

Partners in Recovery Program Opens Doors at Cyrenian House



Cyrenian House Partners in Recovery Program team members Raj and Manhara with manager Charl Van Wyk.

Cyrenian House is working with people who have mental illness and complex needs and their carers and families as part of the Australian Government Department of Health Partners In Recovery (PIR) initiative. PIR aims to support people with severe and persistent mental illness through better collaboration, coordination and integration of services and supports.

"Cyrenian House believes in a holistic approach to alcohol and other drug (AOD) treatment and has always championed the 'No Wrong Door' concept," says Cyrenian House PIR Program Manager Charl Van Wyk. "In keeping with this approach, the PIR Program has been a great addition to the range of services available at Cyrenian House."

The PIR Program at Cyrenian House works specifically with people living in the Perth North Metro area. It supports and promotes

community-based recovery for individuals and families; walking with people while they find meaning and fulfilment in their lives.

"We ask people how they would like their life to look and what services they might need to make that happen," says Charl. "We help find the right places to get help and find solutions to practical problems, such as housing and health."

Cyrenian House also works with local support services to help meet the needs of people who experience ongoing mental health problems.

"This allows for better co-ordination of services such as AOD treatment, health care, housing, education and training," says Charl.

For more information on the PIR Initiative, go to www.pirinitiative.com.au/about/overview.php

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Government of Western Australia
Mental Health Commission



Welcome to *drugspeak*

Welcome to the August 2015 edition of *Drugspeak*, our first produced by the new Mental Health Commission and WANADA. On 1 July, the Drug and Alcohol Office amalgamated with the Mental Health Commission, with the joined organisation called the Mental Health Commission (MHC).

These changes are intended to improve service delivery, particularly for the 30 to 50% of people with mental health problems who also have problems with alcohol or other drugs. Delivering more coordinated and holistic responses for these people is one of the priorities for the new MHC, and both the alcohol and other drug sector and the mental health sectors.

Much has been happening behind the scenes in relation to the amalgamation, and plans are well advanced to co-locate all staff to a new premises in East Perth early in the new year. The Office of the Chief Psychiatrist will also move to the new location, while Next Step Drug and Alcohol Services are remaining at their current East Perth location.

This exciting time of change offers opportunities for all agencies involved to collaborate more closely, and to achieve efficiencies through proximity to each other.

We would like to extend a Happy 30th Birthday message to the former Alcohol and



Mental Health Commission Alcohol and Drug Support Service counsellors are available 24 hours a day, 7 days a week.

Drug Information Service – now known as the Alcohol and Drug Support Service. On page 3, you can read about the branding changes that have been made to update the service, and reflect the support they provide to the WA community through their dedicated counsellors.

The sector continues to grow and develop, and in this edition you can read about Palmerston's new Katanning service which

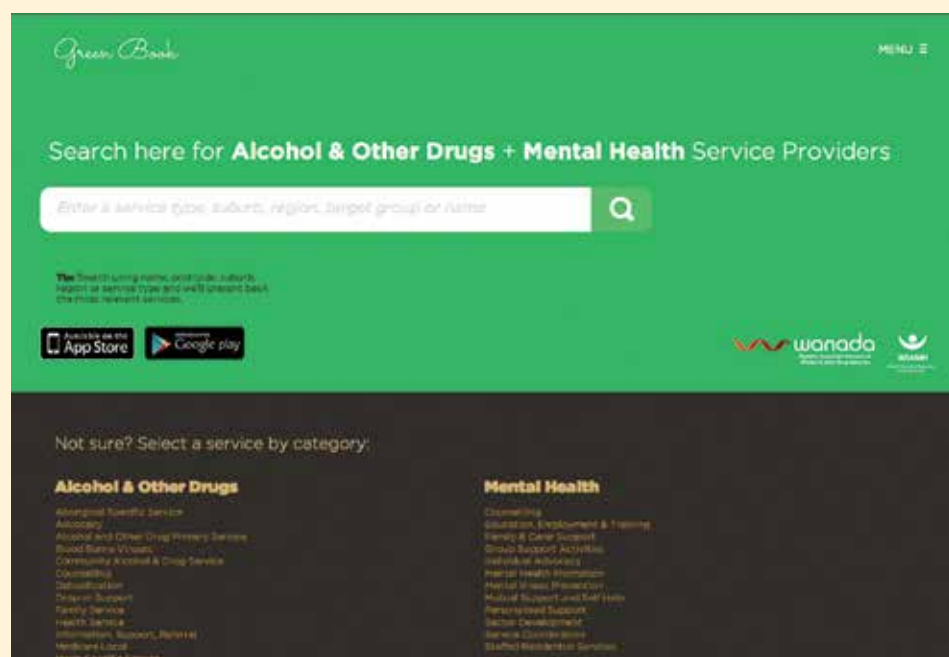
is building trust and connection with a diverse community in the Great Southern, and Cyrenian House's Partners In Recovery Program, making a huge impact in the lives of people with complex needs and severe, persistent mental illness.

