

Alcohol, Tobacco and Other Drug Service Directory

Face to Face Services

Alcohol and Drug Services (Government)

Statewide service

Tel: 1300 139 641

Website: www.dhhs.tas.gov.au

11 Grove Street, Ulverstone

13 Mulgrave Street, Launceston

St Johns Park, New Town

Consultation Liaison Service (South)

Based at the Royal Hobart Hospital, this service supports clinical staff by providing expert assessment, information, brief intervention, advice and often shared care in the clinical management of patients admitted to the hospital with significant and complex AOD related issues.

Opioid Pharmacotherapy Program

This program manages the prescribing of regular doses of opioid substitution drugs to assist patients to stabilise their lives, improve their physical and mental health and their social functioning and relationships. Support is provided by specialist medical and nursing professionals. Pharmacotherapy support is provided in all 3 regions and operates a specialist pharmacotherapy unit (with dosing capacity) at St Johns Park, New Town.

Psychosocial Interventions Program

This program provides a range of psychosocial interventions including assessment, counselling, key worker/case management, co-ordination of care, group work, information and community education.

Smoking Cessation Program

This program offers education and support to health professionals conducting brief smoking cessation interventions with their patients to help them quit smoking.

Inpatient Withdrawal Management Unit

This is a specialist 10 bed inpatient withdrawal unit which supports individuals from all regions of the State. The Unit is located at St Johns Park, New Town.

Youth Program

This program is a free and confidential AOD counselling service for young people concerned about their own AOD use. Individual counselling and group programs are available. **YOUTH SERVICE**

Anglicare Tasmania

Statewide service

6 Strahan Street, South Burnie
18 Watchorn Street, Hobart

Tel: 1800 243 232

31 King Street, Devonport
436 Main Road, Glenorchy

Website: www.anglicare-tas.org.au

122 Elizabeth Street, Launceston
102 Main Street, Zeehan

Anglicare Drug and Alcohol Treatment Service (ADATS)

ADATS's professional allied health workers provide tailored treatment designed to support a client live free from substance dependence. Services include screening and brief intervention, counselling, case management and after-care. This is a free service which is run statewide.

Break O'Day Alcohol and other Drugs Service

This service offers support, counselling and practical help if a person is experiencing problems related to their own AOD use, or that of someone close to them. This free service is for residents of the Break O'Day municipality and is based at 56 Cecilia Street, St Helens (home visits are available).

Care Coordination Service

This free service works alongside individuals with multiple and complex needs providing a central contact point to access all of the services the person is involved with. Together with the individual, their care is coordinated by the development of an individual care plan to ensure the most appropriate services are provided. The individual is supported to play an active role in decision-making. The program is for people specifically referred by the government's Alcohol and Drug Service (ADS). Referrals can also come from Youth, Family and Community Connections (YFCC) in Burnie and Devonport. Care Coordination Service is offered statewide.

Family Support Service North-North West

This service can help if an individual is affected by a family member or close friend using AOD. Counselling is offered on the phone or face-to-face, and support can be either long or short term. Information and community education sessions are also available. Family Support Service is a free service and is offered from Devonport and Launceston.

Glenorchy Illicit Drug Service (GIDS)

The GIDS provides information, education and counselling to young people aged 12-25 years who are using AOD. It is free, confidential and voluntary. It also offers counselling and support to family members and friends affected by a young person's drug use, assistance accessing other services, information and education, links and referrals, and school education sessions. This service is run from the Glenorchy Office at 436 Main Road, Glenorchy, and is for people living in northern suburbs including the Derwent Valley, Bridgewater and Gagebrook. **YOUTH SERVICE**

Hepatitis Prevention Program

This free program provides services to reduce viral hepatitis in Tasmania. Southern region care and support service assists an individual get started on treatment and provides practical support during the treatment process. This service is offered from 18 Watchorn Street, Hobart.

