

## Glossary of Terms

Please see below a short definition of some of the terms used in this directory. [Click here](#) for more information on any of the drugs or other substances included in this glossary.

### A Abstinence

Abstinence is the practice of **not doing or having something that is wanted** or enjoyable.

### Addiction Counsellors Ireland

The Addiction Counsellors of Ireland is a **professional association that accredits counsellors** working in the field of addiction. It acknowledges if a counsellor is specifically trained and experienced in the field. Accredited members are entitled to use Member Addiction Counsellors of Ireland (MACI) after their name.

### Addiction Studies

Addiction Studies usually involve the **study of drug and alcohol dependency** and addictive behaviours. Some of the commonly used therapeutic interventions may also be covered.

### Alcohol

Alcohol is also known as booze, drink, bevy, cans, etc. It comes in liquid form and acts as a **sedative** ('downer') and a **depressant** (slows brain function). **A standard drink**, called a **unit**, contains about 10g of pure alcohol. One unit of alcohol is contained in ½ pint of beer, lager or cider, a single measure of spirits, 1 alco-pop bottle or a small glass of wine. The **weekly safe limits** are **11 units for women** and **17 units for men**. Alcohol can take effect within 5 - 10 minutes and last for several hours, depending on the amount taken. It can exaggerate mood or make the person feel more relaxed. It also **slows reactions** and **affects coordination**. Other effects can include slurred speech, double vision, vomiting as well as aggressive or even violent behavior. **Long-term effects** include alcohol poisoning, black-outs, damage to the liver, heart, stomach, brain and other organs, family and social problems, depression and risk of suicide.

## Amphetamine

Amphetamine is also known as speed, amphetamine sulphate, uppers, etc. It is a **stimulant** or 'upper' that comes in the form of an **off-white or pinkish powder** or **tablet**. It can be **sniffed**, **swallowed** or **injected**. The crystal form of the drug, called methamphetamine, can be smoked. Base speed is purer and is a pinkish grey colour and feels like putty. It can be dabbed onto the gums or sniffed in lines like cocaine. It can also be rolled in cigarette paper and swallowed, mixed in drinks or injected. The drug begins to take effect after 20 minutes and lasts for 4-6 hours. **Short-term effects** include feelings of **exhilaration**, **increased energy** and confidence, little need for sleep or food as well as increased breathing, heart and blood pressure rates. The person may also experience a dry mouth, diarrhoea and need to urinate more often. Higher doses can cause sweating, headaches, teeth grinding and a racing heart. **Long-term physical effects** may include cravings, weight loss and itchy skin. **Psychological effects** may include mood swings, anxiety, depression, aggression, psychosis, paranoia and hallucinations.

## Assessment

An assessment is a number of **questions that are asked of a service user**. The information that the service user gives is used to **work out** what **his or her needs** are and which needs are most important.

## B Backpacking

Backpacking is a service provided by specially trained staff called outreach workers. They **provide sterile drug taking equipment** and take away used equipment. They may also provide information about safer ways to use drugs. Backpacking services arrange to **meet service users at certain locations**, for example at a service user's home. This type of service is useful for those who cannot travel to needle exchanges that are located in a fixed place, such as people living in rural areas.

## Behaviour Contracting

Behavioural Contracting uses a **set of rewards and punishments to support the client** to behave or respond in certain ways. These rewards and punishments are decided on by the client with their therapist and to be effective, should be meaningful and important for the client. Some studies suggest that the using positive rewards are more effective than punishments. This technique should be used as part of a treatment program that deals with all aspects of the person's substance misuse problem.

### Behavioural Couples Therapy

Behavioural Couples Therapy is used for clients who have an established relationship with a **drug free partner** who is **willing to engage their partner's treatment** for drug misuse. Evidence suggests that Behavioural Couples Therapy can be of benefit to individuals with a range of drug misuse problems

### Behavioural self control training

Behavioural Self-Control Training includes **behavioural techniques** such as **setting goals, keeping track** of progress, **managing** how much of a substance is taken and **giving rewards** when a goal is reached. It also involves analyzing situations where substance misuse occurs and learning new coping skills. This training can be directed with a therapist, who can gradually introduce new aspects of the training and assign homework tasks. It can also be directed without the use of a therapist by using a self-help manual or computer software.

### Benzodiazepines

Benzodiazepines are also known as benzos, jellies, sleepers, roofies, downers, etc. They are a **sedative** or 'downer' and are available as a **tablet, capsule, injection or suppository**. They are only legally available with a **GP prescription** and are taken to **reduce anxiety** or stress, encourage sleep or relax muscles. They are sometimes used to **ease the comedown from stimulant drugs** ('uppers') such as ecstasy, cocaine and speed or with other 'downer' drugs such as alcohol and heroin. Benzodiazepines take effect after 10 to 15 minutes and can last up to 6 hours. **Short term effects** may include drowsiness and confusion. **Long-term effects** may include short-term memory loss. They can lose their effect as 'sleeping pills' after two weeks of continuous use and to reduce anxiety after four months.

### Benzylpiperazine

Benzylpiperazine is also known as BZP, legal E, pep pills, herbal E and other names. It comes in **tablet or capsule** form which is swallowed. The effect can last for 4 to 6 hours and the person may feel **alert** or **euphoric**. Perception of taste, colour or music may be affected. **Long-term effects** may include irregular heart beat, rise in blood pressure, fainting, impotence and mild memory loss. Taking **high doses** may cause psychotic episodes or seizures.

### Brief Intervention

Brief Interventions normally consist of **one or two brief sessions** between 10 and 45 minutes. The focus is on **exploring** in a non-judgemental way any **mixed feelings** a person may have about changing their behaviour. They are usually carried out in drug and alcohol services but also offered in a range of other settings, for example in primary care services, hospitals, outpatient clinics, mental health services or community care settings.

### Buprenorphine/Naloxone

Buprenorphine/Naloxone is **prescribed** for the **treatment and prevention of withdrawals from heroin** and other opioids. Sometimes the drug is referred to by a brand name, for example Suboxone or Zubsolv. This type of treatment is called Opioid Substitution Treatment (OST) and takes place in drug treatment clinics or with specially trained GPs. OST can provide an opportunity for the drug user to stabilise their drug intake and lifestyle. It can also help reduce the risk of overdose, blood-borne infections and offending.

