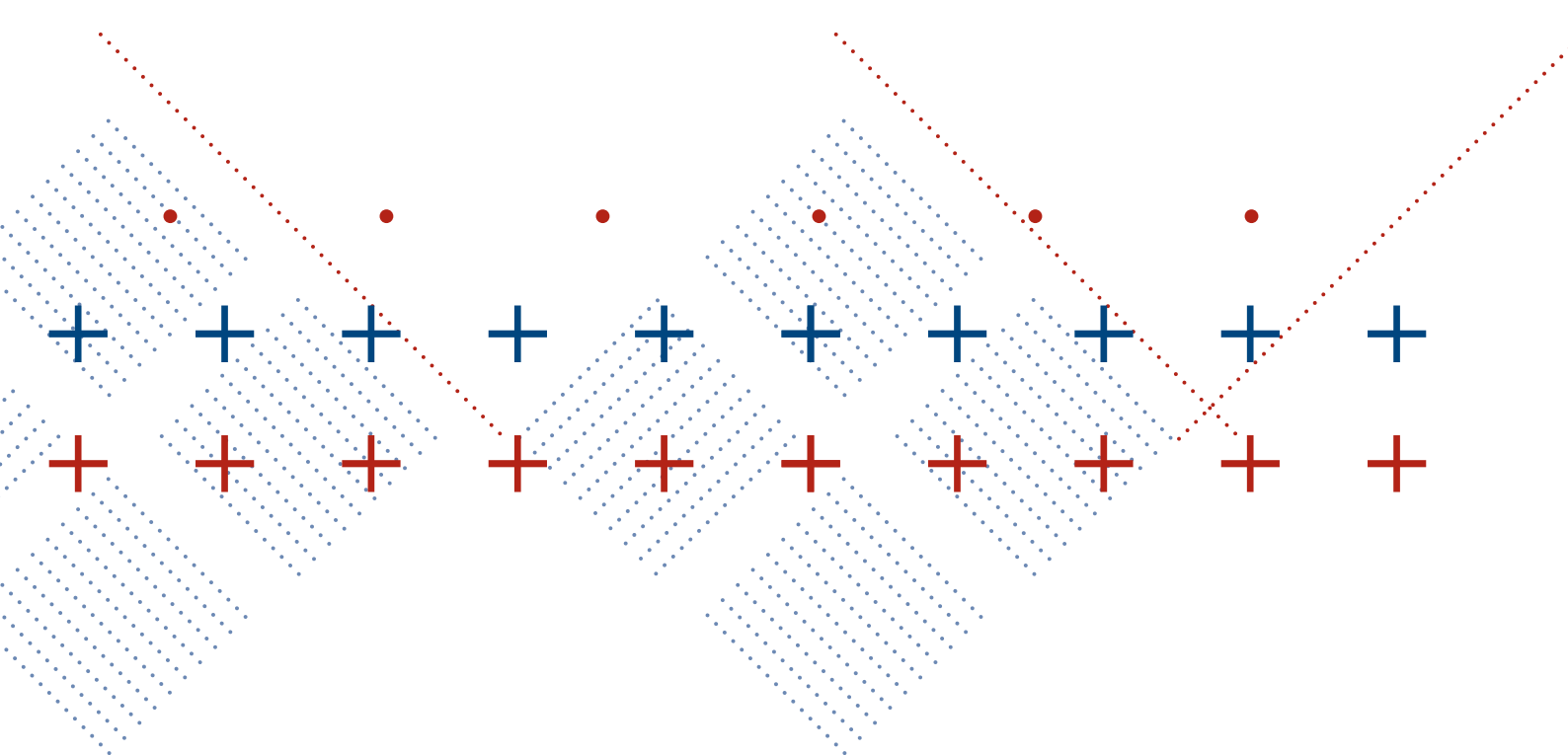




# ACT Alcohol and Other Drug Services Directory

November 2009



Version **4**

**We acknowledge 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.**

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

Phone: (02) 6247 3540

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

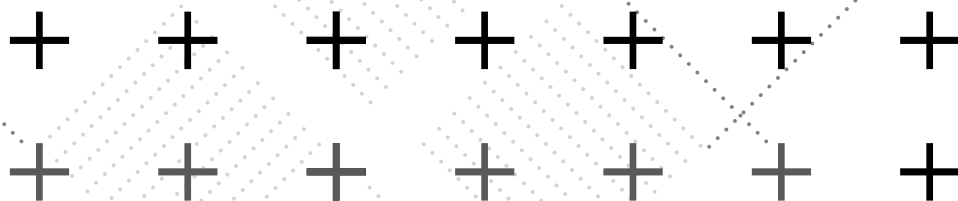
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Fax: (02) 6249 1675

Location: 46 Clianthus Street, O'Connor

Mailing Address: PO Box 5232, Lyneham, ACT 2602

**The ACT AOD Sector Project is auspiced  
by the Youth Coalition of the ACT.**



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

# 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 the ACT AOD Services Directory: Version 4. It would not have been possible without:

## **The ACT AOD Sector Project Team:**

- Amanda Bode
- Ben Frommel
- Carrie Fowle
- David McDonald, Consultant

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

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

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

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

## **Youth Coalition of the ACT**



# 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 Project is auspiced by the Youth Coalition of the ACT.

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:

<b>Amanda Bode</b> ACT AOD Sector Project Officer <a href="mailto:amanda@aodsector.org.au">amanda@aodsector.org.au</a>	<b>Carrie Fowlie</b> ACT AOD Sector Project Director <a href="mailto:carrie@aodsector.org.au">carrie@aodsector.org.au</a>
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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. Information on the history and process is available in each version of the Directory. The services in this Directory were actively involved in the development of Version 4 of this resource in the following ways:

- The ACT AOD Sector Project Team presented information on the Directory at an ACT AOD Workers Group meeting, and workshopped ideas to progress the collection of information for Version 4 of the Directory. It was agreed that the Directory should be used to elicit information on services provided to people in, and post release from, the Alexander Maconochie Centre (AMC) and Bimberi Youth Justice Centre.
- The ACT AOD Sector Project Team presented information on the Directory to the Comorbidity Strategic Working Group, and workshopped ideas to progress the collection of information related to the provision of services for people experiencing comorbid AOD and mental health issues.

- Key questions to elicit further information were then collated into service profile templates for Version 4 and were provided to the ACT AOD Workers Group members in October 2009.
- Final service profiles were sent to each services Executive Director for endorsement in October 2009.
- Version 4 of the ACT AOD Services Directory was launched in hardcopy and electronically on [www.aodsector.org.au](http://www.aodsector.org.au) in November 2009.

## 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 funded by ACT Health could be profiled. These services encompass the 37 programs that are profiled within this Directory.

## 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 biannually, and feedback will inform 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)

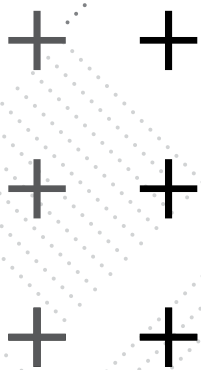
Web: [www.aodsector.org.au](http://www.aodsector.org.au)



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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), (2008). *Alcohol and other drug treatment services in Australia 2007 - 08: Report on the National Minimum Data Set*. Drug Treatment Series no.9. Cat. no. HSE 73. Canberra: AIHW.  
Available online at [www.aihw.gov.au/publications/index.cfm/subject/3040](http://www.aihw.gov.au/publications/index.cfm/subject/3040)

### 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.

## **Making an Effective Referral to an ACT Alcohol and Other Drug Service**

People are presenting at AOD and allied services with increasingly complex issues. This increasing demand on the service system requires workers to offer appropriate and effective support and referrals. Although this Directory provides a useful tool to support referrals, it is vital that workers also further familiarise themselves with individual services and their referral processes.

Making an effective referral to an ACT AOD service requires an up to date knowledge of the diverse and multidisciplinary range of services that work with people who are experiencing AOD issues. This will ensure that accurate and clear information is provided to people about what services are available to them.

Workers must also be aware of barriers that people may face when accessing an AOD service to ensure that a timely and suitable referral is provided.

The choice of referral processes depends on the needs of the person, organisational policies and individual agencies' referral processes. Referral processes can take many forms, from a facilitated over the phone referral to the utilisation of shared referral tools.

Below are some tips that may help a worker when providing a referral to an ACT AOD service:

### **What is a referral?**

A referral is a process by which a worker works with a person / client to:

- Assess and prioritise their immediate needs; and,
- Provide assistance to identify and access services (such as, setting up appointments and providing transportation).

### **Why engage in the referral process?**

It is important to fully engage in the referral process as often people who have been referred have:

- A high attrition rate following their first appointment;
- A high rate of 'no shows';
- No guarantee of a good match between person / client and the service to which they have been referred; and,
- Reluctance to return to the place of initial contact (ie: your service).

### **Who do I refer?**

A worker can refer any person / client who may benefit from treatments or services that their service may not be able or willing to provide. Remember that for the person / client, referral is a voluntary process that should always involve them.

### **What type of services do I refer to?**

This Directory contains a range of AOD specific referral options. For a list of the range of primary, secondary and tertiary services provided in the ACT see the *Tips for Engaging with the ACT Alcohol and Other Drug Sector* section (see page 7).

### **How can I support an effective referral?**

When making a referral it is important to liaise with a relevant AOD service and find out more about what they do and how they provide their service (such as, what is their treatment philosophy? what general or specialist services do they offer? what is their access criteria?)

With the consent of the person / client, provide information to support the referral. High involvement in referral has been associated with higher uptake and retention in treatment.

Some tips to support a referral can include:

- Arranging appointments for the person / client and giving them instructions on how to get there;
- Providing information to the person about the service they have been referred to;
- Building expectations of good outcomes; and
- Asking permission to call person / client to follow up with the outcome of the referral.

### **When to make a referral to an AOD service?**

It is important to refer when the person / client requests a referral or when a service is unable to respond to the specific needs of that individual. AOD may be the primary presenting issue; however, these issues are often identified when the person presents for another matter. Your role in making an effective referral will depend on:

- Your specific skills, knowledge and abilities to intervene with AOD issues;
- The amount of time you are prepared to invest in responding to these issues;
- Your decision to engage in a shared care relationship with other service providers; and,
- Your relationship and willingness to continue providing support to the person / client.

*Adapted From: National Centre for Education and Training on Addiction (2004). Resource Kit for GP Trainers on Illicit Drug Issues, prepared for the Australian Government Department of Health and Ageing*

# 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.

**+ Alexander Maconochie Centre:**

Provides information on the extent of services provided to people in, or upon release from, the Alexander Maconochie Centre.

**+ Bimberi Youth Justice Centre:**

Provides information on the extent of services provided to young people in, or upon release from Bimberi Youth Justice Centre.

**+ Aboriginal and Torres Strait Islander:**

Provides information on the extent of services provided to Aboriginal and Torres Strait Islander people.

**+ Culturally and Linguistically Diverse:**

Provides information on the extent of services provided to people from culturally and linguistically diverse backgrounds.

**+ Cost:**

Provides information on costs of programs, if any.