Kids in Focus

The Kids in Focus program provides support and counselling to families affected by the use of AOD. It supports an individual to make positive changes for themselves and their children. It is a free, confidential and voluntary program, welcoming people who are culturally and linguistically diverse, Aboriginal and Torres Strait Islander communities and all families. This service is offered statewide. **YOUTH SERVICE**

Needle and Syringe Program (NSP)

A confidential, free and friendly service with a range of injecting equipment, disposal facilities and resources for people who inject drugs. Staff can provide brief interventions, referrals, equipment demonstrations and information.

The NSPs are located at 18 Watchorn Street, Hobart and 436 Main Road, Glenorchy (please contact them directly for opening times). A 24 hour vending machine with equipment disposal facilities is located at 18 Watchorn Street, Hobart.

City Mission - Launceston

Northern Tasmania

Tel: 6335 3000

Website: www.citymission.org.au

46 Frederick Street, Launceston

Launceston City Mission in Frederick Street provides a safe and monitored environment to sober up, referral and information on support/treatment options.

Missiondale Residential Recovery

Missiondale is a residential recovery program (up to 12 months) where individuals are given the support to make positive change in their lives. The program is for people over the age of 18 years who wish to overcome any life controlling addiction. This property is located at 75 Leighlands Road, Evandale. Tel: 6391 8013.

Serenity House

This is a two week time-out facility on the beautiful north-west coast. Serenity House is also a 'sobering up and place of safety' centre and is located at 354 Preservation Drive, Sulphur Creek. Tel: 6435 4654.

Circular Head Aboriginal Corporation

North-West Coast
10 King Street, Smithton

Tel: 6452 1287

Website: www.chac.com.au

Alcohol and other Drug Educator

The AOD Educator provides free family and individual support, assessment, outreach and referral, information and assistance going to services, and a holistic approach to well-being. They also offer AOD awareness workshops (group and art therapy) in a friendly, non-judgemental and confidential manner, to increase awareness of the impacts of alcohol and drug use within the Circular Head Aboriginal Community.

Illicit Drug Diversionary Initiative (IDDI)

This is an AOD counselling, referral, transport and employment pathways service available to first time drug offenders. Police divert individuals caught using or possessing small quantities of illicit drugs to CHAC for education, counselling or referrals. This program is designed as an alternative to facing court for convictions. Both adults and juveniles can be diverted through police referrals.

Cornerstone Youth Services (including Headspace)

North and North West Region
Cnr Wellington and Brisbane Streets, Launceston

Tel: 6335 3100

Website: www.cornerstoneyouthservices.com.au

64 Stewart Street, Devonport

Cornerstone Youth Service delivers a broad range of services to young people aged 12-25 in the north and north-west. There is a focus on health promotion, prevention, education, early intervention and developing help-seeking behaviours. Launceston services include access to 'no charge' GPs and specialist youth health nurse clinicians, immediate support via intake service, individual and group support and activities, school programs, and advocacy to access many other services. **YOUTH SERVICE**

Hobart Clinic

Southern Tasmania
31 Chipmans Road, Rokeby

Tel: 6247 9960

Website: www.thehobartclinic.com.au

Level 8, 39 Murray Street, Hobart

The Hobart Clinic is an accredited hospital and Tasmania's leading private, not-for-profit treatment centre for anxiety and depression, clinical mental health conditions and alcohol and other drug addictions. Patients must have private health insurance or be self-funded. Inpatient and outpatient treatment, and a range of day programs are offered at both clinics, however residential stay is only available at the Rokeby clinic.

Holyoake Tasmania Inc

Southern Tasmania
127 Davey Street, Hobart

Tel: 6224 1777

Website: www.holyoake.com.au

Holyoake Tasmania provides specialised, evidence-based therapeutic interventions for children, young people, adults, couples and families aimed at reducing the negative health, social, and economic consequences associated with alcohol or drug use or other addictive behaviour. Holyoake also provides education and information to schools, community groups, community services and private organisations.

