you to be positive and motivated, and that will help you to feel comfortable and focused on what you want to achieve.
- Photos of people who care about you, or places that are important. (Please make sure there aren't any alcohol or other drugs in these photos – that would make it much harder to make changes!)
- Messages of support from people who care about you, inspirational quotes or artwork you have created.

### Please note

- There is a programme dress code – shoulders, midriff and thighs need to remain covered. Therefore, if you would like to bring skirts or singlets, you will also need leggings and other items to wear with these.
- There is limited space available for personal property, so any items or clothing other than those stated above may be sent home.

### Make a list of things you might like to bring to personalise your room:

.....

.....

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.....

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# WITHDRAWAL

After using alcohol and other drugs for a while, it is likely that you will experience some withdrawal symptoms when you stop. You might feel irritable, have difficulty sleeping, or have mood swings.

Many people experience withdrawal symptoms. It's the body's way of returning to a drug-free state. But withdrawal symptoms can be uncomfortable for some people, and can make it hard to cut down substance use.

Knowing what to expect, and having a plan of how you will deal with it as it happens, can be a big help to keep you on track.

## ALCOHOL – Withdrawal symptoms

Severity	Symptoms
<p><b>MILD</b> Tends to follow drinking less than 8 standard drinks a day</p>	<ul style="list-style-type: none"> <li>restlessness</li> <li>irritability</li> <li>anxiety</li> <li>agitation</li> <li>disturbed sleep</li> <li>intense dreams, nightmares</li> <li>cravings</li> </ul>
<p><b>MODERATE</b> Tends to follow drinking between 8 and 15 standard drinks a day</p>	<ul style="list-style-type: none"> <li>poor concentration</li> <li>poor memory and judgment</li> <li>sensitive to sound, light and touch</li> <li>shakes (tremor)</li> <li>faster heart rate</li> <li>high blood pressure</li> <li>no appetite (anorexia)</li> <li>nausea, vomiting</li> </ul>
<p><b>SEVERE</b> Tends to follow drinking more than 15 standard drinks a day</p>	<ul style="list-style-type: none"> <li>heavy sweating</li> <li>fever (hyperthermia)</li> <li>hallucinations e.g. electric fleas (formication)</li> <li>delusions</li> <li>seizures</li> <li>strange eye movements</li> <li>confusion</li> <li>disorientation</li> <li>loss of consciousness</li> </ul>

Source: Matua Raki. 2012. *Substance Withdrawal Management: Guidelines for addiction and allied practitioners*. Matua Raki, Wellington

## CANNABIS – Withdrawal symptoms

Severity	Symptoms
<b>MILD</b>	<ul style="list-style-type: none"> <li>• anxiety</li> <li>• irritability</li> <li>• restlessness</li> <li>• nervousness</li> <li>• agitation</li> </ul>
<b>MODERATE</b>	<ul style="list-style-type: none"> <li>• lack of ability to concentrate</li> <li>• low mood</li> <li>• sleep problems</li> <li>• nausea</li> <li>• lack of appetite</li> <li>• craving</li> </ul>
<b>SEVERE</b>	<ul style="list-style-type: none"> <li>• stomach pain</li> <li>• nightmares or intense dreams</li> <li>• anger</li> <li>• suicidal thoughts</li> <li>• headaches</li> <li>• vomiting</li> <li>• heavy sweating, chills</li> </ul>

Source: Matua Raki. 2012. *Substance Withdrawal Management: Guidelines for addiction and allied practitioners*. Matua Raki, Wellington.

