

Synthetic Cannabinoid Withdrawal and Addiction

TO: General Practitioners, Social Workers, Youth Health workers, Community Alcohol and Drug Services.

It is anticipated that patients with mild cannabinoid withdrawal can be managed at home with GP supervision.

Patient care should be coordinated by a GP in collaboration with Alcohol and Drug services in the community.

The most common features of withdrawal are: agitation, insomnia, anorexia, nausea, tremor, sweating, vomiting and haematemesis. May last hours to several days.

Significant withdrawal features: violence, psychosis, dehydration, renal impairment.

For patients presenting with associated suicidal ideation, symptoms suggestive of a significant mood or psychotic illness, a referral to a the Psychiatric Emergency Service is advised.

Ph 03 364 0482 or 0800 920 092.

Emergency Department can assist with significantly unwell patients but do not offer a detox service.

Medications that may be of assistance for symptom management of withdrawal.

For Agitation/Irritability:

Quetiapine 25-50mg, Max 200mg/24 hours. Example starting dose 25mg bd, 25-50mg at night.

For Diarrhoea

Loperamide 2mg, 1-2 capsules, maximum 8 caps/24hours

For nausea/vomiting

Metoclopramide 10mg tds, Max 30mg/24hours

For Headaches/Muscle cramps

Paracetamol 1-2 tabs max 4gm/24hours.

For GI Cramps/Spasms

Hyoscine Butylbromide (Buscopan) 10-20mg 4-6 hourly

For Sedation

Promethazine 25-50mg nocte Max 50mg at night

OR

Quetiapine 50mg nocte

Detox

It is anticipated that patients with mild withdrawals can be managed at home with GP supervision.

Dependence with moderate to severe withdrawal may require formal detox.

The Home detox service and Thorpe social detox are both managed through the City Mission.

Kennedy Residential detox can ONLY be arranged if a patient has undergone a comprehensive AOD assessment which has determined that a formal medical detox is required.

Community follow up services available for treatment of Synthetic Cannabinoid Addiction

Patient's own GP is preferred and should be first contact

Alcohol & Other Drugs -AOD Central Coordination Service can assist in phone triage and arranging assessment (03)3384437

The services below offer age appropriate advice. Some offer assessment and community addiction treatment.

Youth < 24yo

Alcohol Drug Helpline Youth Service	0800 787 984		Free advice and contact service	Free advice and contact service	10am-10pm 7days
Free Youth Health	(03)9439298	298 Barbadoes st	Advice, drop in, treatment service	Self referral. Free if 11-24yo	1-5pm M-F
Youth Drug and Alcohol Service	(03)386 2159	Andrew 021311710	Waipuna Community Trust: Advice and assessment	Self referral	Will ring or meet patient
City Mission	(03) 365 0635 or 0274313260	Brian or Sally	CHCH City Mission advice, counselling, assessment, case management	Self referral	Will ring or meet patient

Adults >18 yo

AOD Coordination service	(03)3384437		Assessment and referral coordination	Self referral	Will triage and offer contacts
Alcohol & Drug Helpline	0800 787 797		Free advice, support and contact service	Self referral	10am-10pm 7days
City Mission	(03)3650635		Assessment, case management, counselling. Planned access to home detox and Social detox (Thorpe House)	Self-referral/GP	
He Waka Tapu	(03)3758150	161 Pages Rd	Whanau based assessment and treatment	Self referral	0800 HE WAKA
Community Alcohol & Drug Service	0800 787 797		For patients with Substance abuse AND psychiatric diagnosis	GP and Mental Health referral only	
Recovery 24/7 at Care NZ	0-21 881 752	555 Manchester St	Community peer group alternative to 12 step	Contact: Marc Beecroft	7-8pm Monday,

Support for families

Te Awhina (contact Helen)	(03) 3384436	27 Collins Street, Addington	Support Group for Families affected by Legal Highs	Wednesday 5.30-7 starting 7 May.	
Familial Trust	(03) 9811093	6 Wilsons Road			
He Waka Tapu	(03)3758150	161 Pages Rd	Whanau based support	Self referral	0800 HE WAKA