### C Cannabis

Cannabis is known by many different name including hash, hashish, blow, pot, marijuana, grass, weed, etc. **Herbal cannabis** (grass or weed) is made from the dried leaves and flowering parts of the female plant while **resin/hash** is a black/brown lump made from the resin of the plant. **Skunk** is a general term for stronger forms of cannabis that contain more THC, cannabis's active ingredient. Cannabis is **smoked** with tobacco in a joint, **inhaled** through a pipe or bong or used to make into **tea or food**. **Short-term effects** include feelings of happiness, hunger, increased pulse rate, lower blood pressure, bloodshot eyes, dry mouth and tiredness. **Long term use** may cause mental health issues such as poor memory, low mood, motivation and ability to learn. It can also lead to feelings of anxiety, paranoia, depression, psychosis and schizophrenia. It can cause damage to lungs, lower sperm count and cause difficulties with getting pregnant. Smoking hash has similar risks to smoking tobacco, that is, it may cause cancer and has similar risks for babies if smoked during pregnancy.

### Care Plan

A care plan is a **set of actions agreed between the service user and the service** and is developed by the service user with their key worker. It **sets out goals** to address the full range of needs that a service user may have and how they will be achieved. There are other issues (not just addiction) that can impact on a person's total health and well-being. Therefore, a care plan may take into account

other areas like physical and mental health, personal development, social and economic circumstances, education and others.

### Case Management

Case Management aims to **link clients with the right services** to address their needs. Some clients may need treatment or support from services outside of addiction, for example healthcare, mental health or social services. Case management provides the client with a **single point of contact** for each of these services and supports them to access them over an extended period of time and at all stages of the recovery process.

### Case Managers

The case manager is an **identified person** within a substance misuse service who **makes sure** that **all services providing care** or treatment for a service users are **working together** to achieve their goals. This person manages all communication between the different services and co-ordinates the care received by the service user. The case manager arranges regular reviews to see if the client is making progress and contact is made with the service user's key worker, all other agencies involved in their care and family members where appropriate. Case managers are also responsible for **resolving** or highlighting any **gaps in care** or blocks that are preventing the service user from achieving their goals.

### CE

The Community Employment (CE) programme is administered by the Department of Social Protection (DSP) and designed to **help long-term unemployed** and other **disadvantaged groups** to get **back to work**. It offers part-time and temporary placements in jobs based within local communities. After the placement, participants are encouraged to seek permanent part-time and full-time jobs elsewhere based on the experience and new skills they have gained.

### Child and Family Services

All children and family services formerly part of the HSE are now managed by the Child and Family Agency or Tusla. Tusla is now the dedicated State agency responsible for **improving wellbeing and outcomes for children**. For more information on Tusla services see <http://www.tusla.ie>

## CHKS – HAQU

CHKS (Comparative Health Knowledge System) develop and implement **accreditation systems for health facilities**. HAQU (Healthcare Accreditation and Quality Unit) is an operating division of CHKS Ltd that undertakes programmes of quality assurance and improvement for healthcare providers in the UK and elsewhere in the world. The leading principle of the programmes is that good quality care and service is best assured when there is a commitment to continuous improvement in the safety of patient care and experience.

## Clinical Governance

Clinical governance is a system that **supports healthcare teams to be accountable** for the quality, safety and patient experience of the care they deliver. This process involves setting out the clinical standards that will be delivered, showing how these standards will be measured and using these measurements to show whether the team has met these standards.

## Clinical Lead

A clinical lead provides expert **clinical advice and practical support** to addiction services and ensures that they reach national quality and safety standards.

## Cocaine

Cocaine is also known as snow, C, charlie, coke, rock, dust, or white. It is a strong but short acting **stimulant** drug or 'upper' which comes as a **white powder**. It is usually divided it into lines and **snorted** with a rolled up bank note or straw. It can also be **smoked** or made into a solution and **injected**. The effects of cocaine start quickly and last for up to 30 minutes. The person may feel more **alert, energetic**, exhilarated and confident with a sudden increase in heart rate. **Short term effects** may include hyperactivity, dry mouth, sweating, dehydration, loss of appetite and increased sex drive. **Higher doses** may cause feelings of anxiety and panic. **Long-term physical effects** may include tightness in the chest, insomnia, exhaustion, inability to relax and weight loss. The drugs may also cause damage to nose tissue if snorted, digestive disorders, nausea, kidney damage and loss of sex drive. Injecting cocaine may cause abscesses and vein damage, while smoking the drug may cause breathing problems. **Long term psychological effects** may include mood swings, hyperactivity, aggressive or violent behaviour, feelings of depression, anxiety, paranoia and hallucinations. An overdose can cause epileptic fits, stroke, breathing problems and heart attacks, particularly if mixed with alcohol.

## Codeine

Codeine may also be known as Solpadeine, Nurofen Plus, Feminax, Migraleve, Tylex etc. It is a **painkiller** which comes in **tablet, capsule or liquid** form. Codeine is contained in many medicines that can be bought **over the counter** or **prescribed** by a doctor for pain. It is an **opiate** drug from the same family as morphine and heroin. **Short-term effects** include relief from pain and a warm, relaxed or detached feeling. It may also cause confusion, drowsiness, light headedness, dry mouth and itchiness as well as decreased body temperature and heart rate. **Larger doses** can slow breathing and lower blood pressure. **Long-term effects** could include constipation, liver damage (if the drug taken also contains paracetamol, for example Solpadeine), breathing problems and irregular periods for women.

## Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) involves learning to **identify and correct problem behaviours**. It helps the client to recognise that the way they think about a problem can affect how they feel physically and emotionally and how they might react to a situation. CBT focuses on the 'here and now' problems instead of on the causes of distress in the past. It can help the client to make sense of overwhelming problems by **breaking them down into smaller parts**. In relation to substance misuse, a range of different techniques are used to address this and other related problems. These include exploring the positive and negative consequences of drug use, self-monitoring to help recognize cravings early, identify situations that might put the client at risk of drug use and developing strategies for coping with cravings.

## Community Addiction Studies

Community addiction studies enable people living or working in the community to **respond more effectively to drug and alcohol issues**. Normally, all participants on the course are actively involved in the learning process. Courses cover a range of areas including information on drugs and their effects, the process of addiction, the effects of addiction on individuals, families and communities and ways they can respond.

## Community and Voluntary Services

Many community and voluntary **services** in Ireland are **provided by organisations** that were **not set up to make financial gain**. They can range in size from very small, locally-based community groups, to large, national and international bodies. In Ireland, health services are delivered directly by the

HSE or through arrangements with voluntary/community agencies to deliver services on its behalf. These funding arrangements are made under Section 38 and Section 39 of the Health Act 2004.

### **Community of Communities**

The Community of Communities is a quality improvement and **accreditation programme for therapeutic communities** in the UK and overseas. They support member organisations to meet the highest standards of Therapeutic Community practice through a review process. An organisation can review its own service or carry out a peer review. This is where an organisation that provides a similar service is asked to review the service.

### **Community Reinforcement Approach**

Community Reinforcement Approach (CRA) involves the use of specific types of **counselling and skills training** to help meet the treatment goals of the client. CRA is based on the principle that individuals will have people, places and events in their lives that increase the likelihood of substance use. It supports the individual to **make changes in their lifestyle** to help achieve their goal of abstinence. This process may require the involvement of people from the client's social network.

