

Alcohol and drug clinical inreach at Joondalup Health Campus



Representatives from the Joondalup Health Campus, Mental Health Commission's Next Step, North Metro Community Alcohol and Drug Service, and the North Metro Health Service Mental Health Adult Program.
L-R (Standing): Raj Tanna, Greg Gordon, Hans Stampfer, Linda Locke, Katherine Young, Allan Quigley, Brendon Burns.
L-R (Seated): Simon Wood, Sue Helfgott, Mary Ferrier, Alyssa Scott.

An alcohol and other drug (AOD) Clinical Inreach Service has recently commenced at the Joondalup Health Campus (JHC). On 22 October an MOU was signed between the North Metro Community Alcohol and Drug Service (NMCADS) and JHC to provide the service, which includes Clinical Nurse Specialist Greg Gordon, Addiction Medicine Consultant Dr Richard O'Regan and counselling staff (Eben De Jager, Katharine Moulding and Danielle Richardson).

Dr Allan Quigley from the Mental Health Commission (MHC) said he was delighted that after extremely constructive negotiations between the JHC and the NMCADS, the Inreach Service commenced operation at the Joondalup Hospital on 29 October.

"This Inreach service is a first for NMCADS and is an important initiative for patients presenting with alcohol and other drug (AOD) issues who can now be offered immediate information, screening, brief

intervention, assessment, counselling and clear referral pathways," Dr Quigley said.

Sue Helfgott, MHC Integrated Services Manager said the Inreach Service was a commitment to achieve optimal patient outcomes.

"For patients at the Emergency Department, Inpatient Psychiatric Unit and medical wards the service includes shared case management, joint assessments and care planning," Ms Helfgott said. "Other initiatives to be developed include psycho-educational groups for patients and the provision of education and AOD training to JHC staff."

Dr Simon Wood, JHC Director of Medical Services, said he was looking forward to the partnership improving access to specialist AOD services for patients in the northern suburbs. "This collaboration will help to bridge the interface between hospital inpatient and community based care."

contents

**Interagency
Framework Revision**
page 2

**Meth Doesn't
Discriminate**
page 3

**Award for Holyoake's
Angie Paskevicius**
page 4

**New Online FASD
Learning Package**
page 4

**Stronger Psychoactive
Substance Laws**
page 5

**Hope Recognised in
Geraldton**
page 5

**New North
Metro
Joondalup
Office Opens**
page 7



Government of Western Australia
Mental Health Commission



Welcome to *drugspeak*

Hi and welcome to this edition of *drugspeak*. In October more than 130 people interested in reducing methamphetamine-related harm attended a forum hosted by WANADA, in partnership with the National Centre for Education and Training on Addiction. The forum provided an opportunity for alcohol and other drug (AOD) workers to expand their knowledge of the impact methamphetamine use has in the community, as well as to share what they already know to be effective prevention and treatment strategies.

Also in October the Intergovernmental Committee on Drugs invited feedback on the draft *National Drug Strategy 2016-2025*. The Strategy is a cooperative venture between Australian, state and territory governments and the non-government sector, which aims to prevent the uptake of harmful drug use and reduce the harmful effects of licit and illicit drugs. Thank you to everyone who took the time to submit feedback.

The Mental Health Commission's (MHC) Transitional Housing and Support Program was one of three finalists in the Strengthening Families and Communities category of the 2015 Premier's Awards for Excellence in Public Sector Management. This Award and the many positive stories we've received from people with AOD related problems who have been through the program reflect its success.

New laws are now in place banning psychoactive substances, with proclamation on 18 November, of the *Misuse of Drugs*



(L-R) Ellen Gibson, Melanie Chatfield and James Hunter from the Mental Health Commission receiving the award from Premier Colin Barnett.

Amendment (Psychoactive Substances) Act 2015. Local retailers and suppliers were advised about legislation changes by MHC and WA Police, including advice about the harm and health dangers associated with the use of these substances.