Research into alcohol and other drug issues continues, providing a solid evidence-base for the programs and approaches that we take. Recent research by the Sustainable Built Environment National Research Centre and involving the National Drug Research Institute (NDRI) at Curtin University has led to a new resource on alcohol and other drug use for the construction industry. NDRI has also been involved in a trial and evaluation of a web-based intervention program for methamphetamine users, with positive outcomes for consumers.

New research, resources and tools are introduced to the sector through conferences and other professional development events, including the upcoming Australasian Professional Society on Alcohol and other Drugs (APSAD) conference to be held in Perth. Opportunities such as this support the alcohol and other drug sector to continue providing a high standard of service to the WA community.

Jill Rundle
Chief Executive Officer
WANADA

Tim Marney
Commissioner
Mental Health Commission



Popular hardcopy green book available now from WANADA – or check out the smartphone app to search for WA alcohol and other drug, and mental health services.

Helpline turns 30 years old and celebrates with a new name

For 30 years the Alcohol and Drug Information Service (ADIS) has been an integral part of the alcohol and other drug (AOD) sector providing information, counselling and referral for the Western Australian community.

On 26 July 2015, the Minister for Mental Health Helen Morton, officially renamed the service to the Alcohol and Drug Support Service, and Manager Stacey Child, said the new name better reflected the nature of services which have evolved over time to meet the needs of the community.

"We are now engaging with consumers via many different means including increasing use of email and LiveChat, which is real time online access to a counsellor," Stacey said.

"Changing our name better reflects our ongoing commitment to supporting consumers in their journey to wellness, and providing assistance and support to their loved ones and communities. Contact with our support lines is confidential and one-to-one with a professionally trained counsellor."

The Alcohol and Drug Support Service will continue to provide 24/7, state-wide telephone counselling, information, referral and support

to anyone concerned about their own or another person's AOD use via the:

- Alcohol and Drug Support Line (formerly Alcohol and Drug Information Service)
- Parent and Family Drug Support Line (formerly the Parent Drug Information Service)
- New Working Away Alcohol and Drug Support line
- The Quitline and the Quitline Aboriginal Liaison Team, and
- The Booking Service for Cannabis and Other Drug Intervention Requirement Schemes.

Promotional resources are now available and can be ordered by contacting the Alcohol and Drug Support Service.

If you require any further information about the name change or what the Alcohol and Drug Support Line can provide please call (08) 9442 5000 or 1800 198 024 for country callers, send an email to alcoholdrugsupport@mhc.wa.gov.au or visit alcoholdrugsupport.mhc.wa.gov.au

ALCOHOL & DRUG SUPPORT SERVICE

Confidential. Anonymous. Professional. 24 Hours.

ALCOHOL
& DRUG
SUPPORT LINE
9442 5000
1800 198 024
(country callers)

PARENT &
FAMILY DRUG
SUPPORT LINE
9442 5050
1800 653 203
(country callers)

WORKING AWAY
ALCOHOL & DRUG
SUPPORT LINE
1800 721 997

New alcohol and drug support line for people working away from home

People working away from home, including fly-in-fly-out workers, are now able to access free, confidential alcohol and drug support with the launch of the new Working Away Alcohol and Drug Support Line.

Provided by the Alcohol and Drug Support Service, the support line provides 24/7 telephone counselling, information and referral specifically tailored to anyone working away from home, their families, friends and communities.

Stacey Child, Manager of the Alcohol and Drug Support Service said that the new line aimed to build on existing alcohol and other drug support, prevention and treatment strategies for people working away from home, particularly within the fly-in-fly-out (FIFO) community.