### **Comprehensive Assessment**

The comprehensive assessment explores the **impact of drug and alcohol use on all areas of a service user's life** and helps to identify all the supports that are needed. It is carried out by the service user with a trained and competent person in an addiction service. Areas that could be affected by addiction include **mental and physical health, family and relationships, housing, education, legal issues** and other areas. It may be necessary to use other services to meet the needs of the service user or refer them to a specialist service to assess a particular area of need. The comprehensive assessment should be reviewed on a regular basis as the needs of the service user changes.

### **Contingency Management**

Contingency Management is an approach that uses **incentives** in the form of vouchers, privileges, prizes or small amounts of money to **reduce a client's substance misuse** and engage in healthy activities. This approach is effective for clients engaged in opioid substitution programmes who are continuing to use illicit drugs or to promote abstinence with those misusing stimulants. Contingency Management can also be used to encourage engagement with Hepatitis B/C and HIV testing and



vaccination programmes. It is normally used as part of a structured treatment plan along with other interventions.

### Crack Cocaine

Crack Cocaine is also known as Freebase, Base, Rocks and Stones. It is a form of cocaine made by chemically altering cocaine powder to form **crystals or rocks**. It is usually **smoked** in a pipe, glass tube, plastic bottle or in foil. It can also be **injected**. Crack Cocaine is a **short acting stimulant** drug but the effects are much stronger than cocaine. It creates an **immediate intense euphoria** which peaks after about 2 minutes and can last for 10 minutes. The person can feel more alert, energetic and confident. However, the drug may also cause huge mood swings, paranoia and hallucinations. Other **short term effects** include dry mouth, loss of appetite, sweating, increased heart and pulse rate. Taking the drug can be followed by a long low crash with strong cravings to take more. **Long-term physical effects** may include chronic coughing, wheezy breathing, loss of voice, difficulty sleeping and weight loss as well as risks of lung damage. **Long-term psychological effects** may include increased anxiety, nervousness and psychotic behaviour.

### CRAFT

CRAFT (Community Reinforcement Approach Family Therapy) supports **family members** or concerned others to **learn how to deal with a loved one** on a day to day basis who may have substance misuse problems. They are taught how to make changes to the typical way they react to their loved one and develop new behaviour. This is achieved by encouraging positive behaviour and discouraging unhelpful behaviour. The process aims to help family members to support their loved one to reduce their intake of substances and agree to enter treatment. CRAFT also supports family members/concerned others to recognise and take care of their own personal needs.

### D

### Department of Health

The role of the Department of Health is to **advise** on the development of the health system, health policy and legislation related to health and **implement** government policies. They also **evaluate** the performance of health services and work with other sectors to enhance the health and well-being of the population.

### Department of Justice and Equality

The Department of Justice and Equality is responsible for **administration and policy** in relation to a range of areas. These include policing, law reform, court services, prison and probation policy,

crime, security and immigration. This Department also provides **funding and support** to a range of drug and alcohol services through the Probation Service.

### Department of Social Protection

The Department of Social Protection (DSP) advise the government on social protection and social inclusion policies. They are also responsible for the **design and delivery of income supports and employment services**. DSP staff can be accessed directly in DSP offices. Representatives may also be accessible through local health centres.

### Drug and Alcohol Task Force

There are 10 regional and 14 local Drugs and Alcohol Task Forces. They were developed to **respond to drug use through area-based partnerships** between the statutory, voluntary and community sectors and public representatives. They seek to develop effective, targeted, local responses through the use of local knowledge and experience from all sectors.

### Drug and Alcohol Treatment Services

Drug and Alcohol Treatment Services aim to **improve the wellbeing** of people seeking help with drug and alcohol misuse. These services include **stabilisation, detoxification and substitution programmes**, which can be provided in both residential and non-residential settings. They can also provide assistance to problem drug and alcohol users with wider concerns such as aftercare, social and housing needs, employment and education.

### Drugs Policy

Courses in drugs policy generally involve the **study of government policies** regarding the control and regulation of drugs that are considered dangerous and/or addictive. These policies aim to address the demand and supply of drugs, reduce the harms of drug abuse and ensure the provision of appropriate medical treatment.

### **E** Ecstasy

Ecstasy is also known as E, disco biscuits, hug drug, mitsubishi, XTC and others. It is a **stimulant** drug or 'upper' that also produces mild **hallucinogenic effects**. Ecstasy **tablets** come in a variety of colours and shapes and often have a logo or design. **Short-term effects** can start after 20 to 60 minutes and last for several hours. These may include tightness in the jaw, nausea, sweating and loss of appetite. The person may also experience a dry mouth and throat, increased body

temperature, blood pressure and heart rate. **Psychological effects** may include anxiety, panic attacks, confusion or paranoia as well as the possibility of epileptic fits. **Long-term effects** could include weight loss, loss of interest in work, flashbacks, problems with sleep, lack of energy, depression, personality change and memory loss.

### Education and Training Boards

Education and Training Boards (ETBs) are **statutory authorities** that have responsibility for **education and training, youth work** and a range of **other functions**. ETBs manage and operate second-level schools, further education colleges, multi-faith community national schools and other adult and further education centres that deliver education and training programmes.

### Ephedrine

Ephedrine is a **central nervous system stimulant** or 'upper' used to treat breathing problems and nasal congestion. Ephedrine is available in **tablet, liquid and nasal form** and found in over-the-counter medicines such as cough bottles and flu remedies. It is also used as a weight loss aid and to increase energy and alertness when body building. In the US it is often prescribed for seasickness. It is also found in some 'head shop' products which contain *sida cordifolia*. The **short term effects** include a reduction in appetite, increased energy levels, heart rate and blood pressure. **Large doses** may cause nervousness, insomnia, headache and sweating. **Long terms effects** may include weight loss and some mental health problems such as psychosis or mania.

### F Family Support Service

Family Support Services are offered by many addiction services and provide **support, advocacy, information and education to family members**, carers, partners or friends affected by drug misuse. These services recognize that family members may be providing practical, financial and emotional support for drug using family members and play an important role in their recovery process. Family Support Services may provide any of the following supports: one to one key working, counselling, outreach, alternative therapies, arts and crafts as well as training programmes in self care, personal development or stress management. They may also organise family activities, respite weekends and family support groups.

### Five Steps Method

The 5-Steps Method is focused on the **substance misuse problem as experienced by family members**. It aims to explore the types of experiences that family members face on a daily basis. The

5 steps include exploring stresses and strains, providing relevant information, discussing coping behaviours, finding ways to get social support as well as finding out if there are other needs and sources of help that the family member may not have been aware of. Training in this method is available to staff in **drug and alcohol services** as well as a range of **primary and community care** organisations.

