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HUNTER NEW ENGLAND
AND CENTRAL COAST

An Australian Government Initiative

Drug and Alcohol Treatment Services

HNECC PHN acknowledges the traditional owners and custodians of the land that we live and work on as the First People of this Country.

Introduction

Hunter New England and Central Coast Primary Health Network (HNECC PHN) has commissioned health service providers to provide a range of Drug and Alcohol Treatment and Support Services to address the impact of alcohol and other drugs, including methamphetamines, on individuals, their families and the community.

The aims of the Services are to:

- Increase the service delivery capacity of the drug and alcohol treatment sector through improved regional coordination and by targeting areas of need, with a focus on methamphetamine use in the community; and
- Improve the effectiveness of drug and alcohol treatment services for individuals requiring support and treatment, particularly for methamphetamine use, by increasing coordination between various sectors, and improving sector efficiency.

Services are expected to commence in January 2017 for the period until 30th June, 2018. Service providers will address identified areas of need aligning with the following Service Types:

- Withdrawal management
- Psychosocial Counselling
- Rehabilitation Day Program and other intensive non-residential programs
- Residential Rehabilitation.

Services commissioned under this program will not duplicate or replace existing drug and alcohol treatment and support services, and will instead facilitate the delivery of additional treatment placements or provide new, complementary service-types to address local gaps and contribute to greater regional continuity of care for clients accessing treatment.

You can contact HNECC PHN on 1300 859 028:

- For further information regarding the provision of commissioned services
- If you need further assistance contacting service providers or identifying service options
- If you are concerned that there may be a high risk of adverse outcome for a patient and you require additional support.

Service Types

Withdrawal management

Withdrawal management (detoxification) refers to the safe discontinuation of use of a substance of dependence. Withdrawal management services aid in the cessation or reduction of heavy and prolonged drug use in a safe, supportive environment. Treatment is acute and provides short-term outcomes.

The service setting for PHN-funded withdrawal management services provided through Armajun Aboriginal Health Service are home-based ambulatory (support provided through daily home visits or visits to the clinic). Yerin Aboriginal Health Service will support clients undertaking withdrawal management through Local Health District or General Practice Clinics through care coordination to ensure pathways to post-withdrawal treatment.

Psychosocial Counselling

Psychosocial counselling programs for the treatment of alcohol and other drug use cover a wide range of therapeutic interventions. It is a program of care based on assessment of needs, including psychological therapeutic interventions and case management or care coordination to facilitate integrated, holistic care with other relevant health and community service providers, as per the client's identified needs.

Rehabilitation Day Program

Day programs provide intensive, non-residential support for people seeking to change their alcohol or other drug use patterns.

Day programs may entail:

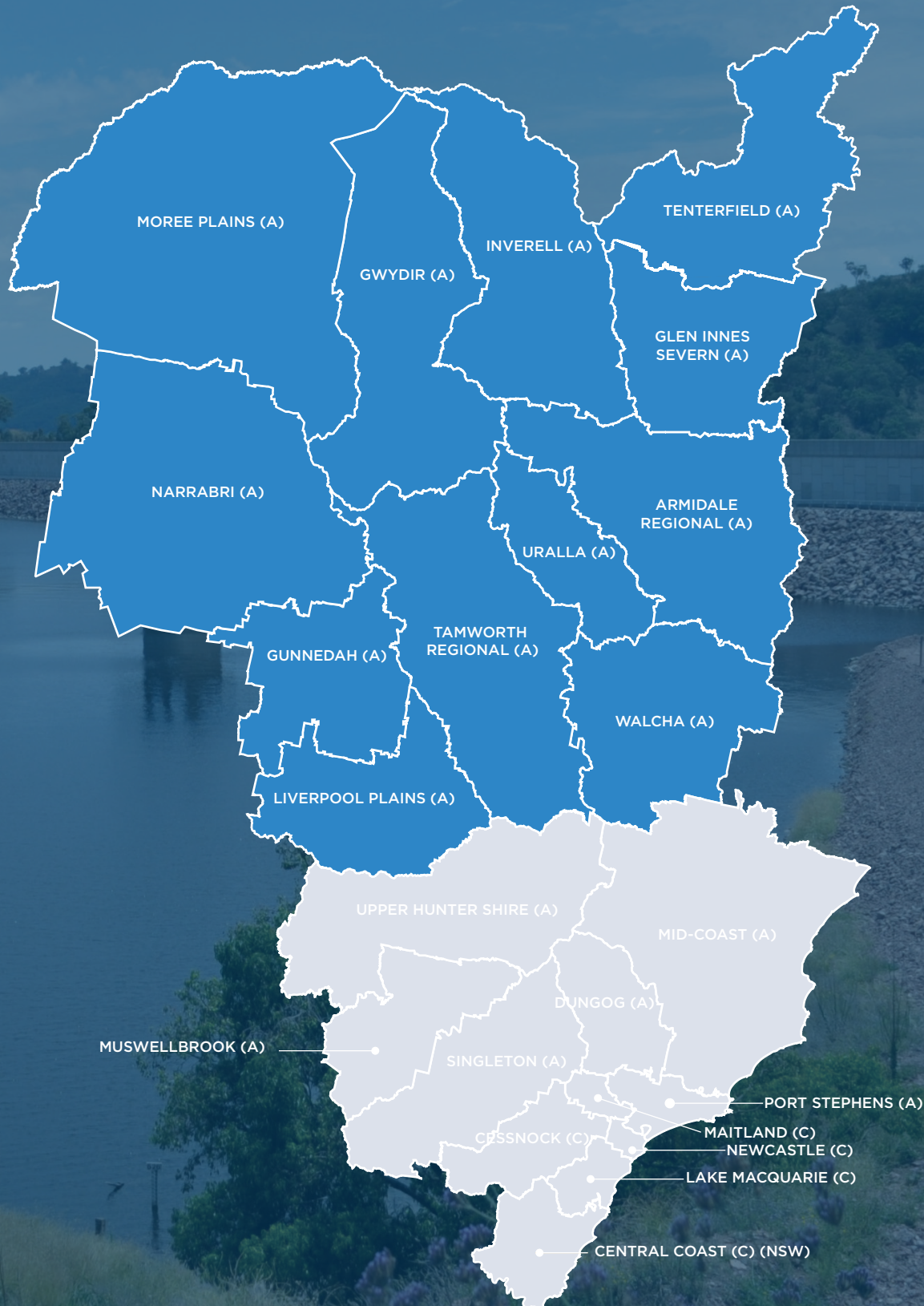
- Structured therapeutic groups, with daily attendance;
- Support programs, with daily attendance with aim of providing treatment and support for clients awaiting placement in residential programs, or;
- Post residential-treatment support.

Residential Rehabilitation

Residential treatment provides structured, residential care after physical withdrawal from prolonged and/or harmful alcohol or other drugs use, that enables a focus on intensive recovery activities. Residential treatment is a program of care for people with intense, complex needs, delivering holistic, client centred treatment to address substance use disorders, and provides psychosocial interventions to address issues behind the substance dependence. The length, intensity and type of residential care model is driven by client need.

Service Type Descriptions are reproduced with kind permission from the NSW Ministry of Health.

New England



St Vincent De Paul Support Services



St Vincent de Paul Society
good works

Freeman House | residential treatment

Longer term residential and community based programs for men and women experiencing substance dependence, including co-occurring disorders. Key programs include a medical withdrawal unit, a residential rehabilitation service for individuals, and sole parents with children. Outreach Case management including after-hours telephone support provided to people in Armidale and surrounding Local Health Districts.

The facility includes 24 rehabilitation beds including 4 for clients with complex needs, 4 Detox beds, 6 accommodation beds, and 6 mixed use units.

This service partners with Armajun Aboriginal Health Service, Wellington Aboriginal Community Controlled Health Service and Pius X Aboriginal Corporation.