Also in effect now are new laws about supplying alcohol to children in private settings without their parents' consent, as part of the Liquor Legislation Amendment Act 2015. MHC developed a public awareness campaign, including radio advertisements, and posters to help ensure

people were aware of the changes, and the harm alcohol use causes young people. The campaign also links people to MHC's Alcohol and Drug Support Line for free counselling and referral.

Also keep an eye out for WANADA's invitation to next year's Aboriginal AOD Forum in April. The forum will be hosted by WANADA at The Rise in Maylands with support from Lotterywest and MHC.

Jill Rundle
Chief Executive Officer
WANADA

Tim Marney
Commissioner
Mental Health Commission

Revising WA's Drug and Alcohol Interagency Framework

The current **Drug and Alcohol Strategic Framework** concludes in 2015 and the Mental Health Commission and Drug and Alcohol Strategic Senior Officers Group (DASSOG) have commenced its review.

Stakeholders including the alcohol and other drug (AOD), mental health sectors and community will be invited to provide input into the revised Framework.

The Framework provides a guide for government, non government and the community in addressing AOD related problems in Western Australia.

The goal of the Framework is to 'prevent and reduce the adverse impacts of alcohol and other drugs in the Western Australian community'.

It is consistent with the national policy framework of supply, demand and harm reduction and is underpinned by two core

elements: a primary focus on prevention; and a secondary focus of providing support to those who need it.

Whilst the key approaches remain appropriate, the new Framework will be updated to build on past achievements and reflect changes in drug issues and trends. These changes include emerging issues, gaps in current service provision, emerging evidence, and new Government policy positions and strategic directions such as those outlined in the soon to be released *Western Australian Mental Health and Alcohol and Other Drugs Services Plan 2015-2025*.

Key DASSOG initiatives will be outlined in the Framework under the key strategy areas of: focussing on prevention; intervening before problems become entrenched; effective law enforcement approaches; effective treatment and support services; and strategic coordination and capacity building.

Consumers and Elders contribute to Palmerston's new brand

Palmerston Association has involved both consumers and Nyoongar Elders in the development of its new brand, working to align its public image with its mission.

"We're delighted with the result," says Palmerston CEO Sheila McHale. "Our new logo symbolises the concept of turning over a new leaf while our brand promise – improving your wellbeing - communicates both our aim and our commitment to consumers."

The new logo and brochures have been a source of pride to staff and consumers.

Conscious of the importance of consumer engagement and co-production, Palmerston staff worked with residents at the Farm Therapeutic Community (TC) to develop its brochures, particularly in relation to the frequently asked questions. Consumers posed questions and helped with the answers.

Through Palmerston's involvement with the Looking Forward Project, the wisdom of the Elders brought new insights. A simple but profound inclusion in the Farm TC brochure is an explanation that the Farm is on Nyoongar Whudjuk land.

"We learnt an incredibly valuable lesson," says Sheila. "The Elders advised that the land which had been traditional hunting grounds had no traditional sites such as those for men's/women's business."

"This is particularly significant for Aboriginal residents who are not Nyoongar as they now have a cultural understanding of the land."

For more information or brochures, email: pwood@palmerston.org.au



Meth doesn't discriminate - Palmerston supporting families

"The stigma and shame of my son's drug use isolated me from my family at the very time that I needed them the most. And yet I couldn't talk to family or friends." According to Palmerston Association, this is a common sentiment expressed by families dealing with alcohol and other drug use.

