



成癮問題的治療方法

該資料簡要介紹了如何在社區中為酗酒，吸毒和賭博（成癮）問題的人提供支持。壹些方法對壹系列成癮問題有幫助，而另壹些方法則是針對特定的成癮精神依賴性藥物或行為制定的。解決成癮問題的主要方法是談話療法，藥物治療和公共衛生方法。首先由專業醫師做出評估，再和尋求幫助的人壹起探討最有效和可行的治療方案，因為每個人的治療方案是因人而異的。

以下是治療成癮的三種主要方法的詳細介紹。

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.



心理諮詢/談話療法

說話療法的重點是支持和改善壹個人的健康狀況。

談話療法可以由壹對壹或者小組的形式進行。

以下是心理諮詢/談話療法用來針對成癮問題的主要治療方式：

- **短暫干預** - 可以是一到四次心理諮詢，每次的時間跨度為10分鐘到60分鐘，它們是在社區裡提供的。短暫干預為患者在做決定上提供個人的反饋、建議和支持，內容是要做些什麼，以及如何做來避免危險行為。
- **心理諮詢** - 在社區裡由成癮專家服務來提供一對一、家庭或小組心理諮詢，用以幫助個人和他們的家人和朋友。包括：
 - **動機式訪談法** - 喚起患者自發引起改變的動力，通過提升他們自己對成癮藥物濫用或賭博的複雜想法和感覺的認知，來引發和支持改變。
 - **認知行為療法** - 鼓勵患者使用具體方法來改變他們的思維和行為模式，而改變和停止對成癮藥物的濫用或賭博。
 - **個案管理** - 當需要時，為患者提供信息，這樣他們可以在自己可選的服務，治療項目中做出決定，提供持續的支持、把他們和其他服務做鏈接，以及為他們做其他鼓勵和支持的服務等。
 - **包含家庭成員在內的治療** - 將家人和朋友積極地被包含在討論和做計劃當中，並且當需要時給他們提供支持。
 - **12步驟療法** - 支持患者加入到定期小組聚會中，諸如匿名戒酒會（AA）、匿名戒麻醉劑會（NA）或匿名戒賭互助會（GA）等組織當中。有相似成癮經歷的人們在那裏分享他們的康復經歷，這樣可以得到相互幫助，以避免對成癮藥物的濫用和賭博。

- **住院治療（康復中心）** - 居住治療的時間在6周到一年或一年以上，在那裡，人們是在一個無成癮藥物濫用的環境下得到治療和支持，來探索諸如創傷等問題造成了他們的飲酒、用藥和賭博問題。居住在無成癮藥物濫用或賭博的社區裡，患者在支持下尋找健康的方式來應對自己的壓力。
- **同路者支持** - 在一對一或在小組的情況下，有相似成癮經歷並同在康復之路上的人士之間互相支持。同路者支持是幫助人們更好地控制對成癮藥物的濫用以及賭博的傷害，以提升患者的全面身心健康。

藥物治療

治療成癮的藥物可以在治療成癮問題的專科醫生那裡獲得，它可以幫助有成癮問題的人士：

- 安全地減少或停止藥物的濫用
- 減少對成癮藥物的‘渴望’（使用）或賭博成癮
- 減少成癮藥物帶來的樂趣
- 用一種更安全的物質替代成癮藥物
- 應對其他問題（諸如疼痛、抑鬱和焦慮）

公共衛生方法

這些方法有助於社區的衛生健康和全面身心健康，包括：

- 健康促進宣傳活動（例如：安全飲酒量的電視宣傳片：是/不是）
- 減少傷害的服務和方法（例如：換針服務和治療丙肝服務）
- 傷害最小化活動（例如：在一個地區減少酒舖或賭博機的數量）

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 (更多資訊)

Matua Raki online Asian language resources
(在線亞洲語言資源) : <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>



哪裡可以獲得幫助?

如果你擔心自己、家人或朋友會受到成癮相關問題的影響，那麼請聯繫以下單位獲取更多資訊。

Need to talk? (需要聊聊嗎?)

0800 173 7173 或 短信1737

Alcohol Drug Helpline (飲酒和用藥幫助熱線)

0800 787 797

www.alcoholdrughelp.org.nz

Asian Family Services

(for gambling problems and other issues)

亞裔家庭服務 (為賭博問題和其他問題服務)

0800 862 342

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

Mon–Fri, 9am–8pm (服務時間: 週一

至週五, 上午9點至下午8點)

www.asianfamilyservices.nz/2001325991.html

Community Alcohol and Drug Services (CADS)

(Auckland region only)

社區飲酒和用藥問題諮詢中心 (CADS)

(僅限奧克蘭地區)

Ph (電話) 09 845 1818 (English/英文)

Language Line (語言線) 09 442 3232 (Chinese/中文)

Fax (傳真) 09 845 1845

Gambling Helpline (賭博幫助熱線) 0800 654 655

Lifeline (生命熱線) 0800 543 354

Further information

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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

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www.alcoholdrughelp.org.nz

Asian Family Services

(for gambling problems and other issues)

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