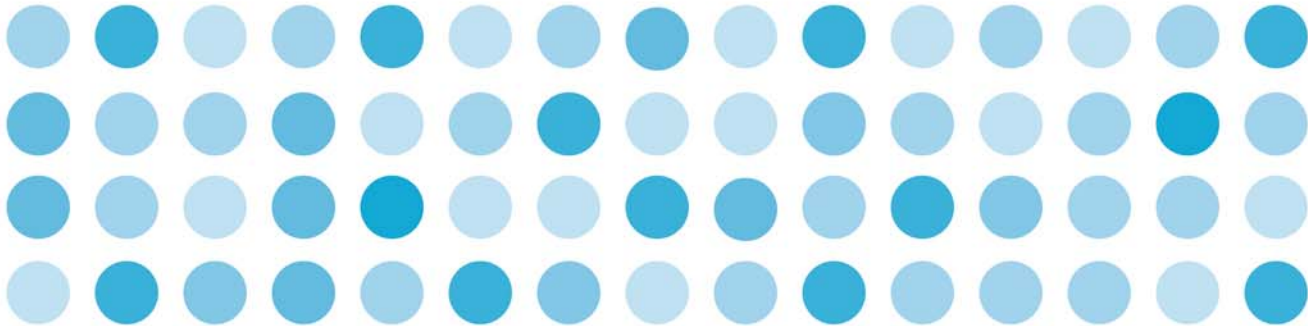


25-26 October 2010
Melbourne Cricket Ground



Anex 2010
**AUSTRALIAN
DRUGS
CONFERENCE**
Public Health and Harm Reduction

Warren Holland



Principal Sponsor



Sponsor



Kardinia Alcohol
& Other drugs Services
Community Rehab 2010



What we are doing

- Post Withdrawal Linkages Support
- Kardinia AOD Aftercare Program
- C.O.A.T.S. Counselling
- Geelong Withdrawal Unit
 - Stage 1; 7 to 10 Withdrawal
 - Stage 2; 21 day stay
 - Stage 3; 12 week stay



Why ?

Region, Metro, urban, rural,

Monopoly or
Complete Care?

Intake limits

Treatment
increases wellness

Funding

Lose something to
get something

Resi Care Options

Rehabs not
enough or not
effective?

Treatment Streams

Catching or
juggling

Community Rehabilitation Program

Residential Rehabilitation Program

Community Rehab Program

ASSESSMENT PHASE

TREATMENT PHASES

A & D service information ring
Directline on 1800 888 236

*Family Drug Helpline- A&D
information & Family support
service - free call 1800 660 068

*Youth Alcohol & Drug Line
free call 1800 014 446
Or 03 9418 1020

CHEMICAL

Alternative
Pharmacotherapy
METHADONE
BUPRENORPHINE
SUBOXONE
NALTREXONE

PSYCHOLOGICAL

Counseling
Consultancy
And Continuing
Care.

- Koori Services.
- CLD Services.
- Ante & Post
Natal Services.
- Preparation.
- Therapeutic
Intervention.
- Motivation.
- Harm Min.
- Maintenance.
- Managing Lapse
and Relapse.
- Linkages.