"There is ongoing concern in the community about the impact of FIFO on

workers' mental health, and the use of alcohol and other drugs as a method of coping with the unique pressures of working in a FIFO environment," Stacey said.

"We have been working closely with industry to develop the dedicated telephone and online service. This new service is an important step in reducing the impact working away from home can have on someone's alcohol and drug use, and their overall health and wellbeing".

"Promotional materials aim to increase awareness of the support line and are available free of charge by calling 1800 721 997."

For more information call us on 1800 721 997, send us an email to workingaway@mhc.wa.gov.au or visit our webpage at alcoholdrugsupport.mhc.wa.gov.au

I CAN'T TALK
TO MY MATES
ABOUT IT.

YOU CAN
TALK TO US.

Confidential. Anonymous. Professional.
Call us 24 hours a day.

1800 721 997

workingaway@mhc.wa.gov.au
alcoholdrugsupport.mhc.wa.gov.au



Government of Western Australia
Mental Health Commission

WORKING AWAY
ALCOHOL & DRUG
SUPPORT LINE

Supporting the health and
wellbeing of working away
from home communities.

Cyrenian House celebrates a smoke free year



"My son took up smoking in Cy House when he had never been a smoker prior to entry. The smoking cessation was finally adopted, thanks. Hopefully now, new clients will not come out with nicotine addictions."

[Mum whose son participated in the program at Cyrenian House Rick Hammersley Centre before it became smoke-free]

Residents at Cyrenian House Therapeutic Communities benefit from a smoke-free environment.

Cyrenian House celebrated its first year as a smoke and tobacco-free agency in July, with the benefits felt by clients and staff alike.

Staff worked hard to achieve this ground-breaking shift and hundreds of Cyrenian House Therapeutic Communities (TCs) residents have reaped the rewards.

"Many have quit and others have given their bodies an extensive break from the deadly effects of smoking," said Cyrenian House CEO Carol Daws. "The benefits flow on to non-smokers who come into treatment and don't have to contend with second hand

smoke and the social exclusivity created by smoking."

The change to a smoke-free environment has also seen many staff members either quit or cut down their tobacco use.

Cyrenian House offers a range of supports to clients who prepare for entry to residential programs and other clients who want to quit smoking.

A three week smoking cessation group program is offered at Cyrenian House Non-Residential Services. TC residents complete

a two week cessation support and relapse prevention program. Clients are encouraged to access Nicotine Replacement Therapy (NRT) and to use counselling for additional support.

"Breaking the nicotine habit has significant health, economic and social benefits for both residents and staff," says Carol. "Becoming a smoke and tobacco free agency has been a journey into uncharted territory, but Cyrenian House is delighted to offer people a program that addresses their nicotine dependency as well as their alcohol and other drug use."

Goldfields a positive experience for students

Edith Cowan University Master in Nutrition and Dietetics students Silvia Clearwater and Alanna Bray headed east to experience life in the Goldfields for placements at Hope Community Services' Goldfields Community Alcohol and Drug Service and the Goldfields Rehabilitation Service in May and June.

"A regional placement provides the opportunity to experience firsthand the challenges that exist for individuals in these communities," says Alanna. "It's something that can't be fully understood through reading alone."

Silvia and Alanna appreciated the opportunity to apply their knowledge of nutrition in the alcohol and other drug (AOD) sector.

"Nutrition can play an important role in recovery, particularly when it comes to understanding the cravings associated with depleted neurotransmitters," says Silvia. "It was very exciting to develop a new program to use with AOD clients and we received great feedback."

The Western Australian Network of Alcohol and other Drug Agencies (WANADA) facilitates student placements in the AOD sector. This is the first time students have been able to take-up placements in the Goldfields.



Goldfields Community Alcohol and Drug Service team members Leanne Atkinson, Crystal Forrest, and Chelsea Hunter with ECU students Silvia Clearwater and Alanna Bray.

For more information about WANADA's student placements, please contact Maree Stallard on (08) 6365 6365 or via maree.stallard@wanada.org.au

New portal tackles Aboriginal maternal smoking in WA

WA health professionals working to address Aboriginal maternal smoking can now access a new portal to support their work. In 2012, almost half (48.2%) of Aboriginal women and 9.7% of non-Aboriginal women reported smoking tobacco during pregnancy.