Service-entry requirements

People aged 18 and over are eligible to receive treatment. Voluntary Admission only. Referrals can be made by contacting the intake officer.

Local Government Area/s serviced

Armidale Regional

Referral/triage contact Information

Admin 02 6776 8117 | Intake 02 6776 8109 | vinnies.org.au/freemanhouse

St Vincent De Paul Support Services



St Vincent de Paul Society
good works

Rosalie House | rehabilitation day program

Post withdrawal non-residential alcohol and other drug rehabilitation day program for men and women 18 years and over who want to address their substance dependence. Six-week group and individual support including daily attendance at structured therapeutic groups focusing on relapse prevention, mood management, and motivational enhancement therapy. After care case management provided for up to 12 months post completion.

This service partners with Armajun Aboriginal Health Service, Wellington Aboriginal Community Controlled Health Service and Pius X Aboriginal Corporation.

Service-entry requirements

Participants must be willing to commit to not using substances of dependence for program duration.

Local Government Area/s serviced

Tamworth Regional

Referral/triage contact Information

Admin 02 6776 8117 | Intake 02 6776 8109 | vinnies.org.au/rosaliehouse

St Vincent De Paul Support Services



St Vincent de Paul Society
good works

Mobile Outreach Drug and Alcohol Case Management | drug and alcohol counselling

Regional drug and alcohol support to people living in the New England North West with Mobile case management teams servicing centres of Armidale, Tamworth, Moree, and Tenterfield and their surrounding areas.

Services include access to Case Management and Psychosocial Counselling, and after hours telephone support is provided to clients across the program areas.

This service partners with Armajun Aboriginal Health Service, Wellington Aboriginal Community Controlled Health Service and Pius X Aboriginal Corporation.

Service-entry requirements

Referrals can be made by contacting the intake officer.

Local Government Area/s serviced

Armidale Regional, Glen Innes Severn, Gunnedah, Guyra, Inverell, Liverpool Plains, Moree Plains, Narrabri, Tamworth Regional, Tenterfield, Uralla, Walcha

Referral/triage contact Information

Referral/Triage into additional/wraparound services including Residential and day programs where needed.

Admin 02 6776 8117 | Intake 02 6776 8109 | vinnies.org.au/freemanhouse

Ted Noffs Foundation



Noffs Youth Drug and Alcohol Counselling Service | drug and alcohol counselling

The Ted Noffs Foundation runs counselling services for young people local to the Moree area. Noffs employs one counsellor who will support local indigenous and non-indigenous young people 12 to 25 years old with clinical counselling as well as community and family reintegration.

Noffs is also partnering with Beyond Empathy to run a small recording studio in Moree a way of both engaging young people to the service, as well as offering creative opportunities for expression.

Service-entry requirements

Young people aged 12-25 with AOD including methamphetamine, and related issues.

Local Government Area/s serviced

Moree Plains

Referral/triage contact Information

Ted Noffs Foundation Counsellor – Jason Brown
0438 319 884 | Toll-free: 1800 151 045 | brown@noffs.org.au | noffs.org.au

Armajun Aboriginal Health Service

Armajun Aboriginal



Health Service

Drug and Alcohol Program | drug and alcohol counselling, withdrawal management

The Armajun Drug and Alcohol Program provides a comprehensive range of supports to Aboriginal and Torres Strait Islander people and members of their families experiencing harms due to alcohol and other drug use.

Services including assessment, care planning, referral, case management and detoxification/withdrawal management are provided from clinic locations and through outreach to homes and community settings.

The Armajun Program is delivered in the towns of Armidale, Uralla, Walcha, Guyra, Inverell Tingha, Glen Innes, Tenterfield and surrounding rural areas.

This service partners with the St Vincent De Paul Society Drug and Alcohol Services; Freeman House (Armidale), Rosalie House (Tamworth) and Outreach Counselling Services throughout the New England Region.

