

## *Alcohol, Tobacco and Other Drug Service Directory*

### Face to Face Services

#### Alcohol and Drug Services (ADS)

State-wide service Tel: 1300 139 641 Website: [www.dhhs.tas.gov.au](http://www.dhhs.tas.gov.au)

##### Consultation Liaison Service (South)

Based at the Royal Hobart Hospital, 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

A range of psychosocial interventions including assessment, counselling, key worker/case management, coordination of care, group work, information and community education. Also professional consultation to other service providers.

##### Smoking Cessation Program

Education and support to health professionals conducting brief smoking cessation interventions with their patients to help them quit smoking.

##### Inpatient Withdrawal Management Unit

A specialist 10 bed inpatient unit supports individuals from all regions of the State. Based at St Johns Park, New Town

##### Youth Program

A free and confidential AOD counselling service for young people concerned about their own AOD use. Individual counselling and group programs available for young people. **YOUTH SERVICE**

11 Grove Street, Ulverstone, 13 Mulgrave Street, Launceston and St Johns Park, New Town.

## Anglicare Tasmania

State-wide service Tel: 1800 243 232 Website: [www.anglicare-tas.org.au](http://www.anglicare-tas.org.au)

### Break O'Day Alcohol and other Drugs Service

Support, counselling and practical help if a person is experiencing problems related to their own AOD use, or that of someone close to them. For residents of the Break O'Day municipality. Home visits available.  
56 Cecilia Street, St Helens. Free service.

### Care Coordination Service

The 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 the Youth, Family and Community Connections (YFCC) in Burnie and Devonport. 6 Strahan Street, South Burnie, 122 Elizabeth Street, Launceston and 18 Watchorn Street, Hobart. Free service.

### Family Support Service North-North West

The service can help if an individual is affected by a family member or close friend using AOD. Counselling on the phone or face-to-face, support either long or short term, home visits, information, community education session. 31 King Street, Devonport and 122 Elizabeth Street, Launceston. Free service.

### 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 offers support to family members and friends affected by a young person's drug use. Counselling and support, assistance accessing other services, information and education, links and referrals, school education sessions, support services to the Tasmanian Prison Service. 436 Main Road, Glenorchy, for people living in the area north of Creek Road, New Town including Derwent Valley, Bridgewater and Gagebrook. **YOUTH SERVICE**

### Hepatitis Prevention Program

The 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. Community Education service delivers State-wide tailored information sessions. 18 Watchorn Street, Hobart. Free service.

### 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. Free, confidential and voluntary service, welcoming people who are culturally and linguistically diverse, Aboriginal and Torres Strait Islander communities and all families. 31 King Street, Devonport, 122 Elizabeth Street, Launceston and 18 Watchorn Street, Hobart. **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 Hobart NSP is at 18 Watchorn Street, Hobart with opening hours 12.30-4.30pm and Glenorchy NSP is at 436 Main Road, Glenorchy with opening hours 10am-4.30pm. A 24 hour vending machine with equipment for \$2 and disposal facilities at 18 Watchorn Street, Hobart.

### Service Integration Program

Internal program providing Anglicare clients and workers with support and information about AOD use issues.

## City Mission - Launceston

Tel: 6335 3000 Website: [www.citymission.org.au](http://www.citymission.org.au)

Provision of a safe and monitored environment to sober up, referral and information on support/treatment options. 46 Fredrick Street, Launceston.

### Missiondale

A residential recovery program 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. 75 Leighlands Road, Evandale. Tel: 6391 8013.

### Serenity House

Two week time-out on the beautiful North West coast. The house is also a *sobering up* and *place of safety* centre. 354 Preservation Drive, Sulphur Creek. Tel: 6435 4654.

## Circular Head Aboriginal Corporation

Tel: 6452 1287 Website: [www.chac.com.au](http://www.chac.com.au)

Assessment and referral, identification of treatment goals, support. 10 King Street, Smithton.

### Alcohol and other Drug Educator

Provides free family and individual support, outreach and referral, information and assistance going to services, drop in, holistic approach to well-being, AOD awareness workshops (group and art therapy) in a friendly, non-judgemental and confidential manner, to increase awareness of the impacts of AOD within the Circular Head Aboriginal Community.

### Illicit Drug Diversionary Initiative (IDDI)

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

## Cornerstone Youth Services (including Headspace)

North and North West Service Tel: 6335 3100 Website: [www.cornerstoneyouthservices.com.au](http://www.cornerstoneyouthservices.com.au)

Cnr Wellington and Brisbane Streets, Launceston. Delivers a broad range of services to young people aged 12-25 in North and North West. 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. .

64 Stewart Street, Devonport. Tel: 6424 2144. **YOUTH SERVICE**

## Hobart Clinic

Tel: 6247 9960 Website: [www.thehobartclinic.com.au](http://www.thehobartclinic.com.au)

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. Private health insurance.

Inpatient and outpatient treatment, a range of day programs offered at 31 Chipmans Road, Rokeby and the Murray Street Clinic on Level 8, 39 Murray Street, Hobart. Residential stay at the Rokeby clinic.

