

► DIRECTIONS ACT

Althea Wellness Centre, DIRECTIONS ACT

Provides health clinics for people with past or current ATOD 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 ATOD 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.

Detox required before accessing program: No.

Documentation required: People accessing some clinics must bring their Medicare and concession cards.

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

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

Waiting list: Varies.

INTAKE AND ASSESSMENT

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

PROGRAM/S

Provides health services for people with ATOD issues through the following clinics:

General Practice (GP) Clinic:

Consists of a General Practitioner and two Clinic Nurses.

Mental Health Support Clinic:

Provides face-to-face counselling and support.

Psychology Clinic:

Provides face-to-face psychology services and support. A Mental Health Treatment Plan and Access to Allied Psychological Services (ATAPS) referral may be required from a GP.

Naturopath Wellness Clinic:

A herbalist supports people going through withdrawal and in recovery to deal with physical and mental symptoms, using homeopathic remedies (\$15 fee).

Additional support can be accessed through the following DIRECTIONS ACT Program:

Treatment Support Service:

Provides case management planning for clients with complex needs and support for clients leaving Arcadia House through ongoing case management where required.

COMORBIDITY

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.

ALEXANDER MACONOCHE CENTRE

Referrals to medical services and treatment support are accepted from Community Based Corrections as part of parole conditions. Clients may wish to work with the Inside-Out Throughcare Program. Staff at DIRECTIONS ACT will support treatment and referrals into Althea Wellness Centre.

BIMBERI YOUTH JUSTICE CENTRE

Referrals to medical services and treatment support are accepted from Community Youth Justice as part of bail conditions.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Smoking cessation clinics are held on a one-to-one basis including referral to the Althea General Practitioner for accessing nicotine replacement therapy through the Pharmaceutical Benefits Scheme. A small charge to cover the cost of consumables may apply.

COST

Free for most clinics. Bulk billing available for General Practice Clinic for people with a Health Care Card. A small fee is charged for the Naturopathic Clinic.

STAFF

Alcohol and Other Drug Worker, General Practitioner, Mental Health Workers, Naturopath, Nurse, Clinic Nurse, Psychologist, Treatment Support Service Worker and Social Worker.

FAMILIES/CARERS


Families and carers can access some DIRECTIONS ACT services.

OTHER

Please contact DIRECTIONS ACT for regular clinic times. Support from Centrelink and Legal Aid ACT is also available through Althea.

Arcadia House Withdrawal and Residential Transition Services, DIRECTIONS ACT

Provides up to seven days of non-medicated residential support for people experiencing withdrawal from ATOD and also offers an eight week residential transition program.

Phone:	(02) 6253 3055	
Fax:	(02) 6253 3086	
Mailing Address:	PO Box 538, Woden, ACT 2606	
Email:	arcadia@directionsact.com	
Website:	www.directionsact.com	
Location:	Calvary Hospital, Mary Potter Circuit, Bruce	
Parent organisation:	DIRECTIONS ACT	
Opening hours:	24 hours	
Treatment approach:	Harm minimisation; however, people need to be abstinent while in program.	

ACCESS CRITERIA

Target Group: Females and males over 18 years of age inclusively who want to access a non-medicated withdrawal service or an eight week transition program.

Area serviced: ACT and interstate.

Income required: No.

Disability access: No.

Detox required before accessing program: No.

Documentation required: Yes, may need to supply psychologist or mental health report and/or criminal history.

Medication: Yes; however, a prescription and a dispensing regime must be provided prior to admission. Medication to assist withdrawal is not permitted at Arcadia House. Medication distributed by Webster Packets.

People who are assessed to be at risk in a non-medicated withdrawal model are referred to Alcohol and Drug Services, Health Directorate.

Parents with accompanying children: No.

Couples: No.

HOW TO ACCESS / REFERRALS

Contact: By phone, 10am – 4pm, Monday – Friday.

Referral: Self or worker referral.

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.

INTAKE AND ASSESSMENT

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.

PROGRAM/S

Withdrawal Program:

Provides up to seven days of non-medicated residential support for people experiencing withdrawal from ATOD.