## **G** GHB/GBL

GHB/GBL is also known as GBH, liquid ecstasy, liquid X or gammahydroxybutyrate. It is a synthetic drug used as an **anaesthetic**. It is a clear, odourless **liquid or powder** contained in small bottles. The potency varies so there is **no 'safe dose'**. GBL (gamma-butyrolactone) and 1,4-butanediol are sold as substitutes for GHB and can be bought legally as cleaning solvents. They naturally convert to GHB when swallowed. The drug can take effect between 10 and 60 minutes and can last for a full day. Smaller, weaker doses make the person feel **relaxed and calm** while stronger doses may cause sleepiness, dizziness, confusion, nausea, vomiting and muscle spasms. Other **short term effects** can include convulsions, loss of consciousness, coma and breathing problems. It may also increase muscle growth in body builders. Little is known about the effects of long-term use.

## **H** Heroin

Heroin is also known as gear, H, smack, skag, junk and brown. It is an **opiate** with strong **sedative** and **painkilling effects**. It comes in **powder** form which varies in colour from brown to white. It can be **injected, sniffed or smoked** on foil or in a tobacco-based joint. **Short-term effects** can start quickly and last for several hours, depending on how much of the drug is used and how it is taken. It can create feelings of **warmth** and **relaxation** and **relieve pain**. Other effects include feelings of nausea and vomiting on first use, dramatic mood swings, slower breathing and heart rate, constipation and drowsiness. **Long-term use** builds tolerance (so a larger amount is needed to get the same effect), chronic constipation and irregular periods in women. **High doses** can cause constant feelings of drowsiness, a risk of falling into a coma or death from breathing failure.

## **HIQA**

The Health Information and Quality Authority (HIQA) is an independent authority established to **promote quality and safety** in the provision of **health and personal social services**. It reports directly to the Minister for Health and the Minister for Children and Youth Affairs.

### Holistic, Complementary or Alternative Therapies

Holistic, complementary or alternative therapies can support clients to **learn relaxation techniques** and develop a **positive relationship with their therapist**. They can also encourage clients to complete treatment programmes. There is little evidence that they have a specific impact on drug treatment outcomes when not used with other treatment options and should be used as part of a drug treatment programme that addresses all aspects of rehabilitation.

### Housing Services

Housing Services or associations provide rental accommodation (or social housing) for people who **cannot afford to buy or rent** their own homes. While **local authorities** are the main providers of social housing, many housing services set up by **voluntary organizations** provide accommodation for particular groups such as older people or individuals and families who are homeless. They also offer **non-housing services** such as group meals, social activities, welfare advice and support programmes.

### HSE National Social Inclusion Office

The HSE National Social Inclusion Office aims to **improve access to health services** for **vulnerable or marginalized groups** to help achieve equal health outcomes for all. The office has a wide remit that covers substance misuse, homelessness, intercultural health, violence against women and HIV/AIDS as well as work related to the health of members of Traveller, Roma and LGBT communities. The office works across all divisions of HSE and alongside statutory and voluntary sector organisations.

### Hypodermic Syringes

A syringe is a simple pump consisting of a plunger that fits tightly in a tube. The plunger can be pulled and pushed along inside a cylindrical tube allowing the syringe to take in and expel a liquid or gas through an opening at the open end of the tube. This opening may be fitted with a hypodermic needle, a hollow needle used to inject substances into the body or extract fluids from it.



Something that is not legally permitted or authorized.

### Infectious Disease Counselling

Infectious Disease Counselling seeks to **reduce the possibility** of a person being **infected by** or **transmitting** an infectious disease. Counsellors provide information to clients about the ways

diseases can be transmitted, how transmission can be prevented and the way an infectious disease could impact on their life. Clients may also receive help to identify the specific behaviours that put them at risk and commit to steps to reduce this risk. Counsellors may also provide **information and emotional support** for clients in relation to test results.

### Infectious Disease Testing

Infectious Disease Testing services offer **HIV, hepatitis** and **sexually transmitted infections (STIs) testing**. Blood tests are used to test for HIV, hepatitis B and C and syphilis. The HIV test is a screen for antibodies the body has produced if it has become exposed to HIV. It can take up to 12 weeks to produce these antibodies. An STI screen can involve a visual examination of the mouth and genital area and swabs may be taken from the penis, vagina, anus and throat. A urine sample may also be required. A doctor or nurse will usually ask some questions about sexual history.

### Initial Assessment

An initial assessment is a **set of questions** asked of service users when they enter an addiction service. The information the service users provide is used to **identify all drug and alcohol use**, whether it is **causing problems** in their life and how serious or urgent these problems are for them. This assessment can also help to see if the service user is **motivated** to engage with the services offered and whether it might be more appropriate to **refer** the service user to a more appropriate service. The initial assessment should be carried out by a trained and competent person.

### Insurance Companies

Health insurance is used to pay for **private care** in hospitals or health services or for care from health professionals who work in private practice. The amount and type of health costs covered will depend on the insurance company and type of insurance plan. Some insurance companies will provide cover for inpatient treatment received from specific specialist addiction treatment services.

### Interagency Care Plans

An Interagency Care Plan is a special care plan that is developed when **two or more agencies** are working with a service user. A care plan is a set of actions agreed between the service user and the service and sets out goals to address the full range of needs and how they will be achieved. An interagency care plan helps to ensure that goals that are set with each service **do not conflict** with each other. They help to ensure that each service is supporting each other and the service users to achieve their goals. An interagency care plan is usually **monitored by a case manager**, an identified

person within a substance misuse service who makes sure that all services providing care or treatment for a service user are working together.

### Interpreting Service

Interpreting Services are services that provide an interpreter. An interpreter converts the thoughts or expressions of a person from the language they are speaking to another language. This can be done while the person is speaking or when the speaker pauses after one or two sentences. An important part of this role is to express every aspect of what the person is saying as faithfully as possible, including the tone, intention and feeling.

### Intervention Techniques

Intervention Techniques are **structured conversations** about drug or alcohol use that seek to **motivate and support** individuals to think about changing their drinking or drug taking. They are carried out in a non- confrontational and non judgemental way by staff in substance misuse services. These techniques may encourage the service user to make changes themselves or seek treatment for substance misuse.

### ISO

ISO (or International Organization for Standardization) is an independent, non-governmental membership organization that develops and publishes **international standards**. It produces specifications for products, services and systems to make sure they are of good quality and are safe and efficient. These standards cover many different industries, including technology, food safety, agriculture and healthcare.

### K Ketamine

Ketamine is also known as special K, K or vitamin K. It is an **anaesthetic** and usually comes in the form of a **white powder** to **snort**, a **liquid** to inject or a **tablet** to swallow. The drug takes effect within a few minutes and can last 1-3 hours, depending on how it is taken. **Short-term effects** can include an 'out of body' experience, hallucinations, numbness, muscle spasms and feelings of nausea or vomiting. **Regular use** may cause 'flashbacks', loss of appetite and weight loss. Ketamine use is also linked to panic attacks, insomnia, delusions, depression, memory problems, psychotic episodes and suicide. Other dangers include damage to veins, abscesses and thrombosis if injected and risk of HIV and hepatitis if needles are shared.

