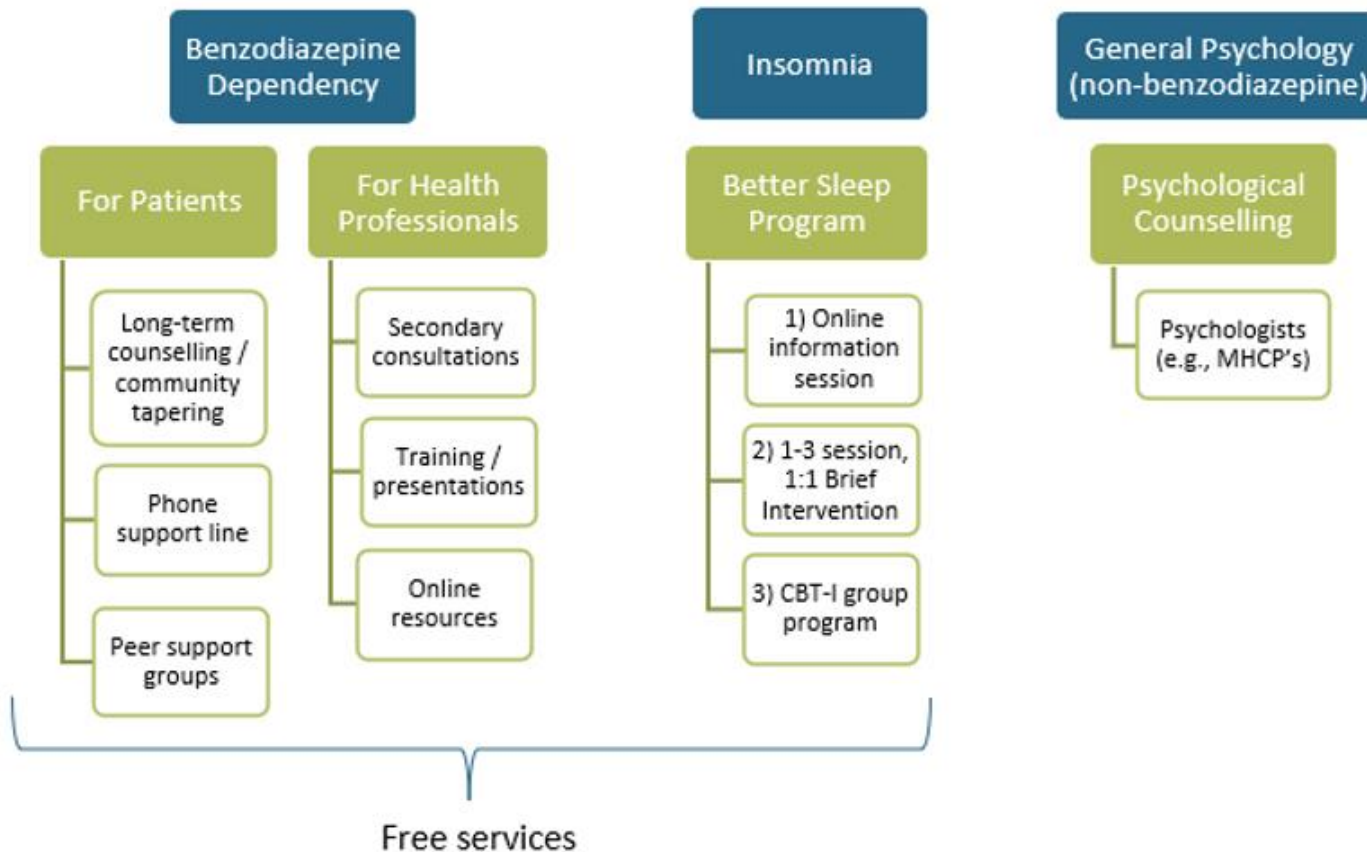


Reconnexion's Benzodiazepine Treatment Program

Henrique Salles, GDipPsych, GDipProfPsych, MPsych (Ed&Dev), MAPS, FCEDP
Psychologist
Benzodiazepine Counsellor

Who is Reconnexion?

- Established in 1986 as a not-for-profit, now a service of EACH.
- Specialist, state-wide service providing treatment for Benzodiazepine and Z-drugs Dependency, Anxiety, Depression, and Insomnia.



Benzodiazepine dependency

Benzodiazepine Support Line

- Free, confidential and available by phone and email, 9 - 5 Monday to Friday

Benzodiazepine Dependency Counselling Treatment

- Face to face, telephone or video consultations with tertiary qualified and experienced specialist counsellors

Secondary Consultations

- Phone appointments for health professionals

Groups

- Group counselling and facilitated peer support groups

Education and Training; Resources

- Professional development, clinical presentations and community education
- Evidence based manuals, fact sheets and information

Preventive health programs:

- Anxiety & Depression counselling treatment
- Better Sleep Program (3 stepped treatment program for insomnia and sleep issues. Free to participants during initial research phase)

T: 1300 276 266 Monday to Friday 9am – 5pm

Stepped Care Approach

Step 3 Prescriber + Reconnexion ± Other Specialist

Of those requiring a GDR, a smaller number will also require adjunctive treatment (i.e. psychological ± medication)

- Daily use
- >10mg DDE
- Comorbidity and Complexity

Adjunctive
Treatment

Step 2 Primary Care / GPs + Reconnexion

For the remaining 50%, a gradual dose reduction (GDR) will be required.

