

# ACT Alcohol and Other Drug (AOD) Services Directory

September 2008





**The ACT Alcohol and Other Drug (AOD) Sector Project, Youth Coalition of the ACT acknowledges the Ngunnawal people as the traditional owners and continuing custodians of the lands of the ACT and we pay our respect to the Elders, their families and ancestors.**



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Youth Coalition of the ACT**

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# Acknowledgements

The ACT AOD Sector Project would like to thank all of the services and individuals who gave their time and effort to contributing to this resource. It would not have been possible without:

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- Carrie Fowlie, ACT AOD Sector Project Manager
- David McDonald, Social Research & Evaluation
- Erin Barry, Comorbidity Project Officer
- Steve Byrne, Comorbidity Project Officer

## **Youth Coalition of the ACT's Staff Team**

### **The ACT AOD Workers' Group including:**

- ACT Division of General Practice
- AOD Policy Unit, ACT Health
- Alcohol and Drug Foundation ACT
- Alcohol and Drug Program, ACT Health
- Canberra Alliance for Harm Minimisation and Advocacy
- Centacare Canberra
- DIRECTIONS ACT
- Gugan Gulwan Youth Aboriginal Corporation
- Salvation Army
- Ted Noffs Foundation ACT
- The Connection
- Toora Women Inc.
- Winnunga Nimmityjah Aboriginal Health Service

### **The ACT Comorbidity Strategic Working Group including:**

- ACT Division of General Practice
- Alcohol and Drug Foundation ACT
- Alcohol and Drug Program, ACT Health
- AOD Policy Unit, ACT Health
- Canberra Alliance for Harm Minimisation and Advocacy
- Centacare Canberra
- Department of Health and Ageing, ACT Office
- DIRECTIONS ACT
- Gugan Gulwan Youth Aboriginal Corporation
- Ted Noffs Foundation ACT
- Mental Health ACT, ACT Health
- Mental Health Community Coalition ACT
- Mental Health Policy Unit, ACT Health
- Winnunga Nimmityjah Aboriginal Health Service

### **The ACT AOD Executive Directors' Group**



# The ACT Alcohol and Other Drug Services Directory

The *ACT AOD Services Directory* (the Directory) aims to support workers to make referrals to alcohol and other drug (AOD) services in the ACT, increase cross and intra-sectoral knowledge and foster collaborations. It also aims to better communicate the diverse range of services and programs in the ACT AOD Sector.

The Directory was developed in response to the identified need of the AOD sector, and has been produced as a partnership between the ACT AOD Sector Project and the ACT AOD Workers' Group.

## ACT Alcohol and Other Drugs Sector Project

The ACT AOD Sector Project (the Project) is a capacity building project that began in July 2007, and is funded by ACT Health. The Youth Coalition of the ACT provides support to ACT AOD workers to conduct the Project. The Project is guided by the broad policy goals of:

- ACT Alcohol, Tobacco & Other Drug Strategy 2004 – 2008;
- ACT Workforce Development Strategy; and,
- Council of Australian Governments Illicit Drug Diversion Initiative.

The Project aims to build the capacity and identity of the AOD sector in the ACT, foster intra and cross-sectoral relationships, and improve outcomes while maintaining respect for the diversity of services and for people who are affected by AOD.

For more information visit [www.aodsector.org.au](http://www.aodsector.org.au) or contact:

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## History and Process

The ACT AOD Services Directory began in September 2007, as an activity of the ACT AOD Workers' Group. The services in this Directory were actively involved in the development of this resource in the following ways:

- ACT AOD Workers' Group members decided that the development of a directory should be a key activity of the Project at the Workers' Group meeting held in September 2007.
- The ACT AOD Executive Directors' Group endorsed the Project Workplan, which included the development of a directory in October 2007.

- ACT AOD Workers' Group members and the Project Team developed service profile templates for Version 1 of the Directory at the Workers' Group meeting held in November 2007.
- Draft service profiles were provided to ACT AOD Workers' Group members in February 2008.
- The final service profiles were sent to the ACT AOD Executive Directors' Group for endorsement in March 2008.
- Version 1 of the ACT AOD Services Directory was launched electronically on [www.aodsector.org.au](http://www.aodsector.org.au) in April 2008.
- The Project Team presented information on the Directory at the ACT Comorbidity Strategic Working Group Meeting in July 2008, and workshopped ideas to progress the collection of comorbidity information for Version 2 of the Directory. This information was collated into service profile templates and presented at the AOD Workers' Group meeting in August 2008.
- Draft service profiles for Version 2 were provided to the ACT AOD Workers' Group members in August 2008.
- The final service profiles were sent to the ACT AOD Executive Directors' Group for endorsement in September 2008.
- Version 2 of the *ACT AOD Services Directory* was launched in hardcopy and electronically on [www.aodsector.org.au](http://www.aodsector.org.au) in October 2008.

## What's Not in Here

The ACT AOD Sector Project acknowledges the gaps in this resource. Limited resources meant that only the 12 AOD services that are members of the ACT AOD Workers' Group could be profiled. These services encompass the 34 programs that are profiled within this Directory.

For further information about additional services download the *2006 Alcohol and Other Drug Services Directory, Youth Coalition of the ACT*, available from [www.youthcoalition.net](http://www.youthcoalition.net)

*Note: Some service information has changed and individuals are encouraged to contact each service directly for further information.*

## Disclaimer

The *ACT AOD Services Directory* is for information purposes only and should not be taken as advice. Every effort has been made to ensure that information is accurate at the time of publication.

## Feedback

The *ACT AOD Services Directory* will be updated six-monthly, and feedback is important to its ongoing development. To provide suggestions, updates or comments please contact a member of the ACT AOD Sector Project Team:

### **ACT AOD Sector Project**

Phone: (02) 6247 3540

Email: [info@aodsector.org.au](mailto:info@aodsector.org.au)

Web: [www.aodsector.org.au](http://www.aodsector.org.au)



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## Tips for Engaging with the ACT Alcohol and Other Drug Sector

The ACT AOD Sector is comprised of a diverse range of non-government and government services that work to reduce the harm caused by the use of AOD in the ACT community. ACT Health funds the services in this Directory to provide a range of primary, secondary and tertiary services including:

- Assessments and referrals
- Case management and support
- Community information and education
- Counselling
- Detoxification
- Family support services
- Needle and syringe programs
- Outreach support
- Pharmacotherapies
- Recreational and cultural activities
- Rehabilitation
- Relapse prevention; and,
- Resilience and life skills training

*Source: Siggins Miller, (2007), External Review of the ACT Alcohol and Other Drug Services System, Report to ACT Health.*

For more information on treatment types and definitions download:

Australian Institute of Health and Welfare (AIHW), (2007). *Alcohol and other drug treatment services in Australia 2005–06: report on the National Minimum Data Set*. Drug Treatment Series no.7. Cat. no. HSE 53. Canberra: AIHW.

Available online at [www.aihw.gov.au/publications/index.cfm/title/10431](http://www.aihw.gov.au/publications/index.cfm/title/10431)

### Seeking Advice From an ACT Alcohol and Other Drug Service

Each sector in the ACT is engaged in the delivery of services that respond to different members of a family who may be affected by AOD issues.

The literature overwhelmingly states that in order to better support people affected by AOD issues, the service system needs to take a holistic approach and work in collaboration across sectors.

Early recognition of AOD related problems is important. It can enable intervention to occur before dependence or irreversible damage has developed, or before problems become more complex and difficult to treat. However, AOD problems can be difficult to detect.



By working together, services and sectors can take many practical steps to better support and improve the health and wellbeing of the ACT community.

The ACT AOD Sector provides resources that can be utilised across sectors including information, recommendations and advice on treatment planning. The many programs listed in this Directory provide a contact point for cross sectoral workers to gain assistance regarding the identification, treatment and management of AOD issues.

**Tip:** If you are not sure which service may best suit someone, call an ACT AOD service for information and advice.



# How to use this Directory



The profiles in this Directory are listed alphabetically and grouped according to service name. For services that have multiple programs, each program has an individual profile that is listed alphabetically under the service name.

*Note: People accessing AOD services will be assessed on a case by case basis; however, the information in this directory can help guide appropriate referrals.*

## Explaining Service Profiles

Each profile, where relevant, has information listed for:

- + **Service Description:** A brief description of the general type of service provided.
- + **Contact Details:** Includes the service/program phone number, fax number, mailing address, email address, location and website where applicable.
- + **Parent Organisation:** Listed if the service is administered, managed and/or auspiced by a service or organisation of another name.
- + **Opening hours:** States the opening hours of the service.
- + **Treatment Approach:** States if the service uses a harm minimisation or abstinence approach.
- + **Access Criteria:** Describes with whom the service works. Addresses target group, income requirements, disability access, required documentation, prescription medication, parents with accompanying children and couples. Also outlines whether people are required to detox before accessing the service.
- + **How to Access:** Explains when and how to access the service, how to provide a referral and whether there is a current waiting list.
- + **Intake & Assessment:** Describes intake and assessment processes and times where relevant.
- + **Programs:** Details what is offered by the service.
- + **Comorbidity:** Provides information on the extent of services provided for people experiencing both alcohol and other drug and mental health issues.
- + **Cost:** Provides information on costs of programs, if any.
- + **Staffing:** Lists the specialist staff that can be accessed through the service.
- + **Families/Carers:** Describes the level to which the service works with family and support people.
- + **Other:** Lists any other information that may be relevant.

# ACT AOD Services

## Quick Reference Guide

The table below contains a snapshot of ACT AOD Services and lists the service name, program name, description and phone number. Services are listed alphabetically.

### + Alcohol and Drug Policy Unit, ACT Health

Alcohol and Other Drug Policy Unit	Provides AOD policy through ACT Health, ACT Government.	(02) 6205 0909
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### + Alcohol and Drug Foundation ACT (ADFACT)

Karralika Adult Program	Provides up to 12 months of residential rehabilitative care for single adults and couples with AOD dependencies, using the therapeutic community approach to treatment.	(02) 6292 2733
Karralika Family Program	Provides up to 12 months of residential rehabilitative care for adults with AOD dependencies and accompanying children, using the therapeutic community approach to treatment.	
Sober Driver Program	Provides a 9 week course for people who are convicted or facing charges for drink-driving offences.	(02) 6163 0200
The Nexus Program	Provides the Men's Halfway House Program and the Aftercare Program that offers a community based treatment program for people with AOD issues.	

### + Alcohol and Drug Program (ADP), ACT Health

Aboriginal Liaison Officer (ALO)	Provides support to Aboriginal and Torres Strait Islander people to access, and participate in AOD services.	(02) 6207 9977
Comorbidity Officer	Provides consultation, liaison and clinical work for people experiencing comorbid AOD and mental health issues.	(02) 6244 2591
Consultation Liaison Service	Provides support, information and referrals for people in the ACT's acute hospitals who are experiencing AOD dependencies.	

Counselling and Treatment Service	Provides counselling and care coordination including a range of therapeutic and educational groups to individuals, families and carers.	(02) 6207 9977
Diversion Services	Provides programs that aim to divert people apprehended for drug use or drug related offences from the judicial system into the health system.	(02) 6207 9977
Integrated Multi-agencies for Parents and Children Together (IMPACT)	Provides support to people who are receiving opioid replacement therapy who are pregnant or have a child under the age of 2 years.	1 800 211 274
Opioid Treatment Service	Provides prescriptions and dosing of pharmacotherapies for people seeking to manage opioid use; and coordinated care by working with other health and pharmacotherapy services.	(02) 6207 9977
Withdrawal Unit	Provides up to 7 days of medicated (residential) or non-residential (outpatient) support for people experiencing withdrawal.	