**+ Staffing:**

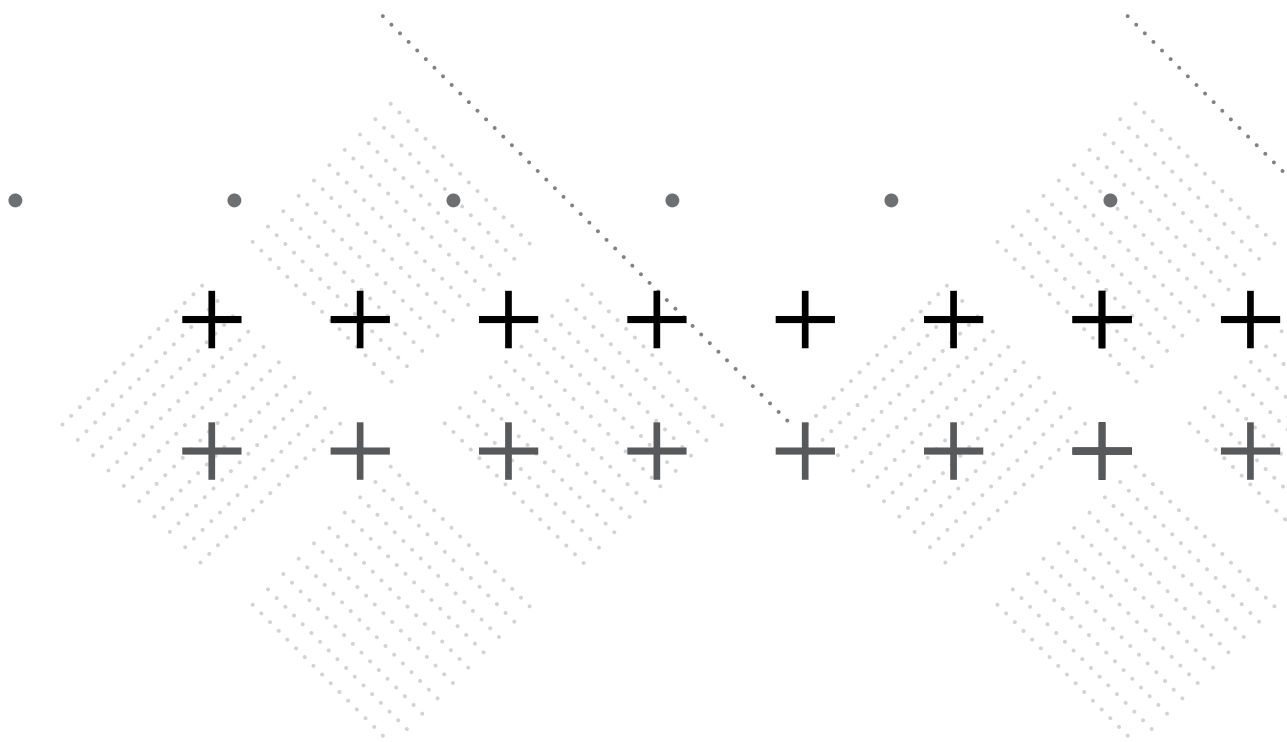
Lists the specialist staff that can be accessed through the service.

**+ Families/Carers:**

Describes the level to which the service works with family and carers.

**+ Other:**

Lists any other information that may be relevant.



# ACT AOD Services Quick Reference Guide: November 2009

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

## + ACT Alcohol and Other Drug Sector Project

ACT Alcohol and Other Drug Sector 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 alcohol and other drugs.	6247 3540
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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.	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 education program for people who have been convicted or are facing charges for drink-driving offences.	6163 0200
Solaris Therapeutic Community, Alexander Maconochie Centre	Provides a voluntary program for adult males in the Alexander Maconochie Centre who have been affected by alcohol and other drug use and related dependencies using the therapeutic community approach to treatment.	6207 3446
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.	6163 0200

### + 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.	6207 9977
Comorbidity Officer	Provides consultation, liaison and clinical work for people experiencing comorbid AOD and mental health issues.	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.	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.	
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.	6207 9977
Withdrawal Unit	Provides up to 7 days of medicated residential (in-patient) or non-residential (out-patient) support for people experiencing withdrawal from AOD.	

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

Alcohol and Other Drug Policy Unit	Provides AOD policy through ACT Health, ACT Government.	6205 0909
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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.	6279 1670
The Connection	Provides a peer based support program for Indigenous and non-Indigenous people who are past or present illicit / injecting drug users, their families and friends.	6279 1671

### + CatholicCare Canberra and Goulburn

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

Althea Wellness Centre	Provides primary and secondary health clinics for people with past or current AOD issues.	6122 8080
Arcadia House Withdrawal and Detoxification Service	Provides up to 7 days of non-medicated residential support for people experiencing withdrawal from AOD.	6253 3055
Community Education Program	Provides flexible AOD community education programs and support.	6122 8000
Counselling and 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 and Syringe Program (NSP)	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.	
Outreach and Promotions Unit	Provides off-site programs and flexible service delivery in community spaces. A mobile Needle and Syringe Program is also provided.	
Party Safe	Provides information, resources and referrals to young people aged 15 – 25 years about alcohol and associated issues.	
Treatment Support Service (TSS)	Provides case management and support to access treatment services. Assists people to understand pharmacotherapy alternatives and identify which treatment best meets their needs.	

### + Gugan Gulwan Youth Aboriginal Corporation

Drug and Alcohol Program	Provides information, support, advocacy, case management and court support to Aboriginal and Torres Strait Islander young people aged 12 – 25 years experiencing AOD related issues.	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.	6123 2400
Community Outreach and 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 AOD or gambling dependencies.	6295 1256
Oasis Bridge Program	Provides a non-residential rehabilitation program for people aged 12 years and over wanting to address AOD issues and their families.	6248 7191

#### + Toora Women Inc

Lesleys Place – Residential and 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.	6241 7233
Marzena Drug and Alcohol Halfway House for Women	Provides medium to long term recovery based supported accommodation for up to 12 months for women and accompanying children.	
Women's Information, Resources and Education on Drugs and Dependency (WIREDDD)	Provides information, education, counselling and resources to women to minimise the harms associated with AOD dependence.	6248 8600

#### + Winnunga Nimmityjah Aboriginal Health Service

Substance Misuse Service	Provides support to Aboriginal and Torres Strait Islander people experiencing AOD issues including counselling, advocacy, community education and referrals.	6284 6222
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## ACT Alcohol and Other Drug Sector Project

Aims to build the capacity and identity of the alcohol and other drug 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 alcohol and other drugs.

Phone:	(02) 6247 3540
Fax:	(02) 6249 1675
Mailing Address:	PO Box 5232, Lyneham, ACT 2602
Email:	info@aodsector.org.au
Website:	www.aodsector.org.au
Location:	46 Clianthus Street, O'Connor
Parent Organisation:	The Project is auspiced by the Youth Coalition of the ACT
Opening Hours:	9am – 5pm, Monday – Friday

### + Access Criteria

Target Group: ACT alcohol and other drug sector workers. Some activities are only available to alcohol and other drug services funded by ACT Health.

Area serviced: ACT

Disability Access: Yes

### + How to Access / Referrals

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

### + Program/s

Provides activities that aim to build the capacity and identity of the AOD sector in the ACT and foster intra and cross-sectoral relationships including:

#### **ACT AOD Workers Group:**

A group comprised of one nominated representative from each of the 12 ACT Health funded AOD services. The group meets monthly and is involved in the development, implementation and evaluation of the Project.

**+ Program/s**  
(continued)

**ACT AOD Sector Website ([www.aodsector.org.au](http://www.aodsector.org.au)):**

Provides information about, and is a central contact point for the ACT AOD sector. The website is regularly updated and includes information on the ACT AOD sector and ACT AOD Sector Project activities.

**ACT AOD Services Directory (this document):**

Provides profiles of AOD services in the ACT. The Directory aims to support workers to make referrals to ACT AOD services, 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 is available electronically from [www.aodsector.org.au](http://www.aodsector.org.au) and is updated every 6 months.

**ACT AOD Sector eBulletin:**

Provides a concise summary of information, important developments, publications, events and other information relevant to AOD workers in the ACT. Services and individuals can subscribe to the eBulletin by visiting [www.aodsector.org.au](http://www.aodsector.org.au).

**ACT AOD Sector Forums:**

A forum hosted by a different AOD service each month that provides opportunities for workers to network, learn about development in the sector and access professional development opportunities.

**ACT Training and Professional Development Calendar:**

Compiles training and professional development opportunities available to workers from the AOD and allied sectors.

**ACT Drug Action Week Planning Group:**

Brings together key stakeholders to plan coordinated activities and develop a calendar of events for Drug Action Week in the ACT.

**Annual ACT AOD Sector Conference:**

Aims to facilitate access to the latest evidence relating to best practice and seeks to strengthen the capacity, skills and knowledge base of participants.

<b>+ Program/s</b> (continued)	<p><b>Annual ACT AOD Awards:</b>          An annual event that aims to recognize, promote and reward outstanding practice in the AOD field in the ACT.</p> <p><b>ACT AOD Sector Training and Professional Development Opportunities:</b>          Provides occasional specific training and professional development opportunities for AOD workers.</p> <p><b>ACT AOD Minimum Qualification Strategy Project:</b>          Leads the implementation of the ACT AOD Minimum Qualification Strategy and manages a pool of funding to support ACT Health funded AOD workers to reach the ACT AOD Minimum Qualification. The Project aims to ensure the maintenance of a competent and professional AOD workforce in the ACT.</p>
<b>+ Comorbidity</b>	<p>Provides the Comorbidity Project, funded under the Australian Government Improved Services for People with Drug and Alcohol Problems and Mental Illness Initiative (the Improved Services Initiative). The Comorbidity Project aims to assist and support non-government ACT AOD services to undertake service improvement processes to better identify and manage clients experiencing comorbid AOD and mental health issues. The Project also facilitates the ACT Comorbidity Strategic Working Group to provide support and strategic guidance to the Project.</p>
<b>+ Cost</b>	<p>Some activities may incur a small cost.</p>
<b>+ Staff</b>	<p>Project Director, 2 x Project Officers and consultancy support.</p>
<b>+ Other</b>	<p>Needs based workforce development activities and projects are provided.</p>

## 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:	Females and males 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 page 21).
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 alcohol and other drug-free rehabilitative care for people with alcohol and other drug dependencies, using the therapeutic community approach to treatment. Education, 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 including the provision of a mental health component in client treatment plans. Comorbidity and mental health related groups, counselling, information and referrals are also provided. Staff are trained in basic mental health, there are Psychologists on staff and assessments include a mental health component. Workers are trained in motivational interviewing, interactive drawing therapy, narrative therapy, art therapy and cognitive behavioural therapy. Clients who have an existing Mental Health Worker from Mental Health ACT will continue under a joint case management model.
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<b>+ Aboriginal and Torres Strait Islander</b>	Referrals to Aboriginal and Torres Strait Islander services can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.
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<b>+ Culturally and Linguistically Diverse</b>	Referrals to multicultural services can be provided. Staff undertake cultural awareness training.
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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 families and carers.
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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:	Female and male 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 aged up to 12 years.
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.
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 alcohol and other drug-free rehabilitative care for people with alcohol and other drug dependencies with accompanying children, using the therapeutic community approach to treatment. Education, 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, after-school care and school holiday 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 including the provision of a mental health component in client treatment plans. Comorbidity and mental health related groups, counselling, information and referrals are also provided. Staff are trained in basic mental health, there are Child Psychologists and Psychologists on staff and assessments include a mental health component. Workers are trained in motivational interviewing, interactive drawing therapy, narrative therapy, art therapy and cognitive behavioural therapy. Clients who have an existing Mental Health Worker from Mental Health ACT will continue under a joint case management model.
<b>+ Aboriginal and Torres Strait Islander</b>	Referrals to Aboriginal and Torres Strait Islander services can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to multicultural services can be provided. Staff undertake cultural awareness training.
<b>+ Cost</b>	81% of income.
<b>+ Staff</b>	Alcohol and Other Drug Workers, Child and Family Support Workers and 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 families and carers.

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

Provides a 9 week education program for people who have been convicted of 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. The course is provided 6pm – 8pm on nominated evenings.
Treatment Approach:	Harm minimisation

### + Access Criteria

Target Group:	Females and males 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; however people must be alcohol and other drug free when attending sessions.
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	Varies.