- Daily (near daily) use
- ≥10mg DME daily

Gradual Dose Reduction

Step 1 Primary Care / GPs

Roughly 50% of patients will respond to education alone.

- Intermittent use
- <10mg DME daily

Psychoeducation

DME = diazepam milligram equivalent

The prescriber for more complex clients may or may not be a psychiatrist

Treatment Ordering

Illicit substances



Alcohol

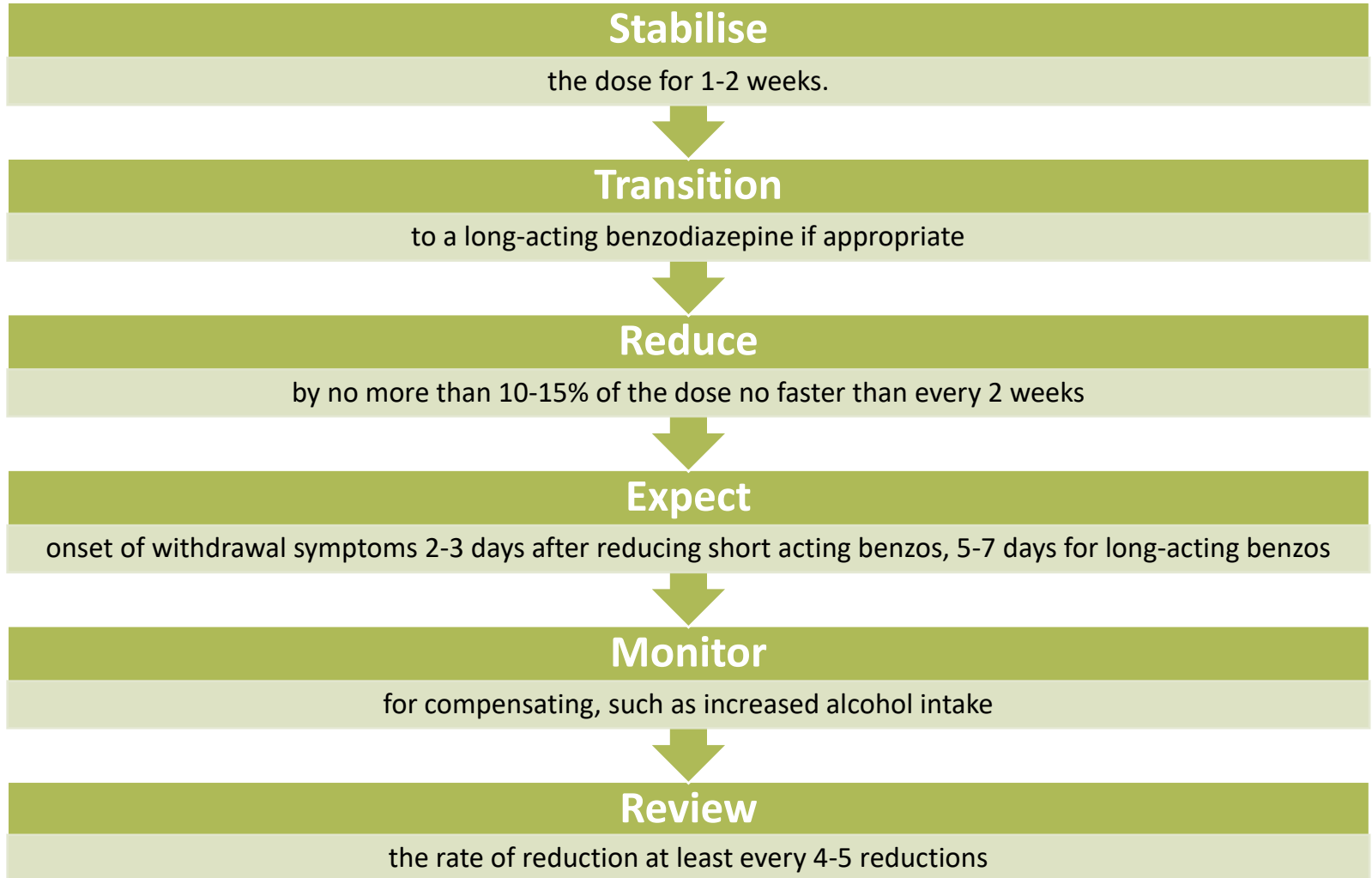


Benzodiazepines



Other psychotropic medications

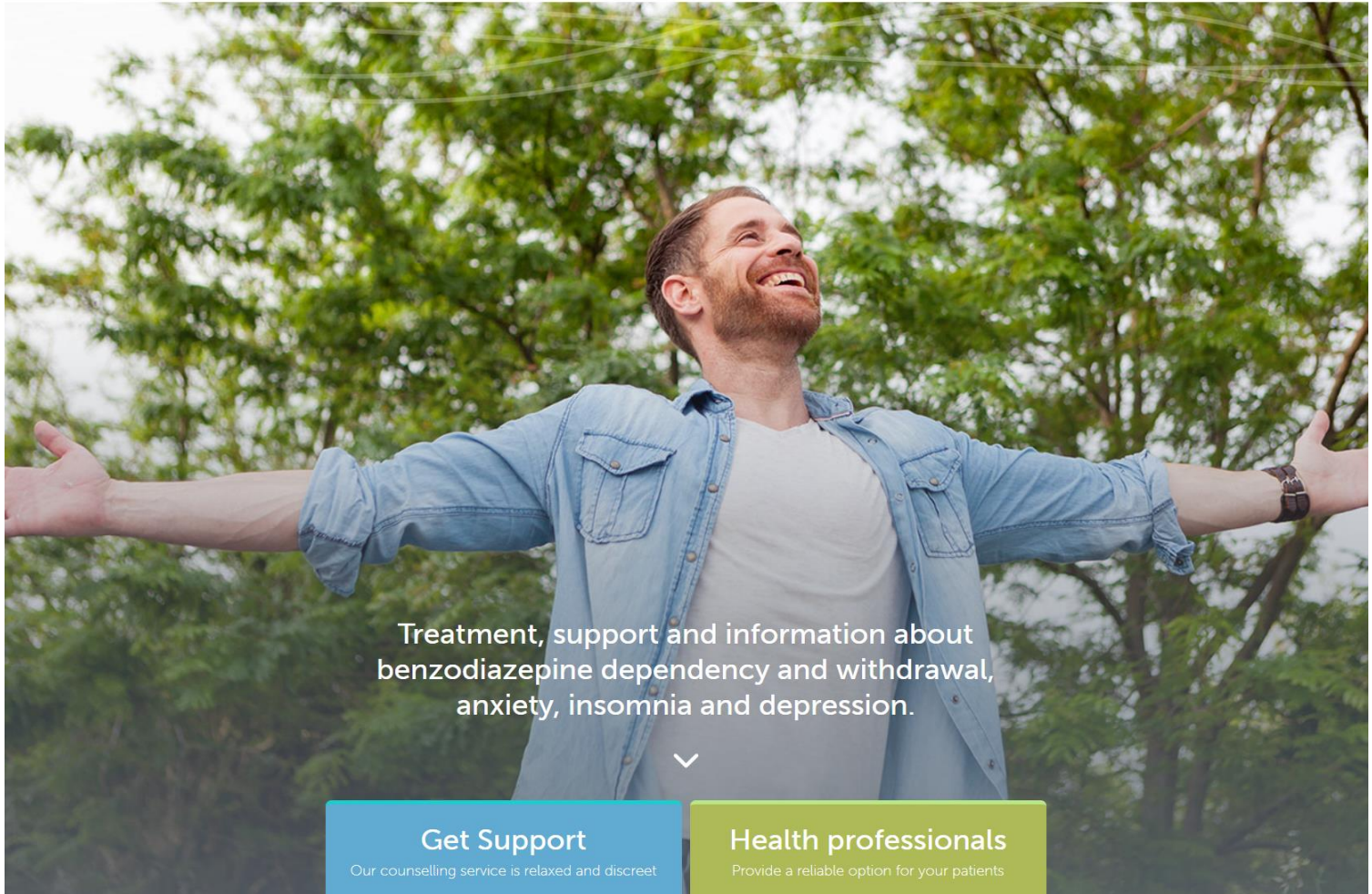
Reduction Guidelines



Management of Withdrawal Symptoms

When symptoms are acute	→	Slow the reduction down
Dissociative symptoms	→	Practice grounding techniques
Loss of appetite or nausea	→	Eat smaller meals, blended foods, soups
Muscle twitching or spasms	→	Progressive muscle relaxation, massages, warm bath, physio
Anxiety, heart palpitations or panic	→	Breathing training, CBT for anxiety
Hypersensitivity to sensory stimuli	→	Sunglasses, avoid spaces such as cinemas
Emotional lability	→	Minimise exposure to news & other triggers, practice compassion
Insomnia	→	Sleep hygiene, CBT-I, Better Sleep Program

Note. See toolkit for more detail



Treatment, support and information about
benzodiazepine dependency and withdrawal,
anxiety, insomnia and depression.

▾

Get Support

Our counselling service is relaxed and discreet

Health professionals

Provide a reliable option for your patients

www.reconnexion.org.au

info@reconnexion.org.au

henrique.salles@reconnexion.org.au

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