



University hospital of Tromsø
Division of Mental Health and Substance Abuse
Section for Substance Use Disorders

Substance use disorder treatment Restart

Interdisciplinary specialized treatment.

The ground values of Restart are based on positive, humanistic psychology.

The substance use disorder treatment emphasizes the biological, psychological and sociocultural perspectives.

Target group:

- Adults with a pattern of harmful substance use / addictions, primarily focusing on alcohol and polydrug use.
- Alongside with addictions, some milder mental disorders and other health issues.
- Eventually, other disorders in social or occupational functioning.

Services:

- **Inpatient services – outpatient appointments and services – Follow-up appointments** (both individually and in a group).
- Restart offers treatment and follow-up both individually and in a group. Treatment chain and interdepartmental cooperation are central.
- Short inpatient period, but collaboration with the patient and cooperation partners over time.

The treatment includes:

- Specialized health services.
- The program at Restart consists of group education over 6-8 weeks. This education is based on the biological, psychological and sociocultural perspectives.
- Individual counseling – motivational interview.
- The choice of method and approach is Motivational Interview (MI) and Mentalization-based therapy (MBT).
- Self-care and physical activity, individual approach.

Where will you find us:

Substance use disorder treatment **Restart** – Lars Eriksensvei 10B, 9016 Tromsø (uphill above UNN Åsgård).

Opening hours: 24 hours a day

Office hours: 09.00 – 15:30

Telephone: 77 75 46 60

Interdisciplinary specialized treatment for substance use disorders (SUD) at Substance use disorder treatment Restart Description

The interdisciplinary team at Restart has through several years of experience developed an approach and tradition in meeting the patients - and the treatment services as a whole - that are deeply founded in positive, humanistic psychology.

The approach, and the elements in the treatment, emphasize the biological, the psychological and the sociocultural perspectives.

We wish to provide our patients with the opportunity for screening in case of other simultaneous ailments when needed, and specialized treatment to enable them to take back the control over their lives and substance use.

Stability and trust, as well as attention to self-care, are essential through the course of treatment.

We seek to discover resources and potential within the patient and their social network, at the same time keeping change in focus of the therapeutic discourse – through Motivational Interview (MI).

Knowledge is a prerequisite for change. This is why we have developed our program of 6-8 theme weeks with psychoeducation – learning and development through participation in the psychoeducational groups which also open up for sharing experiences.

Relationship and dialogue are also important tools in the treatment. Our patients are invited to join the teamwork involving the patient, doctor, psychologist and counselor/coordinator.

In all rehabilitation, help to self help is a key principle. Gradually, and taking the individual health issues in consideration, we try to give the patients an opportunity and inspiration to learn and exercise – advocating for interaction between in-patient treatment and home.

The collaboration between patient and restart is initiated before the in-patient treatment starts, if possible. This out-patient contact continues also following the in-patient treatment as long as it is considered beneficial.

Addiction leads to challenges both when it comes to health and social relations. During the in-patient treatment, we wish to screen for personal resources and the challenges a person might be facing. Rather than seeking for faults, we strive to collaborate with the patient in forming a good, individually customized treatment plan.

Our goal is to provide a framework for the patients' individual growth and coping with life.

We pursue to achieve an atmosphere that provides stability, trust and a platform for substance free wellbeing – through a joint milieu therapeutic responsibility.

In case this treatment seems right for you, we would like to welcome you to our division as an active participant in your own treatment.

If you have questions or would like to make an appointment for further information, please contact us by calling: 77 75 46 60.



Drug addiction – Your Brain is a Pinball Machine

An animated film about substance use and effects on the brain.

Drugs are psychoactive substances that change the processes of perception of reality and behavior in the central nervous system of the user. Nobody plan to get addicted. However, dependence may develop rapidly and have serious consequences. The purpose of this film is to make the viewer aware of the serious consequences of drug use and to prevent to start taking drugs. The target group is young people from secondary schools.

Link: <https://www.youtube.com/watch?v=oSKQ9xl52MA>