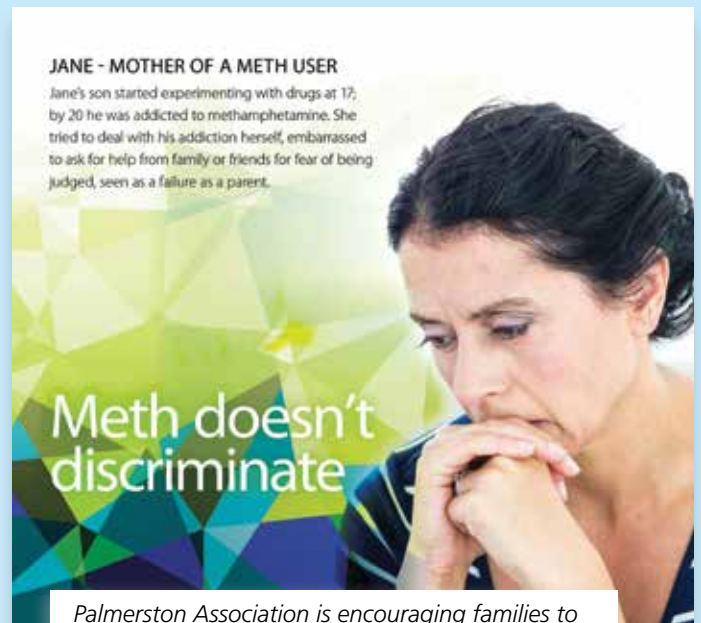
Palmerston recently conducted parent focus groups in Perth, Fremantle and Mandurah to help develop a new initiative for people dealing with a family member's methamphetamine use.

"Many parents felt like they didn't want to burden people with their issues for fear of being judged," said Palmerston CEO Sheila McHale. "Parents said they wanted an environment where they knew they were not alone, where people understood their feelings, and where they would be supported in a non-judgmental way."

Throughout October 2015, Palmerston ran interactive groups for fifty eight people. The groups explored the nature of methamphetamines, its impact on the brain and behaviour, techniques to support family members, and ways to respond and support while trying to remain safe.

Palmerston Perth Coordinator Sandra Harris who facilitated one of the methamphetamine-specific family groups said, "Whilst we can argue that we're not facing a methamphetamine epidemic, for families this is a very difficult drug to confront and cope with."

People involved in the interactive groups said, "It was great to know there is support out there – we enjoyed the openness and



honest communication from the team."

"We have had an amazing response which shows the need in the community," says Sheila McHale. "We hope there will be a strong commitment to family support programs in the Federal government's response to the National Ice Task Force."

Holyoake CEO 2015 Telstra WA Business Woman of the Year

Holyoake CEO Angie Paskevicius was named 2015 Telstra WA Business Woman of the Year on 9 October 2015.

“I was honoured to be nominated along with many highly accomplished business women,” said Angie, who also received the award in the ‘For Purpose and Social Enterprise’ category.

The Telstra Award judges were particularly impressed with the remarkable transformation Angie has driven at Holyoake, a leading provider of drug and alcohol counselling and support services in Western Australia.

Telstra Chief Operations Officer Kate McKenzie said, “Angie managed to change the mindset of Holyoake from ‘charity’ to ‘enterprise’ by moving from 100 per cent government funding to a more diverse funding and revenue model.”

When Angie joined Holyoake as CEO in 2008, the organisation was struggling financially. She set about transforming the organisation from within, bringing key people into the organisation and establishing quality controls, good governance and transparency. Angie led the development of a strategic plan, unit plans, and individual work plans, all focused on life-changing



Holyoake CEO Angie Paskevicius – 2015 Telstra WA Business Woman of the Year.

client experiences.

“I feel honoured and humbled by the accolade,” says Angie “It is a great opportunity for me to represent our sector,

women in business, and will help me to continue my commitment to making a positive difference.”