## METHAMPHETAMINE – Withdrawal symptoms

Days Since Use	Symptoms
<b>1 – 3 DAYS</b> Common to most users	<b>Crash:</b> <ul style="list-style-type: none"> <li>• exhaustion</li> <li>• many hours sleeping</li> <li>• low mood/depression</li> </ul>
<b>2 – 10 DAYS</b> Common	<b>Withdrawal:</b> <ul style="list-style-type: none"> <li>• strong urges to use – cravings</li> <li>• mood swings – anxiety, irritability, feeling flat, drained, agitation, tearfulness</li> <li>• sleep problems</li> <li>• poor concentration</li> <li>• aches, pains and headaches</li> <li>• hunger, diarrhoea</li> <li>• paranoia</li> <li>• hallucinations (seeing or hearing things that aren't there)</li> </ul>
<b>7 – 28 DAYS</b>	<b>Most symptoms settle but people could still be having:</b> <ul style="list-style-type: none"> <li>• mood swings</li> <li>• depression</li> <li>• sleep problems</li> <li>• cravings</li> </ul>
<b>1 – 3 MONTHS</b> Sometimes much longer, after a longer time using heavily	<b>Over time:</b> <ul style="list-style-type: none"> <li>• sleep patterns improve</li> <li>• energy levels get better</li> <li>• mood settles</li> <li>• life slowly becomes enjoyable again</li> </ul>

Source: Matua Raki. 2012. *Substance Withdrawal Management: Guidelines for addiction and allied practitioners*. Matua Raki, Wellington



# MY WITHDRAWAL PLAN

I am going to start cutting down on: .....  
please select a date

I will cut down to: .....

### Tips for reducing use:

#### 1. Prepare your living environment

- Try to stay somewhere supportive
- Put the word around that you will be away for a while
- Tell people you are stopping using and ask them to keep away for a while.

#### 2. Find good support people

Let them know what you may go through. If they know what is going on, they can help when it gets hard. They can even screen phone calls or visitors for you so that you are speaking to people who will help you. They may even just be good for company so you don't get bored or lonely.

(List your support people on page 38).

#### 3. Eat healthy food

#### 4. Drink water

Try writing down the withdrawal symptoms you think you might expect in the table on the opposite page. Then write down how you can manage these.

Supplies I will need:																				
Things that can help with withdrawal:																				
Withdrawal symptoms I may experience:																				
Substances I have been using:																				

Things I will do to reward myself, relax, or refuel:

.....  
.....  
.....  
.....  
.....

Identifying my support people

These people will support me:

They can support me by:

Tick the box beside their name when you have spoken to them and they have agreed to help, then write the type of support they could provide, e.g. bringing meals, playing cards, listening.

.....	<input type="checkbox"/>	.....

I will avoid these people or places:

I am avoiding them because:

.....  
.....  
.....  
.....

Becoming smoke free

Our houses are smoke free. That means that while you are staying with us, you won't be able to smoke cigarettes. If you currently smoke tobacco, we can help you to cut back or stop before you come to stay with us. We can also help you with nicotine replacement therapy, like patches or lozenges.

Answer the questions below to help you decide what you would like to do:

How many cigarettes do you smoke each day? .....

How many can you cut this down to?.....

Remember the four Ds to help manage cravings as you reduce the number of cigarettes you smoke:

<b>DELAY</b>	Wait for a while, don't have that cigarette yet
<b>DRINK WATER</b>	Have a water bottle handy at all times and take a sip each time you feel a craving
<b>DEEP BREATHING</b>	Take a long slow breath in, breathe slowly out again. Repeat three times
<b>DISTRACT</b>	Do something else, distract yourself with exercise, cleaning, talking to someone, playing a game

## Sleep problems

Many people have difficulties sleeping during their teenage years, especially when they make changes with their alcohol and other drug use. After the initial crash, you may find it difficult to get to sleep and, when you do sleep, you may have broken nights with disturbing dreams or nightmares. This happens as your brain and body adjust to functioning without alcohol and/or other drugs.

It can take weeks for the return of normal sleep patterns, especially if you have been using heaps for a long period of time. During this time it is important to remember that sleep problems are normal in withdrawal and they will pass. This will be hard to remember on those nights when you get hardly any sleep, but eventually your body will demand sleep and you will sleep.