PHYSICAL

Residential
Withdrawal

Post Withdrawal
Linkages Program

Relapse

Post Withdrawal
Linkages Program

Community
Withdrawal

- Home-Based
- In-Patient
- Out-Patient
- Rural

LIFE SKILL PROGRAM

Abstinence Based

Therapeutic
Community
4 Months

Alcohol And
Supported
Accommodation
Program

Up To 12
Months

REINTEGRATION

A
F
T
E
R
C
A
R
E

C
O
U
N
S
E
L
I
N
G

&
L
I
N
K
A
G
E

Independent
Living

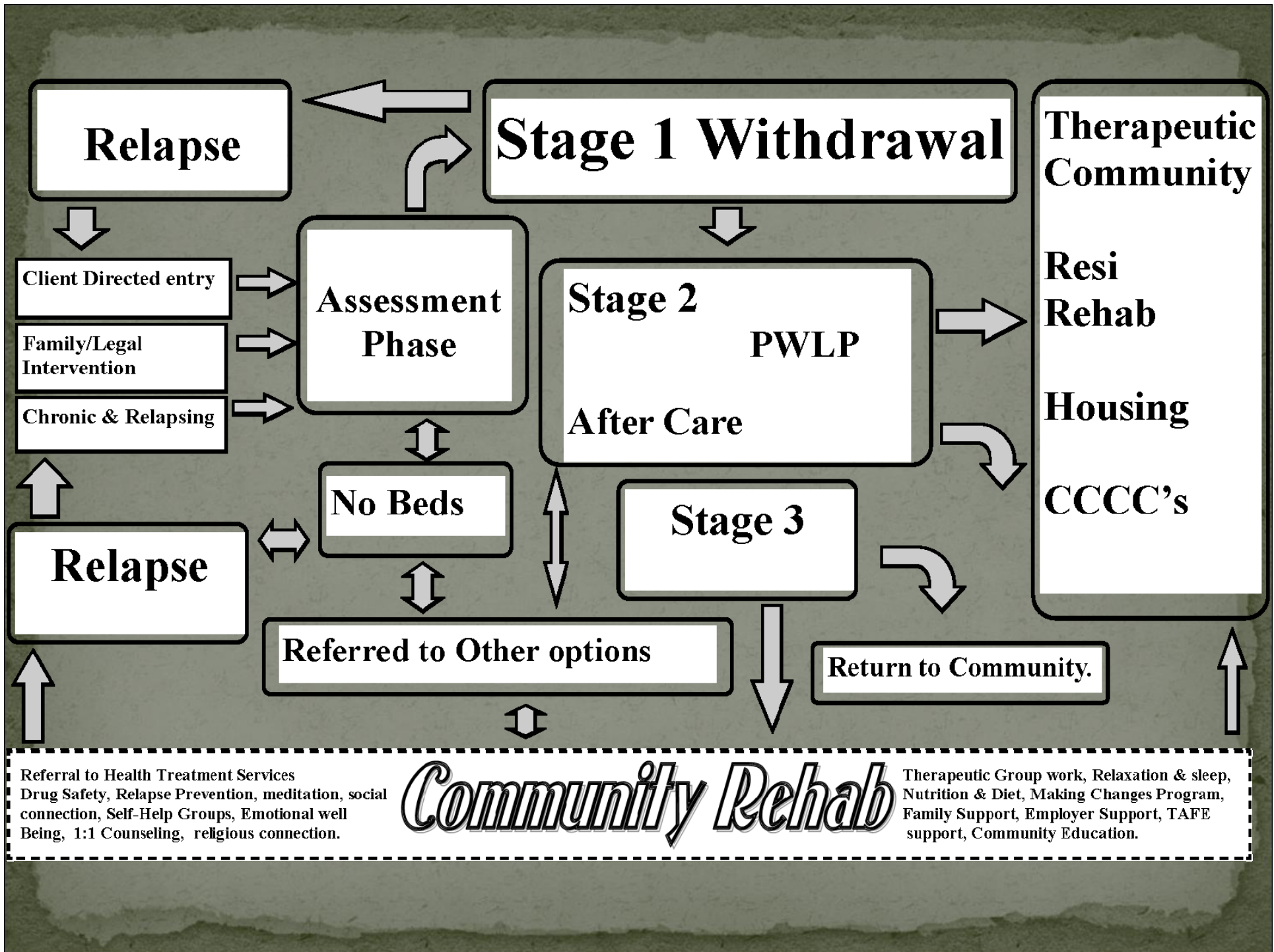
RELAPSE
Return To
Assessment

DRUG
ASSESSMENT
& REFERRAL TO
APPROPRIATE
TREATMENT

ASSESSMENT
&
TREATMENT
PATHWAYS

Post
Rehab
Worker

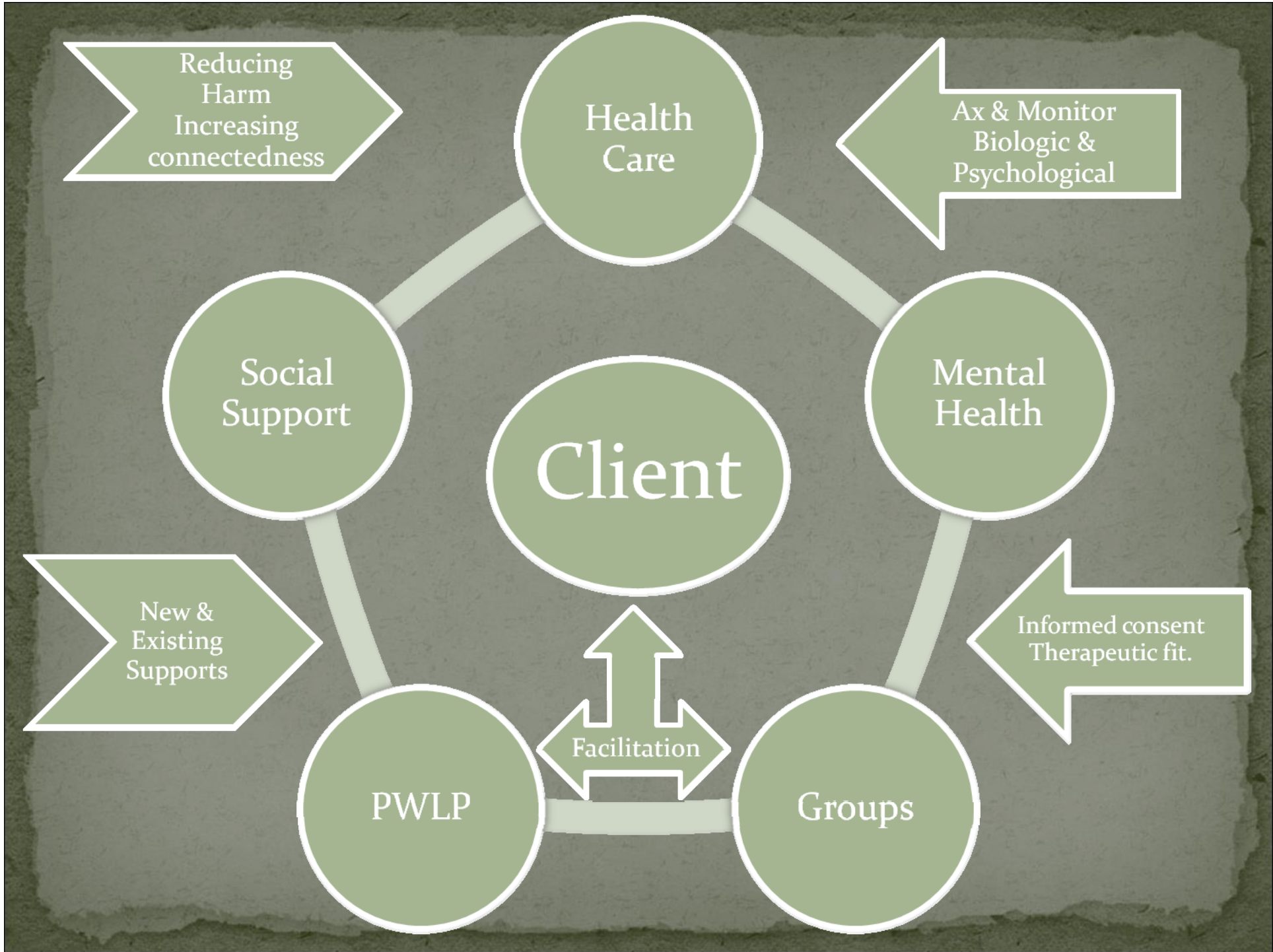
Post
Rehab
Worker



Referral to Health Treatment Services
 Drug Safety, Relapse Prevention, meditation, social
 connection, Self-Help Groups, Emotional well
 Being, 1:1 Counseling, religious connection.

Community Rehab

Therapeutic Group work, Relaxation & sleep,
 Nutrition & Diet, Making Changes Program,
 Family Support, Employer Support, TAFE
 support, Community Education.



Community Options, Bio Psycho Social

Making Changes , Began in Jan 2007 with 2 clients

Ready 4 ACTion Began in Oct 2008 with 5 clients

Gym Program Began in Oct 2008 with 4 clients

Music Lab began in Oct 2008 with 4 clients

Family Support began in 2008 with no attendees

Community Drumming began in 2010 with 3 clients

Making changes

An ongoing Therapeutic recovery group for people who are healing from alcohol and/or drugs.

Meets Tuesdays 10am to 12pm

Has facilitated @ 180 groups with an average attendance of 9

Ready 4 ACTION

An ongoing Acceptance & Commitment Therapy recovery group for people who are seeking to make changes in their lives.

Meets Thursdays 1.30pm to 3.00pm

Has facilitated @ 146 groups with an average attendance of 6

Gym Program

A Fitness group focusing on the physical aspects of recovery and ongoing health initiatives.

Meets Mondays & Fridays 10am to 11am

Has facilitated 180 sessions with an average of 4 clients.

Music Lab

An ongoing Music performance group for people with either A&OD or Mental Health issues

Meets Wednesdays 1.30pm to 3.00pm

Has facilitated @ 90 sessions with an average of 8 clients

Performs for Community events. Drug Action Week
Mental health week

Family Support

An ongoing Family support group for parents or significant others of people who are dealing with alcohol and/or drugs.

