



AOD eNews May 2019

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1. Central and Eastern Sydney PHN

Author: Chris Keyes, Drug and Mental Health Manager, CESPHN

Update from CESPHN

Welcome to the May 2019 edition of Central and Eastern Sydney PHN's quarterly AOD e-News!

As the end of the 2018/2019 financial year approaches, the AOD team are working with local service providers to review outcomes of commissioned services and determine priorities for the year ahead. We look forward to continuing to work with many organisations to improve the effectiveness of local service provision and outcomes for people who use drugs and alcohol.

The CESPHN AOD Advisory Committee held its regular meeting on Thursday 4 April to review TOR and focus for the coming year. At a planning meeting next month, members will be selecting some key projects and initiatives for the committee to work together to achieve.

CESPHN will be hosting a [Networking Hub](#) on Tuesday 14 May with a focus on integration across mental health and alcohol and other drugs services. The event will be an opportunity to enjoy guest speaker talks, networking and activities. [Click here to register.](#)

There is an upcoming opportunity to join a working group reviewing and progressing recommendations arising from a recent study conducted by The Matilda Centre. The study looks at the practices and support needs of healthcare providers in central and eastern Sydney in relation to addressing patients' co-occurring mental health and alcohol and other drug issues. A summary of the study can be found [here](#).

Contact Esther Toomey for more information at e.toomey@cesphn.com.au

Upcoming training and workshop opportunities:

CESPHN are working in partnership with the following organisations to provide upcoming training opportunities for staff of AOD treatment services and others working in local roles that support people who use alcohol and other drugs:

- [Family Drug Support: Support the Family Improve the Outcome - 16th May](#)
- [ACON: Rainbow Buzz Training - 21st May](#)
- [DAMEC: Through the Lens of Culture - 4th June](#)

Other online training opportunities:

- [Comorbidity Training for AOD Workers](#)
- [OTAC: Opioid Treatment Training Courses for NSW Health Professionals](#)
- [Cracks in the Ice Webinars](#)
- [Asking the question: Recommended gender and sexuality indicators](#)

Upcoming grants

CMHDARN Research Mental Health and Alcohol and Other Drugs Seeding Grants program is open for applications, with two \$9000 grants available. The Seeding Grants provide an opportunity for community managed organisations to initiate a research project that will contribute to the understanding, knowledge and implementation of experience and outcome measures across mental health and alcohol and other drugs services.

Applicants must be MHCC or NADA members.

For further information, please read the [guidelines](#) or contact Jo Penhallurick, CMHDARN Coordinator at info@cmhdaresearchnetwork.com.au.

Applications close: COB Wednesday 15 May, 2019

[Click here](#) for the application form.

We want to hear from you!

We hope that this eNews helps to increase awareness of local treatment services, current activities and events across the sector. Thank you to all those who have contributed to this edition.

How do you like our quarterly AOD eNews? Your feedback is welcome! If you have feedback on what you like or how we can make our eNews better, please contact us at e.toomey@cesphn.com.au.

2. Network of Alcohol and other Drugs Agencies (NADA)

Author: Larry Pierce

Estimating the number of residential rehabilitation and detoxification beds required for NSW

NADA commissioned the Drug Policy Modelling Program, University of NSW to produce an independent, evidence-driven estimate of the number of alcohol and other drug treatment beds (detoxification/withdrawal beds and residential rehabilitation beds) required per annum to meet demand for alcohol and another drug treatment in NSW using the Drug and Alcohol Services Planning Model (DASPM). The DASPM is a national planning model that was developed between 2010 and 2013. The national DASPM includes five different drug types (alcohol, benzodiazepine, cannabis, amphetamine and opioids). It covers young people (12 to 17 years of age), adults (18 to 64 years of age) and elderly people (65 years of age and older). The model operates on the assumption of averages (that is it does not predict resources for any one individual but for an average of individuals, spread across a range of problem severities and a range of different types of treatment).

The bed estimates drawn from this exercise ranged from 2,078 beds to 3,402 beds (based on two modelling assumptions in the overall model) inclusive of inpatient, withdrawal and residential rehabilitation beds in NSW – see full report for details. Any comparison between the current numbers of residential rehabilitation and detoxification beds in NSW and the modelled projections here needs to take into account that DASPM is agnostic as to who provides the modelled 2,078 to 3,402 beds. So, the correct comparator for the size of the gap is with all current beds in NSW – inclusive of government services, non-government services and private for-profit providers.