Get Real Youth Program

This program is for 12 - 24 year olds who are experiencing difficulties related to their own use of alcohol or other drugs or other addictive behaviour. **YOUTH SERVICE**

Focus

This program is for family and friends of someone with addictive behaviour.

Gottawanna

This is a program for adults who are seeking help for their alcohol or drug use or other addictive behaviours.

Drumbeat

A music therapy intervention program designed to engage young people at risk of harm from the misuse of alcohol and other drugs or other addictive behaviours. **YOUTH SERVICE**

Parent program

This is a program for parents concerned about their children's alcohol or drug use.

Illicit Drug Diversion Initiative

This program provides assessment, brief intervention and treatment for adults diverted through alternative sentencing options by the justice system.

Holyoake Ice program

This is a specific support program for crystal methamphetamine addiction.

Young people's Program

This is a program for children 6-12 years who are affected by a family member's addictive behaviour.

Play Talk

This is a program for children up to 6 years of age who are affected by a family member's addictive behaviour.

Couples counselling

Holyoake offers specific support for couples affected by addictive behaviour.

Pathways Tasmania

Southern Tasmania
112 Risdon Rd, Moonah

Tel: 6278 1777

Website: www.pathwaystas.org.au

Pathways operates two supported accommodation services focused on young men with the ability to cater for high and complex needs including mental health and youth detention alternative.

Launch Youth

Launch is a Hobart-based shelter for male youth (13-22yrs) who are either homeless or troubled by mental health issues. As a medium to long term home for these young men, it is the only such shelter in Tasmania.

YOUTH SERVICE

Velocity Transformations

Velocity Transformations is a residential rehabilitation program focusing on helping people recover from addiction and other life debilitating issues. The program is a 12 month program and targets specific needs by introducing group sessions and practical teaching on issues such as: conflict resolution, communication skills, identity and self-worth, life skills, literacy and numeracy skills, workplace ethics, discipline and boundary setting.

Quit Tasmania

Statewide service
145 New Town Road, New Town

Tel: 6242 8122 Quitline: 13 7848

Website: www.quittas.org.au

Quit Tasmania promotes health for all people in Tasmania by undertaking activities designed to eliminate or reduce exposure to tobacco in all its forms. Quit Tasmania also promotes public awareness of the harm of tobacco use and the provision of specialist information, support and resources.

Salvation Army – The Bridge Program

Statewide service
Creek Road, New Town
Tel: 6232 2900

111 Elizabeth Street, Launceston
Tel: 6323 7534

Website: www.bridgetasmania.org.au

15 Adaihi Street, Ulverstone
Tel: 6425 7453

Residential Rehabilitation (Hobart and Ulverstone)

This is a tailored inpatient residential rehabilitation program offering a safe and secure environment for clients, and to support clients enhance their capacity and skills to manage their substance use issues. A range

of treatment interventions including tailored non-residential day support programs are also offered. There is a cost involved – please contact the Salvation Army for more details.

Home-based AOD withdrawal service (Hobart only)

A registered nurse works with a GP to help manage safe and comfortable withdrawal. Access is based on assessment though friends, family or an individual participant can make a referral. There are some costs involved for prescribed medications used.

Counselling

Individual and family counselling is available (free of charge) at the Bridge Program site or a counsellor can meet at a suitable place in the community.

Healthy Living Program

This Program focuses on social, recreational and vocational reinforcement as well as physical health.

Day Programs

Various different programs running Monday-Friday, including counselling, goal setting, harm minimisation, problem solving, self-awareness, boundaries and the *Getting Smart* series.

Ongoing Support

A flexible package can provide on-going care for individuals who have completed live-in or day programs. The 'after care', or recovery support is offered for up to 12 months, to encourage independence.