Meets every 3rd Thursday 7pm

Has facilitated

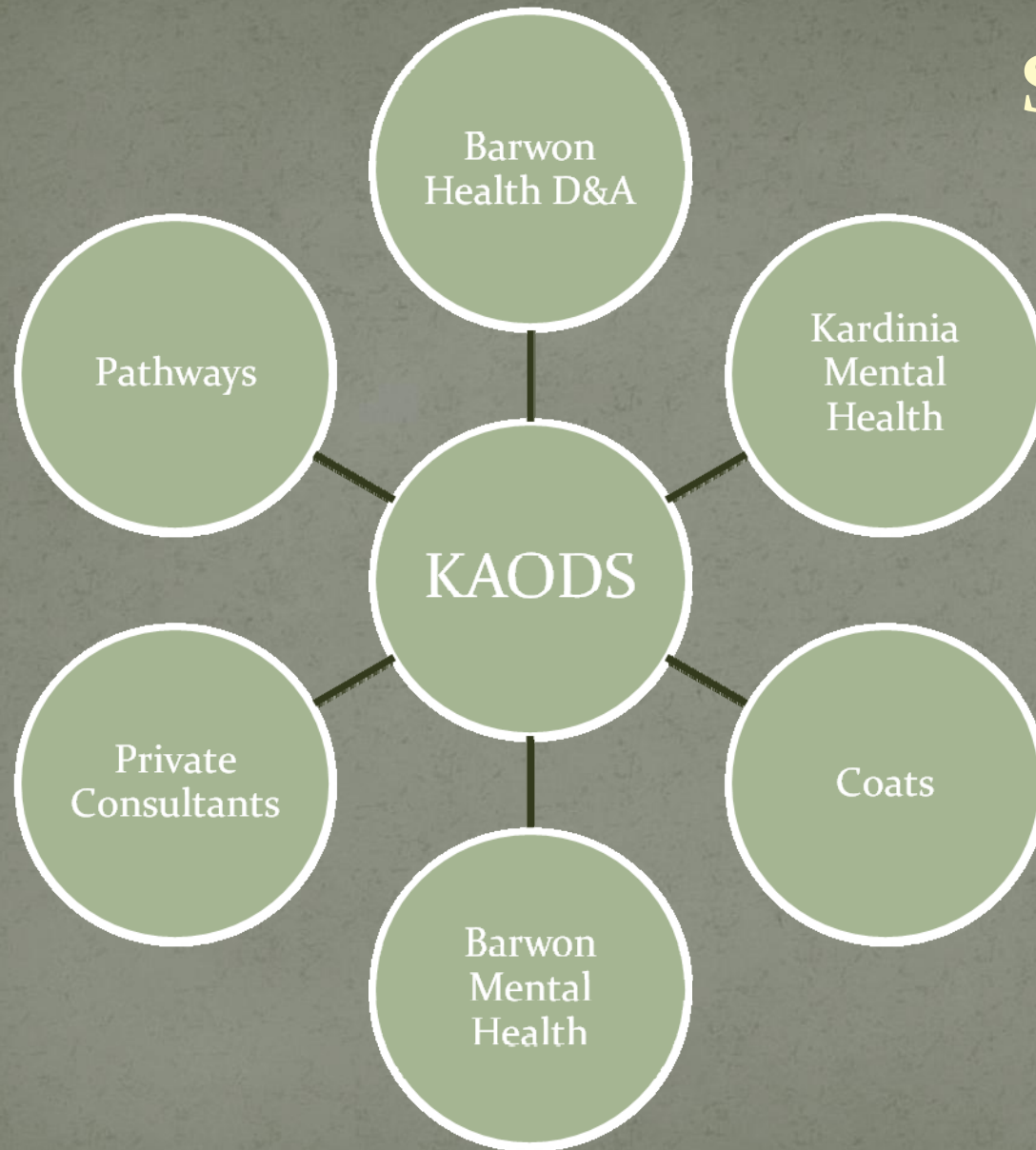
Community Drumming

An ongoing Therapeutic Hand drumming group, Djembe Style.

Meets Mondays 11am to 12pm

Has facilitated 2 programs of 6 week rotation.

Share the load



Venue Sharing

Resource Sharing

Share financially

Shared facilitation

Shared intention

Volunteers

Peers

- The Future for Community Rehab
- Health Care (RN)
- Location
- Seek Funding
- Centralise Services
 - Community Care centre
- Research



Can we sustain it.

Seeking funding

Adapting to change

Art therapy

Craft groups

Agency agreements

Training agencies.