#### **+ Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)**

Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)	Provides a peer based users group run by and for past or current illicit / injecting drug users, their families and friends.	(02) 6279 1670
The Connection	Provides a peer based support program for Indigenous and non-Indigenous young people who are past or present illicit / injecting drug users, their families and friends.	(02) 6279 1671

#### **+ Centacare Canberra**

The Sobering Up Shelter	Provides overnight support, care and monitoring for people recovering from AOD intoxication.	(02) 6163 3711
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### + DIRECTIONS ACT

Althea Wellness Centre	Provides health clinics for people with past or current AOD issues.	(02) 6122 8000
A New Day, Women with Children Detox Program	Provides up to 12 days of non-medicated residential support for women with accompanying children who are experiencing withdrawal.	(02) 6253 3055
Arcadia House Withdrawal and Detox Centre	Provides up to 7 days of non-medicated residential support for people experiencing withdrawal.	
Community Education and Corrections Program	Provides flexible community education programs and support, with a focus on people involved in the criminal justice system.	(02) 6122 8000
Counselling & Advocacy Program	Provides counselling services for individuals, their families and friends affected by AOD issues.	
Maysoon	Provides support to women with young children who use, or are in recovery from AOD.	
Needle & Syringe Program (NSP)	Provides clean injecting equipment, information on safer injecting practices, crisis counselling and referrals, general health information, primary health care, NSP training for health workers and advice on harm minimisation.	
Outreach & Promotions Unit	Provides offsite programs and flexible service delivery in community spaces. A mobile Needle and Syringe Program is also provided.	
Treatment Support Service (TSS)	Provides access to treatment services and assists people to understand pharmacotherapy alternatives and identify which treatment best meets their needs.	

### + Gugan Gulwan Youth Aboriginal Corporation

Drug & Alcohol Program	Provides information, support, advocacy, case management, and court support to young people aged 12 – 25 years experiencing AOD related issues.	(02) 6231 9555
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### + Ted Noffs Foundation ACT

Adolescent Drug Withdrawal Unit (ADWU)	Provides up to 14 days of residential support for young people aged 14 – 18 years experiencing withdrawal.	(02) 6123 2400
Community Outreach & Outclient Program (CO-OP)	Supports young people aged 12 – 18 years who are experiencing AOD issues in the community, and who do not want or need residential rehabilitation services.	
Program for Adolescent Life Management (PALM)	Provides up to 3 months residential rehabilitation for young people aged 14 – 18 years.	

### + The Salvation Army

Canberra Recovery Service	Provides a 10 month residential rehabilitation program for men experiencing alcohol, drug or gambling dependencies.	(02) 6295 1256
Oasis Bridge Program	Provides a non-residential rehabilitation program for people and over 12 years of age and / or concerned family members to deal with AOD issues.	(02) 6248 7191

### + Toora Women Inc

Lesleys Place – Residential & Outreach	Provides recovery based supported accommodation for up to 3 months for women and accompanying children. Outreach support can be provided pre and post AOD withdrawal.	(02) 6241 7233
Marzenna Drug & Alcohol Halfway House for Women	Provides medium to long term recovery based supported accommodation for up to 12 months for women and accompanying children.	(02) 6242 6530
Women’s Information, Resources & Education on Drugs & Dependency (WIREDDD)	Provides information, education, counselling and resources to women to minimise the harms associated with AOD dependence.	(02) 6248 8600

### + Winnunga Nimmityjah Aboriginal Health Service

Substance Misuse Service	Provides support to Aboriginal and Torres Strait Islander people experiencing problems with alcohol and other drugs including counselling, advocacy, community education and referrals.	(02) 6284 6222
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## Alcohol and Other Drug Policy Unit, ACT Health

Provides alcohol and other drug policy through ACT Health, ACT Government

Phone:	(02) 6205 0909
Fax:	(02) 6205 0866
Mailing Address:	GPO Box 825, Canberra City ACT 2601
Website:	<a href="http://www.health.act.gov.au">www.health.act.gov.au</a>
Location:	Level 2, 11 Moore St, Canberra City
Opening Hours:	9am – 5pm, Monday – Friday

The Alcohol and Other Drug Policy Unit is an element of ACT Health's Policy Division. The Unit provides advice to ACT Health and the ACT Government regarding alcohol and other drug policy issues in the ACT and nationally.

An important function of the Unit is to negotiate with funding bodies and service providers, and to manage service agreements with non-government organisations and government agencies across the ACT's alcohol and other drug sector.

## Alcohol and Drug Foundation ACT (ADFACT)

### **Karralika Adult Program, Alcohol and Drug Foundation ACT (ADFACT)**

Provides up to 12 months of residential rehabilitative care for single adults and couples with alcohol and other drug dependencies, using the Therapeutic Community approach to treatment.

Phone:	(02) 6292 2733
Fax:	(02) 6292 7073
Mailing Address:	PO Box 2230, Tuggeranong, ACT 2901
Email:	adfact@adfact.org
Website:	www.adfact.org
Location:	Confidential
Parent Organisation:	Alcohol and Drug Foundation ACT Inc. (ADFACT)
Opening Hours:	9am – 4pm, Monday – Friday
Treatment Approach:	Therapeutic Community

#### **+ Access Criteria**

Target Group:	Males and females over 18 years of age inclusively. Single adults and couples are accepted.
Area serviced:	National; however, priority is given to residents from the ACT and surrounding region.
Income required:	Yes. If residents do not have an income, they will be assisted to access income support.
Disability Access:	Yes, ramps and toilets.
Detox required before accessing program:	Yes
Documentation required:	Yes. Determined through assessment.
Medication:	People accessing the service can be on some prescription medications.
Parents with accompanying children:	Parents with accompanying children can access the Karralika Family Program (see next listing).
Couples:	Yes



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**+ How to Access / Referrals**

Contact:	By phone, 9am – 4pm, Monday – Friday
Referral:	Self or worker referral. Referrals are accepted for people on court orders.
Waiting List:	Varies depending on accommodation availability. Support is provided to people waiting to enter the program.

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<b>+ Intake &amp; Assessment</b>	An over the phone assessment is required. Intake is provided from 9am – 4pm, Monday – Friday. Personal items are checked upon entry into the program.
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<b>+ Program/s</b>	Provides up to 12 months of drug-free rehabilitative care for people with drug and alcohol dependencies, using the therapeutic community approach to treatment. Education, literacy and numeracy skills, recreational activities, life skills and accredited training is also provided. Counselling and access to specialist services from other agencies is available. Alcohol and other drug information, support and case management are also available. Support can be provided to parents who do not have custody of their children.
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<b>+ Comorbidity</b>	Provides specialist mental health support and works closely with Mental Health ACT. Comorbidity and mental health related groups, counselling and information are also provided. Staff are trained in basic mental health; there are psychologists on staff and assessments include a mental health component.
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<b>+ Cost</b>	81% of income.
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<b>+ Staff</b>	Alcohol and Other Drug Workers and Psychologists.
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<b>+ Families / Carers</b>	Children, family and support people can visit residents. Outside access for people wanting to visit their families is also available. Support and information can be provided to family members and support people.
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## Karralika Family Program, Alcohol and Drug Foundation ACT (ADFACT)

Provides up to 12 months of residential rehabilitative care for adults with alcohol and other drug dependencies and accompanying children, using the Therapeutic Community approach to treatment.

Phone:	(02) 6292 2733
Fax:	(02) 6292 7073
Mailing Address:	PO Box 2230, Tuggeranong, ACT 2901
Email:	adfact@adfact.org
Website:	www.adfact.org
Location:	Confidential
Parent Organisation:	Alcohol and Drug Foundation ACT Inc. (ADFACT)
Opening Hours:	9am – 4pm, Monday – Friday
Treatment Approach:	Therapeutic Community

### + Access Criteria

Target Group:	Male and female parents over 18 years of age inclusively.
Area serviced:	National; however, priority is given to residents from the ACT and surrounding region.
Income required:	Yes. If residents do not have an income, they will be assisted to access income support.
Disability Access:	Yes, ramps and toilets.
Detox required before accessing program:	Yes
Documentation required:	Yes. Determined through assessment.
Medication:	People accessing the service can be on some prescription medications.
Parents with accompanying children:	This program is specifically designed for parents with accompanying children.
Couples:	Yes

### + How to Access / Referrals

Contact:	By phone, 9am – 4pm, Monday – Friday
Referral:	Self or worker referral. Referrals are accepted for people on court orders.

<b>+ Waiting List</b>	Waiting list varies depending on accommodation availability. Support is provided to people waiting to enter the program.
<b>+ Intake &amp; Assessment</b>	An over the phone assessment is required. Intake is provided from 9am – 4pm, Monday – Friday. Personal items are checked upon entry into the program.
<b>+ Program/s</b>	Provides up to 12 months of drug-free rehabilitative care for people with drug and alcohol dependencies with accompanying children, using the therapeutic community approach to treatment. Education, literacy and numeracy skills, recreational activities, life skills and accredited training is also provided. Counselling and access to specialist services from other agencies are available. Alcohol and other drug information, support and case management are also available.  Children participate in an early childhood development program either through full-time daycare or in after-school care programs. Targeted interventions including play therapies, are included in the program as appropriate. Parents also take part in parenting programs and cognitive behavioural therapies (CBT), which seek to develop positive parent/child/family relationships.
<b>+ Comorbidity</b>	Provides specialist mental health support and works closely with Mental Health ACT. Comorbidity and mental health related groups, counselling and information are also provided. Staff are trained in basic mental health; there are Child and Family Psychologists on staff and assessments include a mental health component.
<b>+ Cost</b>	81% of income.
<b>+ Staff</b>	Alcohol and Other Drug Workers and Child and Family Psychologists.
<b>+ Families / Carers</b>	Children, family and support people can visit residents. Outside access for people wanting to visit their families is also available. Support and information can be provided to family members and support people.

## Sober Driver Program, Alcohol and Drug Foundation ACT (ADFACT)

Provides a 9 week course for people who have been convicted or are facing charges for drink driving offences.

Phone:	(02) 6163 0200
Fax:	(02) 6282 7777
Mailing Address:	PO Box 2230, Tuggeranong, ACT 2901
Email:	adfact@adfact.org
Website:	www.adfact.org
Location:	Level 1, 67 Townshend Street, Phillip
Parent Organisation:	Alcohol and Drug Foundation ACT Inc. (ADFACT)
Opening Hours:	Dependant on demand. The Community Team is contactable from 9am – 5pm, Monday – Friday
Treatment Approach:	Harm minimisation

### + Access Criteria

Target Group:	Males and females over 18 years of age inclusively who have been charged or who are facing charges for drink driving offences.
Area serviced:	ACT
Income required:	Course fees applicable
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	This program is specifically designed for parents with accompanying children.

### + How to Access / Referrals

Contact:	By phone, 9am – 5pm, Monday – Friday
Referral:	No referral necessary.
<b>+ Waiting List</b>	Varies

<b>+ Intake &amp; Assessment</b>	Program is run on a needs basis depending on the number of participants. Completion of registration forms required.
<b>+ Program/s</b>	Provides a nine-week course comprising one x 2 hour session per week. The course examines legal, health and social impacts of drink driving and assists participants to develop positive personal skills and attitudes in relation to alcohol and drink driving issues. Provides information on safe drinking strategies and stress management techniques. Confirmation of enrolment for courts and requests for adjournments until after graduation, advice on special licences and referrals are available.
<b>+ Comorbidity</b>	No specific support provided; however, specific comorbidity support is offered through other Alcohol and Drug Foundation ACT programs.
<b>+ Cost</b>	\$400 – \$450 per course.
<b>+ Staff</b>	2 trained facilitators per course.

## The Nexus Program, Alcohol and Drug Foundation ACT (ADFACT)

Provides the Men's Halfway House Program and the Aftercare Program that offer a community based treatment program for people with alcohol and other drug issues.

Phone:	(02) 6163 0200
Fax:	(02) 6282 7777
Mailing Address:	PO Box 2230, Tuggeranong, ACT 2901
Email:	adfact@adfact.org
Website:	www.adfact.org
Location:	Level 1, 67 Townshend St, Phillip
Parent Organisation:	Alcohol and Drug Foundation ACT Inc. (ADFACT)
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm minimisation

### + Access Criteria

Target Group:	Males and females over 18 years of age inclusively, who have completed initial treatment for alcohol and other drug dependency.
Area serviced:	National; however, priority is given to residents from the ACT and surrounding region.
Income required:	Yes. If residents do not have an income, they will be assisted to access income support.
Disability Access:	Determined through assessment.
Detox required before accessing program:	Yes, people are required to have completed a treatment program.
Documentation required:	Determined through assessment.
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	No
Couples:	No

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**+ How to Access / Referrals**

Contact: By phone, 9am – 5pm, Monday – Friday

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Referral: Self or worker referral. Referrals are accepted for people on court orders.