<b>+ Intake &amp; Assessment</b>	Program is run on an as needs basis dependent on the number of participants. Completion of registration forms required.
<b>+ Program/s</b>	Provides a 9 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>+ Aboriginal and Torres Strait Islander</b>	Referrals to Aboriginal and Torres Strait Islander services can be provided.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to multicultural services can be provided.
<b>+ Cost</b>	Full price: \$450 Concession rate: \$300 A non-refundable deposit of \$40 – \$50 must be paid.
<b>+ Staff</b>	2 trained facilitators per course.

## **Solaris Therapeutic Community, Alexander Maconochie Centre, Alcohol and Drug Foundation ACT (ADFACT) and ACT Corrective Services**

Provides a voluntary program for adult males in the Alexander Maconochie Centre who have been affected by alcohol and drug use and related dependencies using the therapeutic community approach to treatment.

Phone:	(02) 6207 3446 (ADFACT Co-Manager) (02) 6207 0862 (ACT Corrective Services Co-Manager) (02) 6207 2895 (ADFACT Assistant Manager)
Fax:	(02) 6207 2963
Mailing Address:	PO Box 2230, Tuggeranong, ACT 2901
Email:	adfact@adfact.org
Website:	www.adfact.org
Location:	Alexander Maconochie Centre 10400 Monaro Highway, Hume
Parent Organisation:	Alcohol and Drug Foundation ACT Inc. (ADFACT) and ACT Corrective Services
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Therapeutic Community

### **+ Access Criteria**

Target Group:	Males over 18 years of age in the Alexander Maconochie Centre experiencing issues related to alcohol and drug dependencies. Men with a history of sex offences are excluded.
Area serviced:	ACT
Income required:	Occasional expenses are covered through the weekly Alexander Maconochie Centre allowance.
Disability Access:	Ground floor accommodation is available.
Detox required before accessing program:	Yes
Medication:	Medication is available through ACT Corrections Health. Participants on methadone and stable on psychoactive medication can access the program.

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

Contact:	Individual applications must be made to the Program Manager.
Referral:	Self referral.
Waiting List:	Varies, dependant on program start dates.

<b>+ Intake &amp; Assessment</b>	Interviews and complete assessments are undertaken for each applicant to assess suitability for the Program. Intake is undertaken every 3 months.
<b>+ Program/s</b>	<p>Provides a voluntary program for adult males in the Alexander Maconochie Centre who have been affected by alcohol and drug use and related dependencies using the therapeutic community approach to treatment. The treatment program commences within 6-12 months prior to release from the Alexander Maconochie Centre. The Program provides the following levels:</p> <p><b>Level One:</b> Provides an intensive six month treatment program based on the therapeutic community model; participants are housed together within Alexander Maconochie Centre.</p> <p><b>Level Two:</b> Provides a program of intensive throughcare to support transition and reintegration into the community, commencing during the treatment phase (continuing afterwards, if still in custody) and then continuing after release according to individual need.</p> <p>Provides intensive psychoeducation and group therapy sessions developing awareness of the impact of using alcohol and other drugs and the origins of addictive or compulsive behaviours, the thinking underlying criminal behaviour, identification of personal strengths and development of new skills to manage life well after release. The program also has a focus on relationships, families and financial skills.</p>
<b>+ Comorbidity</b>	Support for people experiencing comorbidity is provided through Corrections Health.
<b>+ Aboriginal and Torres Strait Islander</b>	All staff undertake Aboriginal and Torres Strait Islander training to facilitate the program in a culturally sensitive manner.
<b>+ Culturally and Linguistically Diverse</b>	All staff undertake culturally and linguistically diverse training to facilitate the program in the culturally sensitive matter. Basic english skills are required for participants to engage in group activities and written communication.
<b>+ Cost</b>	Some activities incur a small cost.
<b>+ Staff</b>	Alcohol and Other Drug Workers and Therapeutic Custodial Officers.
<b>+ Families / Carers</b>	Families and carers can visit on Thursday evenings, Fridays, Saturdays and Sundays within the restrictions of the Alexander Maconochie Centre Visiting Policy.

## 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:	<p><b>Nexus Program:</b> Males over 18 years of age inclusively, who have completed initial treatment for alcohol and other drug dependency.</p> <p><b>Aftercare Program:</b> Females and males over 18 years of age inclusively, who have completed treatment at the Karralika Program.</p>
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, 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.

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**+ Intake & Assessment** Initial phone contact must be made to arrange a time for an 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** The Nexus Program incorporates the Men's Halfway House Program and Aftercare Program, providing a community-based treatment program for people with alcohol and other drug issues. Independent accommodation for 3 – 6 months is available through the Men's Halfway House. Case management, support, education, counselling and referrals are also provided.

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**+ Comorbidity** Provides specialist mental health support. Comorbidity and mental health related groups (including cognitive behavioural therapy), counselling, information and referrals are also provided. Staff are trained in basic mental health and assessments include a mental health component.

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**+ Alexander Maconochie Centre** Assessments for the Nexus Program are currently provided on an as needs basis to people in the Alexander Maconochie Centre. Referrals are accepted from Community Based Corrections as part of prisoners parole conditions.

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**+ Aboriginal and Torres Strait Islander** Aboriginal and Torres Strait Islander specific information and resources can be accessed as required. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. Referrals to Aboriginal and Torres Strait Islander services can be provided.

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**+ Culturally and Linguistically Diverse** Culturally and linguistically diverse information and resources can be accessed as required. Referrals to multicultural services can be provided. Staff undertake cultural awareness training.

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**+ Cost** \$250 per fortnight which includes food, utilities and local phone calls.

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**+ Staff** Case Managers and Manager.

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**+ 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 families and carers.

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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:	Female and male Aboriginal and Torres Strait Islander people, including young people aged 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

#### + How to Access / Referrals:

Contact:	By phone, 24 hours.
Referral:	Self or worker referral. Referrals are accepted for people on court orders.
Waiting List:	No waiting list.

<b>+ Intake &amp; Assessment</b>	Through the 24 hour Intake Line. An appointment for an over the phone or face to face assessment will be scheduled.
<b>+ Program/s</b>	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.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Facilitates access to the Alcohol and Drug Program 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 Services.
<b>+ Alexander Maconochie Centre</b>	Provides services weekly to Aboriginal and Torres Strait Islander people through the Hume Health Centre at the Alexander Maconochie Centre. Alcohol and other drug assessments, case management and support are provided to people in the Alexander Maconochie Centre, and post release. Support can also be provided to families and carers of prisoners.
<b>+ Bimberi Youth Justice Centre</b>	Alcohol and other drug assessments, case management and support are provided to Aboriginal and Torres Strait Islander young people in Bimberi, and post release as required. Support can also be provided to families and carers of young people in Bimberi.
<b>+ Aboriginal and Torres Strait Islander</b>	This is an Indigenous specific position. Provides Aboriginal and Torres Strait Islander cultural awareness training to Alcohol and Drug Program staff as required. Aboriginal and Torres Strait Islander specific information and referrals are provided. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Indigenous staff member.
<b>+ Families / Carers</b>	Families and carers can attend assessment or case management appointments for support. Information and referrals other alcohol and other drug services or support groups for families and carers are also provided.

## 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:	Females and males experiencing both alcohol and other drug and mental health 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 treated 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.

**+ Program/s** Provides comorbidity specific information, resources, secondary consultations, training, clinical planning, assessments, liaison, advocacy and referrals. Works closely with the Comorbidity Officer position in Mental Health ACT and provides sector and organisational development. Outreach is provided to the Althea Wellness Centre at DIRECTIONS ACT and the Alcohol and Drug Foundation ACT.

<b>+ Comorbidity</b>	Program designed specifically for and delivered to people experiencing comorbid alcohol and other drug and mental health issues. In services and support can be provided to ACT Health and external services.
<b>+ Aboriginal and Torres Strait Islander</b>	Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<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:	Females and males admitted to the Canberra Hospital, including pregnant women.
Area serviced:	Services are provided to all areas of 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 would be treated 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 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 an Alcohol and Drug Program Medical Officer, a request for consultation should be written in the client's 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 hospitals who are experiencing alcohol and other drug dependencies. Self help groups and relapse prevention groups are also provided.

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**+ Comorbidity** Provides comorbidity and mental health specific information and referrals. Facilitates access to the Alcohol and Drug Program 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 other mental health services.

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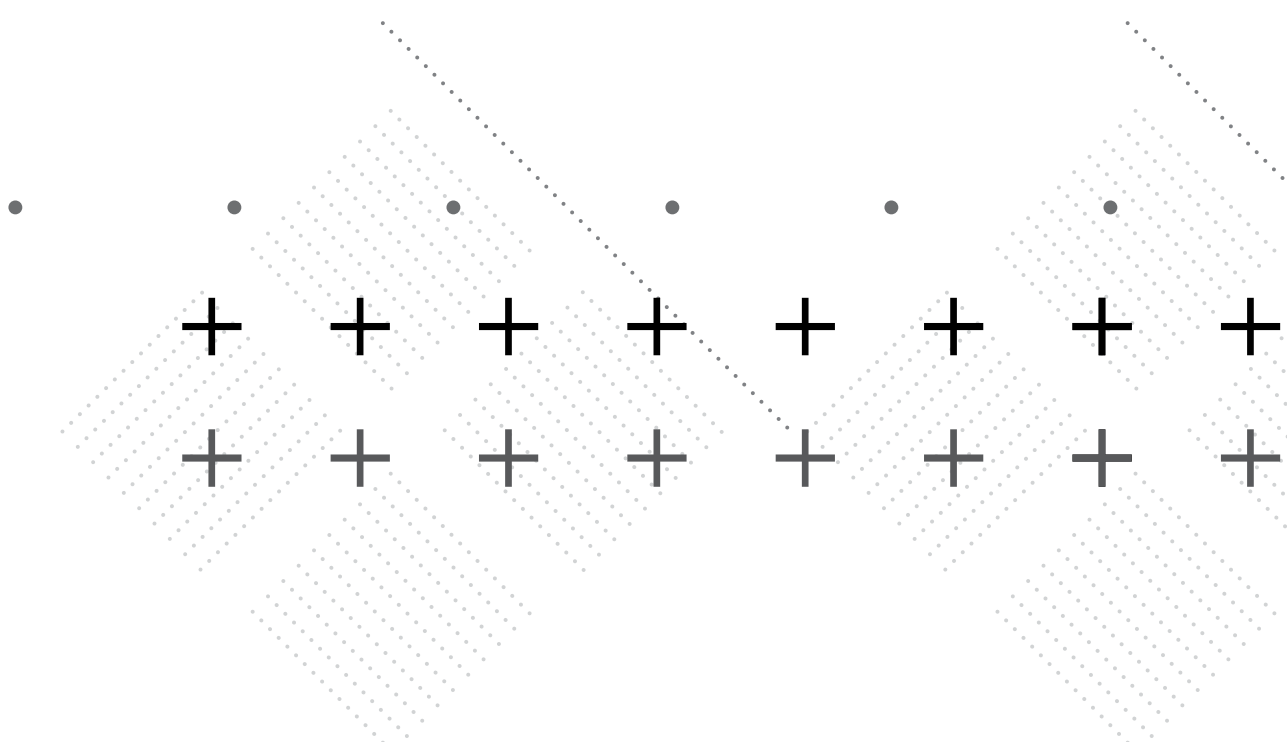
**+ Alexander Maconochie Centre** Provides services every Friday to the Hume Health Centre at the Alexander Maconochie Centre to assist with the coordination of pharmacotherapy dosing arrangements for prisoners post release. Support can be provided to families and carers of prisoners through the Stepping Stones Course.

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**+ Aboriginal and Torres Strait Islander** Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.

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<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Registered Nurses and Social Workers.
<b>+ Families / Carers</b>	Families and carers can access information and referrals to other services.



## 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:	Females and males 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, they would be treated as individuals.

