



Karralika Therapeutic Community – New treatment option for people maintaining pharmacotherapies for opioid dependence

From June 2013, Karralika Programs will accept referrals from adults on an established maintenance dose of Methadone or Buprenorphine who wish to come to the Karralika Therapeutic Community to address substance related issues in a residential treatment setting.

This change to our program criteria provides a new rehabilitative treatment option not previously available in the ACT to people utilising pharmacotherapies for opioid dependence (Methadone or Buprenorphine).

The Karralika Therapeutic Community is a live-in program for adults and families wanting to deal with their alcohol or drug use. Residents of the Therapeutic Community, including those utilising pharmacotherapies for opioid dependence, will participate in an integrated program that tries to role model positive community life while at the same time providing a supportive environment for treatment.

The program involves:

- Individualised case management
- Treatment planning and goal setting
- Structured programs including group work (educational and therapeutic); community activities; life skills, education and training opportunities; work function, TC structure and roles
- Health and wellbeing programs and support from the Registered Nurse
- Creative therapies
- Peer support and socialisation and
- Program flexibility to meet individual needs.

When exiting the program all residents are supported with comprehensive exit plans, outreach support and referrals to other services.

For further information about our programs please refer to our pre-admission fact sheet.

Am I eligible for the program?

If you are an ACT resident and are currently participating in an opioid replacement treatment program but need support to address your other substance related issues at Karralika Therapeutic Community you may be eligible for our program.

Things you need to know about what's involved and what's required to be eligible:

- We will undertake a phone assessment with you to determine your suitability to enter and participate in the program. This assessment involves asking you general questions about yourself as well as specific questions around your substance use and treatment history, physical and mental health, criminal history, and any special requirements. ;
- You can be on any dose of methadone or buprenorphine provided you are able to fully participate in all facets of the residential treatment program alongside other residents (including those who are not utilising pharmacotherapies). We will determine this by talking with you and also with your pharmacotherapy prescriber and other nominated health professional;
- You will need to be already established on a maintenance dose of methadone or buprenorphine for at least 6 weeks prior to admission to the Therapeutic Community. We will request a dosing history from your prescriber after receiving your consent;
- In order to be eligible you will need to be under the care of prescribers from the ACT Alcohol and Drug Program Opioid Treatment Service (Building 7 at The Canberra Hospital). You may already have this relationship. However if your pharmacotherapy is prescribed by a private GP, you can still access the program if you agree to transfer to Building 7 for the duration of your stay with Karralika Therapeutic Community;
- We will ask you to review and sign a dosing agreement with our local community pharmacy partner which spells out the arrangements for dosing, your responsibilities (including payment for dispensing), the responsibilities of the pharmacy and those of Karralika Programs for the duration of your stay with the Karralika Therapeutic Community.
- The local pharmacy uses fingerprint technology for identification and dispensing purposes. The record is stored securely in line with privacy legislation and is not available to third parties unless court ordered (further information about the pharmacy policy is available upon request if you have questions regarding this);
- Our staff will transport you and other residents each day to the local community pharmacy to receive your medication;
- While in the Therapeutic Community you will continue to meet regularly (no less than quarterly) with your prescriber to review your dose, with support from our Registered Nurse. Small adjustments may be made to your dose, following consultation between you and your prescriber. However the option of a reduction program is currently not available whilst at the Therapeutic Community.

Need to know more?

For further information please contact:

Intake and Assessment Officer

Karralika Programs Inc.

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