Needle and Syringe Program (NSP)

Clean injecting equipment and disposal service is available at 111 Elizabeth Street, Launceston.

South East Tasmanian Aboriginal Centre (SETAC)

Southern Tasmania

Tel: 6295 0004

Website: www.seatac.org.au

19 Mary Street, Cygnet

Rullanih Teggana (Strong Heart) Program

SETAC, together with Holyoake and Anglicare have joined together to create this program which aims to give Aboriginal people (and non-Aboriginal people in their families) the opportunity to heal from addiction and reconnect with pride to their identity, their families and their communities. The program offers a holistic service for those affected by drug and alcohol use and their families.

St Helen's Private Hospital

Southern Tasmania

Tel: 6221 6444

Website: www.sthelensprivatehospital.com.au

186 Macquarie Street, Hobart

Managing Addictive Behaviours

This outpatient group program offers support, within a therapeutic environment, to people experiencing problematic addictions, including the misuse of alcohol and drugs or gambling resulting in risks to health, relationships and ability to work. This group program combines psychotherapy with psychoeducation and includes interactive discussion sessions.

Detox program

This inpatient program is for people choosing to address their use of alcohol and other drugs, commencing with managed detox and progressing into supported recovery involving psychoeducation on a range of topics including urges and cravings, values, triggers, nutrition, taking responsibility and motivation in recovery. Costs associated with this program must be covered by private health insurance or self-funded.

The Link Youth Health Service

Southern Tasmania

Tel: 6231 2927

Website: www.thelink.org.au

57 Liverpool Street, Hobart

The Link Youth Health Service provides free confidential supportive health services for youth (12-25 years) for problems associated with AOD use, referral to external services, advocacy, prevention and early intervention advice. **YOUTH SERVICE**

Open Access Area

Young people can use a washing machine and dryer, shower, toilet, pick up hygiene items (i.e. shampoo, razors, tampons, condoms), use the phone for health related calls, have their mail sent there for collection, and see a Centrelink worker on request. All services at The Link are free of charge.

Needle and Syringe Program (NSP)

This service provides information, clean injecting equipment and disposal facilities.

Level Up

This is a program for young people who are ready to make positive changes in relation to their AOD use.

Headspace (onsite with The Link)

A team of friendly professionals who specialise in mental health related issues experienced by young people.

Youth, Family and Community Connections (YFCC)

North West Coast

64 Stewart Street, Devonport

Tel: 6423 6635

81 Oldaker Street, Devonport

Website: www.yfcc.com.au

129 Wilson Street, Burnie

Counselling Services

YFCC provides a wide range of services to address the needs of young people and their families whose lives are affected by AOD including early intervention outreach services, specialist intervention, community information, health promotion, support and information to families/carers and friends. Counselling services are free and confidential and are available in both Burnie and Devonport. **YOUTH SERVICE**

Our Schools

This Program delivers regular sessions to a range of schools along the North West Coast, and a party safe program, iparty®, at the end of each year. Other activities include the School Holidays Program, the Rotary Youth Driver Awareness Program, Pitstop health checks and involvement in National Youth Week activities.

Needle and Syringe Program (NSP)

The NSP provides information, clean injecting equipment and a disposal service at 81 Oldaker Street, Devonport.

Helpline services

Alcohol and Drug Information Service

Tel: 1800 811 994

The Alcohol and Drug Information Service is a confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use. The service is available 24 hours/7 days a week.

Family Drug Support

Tel: 1300 368 186

Family Drug Support is a caring, non-religious organisation which provides non-judgmental, non-directive support and information to families and friends of drug users across Australia. Their telephone support line is available 24 hours/7 days a week.

Online services

www.counsellingonline.org.au

This is a counselling service offered via online chat. It is available 24 hours/7 days a week, for people using alcohol and other drugs, and their family members and friends.

www.yourcall.help

This website will assist people work out if their alcohol and other drug use is a problem, and offer suggestions and referral options for help.