### + How to Access / Referrals

Contact:	By phone, 8am – 5pm, Monday to Friday.
Referral:	Self or worker referral.
Waiting list:	No waiting list People are seen within 2 – 14 days.

### + Intake & Assessment

	Through the 24 hour Intake Line. An appointment for a face to face assessment will be scheduled. To access the groups, contact the Intake Line 9am – 5pm, Monday – Friday for inclusion on the list for upcoming groups.
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<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> 2 hour program over 5 weeks for adults with alcohol and other drug issues, who wish to develop and maintain healthier lifestyles.</p> <p><b>Controlling Your Drinking:</b> 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> 2 hour group run over 5 weeks for cannabis users wanting information or who want to change their cannabis use.</p> <p><b>Mindfulness, Meditation &amp; Stress Management Group:</b> 5 week group program designed for individuals with, or caring for someone with 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 to Success (a Family Drug Support course):</b> A structured and experiential course for families who are supporting drug dependant family members. 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>	<p>Provides comorbidity and mental health specific information and referrals. Counsellors are trained in trauma counselling, acceptance and commitment therapy, narrative therapy, motivational interviewing, cognitive behavioural therapy, psychodynamic approach and dialectical behaviour therapy. Facilitates access to the Alcohol and Drug Program Comorbidity Officer, Psychiatric Registrar and Psychologists. Assessments include a mental health component and active referrals are made to Mental Health ACT and other mental health services.</p>
<b>+ Alexander Maconochie Centre</b>	<p>Provides counselling as required to people in the Alexander Maconochie Centre to ensure continuity of treatment. Referrals to counselling and groups are accepted from Community Based Corrections as part of a prisoners parole conditions.</p>

<b>+ Aboriginal and Torres Strait Islander</b>	Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Counsellors, Nurses, Psychologists and Social Workers.
<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 – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### **+ Access Criteria**

Target Group:	Females and males 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's Court, 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 is made at this time. Case management and support can be accessed by phone, appointment or drop-in during the course of the legal matter.
Waiting list:	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></p> <p>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. 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></p> <p>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 staff are located at the Magistrate and Children’s Court, and provide 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.

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**+ Comorbidity**

Provides comorbidity and mental health specific information and referrals. Facilitates access to the Alcohol and Drug Program 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 other mental health services.

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**+ Alexander  
Maconochie Centre**

Attends the Alexander Maconochie Centre to complete assessments requested by Courts and for case management in relation to treatment plans. Works with Community Based Corrections to supervise alcohol and other drug treatment plans of shared clients on Court Orders. Treatment Orders can be ordered as sentence, part sentence or deferred sentence options. Support and referrals can also be provided to families and carers in relation to a client's treatment plan.

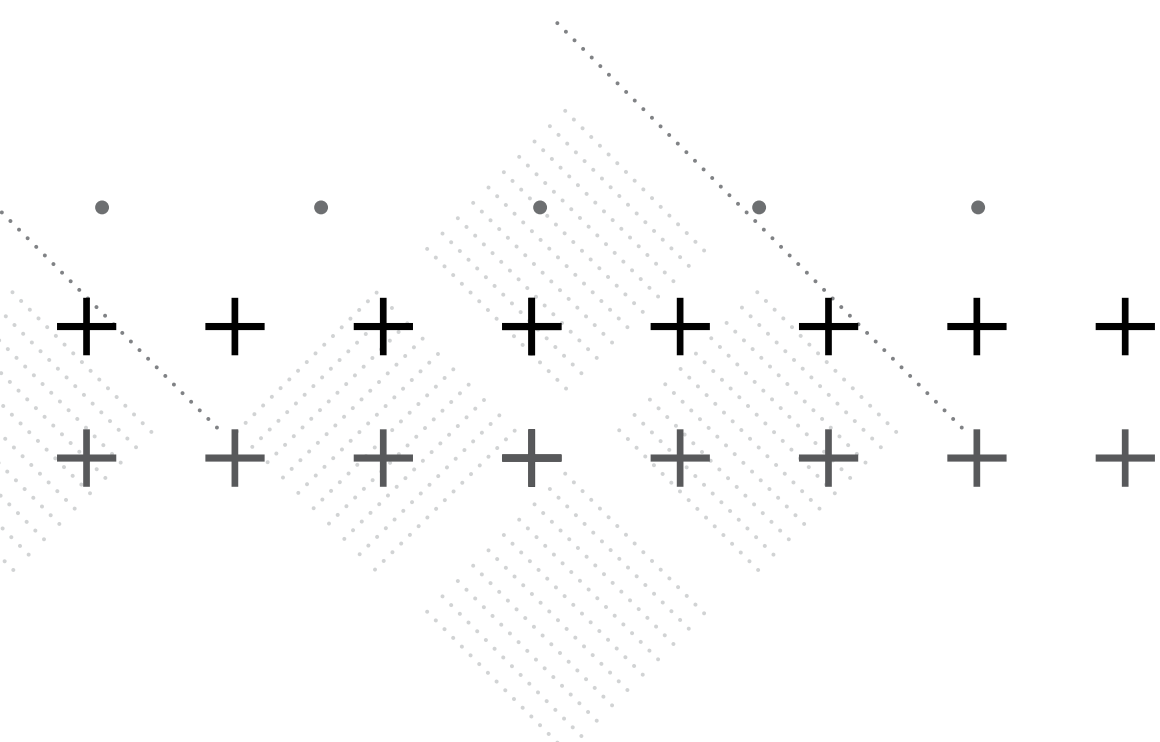
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**+ Bimberi Youth  
Justice Centre**

Attends Bimberi to complete assessments requested by Courts and for case management in relation to treatment plans. Works with Community Youth Justice to supervise alcohol and other drug treatment plans of shared clients on Court Orders. Treatment Orders can be ordered as sentence, part sentence or deferred sentence options. Support and referrals can also be provided to families and carers in relation to a client's treatment plan.

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<b>+ Aboriginal and Torres Strait Islander</b>	Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services..
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Alcohol and Other Drug Workers, Nurses, Social Workers and Psychologists
<b>+ Families / Carers</b>	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:	Females and males 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.
Waiting list:	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 Disability, Housing and Community Services (DHCS), general practice and community pharmacies
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Facilitates access to the Alcohol and Drug Program 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 other mental health services.
<b>+ Alexander Maconochie Centre</b>	Support can be provided to people in the Alexander Maconochie Centre who meet the access criteria for the IMPACT Program. Support can also be provided to families and carers of prisoners if it is required as part of the treatment plan.
<b>+ Aboriginal and Torres Strait Islander</b>	Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Registered Nurses and 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:	Females and males 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.
Waiting list:	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 and referrals. Facilitates access to the Alcohol and Drug Program 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 other mental health services.
<b>+ Alexander Maconochie Centre</b>	Provides assistance to people in, and post release from, the Alexander Maconochie Centre to ensure the continuity of care, including case management provided to Opioid Treatment Service clients.
<b>+ Aboriginal and Torres Strait Islander</b>	Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Cost varies. Free for first 6 months then to a maximum of \$30 per week.
<b>+ Staff</b>	Medical Officers, Nurses, Pharmacists and Social Workers.
<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 from alcohol and other drugs.

Phone:	(02) 6207 9977
Fax:	(02) 6244 2744
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:	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.
Children:	No. Phone contact while in unit facilitated to maintain contact with children.
Couples:	No. People will be admitted as individuals.

### + How to Access / Referrals:

Contact:	By phone, 24 hours.
Referral:	Self or worker referral. Referrals are accepted for people on court orders, but cannot specify an admission date.
Waiting list:	Varies from 0 – 3 weeks.

<b>+ Intake &amp; Assessment</b>	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.
<b>+ Program/s</b>	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.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Facilitates access to the Alcohol and Drug Program 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 other mental health services.
<b>+ Aboriginal and Torres Strait Islander</b>	Provides referrals to the Alcohol and Drug Program Aboriginal Liaison Officer (see page 29) for case management and support accessing alcohol and other drug services. Aboriginal and Torres Strait Islander specific resources and referrals are provided. Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through the Aboriginal Liaison Officer and ACT Health Staff Development Unit. The Alcohol and Drug Program has a memorandum of understanding with Winnunga Nimmityjah Aboriginal Health Services regarding clients accessing opioid treatment services.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse resources and referrals are provided. Access to interpreter services can be provided. Spanish and Italian is spoken by some Alcohol and Drug Program Staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Medical Officers, Nurses, Psychologists and Social Workers.
<b>+ Families / Carers</b>	Family and carers can be provided with alcohol and other drug information and referrals.

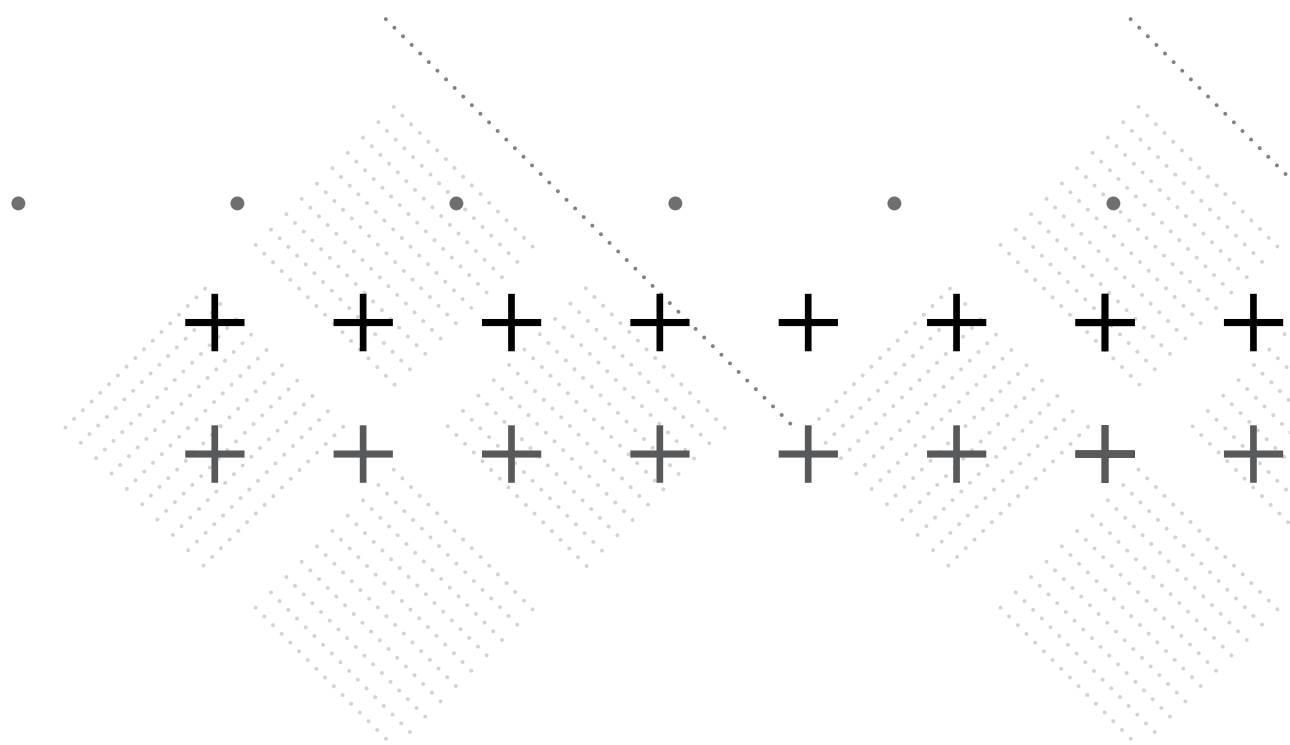
## Alcohol and Other Drug Policy Unit, ACT Health

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

Phone:	13 22 81 (Canberra Connect)
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.