Service-entry requirements

Services are available to Aboriginal and Torres Strait Islander people; non-Aboriginal people who are partners or children of Aboriginal or Torres Strait Islander people living in the towns of Armidale, Uralla, Walcha, Guyra, Inverell Tingha, Glen Innes, Tenterfield and surrounding rural areas.

Local Government Area/s serviced

Armidale Regional, Glen Innes Severn, Guyra, Inverell, Tenterfield, Uralla, Walcha

Referral/triage contact Information

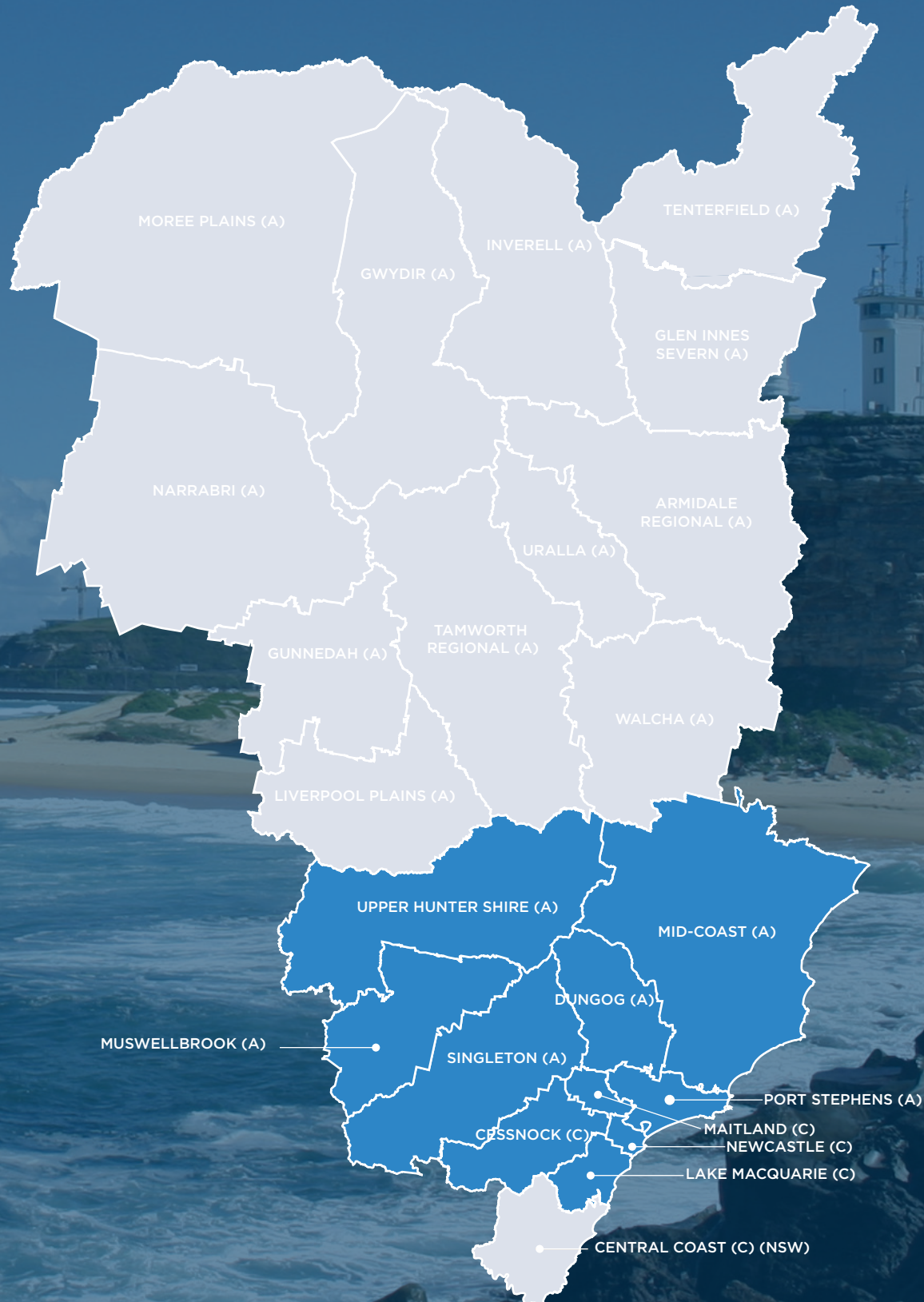
Referrals are accepted from all sources including individuals, (self-referral), General Practice, Health and Community Service Providers.

