



成瘾问题的治疗方法

该资料简要介绍了如何在社区中为酗酒，吸毒和赌博（成瘾）问题的人提供支持。一些方法对一系列成瘾问题有帮助，而另一些方法则是针对特定的成瘾精神依赖性药物或行为制定的。解决成瘾问题的主要方法是谈话疗法，药物治疗和公共卫生方法。首先由专业医师做出评估，再和寻求帮助的人一起探讨最有效和可行的治疗方案，因为每个人的治疗方案是因人而异的。

以下是治疗成瘾的三种主要方法的详细介绍。

Approaches to addiction issues

This resource gives a brief introduction to the ways people who have alcohol, drug and gambling (addiction) issues can be supported in the community. Some are helpful for different issues, while others target specific substances or behaviours. The main approaches to addiction issues are talking therapies, medication, and public health approaches. Following an assessment by an addiction practitioner, it is useful to discuss which approaches are most likely to help a person as this will be dependent on the circumstances.

More information about the three main approaches to addiction issues are outlined inside.



心理咨询/谈话疗法

谈话疗法的重点是支持和改善一个人的健康状况。谈话疗法可以由一对一或者小组的形式进行。

以下是心理咨询/谈话疗法用来针对成瘾问题的主要治疗方式：

- 短暂干预 - 可以是一到四次心理咨询，每次的时间跨度为10分钟到60分钟，它们是在社区里提供的。短暂干预为患者在做决定上提供个人的反馈、建议和支持，内容是要做些什么，以及如何做来避免危险行为。
- 心理咨询 - 在社区里由成瘾专家服务来提供一对一、家庭或小组心理咨询，用以帮助个人和他们的家人和朋友。包括：
 - 动机式访谈法 -- 唤起患者自发引起改变的动力，通过提升他们自己对成瘾药物滥用或赌博的复杂想法和感觉的认知，来引发和支持改变。
 - 认知行为疗法 -- 鼓励患者使用具体方法来改变他们的思维和行为模式，而改变和停止对成瘾药物的滥用或赌博。
 - 个案管理 - 当需要时，为患者提供信息，这样他们可以在自己可选的服务，治疗项目中做出决定，提供持续的支持、把他们和其他服务做链接，以及为他们做其他鼓励和支持的服务等。
 - 包含家庭成员在内的治疗 - 将家人和朋友积极地被包含在讨论和做计划当中，并且当需要时给他们提供支持。
 - 12步骤疗法 - 支持患者加入到定期小组聚会中，诸如匿名戒酒会（AA）、匿名戒麻醉剂会（NA）或匿名戒赌互助会（GA）等组织当中。有相似成瘾经历的人们在那里分享他们的康复经历，这样可以得到相互帮助，以避免对成瘾药物的滥用和赌博。

- 住院治疗（康复中心）-- 居住治疗的时间在6周到一年或一年以上，在那里，人们是在一个无成瘾药物滥用的环境下得到治疗和支持，来探索诸如创伤等问题造成了他们的饮酒、用药和赌博问题。居住在无成瘾药物滥用或赌博的社区里，患者在支持下寻找健康的方式来应对自己的压力。
- 同路者支持 -- 在一对一或在小组的情况下，有相似成瘾经历并同在康复之路上的人士之间互相支持。同路者支持是帮助人们更好地控制对成瘾药物的滥用以及赌博的伤害，以提升患者的全面身心健康。

药物治疗

治疗成瘾的药物可以在治疗成瘾问题的专科医生那里获得，它可以帮助有成瘾问题的人士：

- 安全地减少或停止药物的滥用
- 减少对成瘾药物的‘渴望’（使用）或赌博成瘾
- 减少成瘾药物带来的乐趣
- 用一种更安全的物质替代成瘾药物
- 应对其他问题（诸如疼痛、抑郁和焦虑）

公共卫生方法

这些方法有助于社区的卫生健康和全面身心健康，包括：

- 健康促进宣传活动（例如：安全饮酒量的电视宣传片：是/不是）
- 减少伤害的服务和方法（例如：换针服务和治疗丙肝服务）
- 伤害最小化活动（例如：在一个地区减少酒铺或赌博机的数量）

Talking therapies

Talking therapies focus on supporting and enhancing a person's wellbeing. Talking therapies are provided in individual sessions or in groups.