New: An Introduction to Fetal Alcohol Spectrum Disorders online learning package

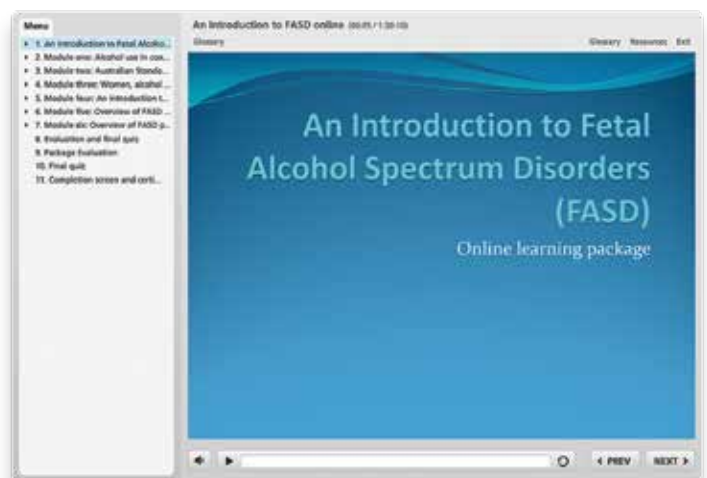
Fetal Alcohol Spectrum Disorders (FASD) is a non-diagnostic term used for disorders which affect the developing fetus as a result of alcohol consumption during pregnancy. FASD can have a range of lifelong impacts such as cognitive impairment, structural and functional brain abnormalities and birth defects.

There is currently no known safe level of alcohol consumption during pregnancy, and the National Health and Medical Research Council’s Australian guidelines to reduce health risks from drinking alcohol advise that not drinking alcohol during pregnancy is the safest option.

The Manager of the Mental Health Commission’s Workforce Development Branch, Judi Stone, said human service providers played an important role in educating people about the potential harms associated with alcohol use during pregnancy, and in promoting the guidelines.

“This online learning package provides an overview of FASD for human service providers, and is the first of its kind that we are aware of in Australia,” Judi said.

“The self-directed learning package consists of six modules developed to include a mixture of text, audio and interactive activities and a range of useful resources.



Topics include: alcohol use in context; Australian standard drinks; women, alcohol and pregnancy; an introduction to FASD; overview of FASD diagnosis and an overview of FASD prevention.”

The package was developed in a collaboration between the Telethon Kids Institute and the Mental Health Commission, and can be accessed via self-registration at www.dao.health.wa.gov.au/Educationandtraining/ElearningDAO/IntroductionToFASD

Stronger laws to ban psychoactive substances

On 15 October WA State Parliament passed legislation to close a legal loophole and clamp down on the manufacture, promotion, sale and supply of psychoactive substances.

Mental Health Minister Helen Morton said people manufacturing these drugs had continued to introduce new chemical derivatives of substances which have been banned, resulting in governments around the world having to 'catch up' using existing legislation.

"These drugs can cause serious health problems, including tremors, chest pains, increased heart rate and blood pressure, seizures and an altered mental state," Mrs Morton said.

"We've been proactive by banning a number of these specific substances already, however this legislation further strengthens our response and helps remove extremely dangerous substances from circulation.

"In addition, the State Government will provide education for local retailers and suppliers about the dangers associated with psychoactive substances and the new laws."

Penalties under the new laws include a fine of \$48,000 or four years' prison for the manufacture, sale or supply of psychoactive substances, and promotion of synthetic drugs would attract a \$24,000 fine or two years' prison.



Hope Community Services CEO Debra Zanella, Board Chair Jonathon Woolfrey and consultant Jamie Robertson with City of Greater Geraldton representatives at the International Association for Public Participation Australasia awards in October.

Hope Community Services recognised for community engagement in Geraldton

The International Association for Public Participation Australasia has recognised Hope Community Services for its community engagement work while establishing Hope Springs Community Farm in Geraldton. Hope was "Highly Commended" at an event held in Perth on 14 October, "In recognition of excellence in the field of public participation, demonstrated through the development and implementation of an outstanding project."

Hope acquired land for Hope Springs Community Farm through Royalties for Regions in 2011/12. Initially faced with a small but vocal group of community members who opposed the project, Hope realised the importance of communication to its success.

Hope then engaged a consultant and provided staff training in stakeholder engagement. During the year-long engagement process, the organisation hosted workshops, sent regular email updates, conducted post box drops and had extensive one-on-one meetings with community members, local government, and community groups.