The vast majority of the beds predicted were for residential rehabilitation: of the total 2,078 beds, the lower number in the modelling 1,718 beds were for residential rehabilitation (83 per cent) with 290 for withdrawal (NGO service sector) and 70 for hospital inpatient withdrawal.

Based on the arguments and data presented above we are satisfied that the population bed need modelling gives a realistic picture of the need for residential rehabilitation bed need and inpatient detoxification bed need in NSW. As stated, DASPM modelling is agnostic as to who the bed provider is (i.e. NGO, government and for-profit provider), and the needs of specific client populations, such as Aboriginal and Torres Strait Islander people, pregnant women, etc. The lower model estimates a total of 2,078 beds with 1,718 beds being for residential rehabilitation, with 290 for NGO inpatient withdrawal and 70 for inpatient withdrawal in NSW hospitals. NADA is perusing the NSW government to meet this service level need.

3. Recovery & Wellbeing College

Author: Student story by Shaun Hancock & Ben Steele, Recovery College

Student story: A consumer journey through our local health system and the story of a shining star student of the Recovery & Wellbeing College



First of all, let me thank you all for allowing me to share a part of my story and my experience with the Recovery & Wellbeing College.

My name is Shaun, I am 36 and I have a lived experience with drug and alcohol and mental health issues.

At quite a young age I was diagnosed with drug induced schizophrenia, in and out of hospitals all my life at least two to three times a year.

Meanwhile I was taking all kinds of drugs and began to have an addiction to codeine. It was a very dark time in my life that I look back on now and realised I hit rock bottom and the only way forward was up. In January 2015 my grandmother passed away. It was one of the hardest times in my life - she was a second mother to me, and we were very close. It was at that point in my life where I began to go through sorrow and mourning. Then I decided I had to take this and make something of it, so I said that I would try to begin to make my Nanna proud of me – by living for her.

She is my guardian angel, always on my left shoulder watching over me. Since her passing I have not been hospitalised once. I decided to give up all drugs and alcohol which was one of the hardest things I have ever done in my life. I decided to live a drug and alcohol-free life and things have never been better, my clarity of mind is back.

I begin to remember things and have a great memory. I feel good knowing I am doing the right thing. The last four years of my life have been the best ever. I have a great support team behind me which include my psychiatrist, psychologist and attending a relapse prevention group.

I am now currently doing a 12-week DBT program also. Last year my psychiatrist recommended the Recovery College and I have never looked back. Thank God he did! At first, I was a bit hesitant thinking it would be something it isn't, but it's the best! I have done over 10 courses and I am loving every minute of it. I like the fact that it's an adult learning experience, the facilitators are awesome and so inspirational in their own way. The consumers are awesome as well. Hearing other people's opinions and their take on things, to the people I have met, have been so pleasant and understanding. From the receptionists to the teachers - I love you all!

I also want to mention KBIM (Keeping the Body in Mind) - this program has been a part of my life for a few years now, including talking about such things as your diet and exercise. Rishi and Annette are awesome people and I thank you for putting up with me. So, I'll leave you now and will see you again I am sure.

Keep a smile on your face, it costs nothing! Once again you are all inspirations. You all mean the world to me. AMEN!

For more information on the Recovery & Wellbeing College, email recoverycollege@health.nsw.gov.au or phone 02 9113 2981.

Recovery College [Course Guide](#) and [Term 2 Timetable](#) now available!

4. Weave Youth and Community Services

Author: Laura Mangen, Speak Out Project Worker, Weave Youth and Community Services

Fernside Youth Festival



Saturday 13 April marked Weave's 21st Fernside Youth Festival for Youth Week, 2019. This year the festival launched *Youth Week in the City* with the aim of bringing young people and families together to celebrate the strength, diversity and culture of the community. Young people came from afar to participate in the Skate and Scooter competition run by Totem Skateboarding. This year saw great participation from families and community members came down to enjoy the day of festivities.

Alongside the skate and scooter competition, a variety of local services and organisations like NASCA, NCIE, Reach Out and the Women's Justice Network ran engaging activities for the festival goers. The Addison Road Street-food markets (a social enterprise for refugees, asylum seekers and migrants) also provided a variety of delicious free food and young people performed songs, dances and spoken word throughout the day.

The festival is run by young people, for young people with Weave's Youth Advocates contributing to every aspect of the event – from planning and promotion, to emceeing, assisting with activities and event photography on the day.

