

I am speaking under the umbrella of Vienna NGO Committee on Drugs. This is Erick from Association of Rehabilitation of Drugs Abusers of Macau (ARTM). With the decrease of heroin consumption and the increase of the use of methamphetamine, Ketamine, Alcohol/Lorazepam, and other psychiatric substances, we noted an increase in adverse mental health effects. Based on the Therapeutic Community ARTM has established since 2000, we were forced to develop different activities, therapeutic meetings and more cooperation with the psychiatric units so we could provide a better assistance. Knowledge and interventions on different mental issues, from anxiety, depression, to psychosis, neurocognitive conditions have become necessary tool set in the therapeutic team and also among the residents in the Therapeutic Community. We noted inside of the facility an increase of irreflexive violent actions due to delusions, hallucinations, and instable mental status, where adjustment of principle rules is adopted and interventions including transactional referral between the TC and psychiatry is established. Compassion among the peer is also promoted regarding diversified needs of the individuals, and sensitivity on mental needs are highlighted. We also noted the women are more affected than the men and people with mental needs encounter more difficulty to be stabilized and to receive support from the community and from the families. We then adopted individualized treatment planning for people based on different aspects: biological, psychological, and sociocultural. Symptoms stabilization and biological recovery constitute the first steps in their rehabilitation, with assistance from our nurses and psychological counselors during the medical appointments. It should be noted that self-medication of prescriptive substances root in ineffective communication from the clients to medics, while proper records of symptoms, e.g., functional behavioural analysis of sleep, could benefit a great deal in the accurate prescription adherent to the person's medical needs. The lack of information could result into impulsive self-medication of the prescription to sooth the instant symptoms and result into abuse of the medication. Psychoeducation on the medication, their effects, durations, side-effects, bring transparency of the information and clients develop informed consent on their decision in medical compliance. Peer education serves as another essential element in enhancing their healthy behaviour regarding prescriptive substances, which is even boosted under the Therapeutic Community model. Last but not least, rehabilitation of people with addictions in the recent era has become more complicated and multidisciplinary interventions from cooperations among different professional sectors, plus advocacy of compassion in the society, bring hope to people in healing their lives.