Transition Program:

Eight week residential program based on therapeutic community principles. Residents take part in living skills, therapeutic and educational groups.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health and motivational interviewing. Assessments include a mental health component. Cognitive behavioural therapy group work is provided alongside the Relapse Prevention Program. If a person is experiencing mental health issues, a mental health care plan or Psychologists report may be required prior to admission.

ALEXANDER MACONOCHIE CENTRE

Referrals to residential services are accepted from the Alexander Maconochie Centre and Community Based Corrections as part of a person's court orders or conditions. Access to criminal history and other relevant information is required as part of assessment.

BIMBERI YOUTH JUSTICE CENTRE

Referrals are accepted, suitability will be determined through assessment.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources are available. Referrals to Aboriginal and Torres Strait Islander specific services 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 the service.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Assessments include a component related to smoking and smoking cessation information and resources are available, including access to nicotine replacement therapy. Information and education sessions are also provided on a regular basis through the Cancer Council ACT. A designated smoking area is also provided. Referrals may be provided for tobacco management advice and support.

COST

Both programs are \$170 per week to cover board and lodging. The fee is non-refundable even if the person decides to leave the program early. If the stay is over the designated time for the program, a daily fee of \$25 is charged. For people under 21 years of age the cost per week is \$150 and a daily fee of \$22 is charged for extra days.

STAFF

Alcohol and Other Drug Workers.

FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

SECTION 3: SERVICE PROFILES

Community Education Program, DIRECTIONS ACT

Provides flexible ATOD community education programs and support.

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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 (main office)	
Parent organisation:	DIRECTIONS ACT	
Opening hours:	9am – 5pm, Monday – Friday	
Treatment approach:	Harm minimisation	

ACCESS CRITERIA

Target Group: Community and government services, ATOD workers, and young people aged over 16 years of age inclusively. Education sessions are available for year 11 and 12 students and health days.

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.

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.

PROGRAM/S

Provides flexible and responsive ATOD community education programs based on harm minimisation principles.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health and education packages on ATOD and comorbidity can be provided.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Smoking cessation information and resources are available, including advice on accessing nicotine replacement therapy. Referrals may be provided for tobacco management advice and support.

COST

Free or at a negotiated cost for education and training.

STAFF


Alcohol and Other Drug Educator/Counsellor.

FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

Community Health Promotion, DIRECTIONS ACT

Provides off-site programs and flexible service delivery options and referral pathways into DIRECTIONS ACT services and programs.

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 AND ASSESSMENT

No intake or assessment required.

PROGRAM/S

Provides off-site programs and flexible service delivery in community spaces. Outreach is provided to Housing and Community Services ACT tenants including referrals and free lunches. Health promotion activities are held at community events, universities and colleges.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health.

ALEXANDER MACONOCHIE CENTRE

Staff are available to provide services to people in the Alexander Maconochie Centre.

BIMBERI YOUTH JUSTICE CENTRE

Staff are available to provide services to young people in Bimberi Youth Justice Centre.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided.
Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Smoking cessation information and resources are available. Referrals may be provided for tobacco management advice and support.

COST

Free.

STAFF

Alcohol and Other Drug Workers.


FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

Counselling Program, DIRECTIONS ACT

Provides counselling services for individuals, their families and friends affected by ATOD.

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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:	1 Bradley Street, Woden (main office) Cnr Alinga and Moore Streets, Canberra City (City Health Centre) Cnr Corinna and Keltie Streets, Phillip (Phillip Health Centre)	
Parent organisation:	DIRECTIONS ACT	
Opening hours:	9am – 5pm, Monday – Friday	
Treatment approach:	Harm minimisation	

ACCESS CRITERIA

Target Group: Females and males of any age affected by ATOD 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.

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 the Phillip and City Health Centres.

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

Waiting list: No waiting list.

INTAKE AND ASSESSMENT

Intake is available from 9am – 5pm, Monday – Friday. New clients are required to complete an assessment form.