Geraldton City Council approved the development application for Hope Springs in 2014.

Palmerston peer support workers are making connections

With the help of a Mental Health Commission (MHC) grant in 2013, Palmerston Association designed and developed a comorbidity peer workforce framework. This pilot peer support program focused on organisational support including induction processes and line-supervision, recruitment processes and a training program for comorbidity peer support workers.

Two years on, Palmerston has developed a casual pool of peer group facilitators who are employed across Palmerston's metropolitan branches. This means people with co-occurring mental health and alcohol and other drug issues have access to support groups co-facilitated by a person with a lived experience.

The groups are based on the SMART (Self Management and Recovery Training) model, a peer based approach which teaches

individuals useful self-management skills to deal with their substance use and/or mental health issues.

Palmerston currently has 11 trained peer facilitators and the SMART group program has expanded in 2015 to offer nine weekly SMART Recovery groups across the metropolitan area.

Palmerston Association's Manager of South Metro and Perth Services Bram Dickens was encouraged by the validation of peer support work in the *WA Mental Health, Alcohol and Other Drug Services Plan 2015-2025*. "The appointment of peer workers offers a new way of working and connecting," says Bram. "The highly valuable lived experience that peers bring to the SMART recovery groups enriches people's experience."

From Research To Practice - Methamphetamine Forum

More than 130 people who work to reduce methamphetamine-related harm in Western Australia attended From Research to Practice, a forum held in Perth in October 2015.

The Western Australian Network of Alcohol and other Drug Agencies (WANADA) worked with the National Centre for Education and Training on Addiction (NCETA) at Flinders University to host the event, facilitated by NCETA Director Professor Ann Roche.

"Participants included alcohol and other drug (AOD) workers, police and policy makers," said WANADA CEO Jill Rundle. "People expanded their knowledge and their networks, learning from each other."

Professor Amanda Baker, Research Fellow with the National Health and Medical Research Council at the University of Newcastle and Associate Professor Nicole Lee from NCETA and The LeeJenn Group shared their knowledge of methamphetamine use, prevention and treatment.

Paul Dessauer from the WA Substance Users' Association provided a consumer perspective while Palmerston Association's Sandra Harris talked about the impact on families and the support available.

Royal Perth Hospital ED Consultant Dr Amanda Stafford and Detective Superintendent Jim Migro from the WA Police also spoke of the challenges they encounter.

In preparation for the forum, WANADA conducted a survey of 19 AOD services in August, with the resulting snapshot data presented on the day.

"Seventy four per cent of clients had used methamphetamine in the past," says WANADA Acting Sector Development Manager Maree Stallard. "Of the people who used methamphetamine, more than half reported having used the drug for more than five years, with 55 per cent reporting they didn't use with friends or contacts."



Associate Professor Nicole Lee, National Centre for Education and Training on Addiction (NCETA) and The LeeJenn Group with Professor Amanda Baker from the National Health and Medical Research Council, University of Newcastle at the 'From Research to Practice' Methamphetamine Forum in Perth.

"At the forum we learned how important early intervention can be in the treatment of methamphetamine use, to enable us to encourage people to seek information and support as soon as concerns arise," Jill Rundle said.

For more information and to download speakers' presentations, visit: www.wanada.org.au

AODtraining@MHC calendar - Semester 1, 2016

The Mental Health Commission is pleased to offer the Semester 1, 2016 AODtraining@MHC calendar (formerly Training@DAO). This calendar provides a range of knowledge and skills-based events on alcohol and other drugs (AOD) and comorbidity conducted by experienced professional trainers.

The calendar provides a mix of new training and popular repeat events.