## Key Worker

A key worker is an identified person who is **assigned** to engage with and **work closely with the service user**. They provide a range of psychosocial interventions, advocate on their behalf, carry out assessments and make sure that the service user understands and consents to any treatment. They are also responsible for working with the service user to develop a care plan, keeping up to date records and sharing relevant information with other agencies if necessary.

## Kratom

Kratom is also known as krypton, mitragyna speciosa or mitragynine. It comes from the leaves of a tropical tree grown in South East Asia. At low doses it has cocaine-like **stimulant** effects but at higher doses can have **sedative-narcotic** effects. It is usually available in the form of **leaves, powder** and **resin** and can be **chewed, smoked** or made into a **tea**. **Short term effects** include headaches, dry mouth, needing to urinate more often, loss of appetite and constipation. **Long term effects** include the development of dark patches on the cheeks, weight loss and psychosis. Kratom can be particularly dangerous if taken with other substances including cocaine, amphetamines, alcohol, benzodiazepines, heroin or MAOI (monoamine oxidase inhibitors).

## L Lyrica

Lyrica, also known as Pregabalin or gabapentin is prescribed to help **manage** of a number of **disabling long-term conditions**, including epilepsy, neuropathic pain and anxiety disorders. There is a growing illegal market for the drug and it can also be sourced through online pharmacies. When **used for pain**, the drug is not effective for everyone but some patients notice an improvement in quality of life. Sometimes the drug can have **euphoric** effects and the person can feel more sociable, relaxed and calm. Other **short term effects** include drowsiness, a feeling of sedation and slower breathing. Both gabapentin and pregabalin have negative effects on the central nervous system and can be addictive when used with other drugs, particularly opioids.

## M Magic Mushrooms

Magic Mushrooms are small **hallucinogenic** mushrooms which grow in Ireland. They can be eaten raw, dried, cooked or stewed. Psilocybe and Amanita Muscaria are the two most common varieties and each has different effects. **Psilocybe mushrooms** take effect between 30 minutes to two hours after they are taken and the effect can last up to nine hours. The experience may be good or bad depending on how the person feels at the time. Colour, sounds, objects, time and movement may



appear distorted and the person may feel more creative and enlightened. However, they may cause feelings of sickness, tiredness and disorientation. ***Amanita mushrooms*** usually take effect after 30 minutes and peak after 2-3 hours. They are powerful hallucinations that can cause an out of body experience. Other effects may include a deep sleep with vivid dreams, slurred speech, poor coordination, convulsions, muscle twisting, nausea, vomiting and diarrhoea. ***Long term use*** may cause flashbacks and anxiety or trigger underlying mental health problems.

### Medical Card

A Medical Card is issued by the Health Service Executive to people who can show that their ***weekly income is below a certain amount***. Individuals with ***long-term or severe illnesses***, children in foster care and in other certain circumstances may also be eligible. Medical card holders are entitled to a range of ***health services free of charge***. These can include GP visits, prescription medicine, some dental, eye and ear health services as well as hospital care and hospital visits in public hospitals. Some or all of the costs for drug and alcohol services that require payment may be covered by a medical card.

### Medical Supervision

Medical Supervision is where ***medical assistance*** and ongoing medical monitoring is provided should complications or serious health issues arise that require immediate medical attention. Medical supervision is often provided for residential ***detoxification or stabilization programs***. Detoxing from or stabilizing on different drugs can bring about a range of ***withdrawal symptoms***. Attending a residential service that provides medical supervision is always the safest choice, especially if the person is also experiencing a mental health disorder.

### Methadone (prescribed)

Methadone (Prescribed) is a ***green or blue liquid***. It is an opiate from the same family as heroin and morphine. ***Short-term effects*** include drowsiness and sleep, slower and shallower breathing, a reduction of the cough reflex, pain reduction, dry eyes, nose and mouth and reduced blood pressure. ***Long-term effects*** include chronic constipation, small pinpoint pupils, sweating, itching, pain in the bones and tooth decay. Methadone is prescribed for the ***treatment and prevention of withdrawals from heroin*** and other opioids. This treatment is called Opioid Substitution Treatment (OST) and takes place in drug treatment clinics or with specially trained GPs. OST can provide an opportunity for the drug user to stabilise their drug intake and lifestyle. It can also help reduce the

risk of overdose, blood-borne infections and offending. The importance of safe storage of methadone must be emphasised regularly as the drug can pose extreme risks to children if ingested.

### **Methadone (street)**

Methadone (street) is a **green or blue liquid** that is **sold or given to someone it was not prescribed for**. Methadone should only be prescribed by certain GPs to stop opioid withdrawal. As the drug can take hours to reach full effect and there is no feeling of high, it is possible to overdose on methadone by taking a small amount and more later, by topping up with other drugs or by taking someone else's full dose at once. It is especially dangerous when taken with other opioids, alcohol or tranquillizers. Street methadone may come from people who sell or give away their prescribed amount. It is often diluted with water or juice and this makes it more dangerous. A person can **overdose** by taking a stronger or less diluted dose than usual. Those who sell methadone also risk overdosing by skipping their prescribed doses and returning to full doses. Giving away or selling methadone is **illegal** and a person can be held criminally responsible if by doing so they have caused the death of another person. The importance of safe storage of methadone must be emphasised regularly as the drug can pose extreme risks to children if ingested.

### **Methamphetamine**

Methamphetamine is also known as crystal meth, ice, glass or meth. It is a central nervous system **stimulant** ('upper') similar to speed. It is **white**, odourless and bitter tasting and comes as **rocks, crystals or tablets** which can be **dissolved** in water or alcohol. It can also be **smoked, injected, snorted** or **swallowed**. Short term effects can last from 4 to 12 hours, depending on how it is taken. The person can feel an intense rush with feelings of euphoria, arousal and increased energy. A loss of appetite, rapid breathing, nausea, panic attacks, compulsive repetitive behaviour and jaw clenching may also be experienced. **Long-term effects** may include tooth decay, paranoia, hallucinations, psychosis or violent and aggressive behaviour. **Overdosing** on Methamphetamine can cause lung, kidney and stomach disorders, stroke, coma and death while damage to nerve tissue can lead to concentration and memory problems.

### **Minnesota Model**

The Minnesota Model is an **abstinence-based treatment** of drug and alcohol addiction based on the idea of addiction as a **disease** for which no cure exists. This principle removes the guilt that is associated with addiction and focuses on the disease instead of the addicted person. The addicted person begins by admitting that the disease makes him or her powerless over drugs and alcohol.