All referrals are received and triaged by the Drug and Alcohol Program Manager, by phone (02) 67 219 777; or by email jryan@armajun.org.au.

A written referral form is provided on request and can be received electronically or by fax on (02) 67 212 297.

Clients wishing to self-refer can present to Armajun at Inverell, Tingha, Glen Innes, Tenterfield or Armidale and ask to speak to a Drug and Alcohol Team member, or request support by phoning (02) 67 219 777.

Hunter





Drug and Alcohol Counselling Service

HPC Drug and Alcohol Counselling services provides psychological counselling services to people who are at risk, or who are in the early stages of difficulties with alcohol or other drug use.

Services include:

- Low intensity support (cognitive behaviour therapy workbook with telephone support)
- A brief intervention
- Counselling (either face-to-face or over the telephone)
- Care co-ordination (to ensure access to a D&A service that matches the required level of care).

Service-entry requirements

Eligibility for services include anyone 16 years and older who experience mild to moderate substance misuse, and who would benefit from short-term counselling.

We are unable to see anyone who is seeking treatment due to legal proceedings (including court-ordered) or who are experiencing severe substance misuse and/or who have a severe mental illness.

Access to HPC D&A Counselling Services can be made either through a GP or through self-referral (see contact details below).

Local Government Area/s serviced

Lake Macquarie, Maitland, Newcastle, Port Stephens, Singleton

Referral/triage contact Information

All referrals are reviewed by our psychology team who will refer to other services if more support is required.

GP referrals can be sent to our confidential fax-line (02) 4929 7072 or by contacting our service on (02) 4926 0529.

Self referrals can be made by contacting our service on (02) 4926 0529 and asking to speak to someone about our D&A Counselling Service.

To speak further about the services please contact Kylie Bailey, Clinical Manager (kbailey@hunterprimarycare.com.au) or Philip Carr, Service Manager (pcarr@hunterprimarycare.com.au) on (02) 4926 0529.

Please also visit the HPC website for more information:
hunterprimarycare.com.au/mental-health/psychology-services



WHOS Hunter Valley

WHOS Hunter Valley provides a 4-6- month residential treatment program utilising Therapeutic Community (TC) model of care for people with AOD dependence. WHOS emphasises a holistic approach to treatment with a focus on the psychosocial issues that may be contributing to a person's AOD dependence.

The program structure and activities are designed to identify and plan for potential risks (including screening for mental health issues), facilitate self-reflection and self-awareness, promoting reintegration into healthy social support networks and long term recovery from AOD dependence.

A new service provided by WHOS Hunter Valley (funded by HNECCPHN) offers low to moderate withdrawal management greatly reducing barriers for entry into treatment and as well as streamlining entry into treatment.

WHOS Hunter Valley has formalised partnerships with Cessnock Medical Centre, local Psychologists and Psychiatrists, Drug and MERIT other local service providers.

Service-entry requirements

- Must be at least 18 years of age
- Must have a recent substance dependency requiring the level of therapeutic care provided at WHOS
- Not required to attend criminal court within 6 weeks of admission. This does not apply to Drug Court and/or Magistrates Early Referral Into Treatment (MERIT) clients
- Willing to sign consent to treatment at WHOS
- Does not meet any of the exclusion criteria.

Local Government Area/s serviced

Cessnock

Referral/triage contact Information

02 4991 7000 | whos.com.au



WHOS Hunter Valley - Aftercare

WHOS Hunter Valley provides an Aftercare program for clients completing the residential Therapeutic Community (TC) AOD program.