## 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:	Current or past injecting/illicit drugs users of any age.
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 or carers.
Couples:	Yes

#### + How to Access / Referrals:

Contact:	By phone or drop-in, 10am – 4pm, Monday – Friday.
Referral:	No referrals necessary.
Waiting list:	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.</p> <p>CAHMA also provides:</p> <p><b>Pharmacotherapy Advocacy and Action Team (PHAAT):</b> Provides a monthly meeting held at 12pm on the last Thursday of the month for pharmacotherapy consumers to have an informal lunch and share information related to treatment options. PHAAT aims to improve treatment service provision to achieve positive outcomes for individuals and consumers, and to support consumers to engage on decisions that impact on themselves and their treatment. Individual support and advocacy is provided for consumers experiencing difficulties with their treatment, and to support people to access treatment.</p> <p><b>Peer Education Program:</b> Provides peer education groups run by and for past or current illicit / injecting drug users and pharmacotherapy consumers. Topics for harm reduction education workshops include: blood borne viruses; sexual health; overdose prevention; safer injecting; drug treatments; mental health and co-morbidity. Consultations and focus groups for consumers to input into local and national policy development activities are facilitated, and the program actively promotes health and human rights for drug users.</p>

<p><b>+ Program/s</b> (continued)</p>	<p><b>Radio Show: “News from the Drug War Front”:</b> Provides a weekly radio 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 and volunteers.</p> <p><b>Treatment Support Service:</b> Provides information, support and referral to people wanting to, or considering, accessing detoxification, rehabilitation or opioid treatment programs in the ACT or interstate. This peer support program can explain how treatments work and consumer rights or can advocate on behalf of people having treatment difficulties.</p> <p><b>The Connection: (Indigenous Program of CAHMA)</b> Provides peer based support services for Indigenous people who are past or present illicit / injecting drug users in the ACT and surrounding area (see page 53).</p>
<p><b>+ Comorbidity</b></p>	<p>Provides comorbidity and mental health specific information and referrals. Education sessions on mental health related topics are provided in partnership with specialist mental health services. Referral and support can be provided for people to access mental health services through the <i>Better Access Medicare Benefits Schedule (MBS) Initiative</i>. Staff undertake Mental Health First Aid and PsyCheck training.</p>
<p><b>+ Aboriginal and Torres Strait Islander</b></p>	<p>Provides a specific Aboriginal and Torres Strait Islander Program (see page 29). All staff are required to attend training on working with Aboriginal and Torres Strait Islanders in Drug Users Organisations. Aboriginal and Torres Strait Islander specific information and referrals are provided.</p>
<p><b>+ Culturally and Linguistically Diverse</b></p>	<p>Provides limited culturally and linguistically diverse resources and referrals.</p>
<p><b>+ Cost</b></p>	<p>Free for consumers.</p> <p>Fees for consultancy / training and assistance to community organisations are negotiable.</p>
<p><b>+ Staff</b></p>	<p>Alcohol and Other Drug Indigenous Peer Support Worker, Alcohol and Other Drug Peer Education Workers, Policy &amp; Advocacy Worker and Treatment Support Worker.</p>
<p><b>+ Families / Carers</b></p>	<p>Families and carers can access some CAHMA programs.</p>

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

Provides a peer based support program for Indigenous and non-Indigenous 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 – Friday
Treatment Approach:	Harm Reduction

### + Access Criteria

Target Group:	Indigenous people who are current or past injecting/ illicit drug users. Non-Indigenous people are also welcome to access the program.
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 – Friday.
Referral:	No referral necessary.
Waiting list:	No waiting list.

### + Intake & Assessment

Workers are available from 10am – 4pm, Monday – Friday.

<b>+ Program/s</b>	<p>Provides a peer based support program for Indigenous 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 people are welcome to access the program.</p> <p>Provides a <i>Deadly Family BBQ and Art Attack</i> social event for Indigenous individuals and families, with a focus on healthy lunches and Indigenous art lessons. The BBQ is held from 12pm – 2.30pm the first and third Thursday of the month at the Boomerang Centre, Allawah Flats. The BBQ promotes social inclusion, cultural celebrations and harm reduction education. Information and resources are provided, and allied health services are invited to attend as guests.</p>
<b>+ Comorbidity</b>	<p>Provides comorbidity and mental health specific information and referrals. Education sessions on mental health related topics are provided in partnership with specialist mental health services. Referral and support can be provided for people to access mental health services through the <i>Better Access Medicare Benefits Schedule (MBS) Initiative</i>. Staff undertake Mental Health First Aid and PsyCheck training.</p>
<b>+ Aboriginal and Torres Strait Islander</b>	<p>Programs designed and delivered specifically for Aboriginal and Torres Strait Islander young people.</p>
<b>+ Culturally and Linguistically Diverse</b>	<p>Provides limited referrals to culturally and linguistically diverse services.</p>
<b>+ Cost</b>	<p>Free</p>
<b>+ Staff</b>	<p>1 part-time Indigenous Peer Support Worker.</p>
<b>+ Families / Carers</b>	<p>Families and carers can access some programs.</p>

## CatholicCare Canberra & Goulburn

### The Sobering Up Shelter, CatholicCare Canberra and Goulburn

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@catholiccare.cg.org.au
Website:	www.catholiccare.cg.org.au
Location:	Ground Floor, 'M' Block, Ainslie Village, Quick Street, Campbell
Parent Organisation:	CatholicCare Canberra & Goulburn
Opening Hours:	11pm – 11am, Thursday, Friday and Saturday nights
Treatment Approach:	Harm Minimisation, Brief Intervention

#### + Access Criteria

Target Group:	Females and males over 18 years of age eligible for diversion from police custody, or who are at risk due to intoxication from alcohol or other drugs, and are willing to enter the service voluntarily.
Area serviced:	ACT and surrounding areas, including Queanbeyan.
Income required:	No
Disability Access:	Yes, wheelchair assistance available.
Detox required before accessing program:	No
Documentation required:	No documentation is required for self referrals. An admission statement is required in the case of Police or Ambulance referrals.
Medication:	No medication can be dispensed on the premises, with the exception of ambulance attendance.
Parents with accompanying children:	No
Couples:	Males and females are accommodated separately.
Other:	Persons must be conscious to be eligible for admission. Eligibility is based on the need for care, protection and monitoring due to risk from intoxication.

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**+ How to Access / Referrals:**

Contact: Admissions received between 11pm – 6am, Thursday, Friday & Saturday nights. Phone before arrival to ensure bed availability.

The service can be contacted directly up until 11am Friday, Saturday and Sunday mornings. For information outside of operational hours please contact the Program Manager from 9am – 5pm, Monday – Friday on (02) 6163 7600.

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Referral: Self, Police and Ambulance transports received. Community and other service referrals (such as housing and homelessness, hospital and alcohol and other drug services) are encouraged. Referrals from general public are also encouraged.

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Waiting list: Not applicable. Bed allocation is subject to availability, level of risk and adherence to *Intoxicated Persons Care and Protection Act (1994)* regarding rules of stay and voluntary admission.

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**+ Intake & Assessment** Intake admission assessment is required including medical and other information to ensure appropriate care levels for the person throughout the night. There is also a requirement for people to change clothing and have their property stored for safekeeping.

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**+ Program/s** Provides overnight support, care, and clinical monitoring for people recovering from alcohol and other drug intoxication. Referral and information to relevant community services is tailored to individual needs. Brief interventions and motivational interviewing are used within the model of care.

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**+ Comorbidity** Provides comorbidity and mental health specific information. Staff are experienced in motivational interviewing and brief intervention. Referrals within CatholicCare and to external mental health programs can be provided.

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**+ Aboriginal and Torres Strait Islander** Aboriginal and Torres Strait Islander specific information and referrals are provided. All staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

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**+ Culturally and Linguistically Diverse** Culturally and linguistically diverse specific information and facilitated referrals are provided. All staff undertake cultural awareness training. CatholicCare operates a New Arrivals Humanitarian Service and has a memorandum of understanding with Companion House. Access to interpreter services can be provided.

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**+ Cost** Free

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

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**+ Families / Carers** Where appropriate, liaison and relevant information/resources are provided to families and carers.

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## DIRECTIONS ACT

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

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

Phone:	(02) 6122 8080
Fax:	(02) 6122 8004
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	althea@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 and males of any age with past or current alcohol and other drug issues and their immediate families.
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:	People accessing the General Practice Clinic must bring their 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

#### **+ 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 for some clinics. 2 days for General Practice Clinic.

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**+ 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

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

**General Practice Clinic:**  
Available 9am – 5pm, Monday – Friday and consists of a general medical practitioner and two clinic nurses.

**Pharmacotherapy Clinic:**  
Provides case management for Althea clients who are on the pharmacotherapy program.

**Liver Clinic:**  
Available 2pm – 4pm, every second Wednesday and provides testing and clinical assistance for the treatment and management of Hepatitis C.

**Mental Health Support Clinic:**  
Available 10am – 5pm every Friday and provides face to face counselling and support.

**Psychology Clinic:**  
Available 1pm – 5pm every second Monday, and 9am – 5pm every second Thursday and provides face to face psychology services and support.

**Naturopath Wellness Clinic:**  
Available 10am – 11.30am every Thursday. A Herbalist supports people going through detoxification and in recovery to deal with physical and mental symptoms using homeopathic remedies.

**Treatment Support Service:**  
Provides case management planning for clients with complex needs.

**Arcadia Aftercare:**  
Provides post detox support for clients that attended Arcadia House Detox Centre and are not entering a rehabilitation program.

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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 Psychologists on staff, and workers have expertise in motivational interviewing, expressive therapy and cognitive behavioural therapy. Assessments include a mental health component.
<b>+ Alexander Maconochie Centre</b>	Referrals to medical services and treatment support are accepted from Community Based Corrections as part of a prisoners parole conditions.
<b>+ Bimberi Youth Justice Centre</b>	Referrals to medical services and treatment support are accepted from Community Youth Justice as part of a young persons bail conditions.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	Free for most clinics. Bulk billing available for GP Clinic for people with a Health Care Card. A small fee is charged for the Naturopathic Clinic.
<b>+ Staff</b>	Alcohol and Other Drug Workers, General Practitioners, Mental Health Workers, Naturopath, Nurses, Pharmacotherapy Nurse, Psychologists, Treatment Support Service Workers and Social Workers.

## Arcadia House Withdrawal and Detoxification Service, DIRECTIONS ACT

Provides up to 7 days of non-medicated residential support for people experiencing withdrawal from alcohol and other drugs.

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:	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:	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:	People are admitted with medication provided they have a prescription and a dispensing regime is provided prior to admission. Medication to assist detoxification is not permitted at Arcadia.  People who are assessed to be at risk in a non-medicated detoxification model are referred to the Alcohol and Drug Program, ACT Health.
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.
Waiting list:	Varies dependant on the requirements of other clients in the house and bed availability. 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 motivational interviewing, and assessments include a mental health component. Cognitive group work is provided within the Relapse Prevention Program. If a person is experiencing mental health issues, a mental health care plan may be required prior to admission.
<b>+ Alexander Maconochie Centre</b>	Referrals to residential detoxification are accepted from Community Based Corrections as part of a prisoners parole conditions.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	\$150 on admission to cover 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 of \$20 is charged
<b>+ Staff</b>	Alcohol and Other Drug Workers and Counsellors.
<b>+ Families / Carers</b>	Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor

## Community Education Program, DIRECTIONS ACT

Provides flexible alcohol and other drug community education program and support.

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.  Education sessions are available for health days and sessions at 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.
Referral:	Self or worker referral to the Education Manager. A request for education form must be completed.
Waiting list:	No waiting list
<b>+ Intake &amp; Assessment</b>	Intake is available from 9am – 5pm, Monday – Friday.
<b>+ Program/s</b>	Provides flexible and responsive alcohol and other drug community education programs based on harm minimisation principles.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health and education packages on alcohol and other drugs and comorbidity can be provided.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	Free or at a negotiated cost for education and training.
<b>+ Staff</b>	Alcohol and Other Drug Educator / Counsellor.
<b>+ Families / Carers</b>	Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor.

