

Project Update

A partnership to increase the knowledge, skills and confidence of staff and volunteers in Neighbourhood Houses to support people with alcohol and drug issues, and to build awareness amongst AOD services of Neighbourhood Houses.

Connecting People with AOD Support through Neighbourhood Houses



What's been happening

Maddi from the ATDC joined Maurice Dawe from the Drug Education Network to present two well attended and successful sessions at the NHT Conference. Maria Duggan from the Drug Education Network also joined Maddi in running a table of resources and information. Resources designed specifically for Neighbourhood Houses are available on the project page of the NHT [website](#).

A competition was run throughout the conference, with entrants asked to suggest names for an up-coming e-tool which will assist Neighbourhood House workers to respond to people with substance use issues. One lucky entrant received a Samsung tablet for their House.

The first round of the Be The Change programs has been running in various Houses, with the second round starting this week. Planning has begun for a series of bus tours to Neighbourhood Houses in each of the three regions, for workers in the AOD sector. See below for more information.

Organisational Alcohol and Drug Services – profile

ADS offer a range of treatment, information, education and community-based supports for Tasmanians affected by alcohol and other drug use. Clients are supported whatever their goal relating to their substance use may be i.e. harm minimisation, reduction or abstinence.

Inpatient Withdrawal Management – A specialist, inpatient unit that manages a medically supervised withdrawal from a substance, and provides a discharge plan. The 10 bed unit is based in New Town. Assistance is provided for travel to and from the facility from all areas within the state. Support is also provided to arrange for the care of children and pets during an admission.

Opioid Substitution Pharmacotherapy – Manages the prescribing of regular doses of legal opioids to assist people who use opioids to stabilise their lives, improve their physical and mental health, their social functioning and relationships. Clients are dosed mainly in community pharmacies, although a small number are dosed at St Johns Park, New Town.

Non-Medical (Psychosocial) Interventions and Support Services – Counselling, case management, group work and referral to other service providers that aim to support people who are affected by alcohol and substance use. There is no limit to the number of sessions available.

Youth Program – A free and confidential counselling service for young people concerned about their own alcohol and other drug use. Individual and group programs are available. (Note: in the North-West region, the Youth Program is run by YFCC).

Costs – No cost (however, please note that community pharmacies charge a fee for doses as part of the Opioid Substitution Pharmacotherapy)

How to access services? – Services are available by appointment. **Call 1300 139 641.** In most cases, an intake worker will be available for an immediate consultation with a caller.

Service locations:

St Johns Park, New Town 7008
13 Mulgrave Street, Launceston 7250
11 Grove Street, Ulverstone 7315

Bus Tours to Neighbourhood Houses

Workers from AOD services are invited to join one of the bus tours of Neighbourhood Houses to happen in each of the three regions.

- North – Monday 28 November
- Northwest – Tuesday 29 November
- South – Thursday 1 December

See the link on the [NHT website](#) for more information or [click here for an information poster](#)

To book your spot please send you name, mobile, organisation and email to: – jonathan@nht.org.au

Be the Change – round 2

The **Be the Change** program is an eight session group program aimed at providing skills and support to people who have a partner or family member experiencing substance use issues. The program is funded by DSS and is being written and implemented as part of the *Connecting People to AOD Support Through Neighbourhood Houses* project. The program will be evaluated based on both participant and facilitator feedback.

The first round of sessions have been run, and the feedback from participants has been very positive. The second round starts this week, with participants still able to join over the next two weeks.

Topics to be covered will include:

- Understanding addiction
- Bringing about change within ourselves
- Self-care skills
- Managing relationships

Be the Change groups will take place in Neighbourhood Houses throughout the state, and will be facilitated by experienced AOD counsellors. There is no cost for participation, and the groups are open to anyone over the age of 18. Group numbers are expected to be between four and eight. Weekly sessions go for two hours (with a tea break in the middle).

Session are happening at:

- Rokeby Neighbourhood Centre
- Burnie Community House
- Northern Suburbs Community Centre in Mowbray
- Goodwood Community Centre
- Bucaan Community House
- Starting Point (Ravenswood) Neighbourhood House
- Ulverstone Neighbourhood House

More information about the program is available on the project page of the [website](#)

Note: Other Houses will have access to this program as well into the future. Please contact Maddi if you're keen to get this program happening in your House sooner rather than later.

To sign up to the above sessions, please contact the House directly or contact Maddi

Dr Maddi Derrick (ATDC)

03 6231 5002

fcln@atdc.org.au

www.atdc.org.au

PO Box 4702, Bathurst Street Post Office,
Hobart 7000

Jonathan Bedloe (NHT)

Development Officer

03 6228 6515

jonathan@nht.org.au

www.nht.org.au

PO Box 169,
Moonah, TAS 7009