



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.

What's been happening?

NHT applied for a grant from the Tasmanian Community Fund to purchase Tablet devices for each House which would give staff and volunteers, and local community members easy access to the new **'yourcall'** app and associated information and tools. Unfortunately our first attempt was unsuccessful, but we're working on another application to TCF

Maddi has been working hard on the resources for **yourcall**, as well as gathering feedback from the **Be The Change** program run in Houses last year.

Maddi will be attending some future Regional Meetings to deliver a short sample version of the below two workshops. These are similar to what was run at Conference in 2016, but will be much more hands on. Once they have been delivered at the Regionals, you'll be able to seek delivery of the workshops in local areas for House volunteers and other staff. While at the Regionals Maddi will also run through how **yourcall** works.

Maddi will be delivering the following sessions at regional meetings:

Regional meeting date	Region	Training
Monday 8 May	South	Prevention in community, community initiatives and strategies for harm minimization
Tuesday 9 May	North	
Monday 31 July	South	Dealing with Challenging Behaviour.
Tuesday 25 July	North	



Your Call – the ATDC Web App. This is a significant project that will help people assess their own AOD issues, and find the assistance they need.

- As you read this update, the content for the **yourcall** web app is being developed.
- A reference group made up of AOD workers from various services around the state have met and contributed ideas to the content.
- A testing group made up of NH Coordinators and AOD service consumers will be established over the next two months. They will give feedback regarding the content of the app, before the final version is launched. House Coordinators advised of their interest in being on this testing group at the NHT conference last year. Anyone else who would like to be in the group please contact Maddi.
- **yourcall** will be officially launched in August
- Information and support in how to use the app, will be shared via Regional meetings and other opportunities.
- An introductory video to the app, is available via the project page on the website.

Check out the explainer video here: <https://vimeo.com/201189937>

Don't forget the list of ATDC member services available on the NHT website here: <http://nht.org.au/>



The Drug Education Network has a new Website. Check it out here

<http://www.den.org.au/>

Or find them on facebook here:

<https://www.facebook.com/DrugEducationNetwork/?fref=ts>

Great feedback on the *'Be the Change'* program

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. Topics covered include:

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

The first two rounds of sessions have been run, and here's some of the feedback from participants:

- 52 people participated in the *Be the Change* program, in 12 cycles of the program, in 8 Neighbourhood Houses around the state.
- Relationships between Houses that have participated and AOD services providing the program have grown, resulting in desire for further programs to be delivered.
 - 29% of participants had never been to the House before, and 12% had been but not in some time
 - 100% of participants would recommend the Neighbourhood House to a friend (WOW congratulations!)

The *Be the Change* program was effective –

- 83% reported developing useful skills
- 91% reported finding the group supportive
- 96% found the facilitator supportive
- 96% found the Neighbourhood House to be welcoming
- 96% would recommend *Be the Change* to a friend

So what now?

The program has been piloted and tested, and works well. IT is now freely available for Houses to access. It is suitable to be delivered by anyone with a counselling, psychology or social work background. There are resources available on the NHT website. If you have someone in-House with appropriate skills and confidence they can access the materials and run the program, or you can contact Maddi to find out about other local services who may be willing to come and help or deliver the program in your community.

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