PROGRAM/S

Provides free and confidential counselling services for individuals, their families and friends affected by ATOD issues including:

Continuing Care Counselling:

Counselling for those who have recently completed detoxification or rehabilitation and who are looking for strategies to prevent relapsing into past ATOD habits.

Youth Support Worker:

Information, counselling and referrals to young people around ATOD issues. Support can be provided to young people involved with Community Youth Justice.

Family Support Counselling:

Family counselling for people experiencing issues associated with their friend or family member's ATOD use. Counselling is available for parents, partners, children, friends or grandparents to develop strategies to cope with ATOD issues affecting the family.

Crisis Counselling:

Offered as a drop-in facility, 9am - 5pm at both Woden premises and Civic Needle and Syringe Program.

Alcoholics Anonymous:

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

Narcotics Anonymous:

A group facilitated by an external provider for people experiencing illicit drug issues, available 12.30pm - 1.30pm, Mondays.

Compass Support Group:

A group for families to discuss issues and learn strategies to manage ATOD issues. Provides information, support, resources, and assists people to manage self-care and wellbeing. Available 6pm - 8pm, every second Tuesday.

SMART Recovery:

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 5.30pm - 7pm, Tuesdays, and 3pm - 4.30pm, Thursdays.

COMORBIDITY

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.

ALEXANDER MACONOCHIE CENTRE

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 parole conditions.

BIMBERI YOUTH JUSTICE CENTRE

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 bail conditions.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Assessments include a component related to smoking, and smoking cessation information and resources are available. Referrals may be provided for tobacco management advice and support.

COST

Free.

STAFF

Counsellors and Manager.


FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

Inside-Out Throughcare Program, DIRECTIONS ACT

Provides support to people in, and post release from, the Alexander Maconochie Centre or on remand, and their families and friends to address ATOD issues.

Phone:	(02) 6122 8000
Fax:	(02) 6122 8001
Mailing Address:	PO Box 538, Woden, ACT 2606
Email:	insideoutprogram@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 over the age of 18 years, who are experiencing ATOD and who are in, or post release from, the Alexander Maconochie Centre or on remand; and their families and friends.

Area serviced: ACT.

Income required: No.

Disability access: Yes.

Detox required before accessing program: No.

Documentation required: No.

Medication: No.

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 email, 9am – 5pm, Monday – Friday.

Referral: Self or worker referral.

Waiting list: Varies.

INTAKE AND ASSESSMENT

Assessment and intake is provided in person for people in the Alexander Maconochie Centre. Appointments for assessment can also be made.

PROGRAM/S

Provides support to people in, and post release from, the Alexander Maconochie Centre, people on remand, and their families and friends to address ATOD issues in the following ways:

Remand:

Provides assessments, court advocacy, letter writing, advice on treatment options, support, and access to primary health care.

Pre-Release:

Works with ACT Corrective Services to provide case management, throughcare planning and support.

Post-Release:

Provides case management, advice on treatment options, support and access to primary health care through Althea Wellness Centre. People can also access advocacy and support for employment and housing options.

COMORBIDITY

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.

ALEXANDER MACONOCHIE CENTRE

Program designed and delivered specifically for people in, or post release from the Alexander Maconochie Centre.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided. Interpreters are utilised as required.

TOBACCO MANAGEMENT

Assessments include a component related to smoking, and smoking cessation information and resources are available. Referrals may be provided for tobacco management advice and support.

COST

Free.

STAFF

Manager, Coordinator and Support Worker.

FAMILIES/CARERS

Program designed and delivered specifically for families and carers to access support.

Maysoon, DIRECTIONS ACT

Provides support to women with young children who use, or are in recovery from, ATOD.

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 ATOD, who also have 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: Women accessing the service can be on prescription medications, including pharmacotherapies.

Parents with accompanying children: Yes. Free childcare is 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 each school term for eight weeks. Phone for group dates and registration.

INTAKE AND ASSESSMENT

Contact DIRECTIONS ACT reception for details regarding admission.