Author: Kylie Fegan, Speak Out Team Leader, Weave

Speak Out Program Evaluation

Weave Youth and Community Services has secured funding to contract an independent evaluation of the Speak Out Dual Diagnosis Program. The Speak Out Program assists and supports young people aged 12 – 28 years who are experiencing mental health and alcohol and/or other drug challenges. Approximately 68 per cent of the young people we work with are Aboriginal young people.

The Speak Out evaluation provides a unique opportunity for Weave to determine the impact and outcomes achieved by Speak Out; identify areas for learning and strengthening of the program; and contribute to the evidence-base for working effectively with young people experiencing dual diagnosis.

As part of the evaluation we have established a Community Advisory Group (CAG) and a Technical Advisory Group (TAG) to ensure we are accountable and follow good governance.

The CAG will help to ensure:

- The evaluation is culturally sensitive
- Processes for the evaluation are appropriate and safe for our clients and community members
- The client experience of Speak Out is represented accurately in the evaluation
- We talk to the community and to other services about the evaluation in an appropriate way

The purpose of the Technical Advisory Group (TAG) is to provide advice to Weave on the evaluation. Specifically, the TAG will:

- Provide expert feedback on the proposed methodology, both via meetings and out of session
- Assist the evaluation team and Weave to address any challenges as they arise
- Review and provide advice on the technical reports, draft evaluation report and final evaluation report
- Provide ongoing governance, including ensuring the evaluation meets project milestones

The evaluation will be completed by June 2020.

5. ACON

Author: Helen Rowden, Manager of Allied Health, ACON

LGBTIQ+ Substance Support



We know that most LGBTIQ+ people who use alcohol and other drugs do not experience problems however some LGBTIQ+ people do require support.

ACON has released the first in several short videos signposting LGBTIQ+ people to our online substance support resource, Pivot Point, and our LGBTIQ Substance Support Counselling service. The animations help people spot the signs of when their use of alcohol and other drugs has become problematic.

Recent feedback received from clients of ACON's substance support counselling service

"[Counsellor] was always so supportive and non-judgmental and really gave me all the tools I needed to get back on track"

"[Counsellor] was very easy to talk to and get along with and made me feel 100 per cent comfortable and easy to relate to".

"[Counsellor] is one of the best counsellors I have ever seen. I have never once felt judged or looked down upon while accessing the service and always leave feeling supported and as though I'm in a position to move forward with my life."

ACON's free substance support service for the LGBTIQ+ community provides compassionate, specialist alcohol and drug counsellors.

For more information, visit www.pivotpoint.org.au/lgbtiq-substance-support or call 02 9206 2000.

Author: Genevieve Whitlam, ACON

Mental Health Matters Rainbow Inclusion Award

Nominate your organisation or one you know is doing great work for LGBTIQ+ communities for the Mental Health Matters Rainbow Inclusion Award.

ACON is proud to be sponsoring the first Mental Health Matters Award Rainbow Inclusion Award – recognising mental health related programs, projects or initiatives that demonstrate commitment to the mental health and wellbeing of sex, sexuality, and/or gender diverse (LGBTIQ+) people.

We know that LGBTIQ+ communities experience mental health disparities at higher rates than the general population. It is important that LGBTIQ+ people have access to inclusive, non-judgemental and responsive support services. Help us to recognise a service or organisation doing great work for LGBTIQ+ communities in improving mental health and wellbeing.

Each year in October the Mental Health Matters Awards ceremony celebrates outstanding achievements in mental health in NSW. Held at Sydney's Shangri-La Hotel, it is a wonderful opportunity to meet others and celebrate the work of individuals, groups and organisations that make a difference. The winner of each award category will receive \$1000, an engraved award plaque and a specially created promotional video. Nominations for the Mental Health Matters Awards will close 5 pm, Friday 7 June 2019.

[Click here](#) for more information and to nominate.

6. Community Restorative Centre (CRC)

Author: Andreas Aegler

CRC at the Windsor Gaols Community Agency Open Day

On March 27 Eloise Doherty and Manager Paul Hardy, both from CRC's AOD Transition team, attended the community agency open days at both the Outer Metropolitan Multi-Purpose Correctional Centre for men, and Dillwynia for women, in Windsor NSW. Thanks to this incredible networking event CRC was able to provide detailed information about, and referral pathways to, their AOD Transition program to Corrective Services staff and other vital support agencies such as Justice Health and the Women's Justice Network. The highlight though was the fantastic opportunity to meet and greet some of the inmates at both prisons.