The key approaches used with addiction issues are outlined below.

- › **Brief intervention** – can be from one to four sessions of 10–60 minutes delivered in community settings. A brief intervention provides people feedback and advice and supports their decision-making about what to do and how to avoid risks.
- › **Counselling** – individual, whānau or group counselling is provided by specialist addiction services in the community to support a person and their whānau. This may include:
 - › motivational interviewing – drawing on a person's own desire to change, raising awareness of their mixed thoughts and feelings about substance use or gambling to support change.
 - › cognitive-behavioural therapy – encourages people to use specific strategies to change the way they think and behave so they don't use substances or gamble.
 - › case management - provides people with information to make choices about their options, ongoing support, links with other services, and advocacy as needed.
 - › family inclusive practice – actively includes whānau in discussions and planning and supports them as needed.
 - › Twelve-step facilitation – supports people to attend regular group meetings, such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Gamblers Anonymous (GA), where experiences of addiction issues are shared and people are supported to not use substances or gamble.
- › **Residential treatment (rehab)** – live-in programmes of 6 weeks to 1 year or longer, where people are supported in a substance free environment to explore issues, like trauma, that drive their alcohol and drug use and gambling. People are supported to find healthier ways of managing stress and living in the community without using substances or gambling.
- › **Peer support** – people with lived experience of addiction issues support each other as individuals or in groups. Peer support aims to help people better manage the harms of substance use and gambling and enhance wellbeing.

Medication

Medications are available from specialist addiction doctors and can help people with addiction issues to:

- › safely stop or reduce the use of substances
- › reduce 'cravings' (need) to use a substance or gamble
- › feel less pleasure from substances
- › replace one substance with a safer substance
- › manage other issues (such as pain, depression and anxiety).

Public health approaches

These approaches support the health and wellbeing of the community, and include:

- › health promotion (for example, safer drinking levels and campaigns such as Yeah Nah on TV)
- › harm reduction (for example, needle exchanges and hepatitis C treatment)
- › harm minimisation (for example, reducing the number of liquor shops or pokie machines in an area).

Further information (更多资讯)

Matua Rāki online Asian language resources
(在线亚洲语言资源): <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>



哪里可以获得帮助?

如果你担心自己、家人或朋友会受到成瘾相关问题的影响,那么请联系以下单位获取更多资讯。

Need to talk? (需要聊聊吗?)

0800 173 7173 或 短信1737

Alcohol Drug Helpline (饮酒和用药帮助热线)

0800 787 797

www.alcoholdrughelp.org.nz

Healthline (健康热线) 0800 611 116

Asian Family Services

(for gambling problems and other issues)

亚裔家庭服务 (为赌博问题和其他问题服务)

0800 862 342

Press 1 for English/Chinese (按1 是英文/中文)

Mon – Fri, 9am–8pm

(服务时间: 周一至周五, 早9点至晚8点)

Community Alcohol and Drug Services (CADS)

(Auckland region only) 社区饮酒和用药问题咨询中心
(CADS) (仅限奥克兰地区)

Ph (电话) 09 845 1818 (English/英文)

Language Line (语言线) 09 442 3232 (Chinese/中文)

Fax (传真) 09 845 1845

Gambling Helpline (赌博帮助热线) 0800 654 655

Lifeline (生命线) 0800 543 354

Further information

Matua Rāki online Asian language resources: <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>

Where to get support?

If you are concerned about addiction-related issues affecting yourself, a friend or whānau member, then contact the following for more information.

Need to talk?

0800 173 7173 or text 1737

Alcohol Drug Helpline

0800 787 797

www.alcoholdrughelp.org.nz

Asian Family Services

(for gambling problems and other issues)

0800 862 342

Press 1 for English/Chinese

Mon – Fri, 9am–8pm

www.asianfamilyservices.nz/2001325991.html

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