## Holyoake Tasmania Inc

Tel: 6224 1777 Website: [www.holyoake.com.au](http://www.holyoake.com.au)

Holyoake Tasmania Inc. 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. Holyoake has several more programs in addition to the ones listed here. 127 Davey Street, Hobart.

**Get Real Youth Program**, 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**, for family and friends of someone with addictive behaviour

**Gottawanna** is for adults who are seeking help for their alcohol or drug use or other addictive behaviours.

**Drumbeat** is a music therapy intervention 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**, for parents concerned about their children's alcohol or drug use

**Illicit Drug Diversion Initiative** provides assessment, brief intervention and treatment for adults diverted through alternative sentencing options by the justice system.

**Prison program**, supporting people within prison and after release

**Holyoake ice program**, specific support

**Young people**, children 6-12 yrs. affected by a family members addictive behaviour

**Play Talk**, for children up to 6 yrs. affected by a family member's addictive behaviour

**Still Mind**, a mindfulness program

**Couples counselling**, specific support for couples affected by addictive behaviour

## Pathways Tasmania

Tel: 6224 3090 Website: [www.pathwaystas.org.au](http://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

A medium-term shelter for male youth in Hobart. **YOUTH SERVICE**

### Live Free Tassie

Residential rehabilitation and support services which helps young men live addiction free.  
1084 Ellendale Road, Ellendale. Tel: 6288 1188. **YOUTH SERVICE 16-30 yrs**

## Quit Tasmania

State-wide service Tel: 6242 8122 Quitline: 13 7848 Website: [www.quittas.org.au](http://www.quittas.org.au)

Promotes health for all people in Tasmania by undertaking activities designed to eliminate or reduce exposure to tobacco in all its forms. Increase public awareness of the harm of tobacco use and the provision of specialist information, support and resources. 145 New Town Road, New Town.

## Salvation Army – The Bridge Program

State-wide service Tel: 6278 8140 Websites: [www.salvationarmy.org.au](http://www.salvationarmy.org.au) and [www.bridgetasmania.org.au](http://www.bridgetasmania.org.au)

### Residential Rehabilitation (Hobart only)

Provision of a tailored inpatient residential rehabilitation program. Safe and secure environment for clients, support to clients to enhance their capacity and skills to manage their substance use issues. Provision of a range of treatment interventions. Provide tailored non-residential day support programs. Cost involved. Creek Road, New Town.

**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 individual participant can make a referral. Costs are for prescribed medications used.

**Counselling**

Individual and family counselling available at the Bridge Program site or a counsellor can meet at a suitable place in the community. Covers all areas related to the effects of AOD on a person's life. Free.

**Healthy Living Program**

Recovery plans focus 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 our *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 at 111 Elizabeth Street, Launceston, Monday-Friday 9am-3pm.

**St Helen's Private Hospital**

Tel: 6221 6444 Website: [www.sthelensprivatehospital.com.au](http://www.sthelensprivatehospital.com.au)

**Managing Recovery: Addictions, Anxiety and Moods**

This day patient program offers ongoing support and education in a therapeutic environment to people experiencing problematic addictions.

**Alcohol Detox Program**

This inpatient program is specifically for patients detoxing from alcohol covering topics including mental and physical effects of alcohol, urges and cravings, values, triggers, healthy diet, taking responsibility and motivation in recovery.

186 Macquarie Street, Hobart.

## The Link Youth Health Service

Tel: 6231 2927 Website: [www.thelink.org.au](http://www.thelink.org.au)

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 services to young people.

### YOUTH SERVICE

#### Open Access Area

Young people can use a washing machine and dryer, shower, toilet, pick up hygiene items (ie shampoo, razors, tampons), condoms, use the phone for health related calls, have their mail sent there for collection, and see a Centrelink worker each Wednesday from 1.30pm. All services are free.

#### Needle and Syringe Program (NSP)

Provides information, clean injecting equipment and disposal facilities.

#### Youth Health Fund

Possible assistance for young people to cover short term one-off health emergency costs, when alternate funds are not available.

#### Level Up

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

#### Headspace

A team of friendly professionals who specialise in health related issues experienced by young people.  
57 Liverpool Street, Hobart.

## Youth, Family and Community Connections

Tel: 6423 6635 Website: [www.yfcc.com.au](http://www.yfcc.com.au)

#### Counselling Services

Provides a wide range of services to address the needs of young people and their families who lives are affected by AOD including early intervention outreach service, specialist intervention, community information, health promotion, support and information to families/carers and friends. Free and confidential. Based in Burnie and Devonport. **YOUTH SERVICE**

#### Health Promotions

AOD health promotional activities. **Our Schools** 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 National Youth Week activities.

### **Needle and Syringe Program (NSP)**

Provides information, clean injecting equipment and disposal service at 81 Oldaker Street, Monday-Friday 9am-5pm.

129 Wilson Street, Burnie and 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-judgemental, 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](http://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.

**This list is correct as of September 2016. The information was sourced from publicly available websites and the *Alcohol and Drug Service, DHHS Service Overview*.**