CRC met with around 30 people who are currently in custody, and who are interested and seeking both pre and post-release AOD support. CRC provided them with information about the AOD Transition program and helped most of them to complete referral forms. Even though some of the inmates would not be released from custody for a while, they still put their hands up to receive CRC support closer to their release days. This highlights CRC's strong belief in the power of pre-release engagement as an important tool for pre-release planning.

Prior to people releasing from prison, CRC's AOD Transition workers operate as a humane, empathic, caring and understanding tether between prison and the community, as well as planning vital transitional pathways prior to release. Once clients have been released from custody, CRC's AOD Transition workers endeavour to maintain this contact through outreach AOD counselling for up to 12 months. This continuity of service from pre-release to post-release support has helped CRC maintain healthy relationships and engagement with hundreds of clients affected by the criminal justice system. Through research and the measuring of outcomes it is clear that this continuity of service fosters a strong environment of trust, which is oftentimes one of the major barriers to working with a client group that has historically fallen through the cracks.

7. The Cabin

Author: Xanthe Katsouras

Women in addiction - We are part of The Cabin Group service, an outpatient service in Edgecliff, Sydney. Our inpatient service is located in Chiang Mai, Thailand.

Recently at our inpatient service we decided to create a more gender responsive treatment program, for the men and women. I feel excited about this cause, though addiction is addiction, I feel there are benefits for both genders in early recovery to have space from the other. The RISE program is an integrated model designed for women recovering from chemical dependence, process addictions and psychological trauma using Dialectical Behavioural Therapy (DBT) skills groups, amongst other processes, to empower our women with effective self-regulation tools.

Research and evidence show that, particularly for women, mixed gender groups in the primary stages of recovery from addiction are not as beneficial. Men in the mixed groups tend to feel safer and more willing to engage in their vulnerabilities and discussions on an emotive level. Women, however, lend to the men in these groups facilitating the men's vulnerabilities expressions, however often at the expense of their own. They do not open-up more in mixed gender groups – actually in these groups, women close down more, are not as willing to discuss painful, stigmatised experiences, fears and insecurities in relationships.

Women in gender responsive treatment programs, specifically designed to facilitate the conversations they never have voices for in active addiction or recovery, allows the clients to develop bonds that strengthen their ability to recreate supportive relationships with women in recovery and therapeutic environments post treatment. They can normalise their most painful experiences and traumas with identification and understanding from other women and learn to validate themselves and others without needing to compromise their own integrity in the process.

The program takes place over the recommended 10 weeks to allow time for each of the modules of the gender responsive program and DBT skills to be delivered in such a way as to educate and facilitate practical experiential learning of the materials. Our outpatient program at Edgecliff continues to support the women and men when they return to Sydney.

If you have any queries, please feel to contact me on [0424 745 809](tel:0424745809) or Xanthe.katsouras@thecabin.com or visit the website at <https://www.thecabinchiangmai.com/rise>.

8. Pathways Maroubra, The Salvation Army

Author: Elyssa Bulian and Julian Docherty, Case Workers, Pathways Maroubra

Find out about our new an improved program design and express your interest in attending our events!

Pathways Maroubra has developed a structured 12-week Day Program. Our Day Program offers weekly therapeutic groups, case management, referrals, advocacy, and other interventions. Groups are Work and Development Order (WDO) approved.

Groups for the Day Program are as follows:

- Weeks 1-6 - Positive Lifestyle Series:
Mondays, 10.00 am - 12.00 pm

Modules covering anger, stress management, self-esteem, assertiveness, conflict resolution, and grief. Followed by H&I speakers.

- Weeks 7-12 - Recovery Series:
Thursdays, 10.00 am - 12.00 pm

Modules covering: the changes process, the growth process, recovery, the child within, unhealthy shame, and resentments.

- Relapse Prevention Group
Fridays, 10.00 am - 12.00 pm

Participants agree to a treatment plan that outlines expected attendance and completion dates.

- Six-week programs
Participants may also engage in six-week programs, tailored to individual need (and based on the above timetable).

Pathways Maroubra also thanks those who attended our recent inter-agency BBQ on 15 March 2019.

Some of the positive feedback we received included:

“Fantastic to put faces to names.”

“Very helpful and informative.”

“Excellent networking experience.”

“Was amazing the amount of services present.”

“Great event, got to make very good connections with old faces.”

It is our intention to continue holding networking events to strengthen collaboration between services and enhance customer outcomes.