Recovery involves taking responsibility for the disease and making necessary changes in thinking and behavior. Through counselling and continued support, the addicted person can recover as long as he or she maintains lifelong abstinence from drugs and alcohol.

### Motivational Enhancement Therapy

Motivational enhancement therapy (including motivational interviewing) is where a therapist uses a set of specific skills to **increase motivation to change** for those who have not yet made a decision to do so or are unsure that they can. These skills include asking open questions, listening, summarising and reflecting back ideas expressed by the client. This type of intervention can help to encourage the client to accept responsibility for their substance misuse problems and their consequences. It can also help them to commit to particular treatment goals and strategies.

### Mutual Self Help

Mutual Self Help (or Mutual Aid) approaches come in different types and can be of benefit to a wide range of people at different stages of their rehabilitation. The most widely provided are mutual aid groups based on **12 step principles**, for example Alcoholics or Narcotics Anonymous. These are usually available outside of formal treatment but are some of the most commonly used. The benefits of these groups can be enhanced if staff within formal treatment services facilitate contact between them and the client and provide ongoing support.

## N

### National Drug Treatment Reporting System

The National Drug Treatment Reporting System (NDTRS) is an **epidemiological database** on treated drug and alcohol misuse in Ireland. Epidemiology is the scientific **study of patterns, causes, and effects of health and diseases** in defined populations. Information is sent from drug and alcohol services to the NDTRS about the number of people who are provided with different types of treatments in their service. The NDTRS analyse this data and issue reports describing the **levels of drug and alcohol misuse** in Ireland and the type of **treatments that may need to be developed**. The types of treatments that are recorded include medication (detoxification, methadone reduction, substitution programmes and psychiatric treatment), brief interventions, counselling, group therapy, family therapy, psychotherapy, complementary therapy and life-skills training. It includes treatment provided in both residential and non-residential settings, although information relating to needle-exchange services is not included.

### Novel Psychoactive Substances/Head Shop Drugs

Novel psychoactive substances/head shop drugs are usually sold in Ireland through head shops, hemp shops, sex shops, tattoo parlours or over the internet. These drugs can be **sedatives, stimulants, hallucinogens or aphrodisiacs** made from plant or synthetic substances or both. They are available as **pills, powders, smoke, kratom** as well as other plant products. As many of these drugs are new, little is known about the mental and physical risks of taking them or taking them with other drugs. **Effects can vary** from person to person and at each use. They are also known to **trigger underlying mental health problems** after long term use. In 2010 a number of drug groups were banned, including synthetic cannabinoids, BZB and Mephedrone as well as other drugs made from these. However, when a drug is banned, it is possible to alter the drug so it can be reintroduced onto the market. Although some of these drugs **may not be illegal**, this does not mean they are safe.

### NQSF

The National Quality Standards Framework (NQSF) for youth work is a **support, development and assessment tool for youth work** services and organisations. It aims to assist services to effectively address the developmental needs of young people and achieve improvements in good practice and value for money.

### O

### Other Addictions

Other addictions may include **addictions to certain behaviours**, usually referred to as psychological or behavioural addictions. Behavioural addiction is when a person has lost the ability to control the specific behaviour they are engaged in. A person can become addicted to a feeling that this behaviour creates or use it to ignore bad feelings. Behavioural addictions could include **sex, gambling, shopping, internet activity, computer games** and **mobile phone** addiction. The withdrawal symptoms from psychological or behavioural addictions can often be similar to physical addictions and could include cravings, irritability, depression and insomnia.

### Other Prescribed Opiates (E.G. Buprenorphine, Oxycodone)

Other prescribed opiates include Buprenorphine, oxycodone, fentanyl, cyclimorph, oramorph, oxynorm, oxycontin, MST, morphine and others. A number of these pain medicines can be obtained **on prescription** and are used to treat **short-term and chronic pain**. They are prescribed for medical conditions such as cancer, migraine, chronic back pain, arthritis and many others. Even though these medicines are legal, they can still be highly addictive. **Short-term effects** include immediate pain relief, pinpoint pupils, an increase in blood vessel size, constipation, lower blood pressure and

slower breathing. **Long term effects** include drowsiness and 'break through pain' as tolerance builds and higher doses are needed leading to an increased risk of overdose. Some of these opiates are prescribed for the **treatment and prevention of withdrawals from heroin** and other opioids. This treatment is called Opioid Substitution Treatment (OST) and takes place in drug treatment clinics or with specially trained GPs. OST can provide an opportunity for the drug user to stabilise their drug intake and lifestyle.

### Outreach/Inreach

Outreach or Inreach services provide **contact** with drug users in their **day-to-day environment**, for example, on the street, at home, in prisons, in clubs or other meeting places. These services usually target drug users who are not accessing services or who are no longer engaging with services that they previously attended.

### Over The Counter Medications

Over the counter medications are pain-relieving and other medicines that can be bought **without a prescription**. These are generally used for treating **mild to moderate** pain, flu symptoms or high temperatures. In the **short term**, these drugs relieve mild to moderate pain. **Prolonged used** can cause damage to the liver and kidneys and the person may develop an addiction to these drugs. Negative effects can be increased if alcohol is taken while taking painkillers.

### **P** Parenting Plus

Parents Plus programmes are **educational or therapeutic courses** delivered by trained professionals to **small groups of parents** over six to twelve weeks. Each programme is aimed at parents with children of **different age ranges**, e.g., age 1-6, 6-11 and 11-16. There are also **specific programmes** for parents going through separation or divorce or for parents with children who are having difficulties with behaviour and development. There are also programmes for parents with adolescents dealing with depression and other mental health problems. These programmes can be delivered in **clinical and community settings** by teachers, social workers, speech and language therapists as well as professionals from mental health, public health, child care or family support.

### Performance And Image Enhancing Drugs

Performance and image enhancing drugs most commonly include Anabolic Steroids. These are also referred to as steroids, roids, juice or nandrolone and are **synthetic versions** of the male hormone **testosterone**. They are available as a **tablet, capsule or liquid to inject**. They may be prescribed by

doctors to treat specific conditions but are often used by bodybuilders and athletes to improve performance. They can help to **increase muscle mass** if taken as part of a body building regime. They also increase appetite, energy, motivation, confidence and shorten the recovery process after hard training sessions. **Long-term physical effects** include hypertension, stunted growth if taking while still growing, liver failure, stroke or heart attack. They can also cause balding, breast enlargement and impotence in men and facial and body hair growth, deeper voice, smaller breasts and menstrual problems in women. They may also cause damage to veins if injected and risk of HIV and hepatitis if needles are shared. **Long term psychological effects** may include more aggressive and violent behaviour, mood swings, hallucinations, depression, paranoia, confusion and insomnia.