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**+ Waiting List** Varies.**+ Intake & Assessment** Participation in assessment processes is required prior to acceptance into the program.

Intake is provided from 9am – 4pm, Monday – Friday. Personal items are checked upon entry into the program.

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**+ Program/s** Incorporates the Men's Halfway House Program and After-care Program. Provides a community-based treatment program for people with alcohol and other drug issues and provides independent accommodation for 3 – 6 months. Case management, support, education, counselling and referrals are also provided.**+ Comorbidity** Provides specialist mental health support and works closely with Mental Health ACT. Comorbidity and mental health related groups, counselling and information are also provided. Staff are trained in basic mental health and assessments include a mental health component.**+ Cost** \$250 per week including food, utilities and local phone calls.**+ Staff** Manager and Case Manager.**+ Families / Carers** Access visits and overnight stays may be arranged for children of clients. Outside access for people wanting to visit their families is also available. Support and information can be provided to family members and support people.

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## Alcohol and Drug Program (ADP), ACT Health

### **Aboriginal Liaison Officer (ALO), Alcohol and Drug Program (ADP)**

Provides support to Aboriginal and Torres Strait Islander people to access and participate in alcohol and other drug services.

Phone:	(02) 6207 9977
Fax:	(02) 6205 8380
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	<a href="http://www.health.act.gov.au">www.health.act.gov.au</a>
Location:	ACT Health Building, Level 1, 1 Moore St, Canberra City
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	8.30am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

#### **+ Access Criteria**

Target Group:	Male and female Aboriginal and Torres Strait Islander people, including young people 12 – 18 years.
Area serviced:	ACT; however, support can be provided to interstate services wishing to refer clients to ACT alcohol and other drug services
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes
Couples:	Yes



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**+ How to Access / Referrals:**

Contact: By phone, 24 hours.

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Referral: Self or worker referral. Referrals are accepted for people on court orders. No referral documentation necessary.

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**+ Waiting List** No waiting list

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**+ Intake & Assessment** Through the 24 Hour Intake Line. An appointment for an over the phone or face to face assessment will be scheduled.

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**+ Program/s** Provides support to Aboriginal and Torres Strait Islander people to access, and participate in alcohol and other drug services. Provides assessment, information, education, case management and support. Information and support to alcohol and other drug services and Aboriginal and Torres Strait Islander services is also provided.

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**+ Comorbidity** Provides comorbidity and mental health specific information and referrals. Facilitates access to the Alcohol and Drug Program's Comorbidity Officer, Psychiatric Registrar and Psychologists through the Counselling and Treatment Service. Assessments include a mental health component and active referrals are made to Mental Health ACT and the Comorbidity Program at Winnunga Nimmityjah Aboriginal Health Service.

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**+ Cost** Free

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**+ Staff** Indigenous staff member.

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**+ Families / Carers** Families and carers can attend assessment or case management appointments for support. Information and referrals for families and carers to other alcohol and other drug services or support groups are also provided.

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## Comorbidity Officer, Alcohol and Drug Program (ADP)

Provides consultation, liaison and clinical work for people experiencing comorbid alcohol and other drug and mental health issues.

Phone:	(02) 6244 2591
Fax:	(02) 6244 4622
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	www.health.act.gov.au
Location:	Building 7, The Canberra Hospital, Palmer Street, Garran
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	8.30am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females experiencing both mental health and alcohol and other drug issues
Area serviced:	ACT
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes
Couples:	Yes; however, they would be seen as individuals

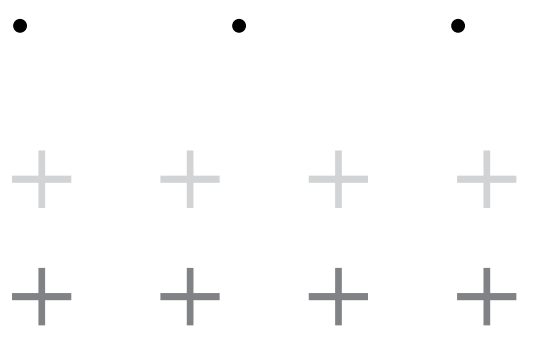
### + How to Access / Referrals:

Contact:	By phone, 9am – 5pm, Monday, Tuesday, Thursday and Friday.
Referral:	Self and worker referral.

**+ Waiting List** No waiting list

**+ Intake & Assessment** Assessment completed following referral.

<b>+ Program/s</b>	Provides comorbidity specific information, resources, secondary consultations, training, clinical planning, assessments, liaison, advocacy and referrals. Works closely with the Comorbidity Officer in Mental Health ACT and provides sector and organisational development. Outreach is provided to the Althea Wellness Centre, DIRECTIONS ACT and Karralika, Alcohol and Drug Foundation ACT. Groups include <i>Coming Off Pills Effectively</i> (COPE) for people who use benzodiazepines and other prescription medications. Suitability will be assessed by the Comorbidity Officer.
<b>+ Comorbidity</b>	All work has a comorbidity focus and specific support is provided to the Alcohol and Drug Program.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Social Worker
<b>+ Families / Carers</b>	Families and carers can access information and referrals to other services.



## Consultation Liaison Service, Alcohol and Drug Program (ADP)

Provides support, information and referrals for people in the ACT's acute hospitals who are experiencing alcohol and other drug dependencies.

Phone:	(02) 6244 2591
Fax:	(02) 6244 4622
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	www.health.act.gov.au
Location:	Building 7, Canberra Hospital, Palmer Street, Garran
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	8.30am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females admitted to The Canberra Hospital, including pregnant women.
Area serviced:	Services are provided to all areas of the The Canberra Hospital and phone advice can be given to Calvary Hospital. People from interstate can also be seen whilst in ACT hospitals.
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies. The service will liaise with the Alcohol and Drug Program Medical Officers to ensure people in The Canberra Hospital are receiving the correct dose.
Parents with accompanying children:	Yes
Couples:	Yes; however, they will be seen as individuals

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**+ How to Access / Referrals**

Contact: By phone, 8.30am – 5pm, Monday – Friday.

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Referral: Referrals are accepted from staff of The Canberra Hospital, the Alcohol and Drug Program Intake Line, Withdrawal Unit, Opioid Replacement Program and other services. If the person needs to be seen by the Alcohol Drug Program Medical Officer, a request for consult should be written in the clients notes in the hospital.

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**+ Waiting List** No waiting list People are generally seen on the day of referral.

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**+ Intake & Assessment** An assessment is completed after a referral is made. Workers will see the client on the ward for assessment.

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**+ Program/s** Provides support, information and referrals for people in the ACT's acute hospitals who are experiencing alcohol and other drug dependencies.  
Referrals are provided to the IMPACT Program, self help groups and relapse prevention groups.

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**+ Comorbidity** Provides comorbidity and mental health specific information and referrals. Assessments include a mental health component. Able to access the Alcohol and Drug Program's Comorbidity Officer, and Psychiatric Registrar and Psychologists through the Counselling and Treatment Service.

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**+ Cost** Free

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**+ Staff** Registered Nurses and Social Workers.

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**+ Families / Carers** Families and carers can access information and referrals to other services.

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## Counselling and Treatment Service, Alcohol and Drug Program (ADP)

Provides counselling and care coordination including a range of therapeutic and educational groups to individuals, families and carers.

Phone:	(02) 6207 9977
Fax:	(02) 6205 0951
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	www.health.act.gov.au
Location:	ACT Health Building, Level 1, 1 Moore St, Canberra City
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females over 18 years of age inclusively. People under 18 years of age can be assessed for suitability and may be referred to youth services.
Area serviced:	ACT residents given priority; however, referrals are accepted from interstate.
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes
Couples:	Yes; however, counselling must be attended individually.

### + How to Access / Referrals

Contact:	By phone, 24 hours.
Referral:	Self or worker referral.
<b>+ Waiting List</b>	No waiting list People are seen within 2 – 14 days.

<b>+ Intake &amp; Assessment</b>	Through the 24 Hour Intake Line. An appointment for a face to face assessment will be scheduled. To access groups, contact the 24 Hour Intake Line for inclusion on the list for upcoming groups.
<b>+ Program/s</b>	<p>Provides counselling and care coordination including the following range of therapeutic and educational groups to individuals, families and carers:</p> <p><b>Relapse Prevention Program:</b> A 2 hour program over 6 weeks for adults with alcohol and other drug issues, who wish to develop and maintain healthier lifestyles.</p> <p><b>Controlling Your Drinking:</b> A 4 hour program over 2 weeks designed to help people assess their alcohol use and possible barriers that prevent them from reducing their use</p> <p><b>Effective Weed Control:</b> A 2 hour group run over 5 weeks for cannabis users wanting information or who want to change their cannabis use.</p> <p><b>Mindfulness, Mediation &amp; Stress Management Group:</b> A 6 week group program designed for individuals with, or caring for someone with and alcohol and other drug issues who want to learn: meditation and other mindfulness techniques; how to identify and let go of unhelpful thoughts, feelings, sensations and urges; and how to better manage stress and uncomfortable emotions.</p> <p><b>Stepping Stones (a Family Drug Support course):</b> A course over 2 weekends to help families cope with alcohol and other drug issues by assisting the family to understand, and to influence the user with their dependence. Topics covered include coping with stress and anger, tips about communication and limit setting all in order to maximise health, so that families have the resources to maximise the help getting to the substance user.</p>
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information, counselling, groups including mindfulness and referrals. Psychologists are on staff and assessments include a mental health component. Able to access the Alcohol and Drug Program's Comorbidity Officer and Psychiatric Registrar.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Nurses, Psychologists, Social Workers and Counsellors.
<b>+ Families / Carers</b>	Families and carers can access the Stepping Stones course and referrals to other services are provided.

## **Diversion Services, Alcohol and Drug Program (ADP)**

Provides programs that aim to divert people apprehended for drug use or drug related offences from the judicial system into the health system.

Phone:	(02) 6207 9977
Fax:	(02) 6205 8380
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Email:	diversionservices@act.gov.au
Website:	www.health.act.gov.au
Location:	ACT Health Building, Level 1, 1 Moore St, Canberra City
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	8.30am – 4.30pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### **+ Access Criteria**

Target Group:	Males and females who have been apprehended or charged with an alcohol and other drug related offence. This includes an office within the Children's Court for offenders 12-18 years of age.
Area serviced:	For people apprehended on offences within the ACT
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.

### **+ How to Access / Referrals**

Contact:	By phone to make an appointment, 8.30am – 5pm, Monday – Friday.
Referral:	Referrals are only accepted from the Australian Federal Police (AFP) or by court order (Magistrate, Children's Court or Supreme Court). People can request a referral from the Magistrate or Justice at Court hearing. An appointment for assessment is scheduled and referral to treatment made at this time. Case management and support can be accessed by phone, appointment or drop-in during the course of the legal matter.