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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:	<b>Main Office:</b> 1 Bradley Street, Woden <b>City Health Centre:</b> Cnr Alinga and Moore Streets, Canberra City <b>Phillip Health Centre:</b> 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 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:	No
Documentation required:	No
Medication:	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; however, referrals to relationship counselling may be provided.

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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 in the main office of Phillip and City Health Centres.

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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:

**Family Support Counselling:**

Provides free family counselling for people experiencing issues associated with their friend or family members alcohol and other drug use. Counselling is available for parents, partners, children friends or grandparents to develop strategies to cope with alcohol and other drug issues affecting the family.

**Alcoholics Anonymous:**

A group facilitated by an external provider for people with alcohol issues, available 1pm – 2pm, Thursdays.

**Narcotics Anonymous:**

A group facilitate by an external provider 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.

**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 Community Youth Justice.

<b>+ Program/s</b> (continued)	<b>SMART Recovery:</b> A cognitive behavioural therapy based group that assists people to recover from addiction. The 90 minute program is based on motivation to abstain, coping with urges, problem solving and lifestyle balance. SMART recovery is provided 10.30am – 12pm and 5.30 – 7pm on Tuesdays and 3 – 4.30pm on Thursdays.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific counselling, information and referrals. Staff are trained in mental health and are experienced in motivational interviewing, narrative therapy, expressive therapy and symbol work. Assessments include a mental health component.
<b>+ Alexander Maconochie Centre</b>	Counselling can be provided to existing DIRECTIONS ACT clients within the Alexander Maconochie Centre on an as needs basis. Referrals to counselling are accepted from Community Based Corrections as part of a prisoners parole conditions.
<b>+ Bimberi Youth Justice Centre</b>	Counselling can be provided to young people who are existing DIRECTIONS ACT clients within Bimberi Youth Justice Centre on an as needs basis. Referrals to the Youth Support Worker are accepted from Community Youth Justice as part of a young persons bail conditions.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Alcohol and Other Drug Workers, Counsellors and Social Workers.
<b>+ Families / Carers</b>	Provides some programs directly to families and carers including the Compass Support Group.
<b>+ Other</b>	Free crisis counselling is available through DIRECTIONS ACT Needle and Syringe Programs (see page 69) at Civic and Phillip Health Centres, for people with alcohol and other drug issues in need of urgent assistance.

## 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 provided.
Couples:	No

### + How to Access / Referrals:

Contact:	By phone or drop in, 9am – 5pm, Monday – Friday.
Referral:	Self or worker referrals.
Waiting list:	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 information and referrals to comorbid services within DIRECTIONS ACT and externally. Staff are trained in basic mental health.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	Gold coin donation welcome.
<b>+ Staff</b>	Alcohol and Other Drug Workers, Counsellors and Social Workers.
<b>+ Families / Carers</b>	Alcohol and Other Drug Worker and Peer Support Worker.
<b>+ Other</b>	Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor.

## 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:	<p><b>City Health Centre:</b> Cnr Alinga and Moore Streets, Canberra City</p> <p><b>Phillip Health Centre:</b> Cnr Corinna and Keltie Streets, Phillip</p>
Parent Organisation:	DIRECTIONS ACT
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

Target Group:	Females and males 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.
Waiting list:	No waiting list.

**+ Intake & Assessment** No 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>	<p>Provides comorbidity and mental health specific information and referrals to comorbid services within DIRECTIONS ACT and externally. Crisis counselling and support are available at the City Health Centre. Staff are trained in basic mental health and counsellors are experienced in motivational interviewing and dialectical behaviour therapy.</p>
<b>+ Aboriginal and Torres Strait Islander</b>	<p>Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.</p>
<b>+ Culturally and Linguistically Diverse</b>	<p>Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.</p>
<b>+ Cost</b>	<p>Free to the daily limit. A small fee is charged for equipment over the daily limit as a cost recovery measure.</p>
<b>+ Staff</b>	<p>Alcohol and Other Drug Workers, Counsellors and Needle &amp; Syringe Program Workers.</p>
<b>+ Families / Carers</b>	<p>Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor.</p>

## Outreach and Promotions Unit, DIRECTIONS ACT

Provides off-site 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:	Females and males of any age.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes, off-site services are provided.
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.

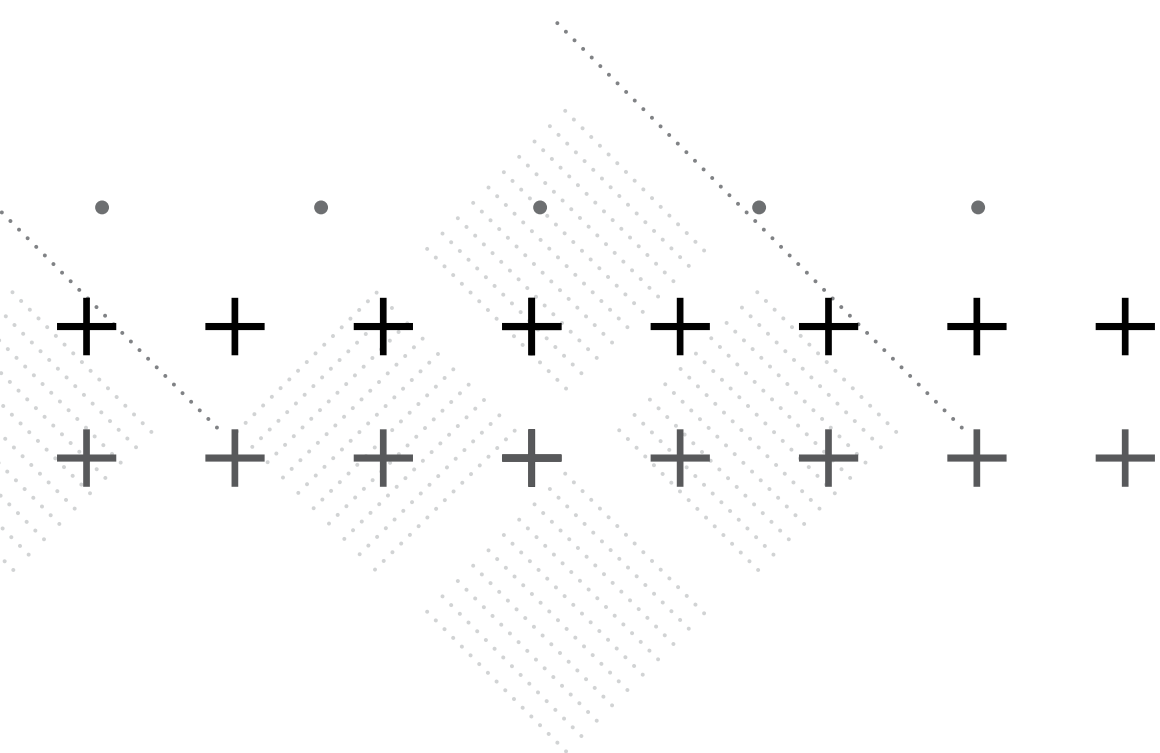
### + How to Access / Referrals:

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

### + Intake & Assessment

+ Intake & Assessment	No intake or assessment required.
+ Program/s	Provides off-site programs and flexible service delivery in community spaces. Outreach is provided to Housing ACT tenants including referrals and free lunches. A mobile Needle and Syringe Program is also provided at various locations across Canberra. Health promotion activities are held at community events, universities and colleges.

<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals to comorbid services within DIRECTIONS ACT and externally. Staff are trained in basic mental health.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Alcohol and Other Drug Workers and Needle & Syringe Program Workers.
<b>+ Families / Carers</b>	Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor.



## Party Safe, DIRECTIONS ACT

Provides information, resources and referrals to people aged 15 – 25 years about alcohol and associated 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:	Females and males aged 15 – 25 years.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes; off-site services are provided.
Detox required before accessing program:	No
Documentation required:	No
Medication:	Not applicable.

### + How to Access / Referrals:

Contact:	For information during office hours contact the DIRECTIONS ACT reception by phone, 9am – 5pm, Monday – Friday.
Referral:	No referral necessary.
Waiting list:	No waiting list.

### + Intake & Assessment

No intake or assessment required.

<b>+ Program/s</b>	Provides information, resources, alcohol and other drug counselling, support and referrals for young people aged 15 – 25 years about alcohol and associated issues. The purple Party Safe Bus visits venues around Canberra including college and tertiary events. Subsidies for young people to access first aid courses are available.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals to comorbid services within DIRECTIONS ACT and externally. Staff are trained in basic mental health.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. German and Italian is spoken by some DIRECTIONS ACT staff.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Alcohol and Other Drug Workers.
<b>+ Families / Carers</b>	Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor.

## Treatment Support Service, DIRECTIONS ACT

Provides case management and support to access treatment services. Assists people to understand pharmacotherapy alternatives and identify which treatment best meets their needs.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8004
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:	Females and males 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.

<b>+ Intake &amp; Assessment</b>	Intake is available 9am – 5pm, Monday – Friday. An over the phone or face to face assessment is required.
<b>+ Program/s</b>	Assists people to understand pharmacotherapy alternatives and identify which treatment best meets their needs. Provides access to treatment services, information on alternative therapy options, personal ongoing support, complaint assistance, advocacy and case management.  Works closely with the Althea Wellness Centre (see page 57) to provide case management and support.  Aftercare support for people leaving Arcadia House Withdrawal and Detoxification Service is also provided.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. Some alcohol and other drug and mental health counselling is provided. Staff are trained in basic mental health and motivational interviewing, and assessments include a mental health component.
<b>+ Alexander Maconochie Centre</b>	Referrals to case management are accepted from Community Based Corrections as part of a prisoners parole conditions.
<b>+ Aboriginal and Torres Strait Islander</b>	Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training. DIRECTIONS ACT has a memorandum of understanding with Gugan Gulwan Youth Aboriginal Corporation for young people accessing detoxification services.
<b>+ Culturally and Linguistically Diverse</b>	Referrals to culturally and linguistically diverse services can be provided. Interpreters are utilised as required.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Arcadia Aftercare Worker and Treatment Support Service Manager.
<b>+ Families / Carers</b>	Families and carers can access some DIRECTIONS ACT services including the Family Support Counsellor.

## 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
Website:	<a href="http://www.gugan-gulwan.com.au">www.gugan-gulwan.com.au</a>
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 of age. Aboriginal and Torres Strait Islander young people are given priority.
Area serviced:	ACT and surrounding areas
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 – Friday.
Referral:	Self or worker referral. A referral form must be completed.
Waiting list:	No waiting list.

<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. Outreach and court support are also available.
<b>+ Comorbidity</b>	Provides comorbidity and mental health specific information and referrals. There is a Dual Diagnosis Worker on staff with a case management and outreach focus.
<b>+ Bimberi Youth Justice Centre</b>	Provides fortnightly art therapy groups and regular case management to Aboriginal and Torres Strait Islander young people in Bimberi. Support can be provided to families and carers of young people in Bimberi.
<b>+ Aboriginal and Torres Strait Islander</b>	Programs designed and delivered specifically for Aboriginal and Torres Strait Islander young people. Gugan Gulwan Youth Aboriginal Corporation staff speak Aboriginal languages.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse information and referrals are provided.
<b>+ Cost</b>	Free
<b>+ Staff</b>	Coordinator, Detox Support Worker, Dual Diagnosis Worker and Outreach Worker.
<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, abstinence while in Program.

#### **+ Access Criteria**

Target Group:	Females and males 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 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 comorbidity and mental health related information and referrals. Groups on stress, anxiety and depression are also provided. Counsellors are available from 9am – 5pm, Monday – Friday. Motivational interviewing, art therapy and dialectical behaviour therapy are offered through onsite and external facilitators. Staff are trained in basic mental health and phone assessments include a mental health component.