### Pharmacies/ Pharmacy Needle Exchange

[Pharmacies/ Pharmacy Needle Exchange](#) services are located in every county outside of Dublin. They provide **sterile injecting equipment, information** and **safer injecting training** to injecting drug users. This helps to prevent the spread of HIV and Hep C, bacterial infections and overdoses. Pharmacy Needle Exchanges may also provide tinfoil (which helps reduce the number of drug users moving from smoking to injecting), information on HIV and Hepatitis C testing, social and addiction services. They can also refer people for sterile dressings and medication for bacterial infections. Pharmacy based needle exchanges offer longer opening hours and **convenient locations** in local residential areas. They can also help to cater for small numbers of injecting drug users living in a specific area.

### PMA

PMA is also known as paramethoxyamphetamine or paramethoxymethamphetamine. It is an **amphetamine** which looks like and **may be sold as MDMA (ecstasy)**. PMA also comes in **tablet** form but the effects can be much stronger and take longer to be felt than MDMA. It can make the person feel alert, alive and full of energy but like MDMA, can cause a fatal rise in body temperature. As the effects of PMA can take longer than MDMA to be felt, some users have overdosed by taking a number of pills because they think nothing is happening. An **overdose** of PMA can cause death.

### Poly Drug Use

Poly Drug Use is when **two or more psychoactive drugs are taking together** to achieve a particular effect. In some cases, the second drug is used to reduce or compensate for the side effects of the first drug or the second drug is taken if there is not enough of the first drug. Sometimes several types are taken, depending on what drugs are available. Polydrug use **carries more risk** than single drug use due to the increase in side effects and drug synergy. This is when drugs interact in ways

that enhance or magnify one or more of the effects of those drugs. The risk level depends on how much is taken of both drugs. Poly drug use also refers to when **legal drugs** like alcohol, nicotine and antidepressants are **taken with psychoactive drugs**. There are many risks associated with taking alcohol and cocaine, alcohol or depressant drugs with opioids, opioids or cocaine with ecstasy as well as benzodiazepines with opioids, alcohol, or barbiturates.

### **Poppers**

Poppers are also known as amyl nitrite, butyl nitrite, isobutyl nitrite, ram or thrust. They are clear, **yellow or gold liquid** and are **inhaled** straight from a bottle or on a cloth. They are also available in **tablet** form. Nitrites dilate blood vessels and allow more blood to get to the heart. This causes a rush that lasts a few minutes as the heartbeat increases and blood rushes to the head. **Long-term effects** can include skin problems around the nose and lips and increased risks for those with heart problems or glaucoma.

### **Primary Care Division**

The Primary Care Division of the Health Service Executive refers to the range of services designed to keep people well, for example, **health promotion, screening for disease, assessment, diagnosis, treatment, rehabilitation and personal social services**. Primary care services include the health or social care services that are found in the community outside of the hospital setting. They include GPs, public health nurses and a range of other services provided through Local Health Offices. They are accessible by self-referral and often work with communities and individuals to improve health and social wellbeing.

### **Probation Service**

The Probation Service is an agency within the Department of Justice and Equality. They are the lead agency in **managing offenders in the community** and play an important role in helping to **reduce** the level of **crime** and **increase public safety**. Many offenders have complex needs, including alcohol or drug problems. The Probation Service works with offenders to help them change their behaviour and make better choices. It also provides **funding and support to drug and alcohol services** to enhance the work they do with offenders and to meet the needs of the community. These organizations provide a range of services including information, support, education, training, services for young people, counselling, needle exchanges and medical services, family support services, residential or non-residential treatment, aftercare, prison in-reach and others.

## Psychiatrists

Psychiatrists are **medical doctors** who specialize in psychiatry. Psychiatry is the **diagnosis and treatment of mental disorders**. Before a diagnosis is provided, the psychiatrist must examine the patient to see whether their symptoms are the result of a physical illness, a combination of a physical and mental illness, or are the result of a mental illness only. **Addiction psychiatry** is a specialty of psychiatry. It focuses on the evaluation, diagnosis and treatment of people who are suffering from disorders relating to an addiction to legal or illegal drugs, gambling, sex, food and other behaviours.



Quality in Alcohol and Drug Services (QuADS) is a quality standards framework developed in the UK by Alcohol Concern and SCODA. QuADS has been rewritten for Irish drug and alcohol services and has been adopted as the **national quality standards for addiction services** in Ireland.

## Quality Standards in Substance Use Education

Quality Standards in Substance Use Education is a **framework for providers of drugs education or health promotion** in schools, youth work or community organizations. The framework and manual to accompany the framework was produced by members of the Drug Education Workers Forum (DEWF), a voluntary organisation set up to respond to the needs of voluntary, community and statutory drug education workers in Ireland. It provides guidelines in substance use policy, managing incidents and staff development. It also provides guidelines on working with Travellers, drug service users and parents and guardians.



Re-integrating is the process of **learning to live in the community** again after a period of time spent in addiction treatment. The person will have the opportunity to use some of the skills they have gained to overcome temptation to return to drug use. They may have developed new patterns of behaving and reacting to emotionally stressful events and found ways to measure their rehabilitation progress.

## Relapse

Relapse, in relation to drug misuse, is a **return to the use of a drug** or chemical substance after one or more periods of abstinence. **Relapse prevention** can be seen as an important part in the process



of recovery from addiction. However, experiencing a relapse can provide an **opportunity for learning** more and better strategies for overcoming urges and for identifying the emotions and situations that are likely to cause a relapse.

## **S** Screening

Screening is a way to examine whether a person is **suitable for a particular service or treatment**. Screening for drug or alcohol misuse helps to assess a person's drinking or drug taking patterns to see if they are likely to be harmful to their health or if they are showing signs of dependency. Some addiction services also offer **screening for mental health problems**. This can help to identify whether a person has a substance use or mental health problem or both. If the screening is positive for a mental health problem, a detailed assessment is carried out and a treatment plan is developed by the clinician and service user. Some addiction services may carry out screening alone for mental health problems but refer or signpost service users to other appropriate agencies to provide assessment and treatment.

## Self change manual (bibliotherapy)

Self-change manuals can be successful tools to help **mild to moderate substance misusers** to support themselves through their recovery. However, it is essential that users of these manuals have sufficient **willpower and motivation**. Self-change manuals can be found in many formats, ranging from very basic to complex. Some may also include elements of spirituality or beliefs. Self change manuals help people to set goals to reduce substance use (as well as and other aspects of their life) and encourage users to set a date for change to begin. **Bibliotherapy** includes the use of writing and reading alongside self change manuals to help individuals understand their problems, triggers and relationships and help them to make positive changes.