<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Available from 8.30am – 5pm, Monday – Friday. Assessment is conducted on referral by the AFP or Courts. Process varies. While AFP and Courts can make a referral to Diversion Services, assessment and case management can only proceed with the consent of the client.
<b>+ Program/s</b>	Provides programs that aim to divert people apprehended for drug use or drug related offences from the judicial system into the health system.
	<p><b>Police Early Diversion (PED):</b> For people who have been apprehended by the AFP for possession of a small amount of illicit drugs (2 cannabis plants or amount less than 25 grams; 25% of trafficable amount of all other illicit drugs). The AFP can divert offenders following arrest for assessment and referral to treatment. Treatment is provided by an approved ACT agency and can include education, counselling, withdrawal, pharmacotherapy, or residential rehabilitation.</p> <p>Compliance with treatment is determined by the Diversion Service staff, and if compliant, a report is made to the AFP and no conviction is recorded. Non-compliance is reported back to the AFP, and the AFP determines what action should be taken (if any), but can result in a charge proceeding to court.</p>
	<p><b>Court Alcohol and Drug Assessment Service (CADAS):</b> A pre-sentencing treatment option for people charged with alcohol and other drug related offences. The goals are to reduce recidivism during the bail period, and to engage the client in treatment. It is therefore designed as an immediate, short-term intervention, when a person first appears before the Court. The CADAS clinicians are located at the Magistrate and Children's Court, and provides an immediate alcohol and other drug assessment, and recommend an appropriate treatment plan. If the person is released on bail to comply with the treatment plan, the CADAS clinician monitors attendance, and reports all outcomes to the Court. Non-compliance does not necessarily result in a penalty, but is taken into account by the Magistrate or Justice at sentencing.</p>

**+ Program/s**  
(continued)

**Treatment Referral Program (TRP):**

A sentencing option for people who have either committed a crime to get drugs, or money for drugs, or while under the influence of drugs. It currently applies only to those drugs which appear in Schedule 4 of the Drugs of Dependence Act (1989) ie. not alcohol. The Magistrate or Judge may, as part of the sentence imposed, instruct a person to undergo a treatment order rather than receive a custodial sentence or as an option to reduce their custodial time. The treatment is overseen by a Treatment Assessment Panel, and conducted by an approved treatment agency. The treatment can be for a period of 6 months up to 2 years. People who fail to complete their treatment order, may revert to a custodial sentence.

**+ Comorbidity**

Provides comorbidity and mental health specific information and referrals. Assessments include a mental health component. Able to access the Alcohol and Drug Program's Comorbidity Officer, and Psychiatric Registrar and Psychologists through the Counselling and Treatment Service.

**+ Cost**

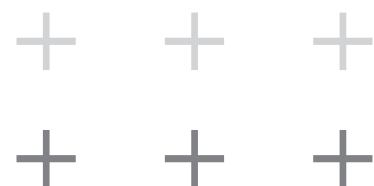
Free

**+ Staff**

Alcohol and Other Drug Workers, Nurses, Social Workers and Psychologists

**+ Families / Carers**

Families / Carers: Families and carers can access information and referrals to other services.



## Integrated Multi-agencies for Parents and Children Together (IMPACT) Program, Alcohol and Drug Program (ADP)

Provides support to people who are receiving Opioid Replacement Therapy who are pregnant or have a child under the age of 2 years.

Phone:	(02) 6244 2591 or 1 800 211 274 (toll free)
Fax:	(02) 6244 4622
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	www.health.act.gov.au
Location:	Building 7
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	8.30am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females who are a clients of Mental Health ACT or are receiving Opioid Replacement Therapy who are pregnant or have a child under the age of 2 years.
Area serviced:	ACT
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	The program is specifically designed for people on pharmacotherapies.
Parents with accompanying children:	Yes, for children under 2 years of age.
Couples:	Yes

### + How to Access / Referrals:

Contact:	By phone, 8.30am – 5pm, Monday – Friday
Referral:	Self or worker referral. A referral form is to be faxed to the IMPACT Coordinators. People can contact the toll free number to discuss referrals with the Coordinator.

<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Available from 8.30am – 5pm, Monday – Friday. The person is contacted over the phone once a referral is received and a time is made to visit them at home to sign consent to participate in the program.
<b>+ Program/s</b>	A multi-agency team provides support to identify needs and brings together professional and services that will work to support the family. The program is a partnership between ACT Health, The Department of Housing and Community Services (DHCS), general practice and community pharmacies.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Assessments include a mental health component. A range of mental health professionals are accessible through the program including a Mental Health ACT Liaison Officer, Psychologist and Alcohol and Drug Program's Comorbidity Officer.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Social Worker
<b>+ Families / Carers</b>	Families and carers can access information and referrals to other services.

## Opioid Treatment Service, Alcohol and Drug Program (ADP)

Provides prescriptions and dosing of pharmacotherapies for people seeking to manage opioid use; and coordinated care by working with other health and pharmacotherapy services.

Phone:	(02) 6207 9977
Fax:	(02) 6244 4622
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	www.health.act.gov.au
Location:	Wruwallin Clinic, Building 7, Canberra Hospital, Palmer Street, Garran
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	8.30am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females over 18 years of age who have an opioid dependency and are suitable for pharmacotherapies. People under 18 years of age may be considered after consultation with Medical Officers.
Area serviced:	ACT only
Income required:	No
Disability Access:	Yes, access ramps, lifts and disabled toilets
Detox required before accessing program:	No
Documentation required:	No
Medication:	Yes; however, a consultation with an Alcohol and Drug Program Medical Officer is required prior to commencement on pharmacotherapies.
Couples:	Yes

### + How to Access / Referrals:

Contact:	By phone for appointment from 8:30am – 5pm, Monday – Friday.
Referral:	Self or worker referral.

<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Through the 24 Hour Intake Line. People will be placed on a waiting list for assessment by an Alcohol and Drug Program Medical Officer to determine if they are suitable for treatment. This involves taking a history and conducting a physical examination. If suitable, an induction process will be started, usually the day of the medical assessment.
<b>+ Program/s</b>	Provides prescriptions and dosing of pharmacotherapies for people seeking to manage opioid use. Case management is also provided and people continue to be reviewed by a Medical Officer while on pharmacotherapies. Prescriptions are reviewed every 3 months. Provides coordinated care by working with other health and pharmacotherapy services.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information, crisis and ongoing counselling and referrals. Assessments include a mental health component. Able to access the Alcohol and Drug Program's Comorbidity Officer, Psychiatric Registrar and Psychologists through the Counselling and Treatment Service.
<b>+ Cost</b>	Cost varies. Free for first 6 months then to a maximum of \$30 per week.
<b>+ Staff</b>	Medical Officers, Nurses, Social Workers and Pharmacists.
<b>+ Families / Carers</b>	Family and carers can be provided with alcohol and other drug information and referrals.

## Withdrawal Unit, Alcohol and Drug Program (ADP)

Provides up to 7 days of medicated residential (inpatient) or non-residential (outpatient) support for people experiencing withdrawal.

Phone:	(02) 6207 9977
Fax:	(02) 6244 2744
Mailing Address:	GPO Box 825, Canberra City, ACT 2601
Website:	<a href="http://www.health.act.gov.au">www.health.act.gov.au</a>
Location:	Building 7, Canberra Hospital, Palmer Street, Garran
Parent Organisation:	Alcohol and Drug Program (ADP), ACT Health
Opening Hours:	24 hours.
Treatment Approach:	Harm minimisation; however, people need to be abstinent while in the program.

### + Access Criteria

Target Group:	Males and females over 18 years of age inclusively. People under 18 years of age can be assessed for suitability and may be referred to youth services.
Area serviced:	ACT residents given priority; however, referrals are accepted from interstate.
Income required:	No
Disability Access:	Yes, access ramps, lifts, disabled toilets, and a "Steady" walking frame
Detox required before accessing program:	No
Documentation required:	No
Medication:	Yes; however, a consultation with an Alcohol and Drug Program medical officer is required prior to admission.
Parents with accompanying children:	No. Phone contact while in unit facilitated to maintain contact with children.
Couples:	No. Admissions for couples will be organised independently

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**+ How to Access / Referrals:**

Contact: By phone, 24 hours.

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Referral: Self or worker referral. Referrals are accepted for people on court orders, but cannot specify an admission date.

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**+ Waiting List** Varies from 0 – 3 weeks.

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**+ Intake & Assessment** Intake to service is made through the 24 Hour Intake Line and the request for admission is referred to a Triage Nurse within the Unit. If they are unable to speak with the Triage Nurse at time of intake, a follow up call will be made by the Unit within 24 hours. Admission to the Unit is prioritised on medical need. A nursing and medical assessment will be completed on admission. Belongings are searched on admission. No mobile phones are permitted and will be locked securely until discharge.

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**+ Program/s** Provides up to 7 days of medicated residential (inpatient) or non-residential (outpatient) support for people experiencing withdrawal.

Therapeutic support, education, referrals, follow-up specialist services and counselling are available.

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**+ Comorbidity** Provides comorbidity and mental health specific information, groups including depression and referrals. Assessments include a mental health component. Able to access the Alcohol and Drug Program's Comorbidity Officer, Psychiatric Registrar and Psychologists through the Counselling and Treatment Service.

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**+ Cost** Free

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**+ Staff** Medical Officers, Nurses, Social Workers and Psychologists.

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**+ Families / Carers** Family and carers can be provided with alcohol and other drug information and referrals.

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## Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)

### Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)

Provides a peer based users group run by and for past or current illicit/injecting drug users, their families and friends.

Phone:	(02) 6279 1670
Fax:	(02) 6279 1610
Mailing Address:	GPO Box 5078, Braddon, ACT 2612
Email:	info@cahma.org.au
Website:	www.aivl.org.au
Location:	Level 1, Sydney Building, 112 – 116 Alinga Street, Canberra City
Parent Organisation:	Australian Injecting and Illicit Drug Users League (AIVL)
Opening Hours:	10am – 4pm, Monday – Friday
Treatment Approach:	Harm Reduction

#### + Access Criteria

Target Group:	<p><b>CAHMA:</b> Male and female current or past injecting/illicit drugs users of any age.</p> <p><b>The Connection:</b> Male and female Indigenous and non-Indigenous young people with current or past alcohol and other drug issues.</p>
Area serviced:	ACT and surrounding areas. Interstate residents are welcome.
Income required:	No; however, support is provided to assist people to access income support.
Disability Access:	No
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications including pharmacotherapies.

Parents with accompanying children:	Yes. Children of all ages are welcome under the supervision of parents and / or carers.
Couples:	Yes
<b>+ How to Access / Referrals:</b>	
Contact:	By phone or drop-in, 10am – 4pm, Monday – Friday.
Referral:	No referrals necessary.
<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Workers are available from 10am – 4pm, Monday – Friday.
<b>+ Program/s</b>	<p>Provides a peer based users group run by and for past or current illicit/injecting drug users, their families and friends. Represents the interests of drug users and promotes improved health and reduction of harms associated with illicit/injecting drug use through peer based education workshops, information and policy development. Peer support, advocacy, education, information and referrals are also provided.</p> <p>Provides consultancy / assistance and training upon request to alcohol and other drug services and community organisations, on issues relating to illicit/injecting drug use can be provided.</p> <p>CAHMA also provides:</p> <p>Radio Show; “News from the Drug War Front”: A weekly show from 11am on Tuesdays on community radio 2XX 98.3fm. Reports the latest news about drug use, prohibition politics, health messages and CAHMA updates. The show is presented by CAHMA staff &amp; volunteers.</p> <p><b>Treatment Support Service:</b> Provides information, support and referral to people wanting to, or thinking about, accessing detoxification, rehabilitation or opioid treatment programs in the ACT or interstate. This peer support program can explain how treatments work, consumer rights or can advocate on behalf of people having treatment difficulties.</p> <p><b>The Connection; Indigenous Program:</b> Provides peer based support services for Indigenous young people who are past or present illicit/injecting drug users in the ACT and surrounding area. Information, education, referrals, advocacy and one on one support to meet the specific needs and issues of the Indigenous community are provided. Non-Indigenous young people are welcome to access the program.</p>

<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals.
<b>+ Cost</b>	Free for consumers.  Fees for consultancy / training and assistance to community organisations are negotiable.
<b>+ Staff</b>	Alcohol and Other Drug Peer Education Workers, Treatment Support Worker and Alcohol and Other Drug Indigenous Project Worker.
<b>+ Families / Carers</b>	Families and carers can access some CAHMA programs.



## The Connection, Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)

Provides a peer based support program for Indigenous and non-Indigenous young people who are past or present illicit/injecting drug users, their families and friends.