WHOS Aftercare service supports clients transitioning from residential treatment to reintegrate back into their community by assisting clients to secure stable and safe accommodation, conducive to continuing recovery, as well as to linking clients with social skills training, employment or education opportunities, family and children services, health and wider community service support programs.

Service-entry requirements

Referral pathways into the Aftercare Program are prioritised as follows:

1. Clients exiting the WHOS TC program (both planned discharges and early discharges)
2. Clients in the last stage of WHOS TC program preparing to exit the program.
3. Clients returning to the Hunter Valley region from other residential services within the HNECC PHN that meets WHOS Aftercare entry criteria.

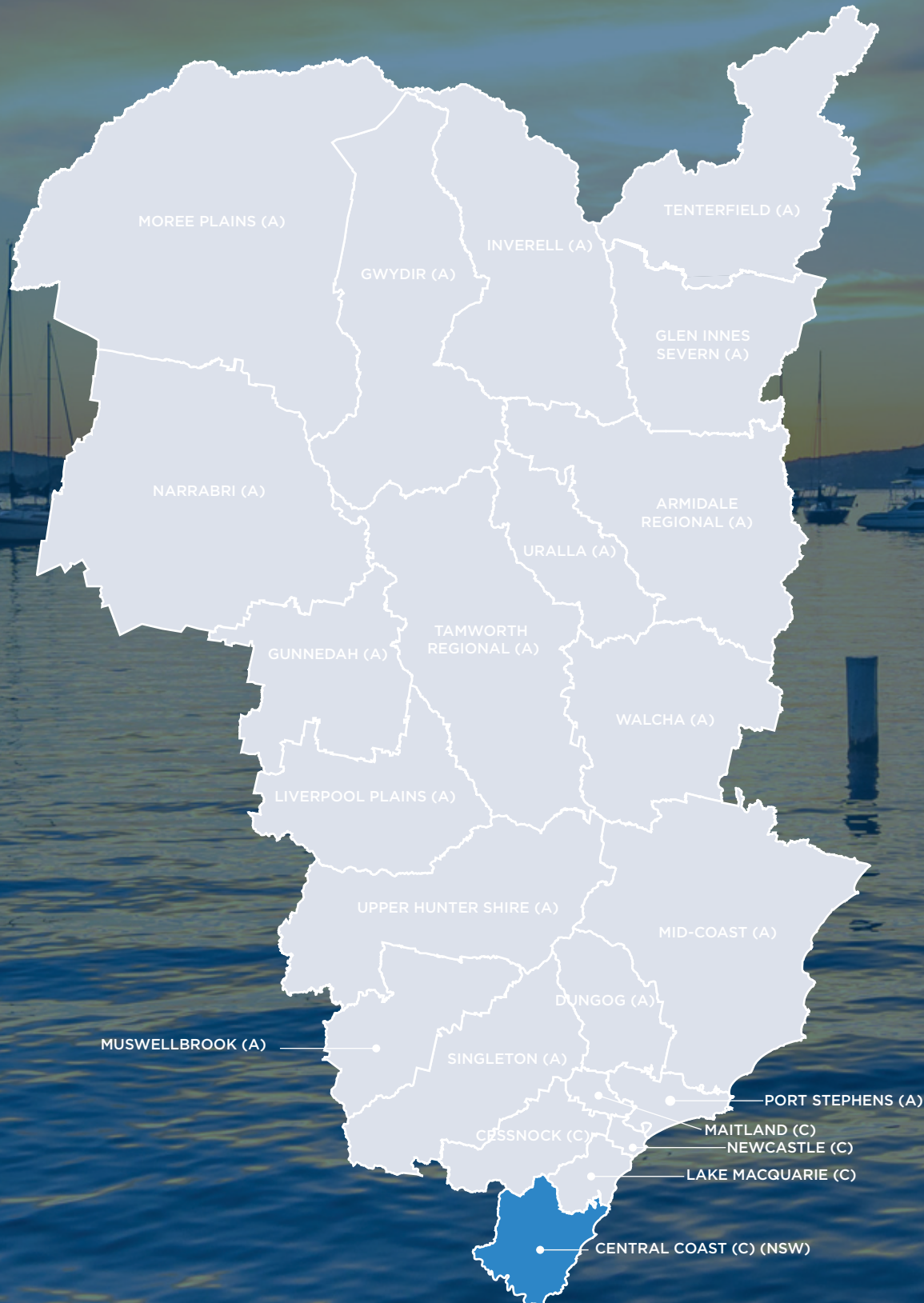
Local Government Area/s serviced

Cessnock

Referral/triage contact Information

02 4991 7000 | whos.com.au

Central Coast



Kamira Alcohol and Other Drug Treatment Services



Residential treatment

Kamira provides residential alcohol and other drug treatment for women with or without children, including pregnant women.

The model of care incorporates: a group program and individual counselling based on Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT) and trauma informed mood regulation practices; the child and family program based on attachment play therapy for mothers and children; individual treatment plans and case management for women and children; healthy dietary plans, yoga, physical training, and art therapy.

The program is voluntary and consequently requires clients to have some level of insight into the problems they are experiencing.

Service-entry requirements

Clients seeking treatment at Kamira must be 18 years and over, identify as female, be experiencing problematic alcohol and other drug use, and be detoxified prior to admission. The program requires clients to be abstinent of alcohol, other drugs and smoking for the duration of their treatment.

Local Government Area/s serviced

Central Coast

Referral/triage contact Information

Clients are requested to call Kamira in person and talk to a staff person about the program and what it is they are hoping to achieve. They will then be sent a referral form to be completed by their nominated medical officer. Upon receipt of the completed referral, an appointment for the initial assessment will be made.

Priority admissions are made for Aboriginal women, pregnant women and clients referring through MERIT. Kamira typically has a waitlist from 4 - 8 weeks.

02 43 921341 | info@kamira.com.au | kamira.com.au