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**+ Aboriginal and Torres Strait Islander** Provides mentoring for Aboriginal and Torres Strait Islander young people through memorandums of understanding with Gugan Gulwan Youth Aboriginal Corporation and Winnunga Nimmityjah Aboriginal Health Services. Aboriginal and Torres Strait Islander specific information and referrals can be provided. Some staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

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**+ Culturally and Linguistically Diverse** Culturally and linguistically diverse specific information and referrals can be provided. Spanish, Italian and Indian is spoken by some Ted Noffs Foundation ACT staff.

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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 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

### + How to Access / Referrals:

Contact:	By phone 9am – 5pm, Monday – Friday.
Referral:	Self or worker referral, with the young person's involvement. Referrals are also accepted from the general community.
Waiting list:	Varies from 2 – 4 weeks.

<b>+ Intake &amp; Assessment</b>	<p>Intake is available from 9am – 12pm, Mondays, Wednesdays and Fridays.</p> <p>The 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.</p>
<b>+ Program/s</b>	<p>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-structured 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.</p> <p>Also provides one-on-one outreach, or outreach to schools and other services.</p>
<b>+ Comorbidity</b>	<p>Provides comorbidity and mental health related information and referrals. Groups on stress, anxiety and depression are also provided. Counsellors are available on request. Motivational interviewing, art therapy and dialectical behaviour therapy are offered through onsite and external facilitators. Staff are trained in basic mental health.</p>
<b>+ Bimberi Youth Justice Centre</b>	<p>Provides weekly groups and program assessment for young people in Bimberi; and post release outreach.</p>
<b>+ Aboriginal and Torres Strait Islander</b>	<p>Provides mentoring for Aboriginal and Torres Strait Islander young people through memorandums of understanding with Gugan Gulwan Youth Aboriginal Corporation and Winnunga Nimmityjah Aboriginal Health Services. Aboriginal and Torres Strait Islander specific information and referrals can be provided. Some staff undertake Aboriginal and Torres Strait Islander cultural awareness training.</p>
<b>+ Culturally and Linguistically Diverse</b>	<p>Culturally and linguistically diverse specific information and referrals can be provided. Spanish, Italian and Indian is spoken by some Ted Noffs Foundation ACT staff.</p>
<b>+ Cost</b>	<p>Free</p>
<b>+ Staff</b>	<p>Alcohol and other Drug Workers.</p>
<b>+ Families / Carers</b>	<p>Family and support people can access the Family and Carer's Support Group.</p>

## 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, abstinence while in Program

### + Access Criteria

Target Group:	Females and males 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, which 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.
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.
Waiting list:	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. Information, employment support, training, relationship building, mood management, personal growth and development, relapse prevention skills, life skills and group work are available.</p> <p>Post program outreach is available through the Community Outreach and Outclient Program (CO – OP), Ted Noffs Foundation ACT.</p>
<b>+ Comorbidity</b>	<p>Provides comorbidity and mental health related information and referrals. Counsellors are available from 9am – 5pm, Monday – Friday. Motivational interviewing, art therapy and dialectical behaviour therapy are offered through onsite and external facilitators. Staff are trained in basic mental health and assessments include a mental health component.</p>
<b>+ Bimberi Youth Justice Centre</b>	<p>Referrals to residential programs are accepted from Community Youth Justice as part of a young persons bail conditions.</p>
<b>+ Aboriginal and Torres Strait Islander</b>	<p>Provides mentoring to Aboriginal and Torres Strait Islander young people through memorandums of understanding with Gugan Gulwan Youth Aboriginal Corporation and Winnunga Nimmityjah Aboriginal Health Services. Aboriginal and Torres Strait Islander specific information and referrals can be provided. Some staff undertake Aboriginal and Torres Strait Islander cultural awareness training.</p>
<b>+ Culturally and Linguistically Diverse</b>	<p>Culturally and linguistically diverse specific information and referrals can be provided. Spanish, Italian and Indian is spoken by some Ted Noffs Foundation ACT staff..</p>
<b>+ Cost</b>	<p>\$100 a week for young people receiving income support.</p>
<b>+ Staff</b>	<p>Alcohol and other Drug Workers and Counsellors.</p>
<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 (43 week) 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. The Salvation Army also provides facilities for women at other centres (some mixed men and women and another exclusively for women).
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
Documentation required:	Determined through the assessment process. Medicare and Centrelink numbers are required when doing the 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.
Referral:	Self or worker referral. Referrals are accepted for people on court orders.
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 – Thursday; however, intake day and times can be varied according to circumstances.

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**+ Program/s** Provides a 10 month (43 Week) residential program involving group, individual support sessions, work therapy, social activities, numeracy and literacy classes and attending Chapel. Participants attend local Alcohol, Narcotics or Gambling Anonymous meetings as part of their program. Participants are required to participate in all program activities, 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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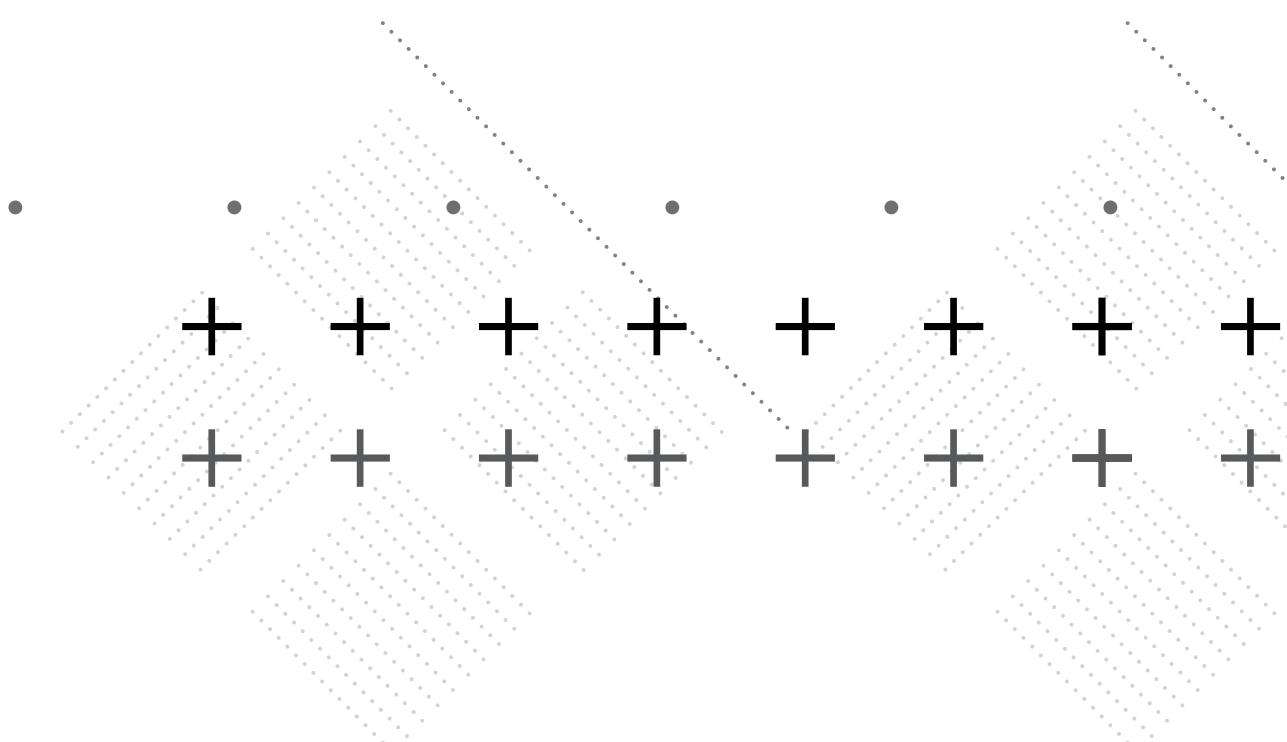
**+ Alexander Maconochie Centre:** Referrals to residential treatment are accepted from Community Based Corrections as part of a prisoners parole conditions.

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**+ Aboriginal and Torres Strait Islander** Provides Aboriginal and Torres Strait Islander specific support and referrals. The Visiting Medical Officer is experienced in working with Aboriginal and Torres Strait Islander people.

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<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse information, resources and referrals can be provided as required. All staff are required to hold appropriate qualifications with a cultural diversity aspect.
<b>+ Cost</b>	One week's rent in advance plus a one-off \$10 chemist fee. Rental fee is based on people's Centrelink benefit payments.
<b>+ Staff</b>	Case Workers, Cook/Housekeeper, Management Team, Support Workers, Team Leader, Visiting Medical Officer, Visiting Psychologist.
<b>+ Families / Carers</b>	Family and carers are welcome to visit the centre and can be supported to access other Salvation Army Programs such as the Oasis Bridge Program. Day leave on weekends is available after completing 4 weeks of program, fortnightly weekend leave is available to people who have completed 9 weeks of the program.



## Oasis Bridge Program, The Salvation Army

Provides a non-residential rehabilitation program for people 12 years and over wanting to address their alcohol and other drug issues, and their families.

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

### + Access Criteria

Target Group:	Males and females, 12 years and over wanting to address their alcohol and other drug issues and their families.
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.
Waiting list:	Dependant on service demand and staffing levels.

<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 include alcohol and other drugs and mental health. Staff are trained in mental health and assessments include a mental health component. Provides comorbidity and mental health specific information and referrals. Access to an intern Psychologist with experience in dialectical behaviour therapy, cognitive behaviour therapy and motivational interviewing is available.
<b>+ Alexander Maconochie Centre:</b>	Referrals to non-residential treatment are accepted from Community Based Corrections as part of a prisoners parole conditions.
<b>+ Aboriginal and Torres Strait Islander</b>	Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training. Referrals to Aboriginal and Torres Strait Islander services can be provided.
<b>+ Culturally and Linguistically Diverse</b>	Staff are required to undertake basic cultural awareness training.
<b>+ Cost</b>	Free for young people. Donations welcome.
<b>+ Staff</b>	Alcohol and Other Drug Worker/Intern Psychologist, Counsellor and Chaplain.
<b>+ Families / Carers</b>	Families and carers 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 member's alcohol and other drug issues.

## Toora Women Inc.

### **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.

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:	<b>Residential Service:</b> Abstinence approach including women on pharmacotherapies. <b>Outreach Service:</b> Both harm minimisation and abstinence approaches

#### **+ Access Criteria**

Target Group:	Women over 16 years of age inclusively, and women with accompanying children 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:	<b>Residential Service:</b> Yes. Workers provide transportation to women upon completion of withdrawal. Direct access from community to service also available. <b>Outreach Service:</b> No
Documentation required:	No

Medication:	<p><b>Residential Service:</b> Women on pharmacotherapies are welcome. Currently unable to accept women on benzodiazepines.</p> <p><b>Outreach Service:</b> Women accessing the service can be on prescription medications including pharmacotherapies.</p>
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.
Waiting list:	No waiting list.
<b>+ Intake &amp; Assessment</b>	<p>Upon referral support options will be discussed.</p> <p><b>Residential Service:</b> Assessment conducted once the woman has commenced a supervised withdrawal. Prior to this, support to access a detoxification service will be provided.</p> <p><b>Outreach Service:</b> 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.</p>
<b>+ Program/s</b>	<p><b>Residential Service:</b> 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.</p> <p><b>Outreach Service:</b> Provides support for women who are pre, during and post withdrawal. Information, education, advocacy, referral and practical and emotional support is available.</p>
<b>+ Comorbidity</b>	Provides referrals to, and has established links with a Psychologist. Staff are trained in basic mental health and assessments include a mental health component. Workers have gender specific expertise and are trained in trauma, mindfulness, art therapy, dialectical behaviour therapy and counseling.