New training events include:

- Recognising and responding to amphetamine (including methamphetamine) using clients
- An introduction to ACT: Acceptance and Commitment Therapy 2 day workshop
- Applied suicide intervention skills training (ASIST)
- Understanding and responding to young people experiencing psychosis

- Advanced motivational interviewing
- Alcohol brief intervention workshop

Repeat events include:

- Group work – making it work
- An introduction to motivational interviewing
- Grassroots AOD media and advocacy – generating constructive messages in your local community
- Family Inclusive Practice
- An introduction to AOD prevention within communities
- Sniffing, huffing and chroming: Responding to volatile substance use
- Partnerships in the child protection system: Better outcomes for AOD clients and their families

The calendar also provides training on core knowledge and skills to support

those working with AOD using clients. Induction training for new AOD workers will be delivered using a new format allowing participants to only select modules relevant to their role.

The *Strong Spirit Strong Mind* Training Program includes 'Ways of working with Aboriginal people' – Part 1 and Part 2; 'Cultural ways of responding to AOD and injecting drug use in Aboriginal Communities'; and the one-day event 'Fetal Alcohol Spectrum Disorders prevention in Aboriginal communities'.

Selected events on the calendar will also be video conferenced so check the Videoconferencing@MHC calendar link on the website.

For further information, please follow the AODtraining@MHC calendar link at: www.dao.health.wa.gov.au

Doors open at new North Metro Community Alcohol and Drug Service Joondalup office

The North Metro Community Alcohol and Drug Service's new Joondalup office was officially opened by the Minister for Mental Health, Helen Morton, on 7 September 2015. Aboriginal Elder Sean Nannup welcomed those present to Wadjuk Noongar country.

The North Metro Community Alcohol and Drug Service (NMCADS) is a partnership between Cyrenian House and Next Step providing prevention, counselling and medical services to individuals, families and the community.

Speaking at the opening, Minister Morton said the service plays a vital role in supporting people in Perth's northern suburbs to prevent and respond to alcohol and other drug issues.

Cyrenian House was awarded the lead agency contract for the expanded service in late 2014. Reaffirming the service's commitment to people in the northern suburbs of Perth, Cyrenian House CEO Carol Daws said, "It is great that people in the northern suburbs have access to a well-designed service, ensuring multiple and often complex needs can be met from one site."

"The larger site at Joondalup provides excellent opportunities for co-location and collaborative practice with other services, including the Aboriginal Alcohol and Drug



Cyrenian House CEO Carol Daws with the Minister for Mental Health Helen Morton at the opening of the new North Metro Community Alcohol and Drug Service in Joondalup.

Service, North Metropolitan Health Service Youth Axis, Partners in Recovery and Headspace."

"This is an exciting opportunity to expand services in the northern suburbs and to extend our integrated model of treatment," said Ms Daws.

A key partner in the NMCADS, with a base at NMCADS' Joondalup and Warwick sites is the Drug and Alcohol Withdrawal Network

(DAWN) of St John of God Health Care.

The NMCADS has also developed an in-reach service to Joondalup Health Campus, comprising an NMCADS addiction medicine consultant, a clinical nurse specialist and counselling staff.

The new service is based at 10 Clarke Crescent, Joondalup, a short walk from the Joondalup train station.

Professional development leave with a difference

Dr Wendy Lawrance, an addiction medicine registrar at Next Step and doctor at the Fresh Start Recovery Programme, recently returned from two weeks in Bolivia, South America. She accompanied a team of five people to support a primary care clinic in Sucre and to present at a conference on Emergencies in Primary Care for primary care doctors in Tupiza.

Dr Lawrance said she was invited to come and teach the local doctors by the team leader, Annie Chappell, a physiotherapist and missionary in Bolivia. Other team members were GP Dr Hui Tai Tan, occupational therapist from Royal Perth Hospital Judy Elliott, and Feliciano Sanchez acted as a translator.

Dr Lawrance gave four talks in Spanish on addiction and psychiatry. "These were unfamiliar and challenging areas for the local doctors," she said. "There are minimal local services for people with mental health or alcohol and other drug problems, so the front line doctors need to be able to deal with these issues."