The Glen Centre | residential treatment

The Glen's program is a 12-week male residential program based on the twelve step programs of Alcoholics Anonymous and Narcotics Anonymous.

We have group counselling, one to one counselling and work programs, in which all clients are expected to participate. Clients also attend outside meetings of Alcoholics Anonymous and Narcotics Anonymous, usually of an evening.

Service-entry requirements

The Glen does not have the facilities or trained staff to accept dual diagnosis clients at this time.

We do not accept clients who have a history of the following types of offences:

- Malicious wounding
- Assault or robbery involving a weapon of any description
- Sexual or indecent assault
- Arson
- Murder or Manslaughter
- Supply a prohibited drug.

Local Government Area/s serviced

Central Coast

Referral/triage contact Information

Phone: (02) 43886360 (Monday to Friday 8am to 3pm) | theglencentre.org.au



YERIN

Aboriginal Health
Services Inc.

Withdrawal management

Yerin will support drug and alcohol patients with through a responsive intake/triage process enabling access to the established AODS integrated care team including specialist supports, enabling co-case management and supported withdrawal management service offered by the visiting Addiction Medicine Specialist team in conjunction with Yerin's GPs, Psychiatrist teams, nurses and Aboriginal Health Practitioner.

The expanded Aboriginal Health Wellbeing team focussed on supporting Youth and adults with Mental Health and Drug and Alcohol issues provides enhanced care coordination services including support to access local community services and supported access to acute service such as MH and AODs detox and rehabilitation services.

This enriched model will allow the better long term support of health needs and related social determinants through linkages with key services through dedicated aboriginal health workers in the Wellbeing Team.

Service-entry requirements

To be eligible for the service, an individual will be of Aboriginal and/or Torres Strait Islander descent and currently accessing a service on the NSW Central Coast.

Local Government Area/s serviced

Central Coast

Referral/triage contact Information

YAHS has enhanced the existing integrated model of care to include a broader client intake/triage by a nurse or aboriginal health worker.

This can be done over the phone (02) 43 511 040, or through on-line referral (yerin.org.au) by any person or service on the NSW Central Coast including self and family referral.



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