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!