Phone:	(02) 6279 1671 or (02) 6279 1670
Fax:	(02) 6279 1610
Mailing Address:	GPO Box 1552, Canberra City, ACT 2601
Email:	theconnection@cahma.org.au
Location:	Level 1, Sydney Building, 112 – 116 Alinga Street, Canberra City
Parent Organisation:	Australian Injecting and Illicit Drug Users League (AIVL)
Opening Hours:	10am – 4pm, Monday – Thursday
Treatment Approach:	Harm Reduction

### + Access Criteria

Target Group:	Male and female Indigenous and non-Indigenous young people with current or past alcohol and other drug issues.
Area serviced:	ACT and surrounding areas. Interstate residents are welcome.
Income required:	No. Support can be provided to assist people to access income support.
Disability Access:	No
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes. Children are welcome under the supervision of parents or carers.
Couples:	Yes

### + How to Access / Referrals:

Contact:	By phone or drop-in, 10am – 4pm, Monday – Thursday.
Referral:	No referral necessary.

<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Workers are available from 10am – 4pm, Monday – Thursday.
<b>+ Program/s</b>	Provides a peer based support program for Indigenous young people who are past or present illicit/injecting drug users, their families and friends. Services are tailored to meet the specific needs and issues of the Indigenous community. Peer support, education, information, support in accessing treatment programs, referrals, advocacy and individualised support are provided. Non-Indigenous young people are welcome to access the program.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals.
<b>+ Cost</b>	Free
<b>+ Staff</b>	1 part-time Indigenous Peer Support Worker.
<b>+ Families / Carers</b>	Families and carers can access some programs.

## Centacare Canberra

### The Sobering Up Shelter, Centacare

Provides overnight support, care and monitoring for people recovering from alcohol and other drug intoxication.

Phone:	(02) 6163 3711
Fax:	(02) 6163 7676
Mailing Address:	PO Box 3167, Manuka, ACT 2603
Email:	soberingupshelter@centacare-canberra.org
Website:	www.centacare-canberra.org
Location:	Ground Floor, 'M' Block, Ainslie Village, Quick Street, Campbell
Parent Organisation:	Centacare
Opening Hours:	11pm – 11am, Thursday, Friday and Saturday nights
Treatment Approach:	Harm Minimisation

#### + Access Criteria

Target Group:	Males and females over 18 years of age inclusively who are under the influence of alcohol or other drugs and are willing to enter the service voluntarily.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	No
Couples:	Yes

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**+ How to Access / Referrals:**

Contact: By phone or drop-in, 11pm – 6am, Thursday, Friday & Saturday nights. If possible phone before dropping in.

People can contact the service for information outside of operational hours, from 9am – 5pm, Monday – Friday by phoning the Program Manager on (02) 6163 7600.

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Referral: Self or other referrals. Referrals are also welcome from the Police and the general community.

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**+ Waiting List** No waiting list

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**+ Intake & Assessment** Admissions are from 11pm – 6am, Thursday, Friday & Saturday nights. Assessments and searches are conducted upon entry.

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**+ Program/s** Provides overnight support, care and monitoring for people recovering from alcohol and other drug intoxication. Information on alcohol and other drug related issues is provided. Referrals to other services and assistance with transportation to and from the service can be arranged.

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**+ Comorbidity** Provides comorbidity and mental health specific information. Staff are trained in basic mental health and assessments include a mental health component.

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**+ Cost** Free

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**+ Staff** Alcohol and Other Drug Workers

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**+ Families / Carers** Where appropriate, relevant information and resources can be provided for families and carers.

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**+ Other** Personal possessions are safely stored during the night.

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## DIRECTIONS ACT

### **Althea Wellness Centre, DIRECTIONS ACT**

Provides health clinics for people with past or current alcohol and other drug issues.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	reception@directionsact.com
Website:	www.directionsact.com
Location:	1 Bradley Street, Woden
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

#### **+ Access Criteria**

Target Group:	Males and females of any age with past or current alcohol and other drug issues. To access the sexual health clinic people must be over 16 years of age inclusively.
Area serviced:	ACT and surrounding areas.
Income required:	No; however there is a small charge for Naturopath / herbal remedies
Disability Access:	Yes, including ground floor access and toilets.
Detox required before accessing program:	No
Documentation required:	No Note: This is stage one of the Althea Wellness Centre. In stage two, the expansion will include services by clinical staff which require a Medicare Card.
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes. Children of all ages are welcome under the supervision of parents and / or carers.
Couples:	Yes



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**+ How to Access / Referrals:**

Contact: Appointments can be made by phone or drop-in, 9am – 5pm, Monday – Friday.

Referral: Self or worker referrals through DIRECTIONS ACT reception or counsellors.

**+ Waiting List** Varies, up to 4 weeks.

**+ Intake & Assessment** Intake is available from 9am – 5pm, Monday – Friday. New clients will be required to fill out a form on arrival, and should arrive 15 minutes prior to the appointment.

**+ Program/s** Provides health services for people with alcohol and other drug issues through the following clinics:

**Sexual Health Clinic:**

Available 10am – 12pm, every second Tuesday. A Sexual Health Nurse provides free sexual health screening and testing for people aged 16 years and over.

**Hepatitis C Clinics:**

The Liver Clinic is available 2pm – 4pm, every second Wednesday and provides testing and clinical assistance for the treatment and management of Hepatitis C.

The Hep C Wellness Program is available 2pm – 4pm, every second Thursday and provides resources, support and individual guidance for people with Hepatitis C.

**Mother and Child Clinic:**

Available 10am – 1pm, every second Tuesday. A Nurse provides health care and advice to pregnant women and mother's regarding all aspects of pregnancy and post natal care. Information on breastfeeding, nutrition and advice on development are also provided. Fathers are most welcome.

**Mental Wellbeing Clinics:**

The Mental Health Clinic is available 2pm – 4pm, every second Wednesday and provides assessment and referral to appropriate mental health services.

The Mental Health Support Clinic is available 2.30pm – 4.30pm, every second Tuesday and provides face-to-face counselling and support.

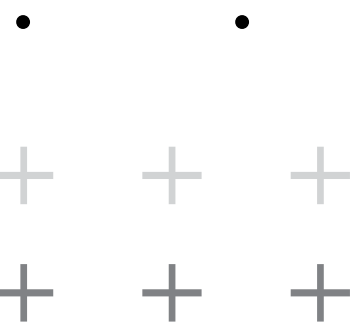
**Naturopath Wellness Clinic:**

Available 10am – 11.30am every second Thursday.

A qualified Herbalist supports people going through detoxification and in recovery to deal with physical and mental symptoms using homeopathic remedies.

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<b>+ Comorbidity</b>	Provides comorbidity and mental health specific clinics, information and referrals. Staff are trained in basic mental health, there are Counsellors and a Registered Psychiatric Nurse on staff, and assessments include a mental health component.
<b>+ Cost</b>	Free for most clinics. A small fee is charged for the Naturopathic Clinic.
<b>+ Staff</b>	Social Workers, Mental Health Workers, Nurses, Naturopath and Alcohol and Other Drug Workers.



## A New Day, Women with Children Detox Program, DIRECTIONS ACT

Provides up to 12 days of non-medicated residential support for women with accompanying children who are experiencing withdrawal.

Phone:	(02) 6253 3055
Fax:	(02) 6253 3086
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	reception@directionsact.com
Website:	www.directionsact.com
Location:	Arcadia House Withdrawal and Detoxification Service, Calvary Hospital, Mary Potter Circuit, Bruce
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	24 hours
Treatment Approach:	Harm Minimisation, although abstinence while in program.

### + Access Criteria

Target Group:	Females with children up to 8 years of age who want to access a non-medicated detoxification.
Area serviced:	ACT and interstate.
Income required:	No
Disability Access:	Yes. Ground floor access.
Detox required before accessing program:	No
Documentation required:	Yes. Photographic identification is required.
Medication:	Women are admitted with medication provided they have a prescription and a dispensing regime is faxed prior to admission.
Parents with accompanying children:	Yes. Children up to 8 years of age can accompany parents. Free childcare is provided for children under 5 years of age, and transportation will be provided to children attending school.
Couples:	No

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**+ How to Access / Referrals:**

Contact: By phone 9am – 5pm, Monday – Friday.

Referral: Self or worker referrals. People on court orders are accepted to the program on the understanding that the program is voluntary.

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**+ Waiting List** The program is available biannually for 12 days. The next program will be run in March 2009.

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**+ Intake & Assessment** An initial assessment is conducted over the phone. Following this, admission documentation is completed a week prior to admission at a convenient location. Bags are searched upon entry into the program.

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**+ Program/s** Provides up to 12 days of non-medicated residential support twice a year for women with accompanying children experiencing withdrawal.

Groups including Alcoholics Anonymous and Narcotics Anonymous, self esteem, child safety, craft, herbal remedies and massage are available.

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**+ Comorbidity** Provides comorbidity and mental health specific crisis counselling, information and referrals. Staff are trained in basic mental health, and assessments include a mental health component.

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**+ Cost** \$125 on admission (\$60 concession), which covers all expenses for women and their children under 8 years of age. The fee is non-refundable even if the person decides to leave the program early.

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**+ Staff** Alcohol and Other Drug Workers

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**+ Families / Carers** Resources, phone support and referrals can be provided to families and carers.

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**+ Other** This program was previously called the Mums and Bubs Program. Support before and after detoxification can be provided for women through the Maysoon Program, DIRECTIONS ACT.

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## Arcadia House Withdrawal and Detoxification Service, DIRECTIONS ACT

Provides up to 7 days of non-medicated residential support for people experiencing withdrawal.

Phone:	(02) 6253 3055
Fax:	(02) 6253 3086
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	arcadia@directionsact.com
Website:	www.directionsact.com
Location:	Calvary Hospital, Mary Potter Circuit, Bruce
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	24 hours
Treatment Approach:	Harm Minimisation, although abstinence while in program.

### + Access Criteria

Target Group:	Males and females over 16 years of age inclusively who want to access a non-medicated detoxification. People under 18 years of age can be assessed for suitability and may be referred to youth services.
Area serviced:	ACT and interstate.
Income required:	No
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	No
Medication:	<p>People are admitted with medication provided they have a prescription and a dispensing regime is faxed prior to admission. Medication to assist detoxification is not permitted at Arcadia.</p> <p>People who are assessed to be at risk in a non-medicated detoxification model are referred to the Alcohol and Drug Program, ACT Health.</p>
Parents with accompanying children:	No
Couples:	No

<b>+ How to Access / Referrals:</b>	
Contact:	By phone 9am – 5pm, Monday – Friday.
Referral:	Self or worker referrals.
<b>+ Waiting List</b>	Varies. People waiting for admission are supported through other DIRECTIONS ACT services.
<b>+ Intake &amp; Assessment</b>	Admissions are available 9am – 3pm, Monday – Thursday. An over the phone assessment is required and is available 9am – 4pm, Monday – Friday. Bags will be searched upon entry and money and mobile phones will be held safely until completion of the program.
<b>+ Program/s</b>	Provides up to 7 days of non-medicated residential support for people experiencing withdrawal.  Residents are assigned a case manager to help them achieve their desired goal. Counselling, 24 hour crisis support, excursions, herbal remedies, massage, service visits and aftercare support are also provided.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health, and assessments include a mental health component. If a person is experiencing mental health issues, a mental health care plan may be required prior to admission.
<b>+ Cost</b>	\$125 on admission, which covers all expenses. The fee is non-refundable even if the person decides to leave the program early. If the stay is over 7 days, a daily fee is charged
<b>+ Staff</b>	Alcohol and Other Drug Workers and Counsellors
<b>+ Families / Carers</b>	A Family Support Counsellor can work with families and carers. Referrals to other services are provided.

