

Benzodiazepine Support Program Topics
Presenter: Pam Butler

A. Why am I so interested in developing support programs?

B. What does not seem to work for people in withdrawal

- 1. Phenobarbital**
- 2. adding more medications**
- 3. herbs or alternative medications**
- 4. tapering too quickly**

C. What could work:

- 1. Ashton Method**
- 2. 10% method**
- 3. Water titration**
- 4. Compounding**
- 5. Supportive Doctor**
- 6. Supportive Family**
- 7. Diet**

D. Support in the United States and other countries

E. What type of support programs might work in Maine?

Please fill out and return surveys!