In addition, Dr Lawrance assisted in the practical sessions for the CPR and advanced life support course delivered by Dr Tan. "The participants loved the hands-on practice, which is an uncommon teaching style there," she said. "In Bolivia, newly graduated doctors are sent to remote health centres with minimal back up, so they were extremely grateful for the practical instructions on dealing with emergencies."



The three female team members were also invited to visit a women's refuge in Sucre. Dr Lawrance said while the refuge staff lacked experience, they were enthusiastic, with the team giving them some useful tips on working with their residents.

The self-funded team hopes to return in 2016, and Dr Lawrance hopes to expand her talks to include role-play practice of core communication skills. "It takes 48 hours and 5-6 flights to get there, and the high altitude is a challenge, but we believe it's definitely worth it and they want us back."

New resource on Alcohol and Older Australians available

A new fact sheet, 'Alcohol and Older Australians' is available providing older Australians with information about how ageing impacts on the body's ability to process alcohol and alcohol's potential interactions with prescribed and over the counter medications.

The fact sheet, developed in a collaboration between the Mental Health Commission, the Council on the Ageing, the National Drug Research Institute, Curtin University and Edith Cowan University, also provides information about the long term risks of regular alcohol consumption.

Dr Celia Wilkinson of Edith Cowan University has been leading research

in this area in Western Australia, and provided significant input in the development of the fact sheet.

"Older Australians have long been ignored when it comes to providing them with information on the potential risks around alcohol and I hope that health professionals and older Australians will find the fact sheet useful as a starting point for an alcohol and health related conversation," Dr Wilkinson said.

Services that regularly work with older Australians are encouraged to provide the fact sheet as a resource to their clients. They are free of charge and can be ordered by contacting DAO.education@mhc.wa.gov.au



Weekend workshop wraps up training for volunteer counsellors

The weekend of 17 and 18 of October marked the final training workshops for the 2015 Intake for the Volunteer Drug and Alcohol Counsellor's Training Program.

The program, which has been running since 1998, is a partnership between the National Drug Research Institute at Curtin University, the Mental Health Commission (MHC) and for the first time, Edith Cowan University. The program also works with non-government alcohol and drug counselling services, which provide placements for participants.

The 18 week training component of the course commenced in June consisting of Saturday morning workshops for the 23 participants. Topics ranged from general counselling skills, through to alcohol and other drug specific knowledge and skills.

Judi Stone, MHC Manager of Workforce Development said the course was very well received. "This year we were pleased to include a workshop on working with Aboriginal peoples, presented by Ursula Swan from MHC's Aboriginal Programs Branch," Judi said. "The participants really engaged, with many of them stating that they were keen to learn more which is great."

MHC's Rachael Rea delivered much of the training content. "The participants came from a range of backgrounds, some with no prior knowledge or experience, but they demonstrated the right interpersonal communication skills, values and attitudes, so they were chosen from over 140 applicants," Rachael said.



Volunteer Drug and Alcohol Counsellors with placement agencies.

The Volunteer Drug and Alcohol Counsellors will be commencing 12-month placements with Palmerston Association, Cyrenian House and Holyoake, with many of them undertaking a Certificate IV in Alcohol and Other Drugs Work through the Central Institute of Technology WA.

The 2016 program will be advertised in March next year, with training commencing in June. General information on the program can be found at: www.dao.health.wa.gov.au/Educationandtraining/Trainingforvolunteers/DrugandAlcoholCounsellorsTrainingProgram

Drugspeak is a partnership newsletter of the Western Australian alcohol and other drugs sector. It is produced triannually by the Mental Health Commission (MHC) and the Western Australian Network of Alcohol and Other Drug Agencies (WANADA).

Contributions, including photographs, are welcome. Please send articles to

the editor, Holly Wood, at holly.wood@mhc.wa.gov.au, or for enquiries phone (08) 9370 0343. The views expressed by contributors are not necessarily those of MHC or WANADA.

Drugspeak is available in electronic format on the MHC and WANADA websites.



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