For further information, please feel free to contact our friendly team:

Julian, Case Worker [0408 798 172](tel:0408798172)

Elyssa, Case Worker [0427 394 155](tel:0427394155)

pathwaysmaroubra@ae.salvationarmy.org

9. The University of Sydney Discipline of Addiction Medicine

Author: Daniel Winter, The University of Sydney Discipline of Addiction Medicine

OTAC: Free Opioid Treatment Training Courses for NSW Health Professionals

The University of Sydney Discipline of Addiction Medicine provides two free courses to train health professionals in the development of knowledge, skills, and practices to support the safe prescribing of opioid pharmacotherapies for the treatment of opioid dependence. The courses, which align with the [NSW Clinical Guidelines: Treatment of Opioid Dependence 2018](#), allows medical and nurse practitioners to become an accredited prescriber of opioid pharmacotherapies in NSW.

Our training courses are accredited with the RACGP and ACRRM for members to automatically receive CPD for the 2017-19 Triennium. See below for course descriptions:

- **The Fundamentals Training** course; a short, introductory, online course for all health professionals to develop knowledge about the operation of the NSW Opioid Treatment Program and the safe prescribing of opioid pharmacotherapies. The course forms the first step of the application process for medical and nurse practitioners to receive accreditation to prescribe opioid pharmacotherapies.
- **The Opioid Treatment Accreditation Course (OTAC)**; the second step in the process to attain accreditation. This is a comprehensive, one-day, face-to-face course facilitated by addiction medicine specialists and is aimed at medical and nurse practitioners wishing to prescribe opioid pharmacotherapies for up to 200 patients.

Course content includes all stages of patient treatment; from induction, to stabilisation, to patient withdrawal from treatment. Consumer perspectives relating to treatment are also discussed. A short examination is administered to assess participant knowledge and for accreditation purposes.

The next face-to-face OTAC will be held on 7 July 2019 in western Sydney and will be facilitated by Dr Robert Graham and Dr Emma Tay.

Medical and nurse practitioners will also be given the opportunity to complete a half-day clinical placement with an addiction medicine specialist prior to applying for accreditation to the NSW Ministry of Health Pharmacotherapy Credentialing Subcommittee. The placements provide an opportunity to integrate both knowledge and skills gained through the courses into clinical practice.

To access and register for these training courses visit the [OTAC website](#). For enquiries regarding the OTAC and Fundamentals Training course, please email otac.info@sydney.edu.au or call 02 9515 9811.

10. Drug Health Services, Sydney Local Health District

Author: Mira Branezac, Manager. Drug & Alcohol Health Services Library

The Drug & Alcohol Health Services Library

The Sydney Local Health District hosts the Drug & Alcohol Health Services Library (DAHSL) which is a unique resource for all professionals within NSW who work with patients impacted by drug and alcohol issues.

At DAHSL we strive to enhance the workforce skills and knowledge of the alcohol and other drugs sector by providing access to quality evidence-based information. We can provide access to Australian and international journal titles, books, reports and other miscellaneous print publications; as well as audio-visual materials. We can also access any material held in libraries across Australia.

For those requiring subject-specific research, we provide comprehensive literature searches tailored to a client's specific requirements. We can also train clients in the use of electronic databases, the Internet and other online resources.

Many drug and alcohol professionals across NSW already receive the library's monthly electronic Journal Contents Bulletin where Subscribers have access to the latest in clinical management and research information. Whether you chose to visit the library at RPA Hospital, or prefer the convenience of email or telephone, Library Manager Mira Branezac and her colleague Neil Ford will make it their priority to provide you with the information you need, when you need it.

You can visit the library at:

Level 3
Kerry Packer Education Centre
Royal Prince Alfred Hospital
Camperdown

Or you can contact us on:

Ph: (02) 9515 7430

Fax: (02) 9515 7244

Email: mira.branezac@health.nsw.gov.au

The library is open 9.00 am - 5.00 pm, Monday, Tuesday, Thursday and Friday. It is **closed** Wednesdays.

11. Drug and Alcohol Multicultural Education Centre (DAMEC)

Author: Alison Jaworski

Alcohol and drug treatment through the lens of culture.

How can considering culture, enhance clinic and organisation practice? This free training will show you how.