### Some tips to help you sleep better:

- Go to bed only when sleepy
- Keep your bed and bedroom just for sleeping, not for watching TV, talking on your phone, watching youtube or being on facebook
- If you don't fall asleep after 30 minutes, get up, go to another room and do something that does not require much concentration. Go back to bed when you feel sleepy... repeat as necessary till you fall asleep
- Get up at the same time every morning no matter how long you have slept. This will train your body to use the time in bed for sleep
- Don't nap during the day
- Don't allow yourself to fall asleep during relaxation exercises during the day, but do use them in bed to get to sleep at night
- Get some exercise during the day and get tired out; whatever you have enjoyed in the past will be easiest
- Rather than thinking and worrying in bed take time during the day to write down what's on your mind so that when you go to bed you can say to yourself, 'been there done that, it's time to sleep'. Repeat as needed
- Avoid coffee, caffeine drinks, energy drinks and cigarettes, especially at night, as they are all stimulants and will make it harder to get to sleep
- Hot drinks like chamomile tea, hot milk and some relaxing teas can help at night to get to sleep
- Health food shops have a range of natural products that may help you with relaxation and sleep.

Source: Matua Raki. 2012. *Substance Withdrawal Management: Guidelines for addiction and allied practitioners*. Matua Raki, Wellington.

## About the programme providers



### **Odyssey**

(09) 638 4957

[odyssey.org.nz](http://odyssey.org.nz)

Odyssey offers a range of residential and community-based programmes and services for adults and adolescents. We also help families with children. We can help with a variety of addiction issues, including: drugs; alcohol; gambling; and specialist help for people living with mental health issues alongside their addictions.



### **Odyssey House Christchurch**

(03) 358 2690 ext 719

[odysseychch.org.nz](http://odysseychch.org.nz)

Odyssey House Trust Christchurch provides therapeutic support and education to clients with drug and alcohol addictions. Our mission is to reduce the harm to the individual, family and community by reducing the long term effects of addiction.

### **Workbook 1: Preparing For Residential Treatment**

Is the first of four workbooks prepared by Odyssey and Odyssey House Christchurch to support participants in the National Youth Methamphetamine Treatment Programme.

#### **The *Time for a Change* series of workbooks also includes:**

Workbook 2: A home detox guide

Workbook 3: Supporting your young person (a workbook for families)

Workbook 4: Going home

This series was made possible through the combined efforts of the following people and groups:

#### **National Advisory Group**

**Ben Birks Ang**, Odyssey and New Zealand Drug Foundation

**Rachel Forrester**, Odyssey House Christchurch

**Andrew Buglass**, Odyssey House Christchurch

**Rochelle Brett**, Odyssey

**Kate Doswell**, Odyssey

**Tangi Noomotu**, Mirror HQ

**Debbie Christie**, Nelson Marlborough DHB Addictions Service

**Ashley Koning**, Matua Raki

**Michelle Fowler**, Werry Centre

**Jacqui Hampton**, CADS Altered High

## Other useful contact details

### Alcohol.org.nz (Health Promotion Agency)

[alcohol.org.nz](http://alcohol.org.nz)

### DrugHelp

[drughelp.org.nz](http://drughelp.org.nz)

### PotHelp

[pothelp.org.nz](http://pothelp.org.nz)

### The Alcohol and Drug Helpline

0800 787 797

## Other useful resources

### Alcohol and Your Health

A series of workbooks by the Health Promotion Agency (these can be found on [alcohol.org.nz](http://alcohol.org.nz))

- Concerned about someone's drinking
- Is your drinking okay?
- Cutting down
- Stopping drinking
- Maintaining the change

### PotHelp

A workbook to help you change your cannabis use (order the workbook and DVD at [pothelp.org.nz](http://pothelp.org.nz))

### MethHelp

Helping you change (order the workbook and DVD at [methhelp.org.nz](http://methhelp.org.nz))

### P\*\*d off

A guide for people trying to stop using Meth/P/Ice/Speed (download at [matuaraki.org.nz](http://matuaraki.org.nz))

National Youth Methamphetamine Treatment Programme

[odyssey.org.nz](http://odyssey.org.nz)  
[odysseychch.org.nz](http://odysseychch.org.nz)