PROGRAM/S

Provides support, free meals, activities, information, and access to services including Counsellors and medical services for women with young children who use, or are in recovery from, ATOD. Free childcare is provided.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals to services within DIRECTIONS ACT and externally. Staff are trained in basic mental health.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Smoking cessation information and resources are available, including guest sessions from the Cancer Council ACT. Referrals may be provided for tobacco management advice and support.

COST

Free.

STAFF

Alcohol and Other Drug Workers.

FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

Needle and 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:	Cnr Alinga and Moore Streets, Canberra City (City Health Centre) Cnr Corinna and Keltie Streets, Phillip (Phillip Health Centre)
Parent organisation:	DIRECTIONS ACT
Opening hours:	9am – 5pm, Monday – Friday
Treatment approach:	Harm minimisation



ACCESS CRITERIA

Target Group: Females and males of any age 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 AND ASSESSMENT

No intake or assessment necessary.

PROGRAM/S

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. See the NSP section of this Directory for further details regarding NSP provision in the ACT.

Primary NSPs at the City and Phillip Health Centres provide a range of sterile injecting equipment, primary health care and crisis counselling.

Secondary NSPs distribute free four and eight packs and condoms.

Some pharmacies dispense four packs at a cost of \$2.

Syringe vending machines dispense four packs at a cost of \$2 and are located at Winnunga Nimmityjah Aboriginal Health Services and four health centres across the ACT: Belconnen, City, Tuggeranong and Phillip.

Frozen meals are also provided through the Healthy Me Healthy Food Program for eligible individuals.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals. 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.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Smoking cessation information and resources are available. Referrals may be provided for tobacco management advice and support.

COST

Free to the daily limit. A small fee is charged for equipment over the daily limit as a cost recovery measure.

STAFF

Alcohol and Other Drug Workers, Counsellors and Needle and Syringe Program Workers.


FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

Party Safe, DIRECTIONS ACT

Provides information, resources and referrals to people aged 12 – 24 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 between 12 – 24 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.

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 AND ASSESSMENT

No intake or assessment required.

PROGRAM/S

Provides information, resources, ATOD counselling, support and referrals for young people aged 12 – 24 years about alcohol and associated issues. The purple Party Safe Bus visits venues around Canberra including college and tertiary events.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals. Staff are trained in basic mental health.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided.
Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided.

TOBACCO MANAGEMENT

Smoking cessation information and resources are available. Referrals may be provided for tobacco management advice and support.

COST

Free.

STAFF

Alcohol and Other Drug Workers.

FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.

Treatment Support Service, DIRECTIONS ACT

Provides case management and support to people to understand and access pharmacotherapies, and other treatment and support options that will best meet their needs

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



ACCESS CRITERIA

Target Group: Females and males of any age with ATOD issues seeking pharmacotherapy, other treatment options, or case management support.

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 or worker referral.

Waiting list: No waiting list.

INTAKE AND ASSESSMENT

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

PROGRAM/S

Offers assistance to people to understand and access pharmacotherapies, and other treatment and support options that will best meet their needs. Provides ongoing support, complaint assistance, advocacy, outreach and case management.

Works closely with other DIRECTIONS ACT programs to provide case management and support.

Provides throughcare support to people leaving Arcadia House Withdrawal and Residential Transition Services.

COMORBIDITY

Provides comorbidity and mental health specific information and referrals. Some ATOD and mental health counselling is provided. Staff are trained in basic mental health assessment and intervention and motivational interviewing.

ALEXANDER MACONOCHIE CENTRE

Referrals for case management are accepted from Community Based Corrections as part of a person's parole conditions.

ABORIGINAL AND TORRES STRAIT ISLANDER

Limited Aboriginal and Torres Strait Islander specific resources and referrals can be provided. Staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Referrals to culturally and linguistically diverse services can be provided. Interpreters are utilised as required.

TOBACCO MANAGEMENT

Smoking cessation information and resources are available. Specific assistance is provided regarding the range of tobacco management treatment and support options. Referrals may be provided for tobacco management advice and support.

COST

Free.

STAFF

Treatment Support Service Manager.

FAMILIES/CARERS

Families and carers can access some DIRECTIONS ACT services.