AOD treatment through the lens of culture training - free training for alcohol and drug workers

Run by DAMEC (the Drug and Alcohol Multicultural Education Centre), sector leader in culturally responsive AOD service delivery, this training will cover:

- Ways in which cultural differences affect treatment presentations and needs
- Strategies for developing accessible and effective services for clients from culturally and linguistically diverse (CALD) communities
- Practice responding to real clinical examples
- About resources to support CALD clients with alcohol and drug issues

New dates for 2019:

- 7 May
- 4 June

Training will run from 9.00 am – 4.00 pm (lunch provided).

Feedback from previous attendees said that this training provided:

“More practical knowledge on how to engage”

“Use the knowledge to help make better referrals/pathways in AOD setting”

“Become more culturally aware when working with clients”

To register your interest please email admin@counselling.damec.org.au

12. The Station Ltd

Author: Graciela Luna & Zoe Martin

The Station Ltd – Drop in Centre

Staff deliver a personal-centered approach focusing on the individual's personal needs and goals. Staff roles are to promote mental health and well-being, with the prevention of substance abuse, these are integral parts of the support that we bring to our community.

Our staff transforms objectives into action through the following core approach: Harm minimization, early intervention and a warm approach referral. The aim is to increase the information and care systems which will result in better service delivery to individuals and communities.

Once a week a team of medical practitioners attend the centre. A GP, Registered Nurse, Mental Health Clinician and Psychiatrist are the authorised people to provide assessment, diagnosis, treatment-care, observation, health evaluation or professional advice.

The Station's file record may also be used to communicate with external health care providers statutory and regulatory bodies, to facilitate client's safety improvements. All client's file records are confidential and subject to prevailing privacy laws and policies.

These services are available **Monday to Friday: from 8.30 am to 3.30 pm**. Services are free of charge. Centrelink and Medicare card are the only requirements.

The Station has two permanent Alcohol & Other Drug workers and Mental Health Worker among five Welfare workers which are available Monday to Friday from 8.30 am to 3.30 pm.

Other services available at The Station Ltd Drop-In-Centre are: Meals, Showers, Laundry facilities, Housing Support Program, Home Visits, Emergency Relief Assistance, Dental Care (outreach), Referrals, Advocate, tea & coffee, Art Space, Baking Space, Recreation: Bingo/Trivia, computers, Wi-Fi, Foxtel, in a relaxing atmosphere. These just mentioned services operate seven days a week from 7.30 am to 4.00 pm Monday to Friday. Saturday and Sunday from 7.30 am to 2.00 pm.

Catchment area: Inner City of Sydney and surrounds
Address: 82 Erskine St, Sydney NSW 2000
Ph: [02 9299 2252](tel:0292992252)

13. Odyssey House

Author: Rhonda Lowe, Psychologist (Provisional) and Service Coordinator, Central Eastern Sydney

Odyssey House Community Service Groups



Odyssey House currently runs groups in the central eastern Sydney region. All groups are facilitated by highly skilled clinicians.

Community Services Groups

AOD Module 1: This group is focused on assessing where one is at on their journey to recovery, it talks about how substances have impacted on life, the Stages of Change model and readiness to change. The plans one has to make to change, the benefits of change and planning your journey. It looks at the strengths, skills and supports needed to change and unhelpful thinking styles. We look at co-occurring conditions that might need to be addressed and high-risk situations, managing them and staying on track.

AOD Module 2: This group is focused on assessing where one is at on their journey to recovery, it talks about how substances have impacted on life, the Stages of Change model and readiness to change. The plans one has to make to change, the benefits of change and planning your journey. It looks at the strengths, skills and supports needed to change and unhelpful thinking styles. We look at co-occurring conditions that might need to be addressed and high-risk situations, managing them and staying on track.

Bringing Up Great Kids

Bringing Up Great Kids is a reflective parenting program developed by the Australian Childhood Foundation. This course will help parents develop strategies to manage their parenting approach. This is a fun, interactive course run which aims to support parents and carers to:

- Learn more about the origins of their own parenting style and how it can be more effective.
- Develop attentive communication skills so a parent can identify the important messages they want to convey to their children.
- Understand the underlying messages in children's behaviour.
- Discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be and enjoy the two-way learning journey of parenthood.
- Learn about the importance of building self-esteem in children
- Discover ways for parents to take care of themselves and to find support when they need it.
- Develop strategies to manage parenting in consideration of the increasing pressures faced.

For more information, please call **1800 397 739**

If you would like CESP HN to visit you to discuss this or any of our other AOD referral options with you, please contact Esther Toomey on e.toomey@cesphn.com.au

For more information about our programs visit

www.cesphn.org.au/allied-health/help-my-patients-with/drug-and-alcohol-support