

## About Us

Drug ARM Australasia is a specialist, non-government alcohol and other drug agency. Drug ARM is committed to reducing harms associated with alcohol and other drug use for individuals, families and communities throughout Queensland, New South Wales and South Australia.

This is achieved through providing a range of care options including education, awareness, prevention, early intervention and treatment and support programs.

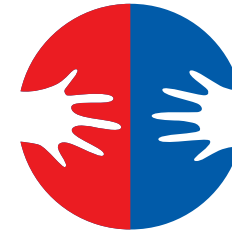
## About Healthy Options Australia

Drug ARM is a part of the Healthy Options Australia group of community organisations alongside the Mental Health Association Qld and the Australian College of Community Services.

## Further Information

T: 07 3620 8880  
E: [intake@drugarm.com.au](mailto:intake@drugarm.com.au)

[www.drugarm.com.au](http://www.drugarm.com.au)  
P: 1300 656 800



**Drug ARM**  
**Australasia**

# Creating Options

A drug and alcohol treatment program for people who want to make a positive change



**Queensland** Government

The Creating Options program is generously funded by the Queensland Government.

# Creating Options

Creating Options is a confidential program that provides intensive support for individuals seeking to address their alcohol and/or other drug use.

The program is designed to address a range of complex needs and provides a dedicated clinician to support the individual for up to 12 months.

Clinicians work with clients within a harm minimisation framework to bring behavioural change and reduce risk taking behaviours.

Individual treatment plans tailored to each participants needs are developed and reviewed throughout the program.

Clinicians work with others that may be providing care and support to ensure a structured and collaborative approach to achieving the goals of participants.

Individuals are also encouraged to attend group sessions. As part of the program a range of LifeSkill and Recovery groups are provided weekly, including a support group for families and friends. Groups address a range of topics, including:

- Relapse Prevention
- Impact of Drug Use
- Relaxation
- Anger Management
- Self Esteem
- Budgeting

# Accessing the Program

The Creating Options program is a clinical program for Men and Women aged 18+ years who display Alcohol/drug dependency and who may be experiencing mental health, lifestyle and relationship issues.

Individuals can meet with their clinician at the Drug ARM office or chose to access support in the community or their own home. Telephone and Online service options are also available.

If you would like to book an appointment or find out more information about this or other Drug ARM programs, contact the Central Intake Team:

Phone: 07 3620 8880

Email: [intake@drugarm.com.au](mailto:intake@drugarm.com.au)

# Locations

The Creating Options program is delivered in the following regions. Individuals outside of these areas are encouraged to contact us to determine what support is available.

- Brisbane wide
- Ipswich
- Lockyer Valley
- Toowoomba
- Warwick
- Stanthorpe
- Gold Coast
- Gympie and Mary Valley
- Rockhampton
- Goondiwindi