## Community Education and Corrections Program, DIRECTIONS ACT

Provides flexible alcohol and other drug community education program and support, with a focus on people involved in the criminal justice system.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	jos@directionsact.com
Website:	www.directionsact.com
Location:	1 Bradley Street, Woden (main office)
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Community, government, alcohol and other drug workers and young people aged over 16 years of age inclusively.
	Community, government, alcohol and other drug workers and young people aged over 16 years of age inclusively.
	Education is not provided to High Schools; however, the program is available for health days and education sessions in Colleges.
Area serviced:	ACT
Income required:	No
Disability Access:	Yes, including ground floor access and toilets.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes, for individual face to face education as required.
Couples:	Yes

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**+ How to Access / Referrals:**

Contact: By phone, 9am – 5pm, Monday – Friday. Bookings are essential.

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Referral: Self or worker referral to the Education Manager. A request for education form must be completed.

To access the Corrections Program a referral must be made through the Counselling Service. Referrals are accepted for people on court orders.

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**+ Waiting List** No waiting list

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**+ Intake & Assessment** Intake is available from 9am – 5pm, Monday – Friday.

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**+ Program/s** Provides flexible and responsive alcohol and other drug community education programs based on harm minimisation principles.

Provides support, advocacy and counselling to people involved in the criminal justice or court system (prison, probation, parole, corrective services and youth justice) as a result of alcohol and other drug use.

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**+ Comorbidity** Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health, and assessments include a mental health component.

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**+ Cost** Free or at a negotiated cost for education and training.

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**+ Staff** Alcohol and Other Drug Educator / Counsellor.

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**+ Families / Carers** Provides individual education, resources and referrals to families and carers.

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## Counselling and Advocacy Program, DIRECTIONS ACT

Provides counselling services for individuals, their families and friends affected by alcohol and other drugs.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	counselling@directionsact.com
Website:	www.directionsact.com
Location:	Main Office: 1 Bradley Street, Woden City Health Centre: Cnr Alinga and Moore Streets, Canberra City Phillip Health Centre: Cnr Corinna and Keltie Streets, Phillip
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation using both Solution Focused Brief Therapy and Humanistic Counselling

### + Access Criteria

Target Group:	Males and females of any age affected by alcohol and other drug issues, whether they are individuals, friends or family members.
Area serviced:	ACT and surrounding areas
Income required:	No
Disability Access:	Yes, including ground floor access and toilets. Outreach can be provided to people who may not be able to access the office.
Detox required before accessing program:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes, children may accompany parents for counselling sessions. Children can also access the Family Counsellor.
Couples:	Yes

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**+ How to Access / Referrals:**

Contact: By phone, 9am – 5pm, Monday – Friday to make an appointment. Crisis counselling is also available by drop in, 9am – 5pm, Monday – Friday.

Referral: Self or worker referral. Referrals are accepted for people on court orders.

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**+ Waiting List** No waiting list

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**+ Intake & Assessment** Intake is available from 9am – 5pm, Monday – Friday. New clients are required to fill in an assessment form.

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**+ Program/s** Provides free and confidential counselling services for individuals, their families and friends affected by alcohol and other drug issues including:

**Crisis Counselling:**

Free drop in services available through DIRECTIONS ACT Needle and Syringe Programs at Civic and Phillip Health Centres for people with alcohol and other drug issues in need of urgent assistance. Provides a range of resources, information, support and referrals.

**Family Support Counselling:**

Provides free family counselling for individuals and their family, or for the family members alone to develop strategies to cope with alcohol and other drug issues affecting the family.

**Alcoholics Anonymous:**

For people with alcohol issues, available 1pm – 2pm, Thursdays.

**Narcotics Anonymous:**

For people experiencing illicit drug issues, available 12.30pm – 1.30pm, Mondays.

**Compass Support Group:**

Offers families a supportive environment to discuss issues and learn strategies to manage alcohol and other drug issues. Provides information, support, resources, and assists people to manage self care and wellbeing. Available 6pm – 8pm, every second Tuesday.

**Continuing Care Counselling:**

Provides counselling for those who have recently completed detoxification or rehabilitation and who are looking for strategies to prevent relapsing into past alcohol and other drug habits.

**+ Program/s**  
(continued)

**Youth Support Worker:**

Provides information, counselling and referrals to young people around alcohol and other drug issues. Support can be provided to young people involved with Youth Justice.

**Indigenous Support:**

Provides culturally aware counselling for Indigenous people with alcohol and other drug issues and their families and friends.

**SMART Recovery:**

Assists people to recover from addiction. The 90 minute program is based on motivation to abstain, coping with urges, problem solving and lifestyle balance.

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**+ Comorbidity**

Provides comorbidity and mental health specific counselling, information and referrals. Staff are trained in mental health, and assessments include a mental health component.

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**+ Cost**

Free

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**+ Staff**

Male and female Alcohol and Other Drug Workers, Counsellors and Social Workers.

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**+ Families / Carers**

Provides some programs directly to families and carers including the Compass Support Group.

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## Maysoon, DIRECTIONS ACT

Provides support to women with young children who use, or are in recovery from alcohol and other drugs.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	reception@directionsact.com
Website:	www.directionsact.com
Location:	1 Bradley Street, Woden
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Females who use, or are in recovery from alcohol and other drugs with young children; including pregnant women and women with children on care and protection orders.
Area serviced:	ACT
Income required:	No
Disability Access:	Yes, including ground floor access and toilets.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes. Free childcare can be arranged.
Couples:	No

### + How to Access / Referrals:

Contact:	By phone or drop in, 9am – 5pm, Monday – Friday.
Referral:	Self or worker referrals.

<b>+ Waiting List</b>	Maysoon runs twice a year for 8 weeks. Please phone for course dates.
<b>+ Intake &amp; Assessment</b>	Contact reception for details regarding admission for upcoming courses.
<b>+ Program/s</b>	Provides support, free meals, activities, information and access to services including a Registered Nurse and Counsellors for women with young children who are using alcohol and other drugs or are in recovery. Free childcare is available.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific crisis counselling, information and referrals. Staff are trained in basic mental health, and assessments include a mental health component.
<b>+ Cost</b>	Gold coin donation.
<b>+ Staff</b>	Peer Support Worker and Alcohol and Other Drug Worker.
<b>+ Families / Carers</b>	Resources, phone support and referrals can be provided for families and carers.

## Needle & Syringe Program (NSP), DIRECTIONS ACT

Provides clean injecting equipment, information on safer injecting practices, crisis counselling, general health information, referrals, primary health care, NSP training for health workers and advice on harm minimisation.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	nsp@directionsact.com
Website:	www.directionsact.com
Location:	City Health Centre: Cnr Alinga and Moore Streets, Canberra City  Phillip Health Centre: Cnr Corinna and Keltie Streets, Phillip
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females who use licit and illicit drugs.
Area serviced:	ACT
Income required:	No
Disability Access:	Yes, including ground floor access.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes
Couples:	Yes

### + How to Access / Referrals:

Contact:	By phone or drop in, 9am – 5pm, Monday – Friday
Referral:	No referral necessary

<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Not intake or assessment necessary.
<b>+ Program/s</b>	<p>Provides clean injecting equipment, information on safer injecting practices, crisis counselling and referrals, general health information, primary health care, NSP training for health workers and advice on harm minimisation.</p> <p>Primary NSP's at the City and Phillip Health Centres provide a range of sterile injecting equipment, primary health care and crisis counselling.</p> <p>Secondary NSP's distribute free 4 and 8 packs and condoms.</p> <p>Pharmacies throughout the ACT dispense 4 packs at a cost of \$2.</p> <p>Syringe vending machines dispense 4 packs at a cost of \$2 and are located at 4 health centres across the ACT: Belconnen, City, Tuggeranong and Phillip.</p>
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific crisis counselling, information and referrals. Staff are trained in basic mental health.
<b>+ Cost</b>	Free to the daily limit. A small fee is charged for equipment over the daily limit as a cost recovery measure.
<b>+ Staff</b>	Trained Needle & Syringe Program Workers, Alcohol and Other Drug Workers and Counsellors.
<b>+ Families / Carers</b>	Referrals are provided to other services including the Family Support Counsellor, DIRECTIONS ACT.

## Outreach and Promotions Unit, DIRECTIONS ACT

Provides offsite programs and flexible service delivery in community spaces. A mobile Needle & Syringe Program is also provided.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	reception@directionsact.com
Website:	www.directionsact.com
Location:	1 Bradley Street, Woden
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females of any age.
Area serviced:	ACT and surrounding areas
Income required:	No
Disability Access:	Yes. Offsite services are provided.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.

### + How to Access / Referrals:

Contact:	By phone, 9am – 5pm, Monday – Friday
Referral:	No referral necessary

**+ Waiting List** No waiting list

**+ Intake & Assessment** No intake or assessment required.

**+ Program/s** Provides offsite programs and flexible service delivery in community spaces. A mobile Needle and Syringe Program is also provided.



<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health, and assessments include a mental health component.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Trained Needle & Syringe Program Workers and Alcohol and Other Drug Workers.
<b>+ Families / Carers</b>	Families / Carers: Families and carers can access crisis counselling.



## Treatment Support Services, DIRECTIONS ACT

Provides access to treatment services and assists people to understand pharmacotherapy alternatives and identify which treatment best meets their needs.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	tss@directionsact.com
Website:	www.directionsact.com
Location:	1 Bradley Street, Woden
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Males and females of any age with alcohol and other drug issues seeking pharmacotherapy or other treatment options.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes, including ground floor access and toilets.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes. Children are welcome under the supervision of parents or carers.
Couples:	Yes

### + How to Access / Referrals:

Contact:	Appointments can be made by phone, 9am – 5pm, Monday – Friday.
Referral:	Self referral

**+ Waiting List** No waiting list

**+ Intake & Assessment** Intake is available 9am – 5pm, Monday – Friday. An over the phone or face to face assessment is required.

<b>+ Program/s</b>	<p>Assists people to understand pharmacotherapy alternatives and identify which treatment best meets their needs.</p> <p>Provides access to treatment services, information on alternative therapy options, personal ongoing support, complaint assistance, advocacy, case management and a dental program.</p> <p>Aftercare support for people leaving Arcadia House Withdrawal and Detoxification Service is also provided.</p>
<b>+ Comorbidity</b>	<p>Provides mental health comorbidity information and referrals.</p>
<b>+ Cost</b>	<p>Free</p>
<b>+ Staff</b>	<p>Treatment Support Service Coordinator</p>
<b>+ Families / Carers</b>	<p>Families can access DIRECTIONS ACT services including crisis counselling and the Family Support Counsellor.</p>

## Gugan Gulwan Youth Aboriginal Corporation

### **Drug and Alcohol Program, Gugan Gulwan Youth Aboriginal Corporation**

Provides information, support, advocacy, case management and court support to young people aged 12 – 25 years experiencing alcohol and other drug related issues.

Phone:	(02) 6231 9555
Fax:	(02) 6231 9933
Mailing Address:	PO Box 307, Erindale Centre, ACT 2903
Location:	Grattan Court, Wanniasa
Parent Organisation:	Gugan Gulwan Youth Aboriginal Corporation
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm minimisation

#### **+ Access Criteria**

Target Group:	Females and males 12 – 25 years old. Aboriginal and Torres Strait Islander young people are given priority.
Area serviced:	ACT
Income required:	No
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	A referral form must be completed.
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes. Children are welcome under the supervision of parents or carers.
Couples:	Yes

#### **+ How to Access / Referrals:**

Contact:	By phone or drop-in 9am – 5pm, Monday to Friday.
Referral:	Self or worker referral. A referral form must be completed.

<b>+ Waiting List</b>	No
<b>+ Intake &amp; Assessment</b>	Assessments made through referral service and an over the phone or face to face interview.
<b>+ Program/s</b>	Provides a range of support services for Aboriginal and Torres Strait Islander young people, a component of which is the Drug and Alcohol Program. The program can provide information, support, advocacy, education and case management. Also provide an outreach service and court support.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. There is a Dual Diagnosis Worker on staff with a case management focus.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Outreach Worker, Detox Support Worker, Dual Diagnosis Worker and Coordinator.
<b>+ Families / Carers</b>	Family and carers can access some programs.

## Ted Noffs Foundation ACT

### **Adolescent Drug Withdrawal Unit (ADWU), Ted Noffs Foundation ACT**

Provides up to 14 days of residential support for young people aged 14 – 18 years experiencing withdrawal.

