

Have you got  
all you can out of  
Methadone?

Are you ready  
to move on?

Thinking about  
trying life drug free?

Give WHOS MTAR a call  
on (02) 9357 6111

Assessment by Appointment Only

## Mission Statement

The overall framework from which **MTAR's** objectives are derived, are to foster personal growth within a drug free therapeutic program with the exception of the prescribed Methadone withdrawal regime. This is complemented by incorporating the concepts of harm minimisation from substance abuse, including the spread of communicable diseases, eg: HIV/HCV.

## Professional Associations

WHOS is a member of International Congress of Alcohol and Addictions, Australian Therapeutic Communities Association, Network of Alcohol and other Drugs Agencies, World Federation of Therapeutic Communities.

## Admission Details

Assessments and admissions are carried out by staff Monday to Thursday 9.00am to 5.00pm.

For more information please contact

**MTAR** staff on: (02) 9357 6111

residential methadone  
reduction program

whos

mtar

**We help  
Ourselves.**

Established 1972

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## Methadone to Abstinence Residential

**MTAR** uses the Therapeutic Community model of drug treatment to assist you to reduce off methadone while learning the skills necessary to live drug free.

### MTAR Provides:

- Transport to and from the dosing clinic. Methadone – no cost.
- Safe and secure environment from other drugs of dependence.
- Staffing 24 hours a day.
- Voluntary 6 month residential program.
- Aftercare support
- Separate living accommodation for women and men in a three cottage complex.
- Access to legal, welfare housing and employment services.

### Some MTAR Activities are:

- Group work and individual counselling.
- Living, social & communication skills development.

- Stress management program.
- Leisure activities
- Self esteem building.
- HIV/HCV and other infectious disease education and support.
- Access to outside activities such as Tafe, Self Help meetings, counselling etc.

### What we expect from you is:

- An acknowledgement that there is a need to change and that drug use is no longer working for you.
- If you have any court or legal business it needs to be deferred for the first six weeks of the program. Minimum age of 18 years.
- You will be expected to abide by the program rules while in residence.
- If you have any special medical requirements, check with staff to see if we are able to accommodate.
- Children visits can be arranged with **MTAR** staff.
- Permission from your prescriber to reduce.

- A minimum of one methadone only urine prior to admission.

### What are the costs involved?

- You will be required to contribute to your living costs while you are a resident in **MTAR**. Percentage of welfare benefit or equivalent amount.

### Dosing:

- No minimum or maximum dose.
- In most cases your doctor will continue to be authorised manager of your methadone dose while you reduce at **MTAR**. Generally you will remain on your prescribers' "methadone caseload".

### What if I leave MTAR?

- In the event that you choose not to complete MTAR program and return to methadone maintenance your methadone registration can be recommenced.