



drug.ARM

## CREATING OPTIONS

**Creating Options is a twelve week treatment program for people who want help to address issues related to their alcohol or other drug use.**

Our team of specialists provide non-judgemental and confidential support through weekly counselling sessions and case management.

We can help in areas such as relapse prevention, coping strategies, relationship skills, anger management, emotional regulation, mental health, and other life skills support.

Creating Options can also help to coordinate care by engaging with existing healthcare and social services providers, or connecting to new providers.

Our holistic approach means we help with all of the issues that might be contributing to, and maintaining, alcohol and other drug use.

We work with each person to identify their goals, and provide practical solutions to make progress towards them.

## WHAT CAN I EXPECT TO GAIN?

In the first few sessions, our team get to know you and work with you to identify your short term and long term goals. By attending and engaging with the program, you can expect to develop strategies, learn new skills and make progress towards your goals.

## IS THIS PROGRAM RIGHT FOR ME?

When you contact us, we will help to match you with a program that fits your objectives, preferences, and the type of issues you are dealing with. Different programs have different approaches and areas of focus, so it's important for us to engage you with the program that can achieve the best results for you. If you need support outside of what we can offer, we can refer or connect you to other services.

## HOW DO I ACCESS THE PROGRAM?

Creating Options is free, voluntary and no referral is required. Our flexible program delivery approach means that you can access support in our office, your home, a safe community space or via telephone.

## ABOUT DRUG ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

### **Drug ARM Toowoomba**

5/216 Margaret Street  
Toowoomba QLD 4350  
07 3620 8880

### **Funded By**



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DRUGARM.COM.AU  
1300 656 800