Phone:	(02) 6123 2400
Fax:	(02) 6123 2424
Mailing Address:	PO Box 7132, Watson, ACT 2602
Email:	tnfact@noffs.org.au
Website:	www.noffs.org.au
Location:	350 Antill Street, Watson
Parent Organisation:	Ted Noffs Foundation
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

#### **+ Access Criteria**

Target Group:	Females and males from 14 – 18 years of age inclusively.
Area serviced:	ACT and surrounding areas including Eden Monaro Shire, Eurobodalla Shire, Shoalhaven, Wollongong and Albury – Wodonga
Income required:	No
Disability Access:	Yes. Ramps to all buildings and disabled toilets in living area.
Detox required before accessing program:	No
Documentation required:	Identification, and any prescriptions for medication.
Medication:	People accessing the service can be on prescription medications; however, it is assessed on a case by case basis.
Parents with accompanying children:	No
Couples:	No

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**+ How to Access / Referrals:**

Contact: By phone 9am – 4pm, Monday – Friday.

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Referral: Self or worker referral, with the young person's involvement. Referrals are also accepted from the general community and for young people on court orders.

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**+ Waiting List** Varies, up to 2 weeks.

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**+ Intake & Assessment** Intake is available from 9am – 2pm, Monday – Thursday. The young person will be searched upon entry to the program and will need to provide a urine sample.

Assessment may be conducted over the phone or in person from 8am – 3pm. The service needs to be informed of any bail conditions or Care and Protection issues.

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**+ Program/s** Provides up to 14 days of residential support for young people experiencing withdrawal. Young people are provided with a single room. Social and living skills, sport and recreation, vocational education, alcohol and other drug and safe behaviours information and education are available.

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**+ Comorbidity** Provides information about mental health services. Counsellors are available from 9am – 5pm, Monday – Friday. Staff are trained in basic mental health and phone assessments include a mental health component.

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**+ Cost** Free

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**+ Staff** Alcohol and other Drug Workers and Counsellors.

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**+ Families / Carers** Young people are able to make phone calls and will need a phone card for interstate calls. Family and support people can access the Family and Carer's Support Group.

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## Community Outreach & Outclient Program (CO-OP), Ted Noffs Foundation ACT

Supports young people aged 12 – 18 years who experiencing alcohol and other drug issues in the community, and who do not want or need residential rehabilitation services.

Phone:	(02) 6123 2400
Fax:	(02) 6123 2424
Mailing Address:	PO Box 7132, Watson, ACT 2602
Email:	tnfact@noffs.org.au
Website:	www.noffs.org.au
Location:	350 Antill Street, Watson
Parent Organisation:	Ted Noffs Foundation
Opening Hours:	9am – 5pm, Monday – Friday.  Day Program runs 10am – 3pm, Mondays, Wednesdays and Fridays
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Females and males from 12 – 18 years of age inclusively.
Area serviced:	ACT and Queanbeyan, provided the young person can get to one of the pick up points.
Income required:	No
Disability Access:	Yes. Ramps to all buildings and disabled toilets.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications.
Parents with accompanying children:	Yes. Young people with children are welcome and assessed on a case by case basis.
Couples:	Yes



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**+ How to Access / Referrals:**

Contact: By phone 9am – 5pm, Monday – Friday.

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Referral: Self or worker referral, with the young person's involvement. Referrals are also accepted from the general community.

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**+ Waiting List** Varies from 2 – 4 weeks.

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**+ Intake & Assessment** Intake is available from 9am – 12pm, Mondays, Wednesdays and Fridays.

A young person needs to phone and arrange an appropriate time for an assessment. This preferably occurs face to face, but can be done by phone if necessary. The young person will be contacted within a week regarding their suitability to access the program.

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**+ Program/s** Supports young people who are experiencing alcohol and other drug issues in the community and who do not want or need residential rehabilitation services. Provides a semi-structure day program on Mondays, Wednesdays and Fridays from 10am – 3pm that offers information and education on substance use, assistance with schooling, cooking classes, auto mechanics, P Plate driving lessons, grooming and self esteem classes and referrals.

Also provides one-on-one outreach or outreach to schools and other services.

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**+ Comorbidity** Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health and assessments include a mental health component.

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**+ Cost** Free

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**+ Staff** Alcohol and other Drug Workers.

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**+ Families / Carers** Family and support people can access the Family and Carer's Support Group.

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## Program for Adolescent Life Management (PALM), Ted Noffs Foundation ACT

Provides up to 3 months residential rehabilitation for young people aged 14 – 18 years.

Phone:	(02) 6123 2400
Fax:	(02) 6123 2424
Mailing Address:	PO Box 7132, Watson, ACT 2602
Email:	tnfact@noffs.org.au
Website:	www.noffs.org.au
Location:	350 Antill Street, Watson
Parent Organisation:	Ted Noffs Foundation
Opening Hours:	9am – 5pm, Monday – Friday.
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Females and males from 14 – 18 years of age inclusively.
Area serviced:	ACT and surrounding areas including Eden Monaro Shire, Eurobodalla Shire, Shoalhaven, Wollongong and Albury - Wodonga
Income required:	No
Disability Access:	Yes. Ramps to all buildings and disabled toilets in living area.
Detox required before accessing program:	Yes. This can be through the Adolescent Drug Withdrawal Unit (ADWU), Ted Noffs ACT.
Documentation required:	Identification, and any prescriptions for medication.
Medication:	People accessing the service can be on prescription medications; however, it is assessed on a case by case basis.
Parents with accompanying children:	No
Couples:	No; however, referrals can be provided for individuals to interstate PALM programs.

### + How to Access / Referrals:

Contact:	By phone 9am – 5pm, Monday – Friday.
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Referral:	Self or worker referral, with the young persons involvement. Referrals are also accepted from the general community and for young people on court orders.
<b>+ Waiting List</b>	Varies
<b>+ Intake &amp; Assessment</b>	<p>Intake is available from 9am – 2pm, Monday – Thursday. The young person will be searched upon entry to the program and will need to provide a urine sample.</p> <p>Assessment may be conducted over the phone or in person from 8am – 3pm. The service needs to be informed of any bail conditions or Care and Protection issues.</p>
<b>+ Program/s</b>	<p>Provides up to 3 months of residential rehabilitation. Young People are provided with a single room. Employment support, training, relationship building, mood management, personal growth and development, relapse prevention skills, life skills, group work and information are available.</p> <p>Post program outreach is available through the Community Outreach and Outclient Program (CO – OP).</p>
<b>+ Comorbidity</b>	Provides information about mental health services. Counsellors are available from 9am – 5pm, Monday – Friday. Staff are trained in basic mental health and phone assessments include a mental health component.
<b>+ Cost</b>	\$100 a week for young people receiving income support.
<b>+ Staff</b>	Alcohol and other Drug Workers and Counsellors.
<b>+ Families / Carers</b>	<p>Family are encouraged to arrange a time to visit the young person. Young people are also able to make phone calls and will need a phone card for interstate calls. Family and support people can access the Family and Carer's Support Group.</p> <p>After a young person has been in the program for a suitable length of time and shown progress towards their goals, leave can be arranged with their counsellor.</p>

# The Salvation Army

## Canberra Recovery Services, The Salvation Army

Provides a 10 month residential rehabilitation program for men experiencing alcohol and other drug or gambling dependencies.

Phone:	(02) 6295 1256
Fax:	(02) 6295 3766
Mailing Address:	PO Box 4181, Kingston, ACT 2604
Email:	crs@ae.salvationarmy.org
Website:	www.salvos.org.au
Location:	5-13 Mildura Street, Fyshwick
Parent Organisation:	Salvation Army
Opening Hours:	8am – 5pm, Monday – Friday
Treatment Approach:	Abstinence

### + Access Criteria

Target Group:	Males over 18 years of age inclusively, with alcohol, drug or gambling dependencies.
Area serviced:	ACT and interstate, although referrals to other Salvation Army services may be suggested if considered appropriate.
Income required:	Yes. People are assisted to access income support if not already in receipt of benefits.
Disability Access:	No
Detox required before accessing program:	Yes
Smoking	Yes
Documentation required:	Determined through assessment
Medication:	Prescription medications may be taken whilst in program but pharmacotherapies are generally not accepted. Enquiries regarding medications should be directed to the Assessment Officer.
Parents with accompanying children:	No, however ongoing support is available to families.
Couples:	No

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**+ How to Access / Referrals:**

Contact: By phone, 8am – 5pm, Monday – Friday.

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Referral: Self or worker referral. Referrals are accepted for people on court orders.

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**+ Waiting List** Varies. People on the waiting list are encouraged to stay in contact. Additional support services can be arranged while on the waiting list.

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**+ Intake & Assessment** Assessments are usually conducted over the phone. Inquiries should be directed to the Assessment Officer and an appointment for a telephone assessment will be made. All Assessments are completed within 24 hours of a request being received.

Intake is available from 9am – 3pm, Monday – Wednesday; however, intake day and times can be varied according to circumstances.

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**+ Program/s** Provides a 10 month residential program involving group and individual support sessions and work therapy. Participants attend local Alcohol, Narcotics or Gambling Anonymous meetings as part of their program. Participants are required to participate in group work, work therapy and various community meetings.

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**+ Comorbidity** Provides case management with a focus on alcohol and other drugs and mental health. Some staff are trained in basic mental health and assessments include a mental health component. Comorbidity and mental health specific information and referrals are provided and access to a visiting Psychologist is available.

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**+ Cost** One week's rent in advance plus a one-off \$10.00 chemist fee. Rental fee is based on 80% of gross Centrelink benefit.

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**+ Staff** Management Team, Accountant, Team Leader, Case Workers, Support Workers, Cook/Housekeeper, visiting Medical Officer, visiting Psychologist

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**+ Families / Carers** Family and carers are welcome to visit the centre. Fortnightly weekend leave is available to people who have completed 9 weeks of the program. Support services are also provided to families as well as a family week program.

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## Oasis Bridge Program, The Salvation Army

Provides a non-residential rehabilitation program for people 12 years and over and concerned family members wanting to deal with alcohol and other drug issues.

Phone:	(02) 6248 7191
Fax:	(02) 6249 8166
Mailing Address:	GPO Box 435, Canberra, ACT 2601
Email:	marie.scoullar@ae.salvationarmy.org
Location:	1 Elder Street, Braddon
Parent Organisation:	Salvation Army
Opening Hours:	9am -5pm, Monday – Friday. After hours appointments are available.
Treatment Approach:	Harm minimisation

### + Access Criteria

Target Group:	Males and females, 12 years and over, and concerned family members wanting to deal with their alcohol and other drug issues.
Area serviced:	No restrictions
Income required:	No. Support can be provided to access income support.
Disability Access:	Partial
Detox required before accessing program:	No
Documentation required:	Yes, photo identification and Medicare / Healthcare card
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes
Couples:	Partners may access the service for information and education; however, are not able to access it as an individual whilst their partner is undergoing treatment.

### + How to Access / Referrals:

Contact:	By phone or email, 9am – 5pm, Monday – Friday.
Referral:	Self or worker referral. Referrals are accepted for people on court orders.

<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	New applications are received from 9.30am – 4.30pm, Monday – Friday. An appointment is required for an initial face to face or over the phone assessment.
<b>+ Program/s</b>	Provides individual counselling, outreach, life skills development, case management, relapse prevention, addictions, gambling and anger management and information for individuals, schools and community groups. Groups may be run on relapse prevention and anxiety as required.
<b>+ Comorbidity</b>	Provides holistic counselling which includes alcohol and other drugs and mental health. Staff are trained in basic mental health and assessments include a mental health component. Provides comorbidity and mental health specific information and referrals. Access to an intern psychologist is available.
<b>+ Cost</b>	Free for young people. Donations welcome.
<b>+ Staff</b>	Counsellor, Alcohol and Other Drug Worker and Chaplain
<b>+ Families / Carers</b>	Family members and support people can access the program at the consent of the young person. Chaplaincy and Pastoral Care are provided as required, and families and carers can access the Program for support regarding a family members alcohol and other drug issues.