## Self monitoring

Self Monitoring involves learning to pay **careful attention to problem behaviours** and habits and what **triggers** them. Self-monitoring can involve a simple or complex approach. A simple approach might include counting the number of times a particular behaviour happens whereas a more detailed approach could include recording a range of different actions, feelings and thoughts. Self-monitoring can give the therapist a clearer idea of the client's exact problems. It can help to measure progress over time and supports the client to see how changing behaviour can alter the way they feel about themselves. Actions and consequences might also become easier for the client to see and understand and this could act as a motivator to change.

### Social Behaviour and Network Therapy

Social Behaviour and Network Therapy aims to explore and **build a social network to support the reduction of drug use** and other unwanted behaviour. This intervention is usually offered over four to eight treatment sessions and is based on community reinforcement, marital therapy, relapse prevention and social skills training approaches.

### Social Functioning

Social functioning is the **ability** of a person to **act in the normal or usual way in society**. This could include the ability to live independently, to interact with others and develop relationships. The level of social functioning a person has depends on how much they can cope with demands or challenges they may face in a particular situation or environment.

### Social Personal Health Education (SPHE)

Social, Personal and Health Education in Post-Primary schools is a programme for students in the Junior Cycle. It supports the **personal development, health and well-being** of young people and helps them create and maintain supportive relationships.

### Social Skills Training

Social skills training is based on the belief that substance dependence represents a means of coping with difficult issues and stress. Providing **training in different life skills** is thought to provide more effective and **healthier options for coping with stress**. A variety of life skills are developed, including social skills, assertiveness, drug refusal skills, problem solving, relaxation and managing crises. The training involves presenting the rationale for learning a new skill, modelling and practicing it and providing feedback on how the skill has been used in real life situations.

### Social Welfare Entitlements

Social Welfare Entitlements are **payments from the government** to financially support individuals and families who **cannot provide for themselves**. The types and amount of welfare available can vary widely, depending on the circumstances of the person. There are a number of private addiction treatment services operating in Ireland that are not free of charge. Sometimes a service user may be asked to cover costs through their social welfare entitlements, for example disability benefit or unemployment assistance.

### **Solution Focused Brief Therapy**

Solution Focused Brief Therapy is a **time limited, goal focused** therapy that aims to **increase** the client's **coping abilities** and devise strategies to overcome any difficulties that may arise in the future. It is used to support clients to describe a mental picture of their preferred future and find parts of this vision that have already happened. It helps clients to create solutions through exploring times when the problem did not exist or was less intensive and by drawing on skills and experiences gained in other areas of life. It also encourages the client make small changes in their perception of the problem to help to build on these solutions.

### **Solvents**

Solvents can include gases, glue, correction fluids and thinners, petroleum products and aerosols. They can be **sniffed** directly or put on to a rag or sleeve and **inhaled**. Glue can be inhaled from inside a plastic bag. The effects can last up to 45 minutes and the person can feel more affected the deeper they inhale. **Short term effects** include decreased breathing and heart rate, loss of coordination, disorientation, red rash around the mouth, nausea, vomiting, reduced vision, blackouts and loss of consciousness. They can also cause breathing and heart problems and can be **fatal on first use**. **Long-term effects** include risk of damage to the brain, liver and kidneys.

### **Specialist Services**

Specialist Services provide programmes to **cater for those at different stages** in addressing substance misuse, for example **stabilisation, detoxification, rehabilitation, step-down** and **aftercare**. These programmes can be provided by services on a residential/inpatient basis or on a non-residential/outpatient basis. The aim of specialist treatment services is to reduce the harm cause by drug use, support abstinence, prevent relapse and develop life and coping skills. Support from doctors, nurses, psychiatrists, key-workers, counsellors and others is usually provided.

### **Springboard**

Springboard is a **family support programme** focused on the **needs of children**, their **parents** and their **relationships**. It supports families and children to make use of their own resources and the resources in their community in overcoming negative experiences. The programme is based on evidence that children and families do best where there are strong bonds within the family and they have strong links in the community where they live.

### **Street Work**

Street Work is a service that ***operates where drug users are located*** in the community or where drug using is taking place. It allows contact to be made with ‘hard to reach’ drug users which could include young people, sex workers and others who are injecting drugs on the street. They are encouraged to use whatever services are provided by the worker, for example, needle exchange, health information and assistance as well as support with other needs.

### Strengthening Families Program

The Strengthening Families Program (SPF) is a nationally and internationally recognized ***parenting and family strengthening program*** for high risk and non high risk families. It has been found to significantly improve parenting skills and family relationships, reduce problem behaviours, delinquency, alcohol and drug abuse in both children and parents. It also improves social skills and school performance and reduces child maltreatment as parents strengthen bonds with their children and learn more effective parenting skills.

### T Tobacco

Tobacco is also known as smokes, fags or cigarettes and acts as a ***stimulant*** drug or ‘upper’. Tobacco can be ***smoked*** in a cigarette or pipe, ***chewed*** or ***sniffed***. It comes from the leaves of the tobacco plant. These leaves contain nicotine, tar and carbon monoxide. ***Short-term effects*** include an increase in pulse rate and blood pressure, it can help a person to cope with anxiety and stress and may suppress the appetite. ***Long term*** and ***high levels*** of smoking can cause higher risk of coughs, chest infections, chronic breathing problems such as emphysema, bronchitis, bad circulation and ulcers. For women, smoking while on the pill increases the risk of heart and circulatory problems. Smoking also increases the risk of lung and other cancers, heart diseases, heart attacks and death.

### Translated Information

Translated Information relates to written text that has been changed from one language to another

### W Withdrawal Symptoms

Withdrawal Symptoms are abnormal ***physical*** or ***psychological effects*** that can be experienced by a person who suddenly ***stops taking a drug*** that they have become ***physically dependent on***. The type of withdrawal symptoms that can be experienced depends on the type of drug the person was

dependent on, how much of the drug they were taking and for how long. Some withdrawal symptoms can include nervousness, anxiety, irritability, headaches, tiredness, insomnia, sweating, vomiting and muscle pain.

### Wound Clinics

Wound Clinics are usually based in fixed needle exchange services where trained staff can provide **medical care** for **abscesses, wounds and minor infections**.

### Z Z-Drugs

Z-drugs are a group of drugs that are used in the treatment of insomnia, most of whose names start with the letter "Z", like zopiclone, zolpidem and zaleplon. Z drugs are not benzodiazepines but they act in a similar way. A short course of a Z drug may be prescribed to **help with insomnia** but they may cause drowsiness during the day. The **helpful effects** in aiding sleep **only last for a few weeks**. Following this, the medicine gradually loses effect and a higher dose is needed to achieve the same effect. **Withdrawal symptoms** like anxiety, panic attacks or feelings of unreality can occur if the tablets are stopped suddenly. Other physical withdrawal symptoms could include sweating, insomnia, headaches, tremor, feeling sick, palpitations, muscle spasms and being oversensitivity to light, sound and touch.

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