<b>+ Alexander Maconochie Centre:</b>	Referrals to residential programs and outreach support are accepted from Community Based Corrections as part of a prisoners parole conditions.
<b>+ Aboriginal and Torres Strait Islander</b>	Aboriginal and Torres Strait Islander specific information and referrals can be provided. All staff undertake Aboriginal and Torres Strait Islander cultural awareness training.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse specific information and referrals can be provided. Resources in other languages are available. All staff undertake cultural awareness training. Some Lesley's Place staff are from culturally diverse backgrounds such as Lebanon and Micronesia. Other Toora staff speak French, Spanish, Croatian and Serbian.
<b>+ Cost</b>	<p><b>Residential Service:</b> \$50 per week for accommodation and food for single women. \$80 per week for accommodation and food for women with accompanying child/ren.</p> <p>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</p> <p><b>Outreach Service:</b> Free</p>
<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) 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 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

### + How to Access / Referrals:

Contact:	By phone, 8am – 4pm, Tuesday – Friday.
Referral:	Self or worker referral. Referrals are accepted for women on court orders.
Waiting list:	No waiting list.

<b>+ Intake &amp; Assessment</b>	<p>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.</p> <p>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.</p>
<b>+ Program/s</b>	<p>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.</p>
<b>+ Comorbidity</b>	<p>Provides referrals to, and has established links with a Psychologist. Staff are trained in basic mental health and assessments include a mental health component. Workers have gender specific expertise and are trained in trauma, mindfulness, art therapy, dialectical behaviour therapy and counseling.</p>
<b>+ Aboriginal and Torres Strait Islander</b>	<p>Aboriginal and Torres Strait Islander specific information and referrals can be provided. All staff undertake Aboriginal and Torres Strait Islander cultural awareness training.</p>
<b>+ Culturally and Linguistically Diverse</b>	<p>Culturally and linguistically diverse specific information and referrals can be provided. Resources in other languages are available. All staff undertake cultural awareness training. Some Marzenna staff speak Lebanese and Micronesian. Other Toora staff speak French, Spanish, Croatian and Serbian.</p>
<b>+ Cost</b>	<p>25% of income.</p>
<b>+ Staff</b>	<p>Alcohol and Other Drug Workers.</p>
<b>+ Families / Carers</b>	<p>Information and referrals can be provided to families and carers.</p>

## Women's Information, Resources and Education on Drugs and Dependency (WIREDD), 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, 20 Genge St, Canberra City, 2601
Parent Organisation:	Toora Women Inc.
Opening Hours:	9am – 5pm, Monday – Friday
Treatment Approach:	Harm Minimisation

### + Access Criteria

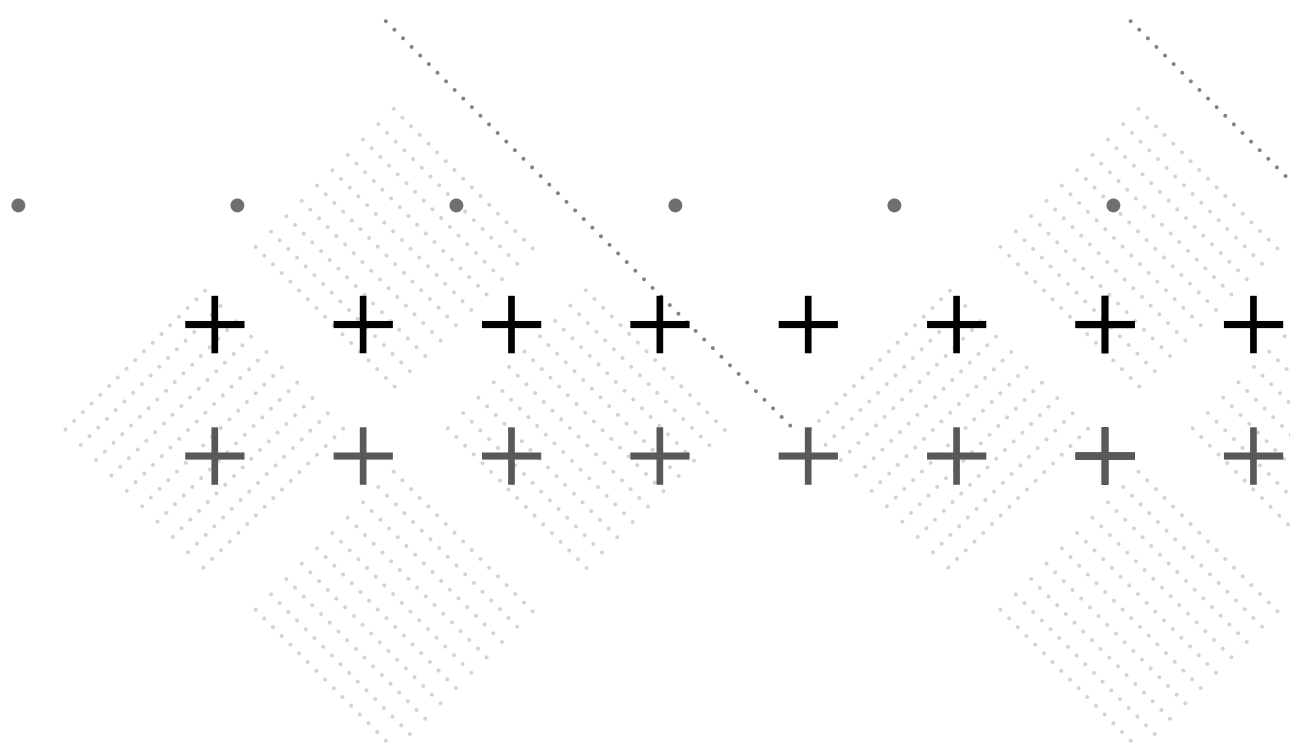
Target Group:	Women of any age.
Area serviced:	ACT and surrounding areas.
Income required:	No
Disability Access:	Yes
Detox required before accessing program:	No
Documentation required:	No
Medication:	People accessing the service can be on prescription medications, including pharmacotherapies.
Parents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

### + How to Access / Referrals:

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

<b>+ Intake &amp; Assessment</b>	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 data-bbox="501 483 647 510"><b>Counselling:</b></p> Provides individual counselling for women. Phone to make an appointment time. <p data-bbox="501 611 600 638"><b>Drop-In:</b></p> Available 11am – 4pm, Mondays, Thursday and Fridays; and 2pm – 4pm on Tuesdays for women and accompanying children. <p data-bbox="501 775 983 801"><b>The Women’s Relapse Prevention Group:</b></p> 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 data-bbox="501 969 775 996"><b>Family of Origin Group:</b></p> 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 data-bbox="501 1133 743 1160"><b>Beautiful Me Group:</b></p> Explores women’s journeys with body image, with a focus on women and dependency. Looks at culture, media, self-esteem and more. Bookings required.
<b>+ Comorbidity</b>	Provides comorbidity and mental health related groups, including a focus on body image, counseling, information and referrals. Staff receive clinical supervision from a comorbidity specialist. Workers have gender specific expertise and are trained in basic mental health, trauma, motivational interviewing, narrative therapy and dialectical behaviour therapy.
<b>+ Alexander Maconochie Centre:</b>	Provides fortnightly outreach support in the areas of alcohol and other drugs, mental health and wellbeing and housing to women in the Alexander Maconochie Centre, and post release. Over the phone support is available daily to women in the Alexander Maconochie Centre. Referrals to WIREDD services are accepted from Community Based Corrections as part of a prisoners parole conditions.

<b>+ Aboriginal and Torres Strait Islander</b>	Staff are required to undertake Aboriginal and Torres Strait Islander cultural awareness training through induction. Aboriginal and Torres Strait Islander specific information and referrals provided.
<b>+ Culturally and Linguistically Diverse</b>	Culturally and linguistically diverse information and referrals are provided. Workers from non-english speaking backgrounds are employed. Some WIREDD staff members speak French, Spanish, Croatian and Serbian. Other Toora staff speak Lebanese and Micronesian. Staff are required to undertake cultural awareness training through induction.
<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 alcohol and other drugs issues including counselling, advocacy, community education and referrals.

Phone:	(02) 6284 6222
Fax:	(02) 6284 6200
Mailing Address:	63 Boolimba Cres, Narrabundah, ACT 2604
Email:	winadmin@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:	Female and male Aboriginal and Torres Strait Islander people 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:	Yes
Couples:	Yes

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**+ How to Access / Referrals:**

Contact: By phone or drop-in, 9am – 5pm, Monday – Friday.

Referral: Self or worker referral.

Waiting list: Varies.

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**+ Program/s** Provides 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 Nimmityjah staff to ensure holistic service provision.

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**+ Comorbidity** Provides comorbidity and mental health specific information, support and referrals. There is a Dual Diagnosis Worker on staff.

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**+ Alexander Maconochie Centre:** Winnunga Nimmityjah provides primary health care to Aboriginal and Torres Strait Islander people in the Alexander Maconochie Centre through the Hume Health Centre.

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**+ Aboriginal and Torres Strait Islander** Programs designed and delivered specifically for Aboriginal and Torres Strait Islander people.

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**+ Cost** Free

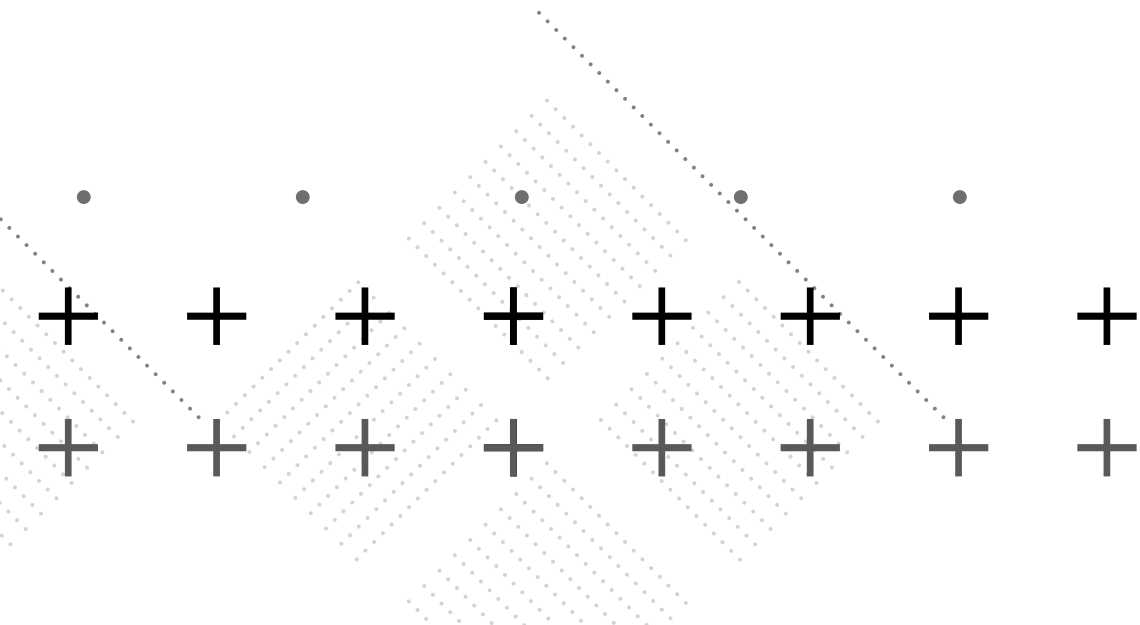
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**+ Staff** Alcohol and Other Drug Workers, Bringing Them Home Counsellor, Dual Diagnosis Worker, 2 Social, Emotional Wellbeing Counsellors, Youth Detox Worker.

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**+ Families / Carers** Provides support, advocacy and referrals for families and carers.

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