## Toora Women Inc.

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### **Lesley's Place – Residential and Outreach, Toora Women Inc.**

Provides recovery based supported accommodation for up to 3 months for women and accompanying children. Outreach support can be provided pre and post alcohol and other drug withdrawal.

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Phone:	(02) 6241 7233
Fax:	(02) 6241 8299
Mailing Address:	PO Box 106, Jamison Centre, ACT 2614
Email:	lesleys@toora.org.au
Location:	Confidential
Parent Organisation:	Toora Women Inc.
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Residential Service: Abstinence approach including women on pharmacotherapies.
Outreach Service:	Both harm minimisation and abstinence approaches

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#### **+ Access Criteria**

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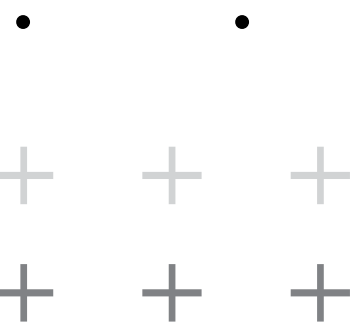
Target Group:	Women over 16 years of age inclusively, and women with accompanying children.  Children are accepted up to 12 years of age.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes, however, suitability will be determined through assessment.
Detox required before accessing program:	Residential Service: Yes. Workers provide transportation to women upon completion of withdrawal.  Outreach Service: No
Documentation required:	No

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Medication:	Residential Service: Women on pharmacotherapies are welcome. Currently unable to accept women on benzodiazepines.  Outreach Service: Women accessing the service can be on prescription medications including pharmacotherapies.
Parents with accompanying children:	Yes. Children are accepted up to 12 years of age.
Couples:	No
<b>+ How to Access / Referrals:</b>	
Contact:	By phone, 9am – 5pm, Monday – Friday. If a worker phones on a woman's behalf, an appropriate time and way to speak directly with the woman will be organised.
Referral:	Self or worker referral. Referrals are accepted for women on court orders.
<b>+ Waiting List</b>	No waiting list
<b>+ Intake &amp; Assessment</b>	Upon referral support options will be discussed  Residential Service: Assessment conducted once the woman has commenced a supervised withdrawal. Prior to this, support to access a detoxification service will be provided.  Outreach Service: Assessments conducted in person. Home visits can be arranged.  Following an assessment, contact will be made with the woman regarding possible support options.  Intake is available from 9am – 5pm, Monday – Thursday. A deposit of two weeks rent is asked for on arrival, however, alternative arrangements can be made if this is not possible.
<b>+ Program/s</b>	Residential Service: Provides recovery based supported accommodation for up to 3 months. Women develop a recovery plan and support plan. Information, education, advocacy, referral and practical and emotional support is available.  Outreach Service: Provides support for women who are pre and post withdrawal. Information, education, advocacy, referral and practical and emotional support is available.

<b>+ Comorbidity</b>	Provides referrals and has established links with a Psychologist. Staff are trained in basic mental health and assessments include a mental health component.
<b>+ Cost</b>	Residential Service: \$50 per week for accommodation and food for single women.  \$80 per week for accommodation and food for women with accompanying child/ren. Note: This is a standard fee regardless of the number of children.  On arrival, women will also need to have \$10 for a refundable key deposit.  Outreach Service: Free
<b>+ Staff</b>	Alcohol and Other Drug Workers
<b>+ Families / Carers</b>	Information and referrals can be provided to families and carers.



## Marzenna Drug & Alcohol Halfway House for Women, Toora Women Inc.

Provides medium to long term recovery based supported accommodation for up to 12 months for women and accompanying children.

Phone:	(02) 6242 6530 or 6241 7233
Fax:	(02) 6241 8299
Mailing Address:	PO Box 106, Jamison Centre, ACT 2614
Email:	marzenna@toora.org.au
Location:	Confidential
Parent Organisation:	Toora Women Inc.
Opening Hours:	8am – 4pm, Monday – Friday
Treatment Approach:	Abstinence, including women on pharmacotherapies

### + Access Criteria

Target Group:	Women over 16 years of age inclusively, and women with accompanying children. Children are accepted up to 12 years of age.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes, however, suitability will be determined through assessment.
Detox required before accessing program:	Women need to have been in recovery for a period of time (abstinent from alcohol and other drugs, and actively engaged in activities and strategies to maintain their recovery). Women who have been involved in rehabilitation programs or using pharmacotherapies are also suitable.
Documentation required:	No
Medication:	Women on pharmacotherapies are welcome. Currently unable to accept women on benzodiazepines.
Parents with accompanying children:	Yes. Children are accepted up to 12 years of age.
Couples:	No

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**+ How to Access / Referrals:**

Contact: By phone, 8am – 4pm, Tuesday - Friday.

Referral: Self or worker referral. Referrals are accepted for women on court orders.

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**+ Waiting List** No waiting list

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**+ Intake & Assessment** Upon referral support options will be discussed and a time for an assessment will be organised. Contact will be made with the woman following the assessment regarding possible support options.

Intake is available from 9am – 5pm, Monday – Thursday. A deposit of two weeks rent is asked for on arrival, however, alternative arrangements can be made if this is not possible.

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**+ Program/s** Provides medium to long term recovery based supported accommodation for up to 12 months. Information, education, advocacy, referral and practical and emotional support are also available.

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**+ Comorbidity** Provides referrals and has established links with a Psychologist. Staff are trained in basic mental health and assessments include a mental health component.

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**+ Cost** 25% of income

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**+ Staff** Alcohol and Other Drug Workers

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**+ Families / Carers** Information and referrals can be provided to families and carers.

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## Women's Information, Resources and Education on Drugs and Dependency (WIREDDD), Toora Women Inc.

Provides information, education, counselling and resources to women to minimise the harm associated with dependence.

Phone:	(02) 6248 8600
Fax:	(02) 6257 5257
Email:	wiredd@toora.org.au
Location:	Room G03, Griffin Centre, Canberra City
Parent Organisation:	Toora Women Inc.
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Women of any age.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Women with accompanying children can access during drop-in hours.

### + How to Access / Referrals:

Contact:	By phone, 9am – 5pm, Monday to Friday.  Drop in is available 11am – 4pm, Monday, Thursday and Friday; and 2pm – 4pm Tuesdays.
Referral:	Self or worker referral. Referrals are accepted for women on court orders.

### + Waiting List

No waiting list

### + Intake & Assessment

Over the phone, 9am – 5pm, Monday – Friday or in person during drop-in hours. A simple form is to be filled in by women accessing counselling.

<b>+ Program/s</b>	Provides information, education and resources to women to minimise the harm associated with dependency. WIREDD also provides:
	<p><b>Counselling:</b> Provides individual counselling for women. Phone to make an appointment time.</p>
	<p><b>Drop-In:</b> Available 11am – 4pm, Mondays, Thursday and Fridays; and 2pm – 4pm on Tuesdays for women and accompanying children.</p>
	<p><b>The Women’s Relapse Prevention Group:</b> Covers topics such as practical strategies, self esteem, stress management, anger, support systems, body image, relationships and more. The group is run from 10.30am – 12.30pm on Tuesdays. No booking required.</p>
	<p><b>Family of Origin Group:</b> For women to do some personal work on family of origin issues, with a focus on growing up in a dysfunctional family. Bookings required.</p>
	<p><b>Beautiful Me Group:</b> Explores women’s journeys with body image, with a focus on women and dependency. Looks at culture, media, self-esteem and more. Bookings required.</p>
<b>+ Comorbidity</b>	<p>Provides comorbidity and mental health related groups, including a focus on body image, counselling, information and referrals. Staff receive clinical supervision from a comorbidity specialist.</p> <p>Staff are trained in basic mental health and the service has expertise in Dialectical Behaviour Therapy (DBT).</p>
<b>+ Cost</b>	Free
<b>+ Staff</b>	Alcohol and Other Drug Workers and Counsellors
<b>+ Families / Carers</b>	Information and referrals can be provided to families and carers.

## Winnunga Nimmityjah Aboriginal Health Services

### **Substance Misuse Service, Winnunga Nimmityjah Aboriginal Health Services**

Provides support to Aboriginal and Torres Strait Islander people experiencing problems with alcohol and other drugs including counselling, advocacy, community education and referrals.

Phone:	(02) 6284 6222
Fax:	(02) 6284 6200
Mailing Address:	63 Boolimba Cres, Narrabundah, ACT 2604
Email:	winpa@winnunga.org.au
Website:	www.winnunga.org.au
Location:	63 Boolimba Crescent, Narrabundah
Parent Organisation:	Winnunga Nimmityjah Aboriginal Health Services
Opening Hours:	9am – 4pm, Monday – Friday
Treatment Approach:	Harm Minimisation

#### **+ Access Criteria**

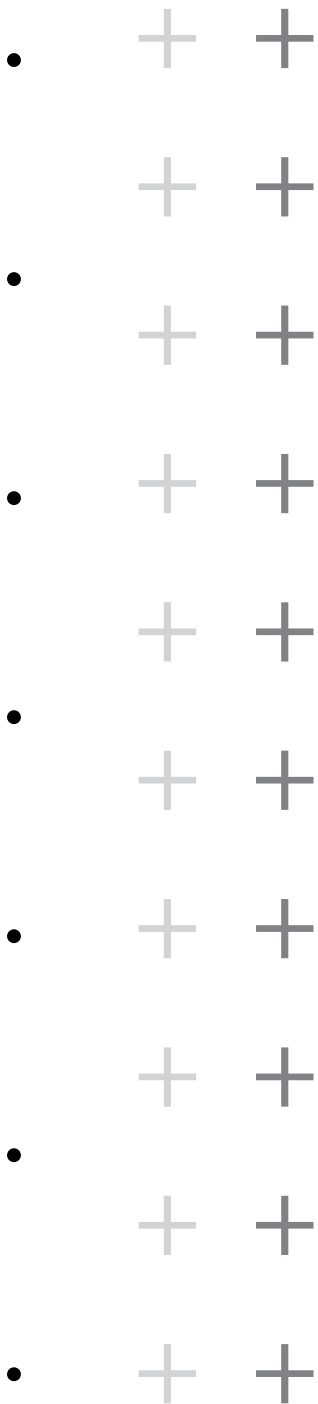
Target Group:	Male and female Aboriginal and Torres Strait Islander people.
Area serviced:	ACT and surrounding areas
Income required:	No
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents with accompanying children:	Yes
Couples:	Yes

#### **+ How to Access / Referrals:**

Contact:	By phone or drop in, 9am – 5pm, Monday – Friday.
Referral:	Self or worker referral.

<b>+ Waiting List</b>	Varies
<b>+ Program/s</b>	Provides support to people experiencing problems with alcohol and other drugs including counselling, advocacy, community education and referrals. Support is also provided to people accessing treatment programs. The Substance Misuse Worker also works closely with other Winnunga Nimmitjiah staff to ensure holistic service provision.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information. Staff are trained in basic mental health and assessments include a mental health component.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Alcohol and Other Drug Workers.
<b>+ Families / Carers</b>	Provides support, advocacy and referrals for families.





**ACT Alcohol and Other Drug Sector Project  
Youth Coalition of the ACT**

Phone: (02) 6247 3540

Web: [www.aodsector.org.au](http://www.aodsector.org.au)

Email: [info@aodsector.org.au](mailto:info@aodsector.org.au)

Fax: (02) 6249 1675

Location: 46 Clianthus Street, O'Connor

Mailing Address: PO Box 5232, Lyneham, ACT 2602

**ACT AOD SECTOR PROJECT**

[www.aodsector.org.au](http://www.aodsector.org.au)

**youth coalition**

of the ACT

[www.aodsector.org.au](http://www.aodsector.org.au)

**ACT AOD SECTOR PROJECT**  
[www.aodsector.org.au](http://www.aodsector.org.au)

**youth coalition**  
of the ACT