Edith Cowan University's Australian Indigenous HealthInfoNet launched the portal, in partnership with the Aboriginal Maternity Services Support Unit (AMSSU) from Women and Newborn Health Service, and the Collaboration for Evidence, Research and Impact in Public Health (CERIPH) at Curtin University.

The free to access portal will provide coordinated access to information, resources, tools and training on preventing maternal smoking for those working with pregnant Aboriginal women, new mothers and their families.

A free online yarning place is also available to encourage ongoing discussion and knowledge sharing between health practitioners who work in this area. The HealthInfoNet will provide training in how to use the portal and yarning place as a part of the project.

HealthInfoNet Director, Professor Neil Drew, said 'It is very pleasing to have the opportunity to be part of this worthwhile project and support the efforts of the workforce in tackling this important issue



Trish O'Hara and Jaime Read from HealthInfoNet, Roanna Lobo Curtin University, Neil Drew Director HealthInfoNet, Denese Griffin and Alexa Wilkins Aboriginal Maternity Services Support Unit.

to reduce the harmful effects of smoking during pregnancy'.

AMSSU Senior Health Promotion Officer, Alexa Wilkins, said "This project is an excellent example of working in partnership to support health practitioners with their work which aims to improve the health outcomes of pregnant Aboriginal women and their babies in WA."

The project was funded by a Healthway health promotion project grant.

The online portal can be accessed at www.healthinfo.net.ecu.edu.au/pamswa and the yarning place can be accessed at: www.yarningplace.org.au/group/18

Training@DAO

The Mental Health Commission (formerly Drug and Alcohol Office) is pleased to offer the Semester 2, 2015 Training@DAO calendar. This calendar provides a range of knowledge and skills-based training events on alcohol and other drugs and comorbidity conducted by experienced professional trainers.

Please note that the Semester 2, 2015 Training@DAO calendar was developed prior to the amalgamation of the Mental Health Commission and the Drug and Alcohol Office on 1 July, 2015. Semester 1, 2016 training calendar will see the development of a new name to reflect these changes.

The Semester 2, 2015 calendar provides a mix of new training and popular repeat events.

New training events include:

- Using the 'relationship' to work with complex young people
- Exploring the impact of stigma on consumers with mental health and alcohol and other drug (AOD) issues
- Provide First Aid (previously known as Senior First Aid)

- Supervising staff: Dealing with performance problems

Repeat events include:

- What is volatile substance use?
- An introduction to Motivational Interviewing
- Mental State Examination
- An introduction to AOD prevention within communities
- Working with clients with AOD and complex trauma issues
- Mmm – Mindfulness, meditation and mental health

The calendar also provides training on core knowledge and skills to support those working with AOD using clients and an induction training course for new AOD workers. The Strong Spirit Strong Mind Training Program includes 'Ways of working with Aboriginal people – Part 1 and Part 2.'

Selected events on the calendar will also be video conferenced so check the Videoconferencing@DAO calendar link or follow the Training@DAO calendar link at: www.dao.health.wa.gov.au

Help online for Ice users

A randomized controlled trial of a web-based treatment program designed to help people who use stimulant drugs like methamphetamine, including 'ice', has found that the online treatment is promising.

People who received the online treatment were more likely to seek help for their drug use, and were more engaged in their usual day-to-day activities, than people who did not receive the online treatment.

Published in the *Journal of Medical Internet Research*, the six-month study evaluated the effectiveness of a self-guided web-based intervention, "breakingtheice" for amphetamine-type stimulant users via a free-to-access site. The research was conducted by collaboration between researchers at the Australian National University, the University of New South Wales, the National Drug Research Institute (NDRI) at Curtin University, and the Black Dog Institute.

NDRI researcher Dr Robert Tait said that regular methamphetamine users, and in particular users of 'ice', were likely to experience harms such as dependence and mental health problems, and early



Robert Tait.

intervention was important to prevent their problems becoming severe.

However, as the current treatment for methamphetamine use relies on intensive psychotherapy, access is extremely limited, particularly outside of major cities.

Dr Tait said that web-delivered interventions had been found to be successful in reducing hazardous alcohol use, but while there were

fewer studies on interventions for illicit drug use, early results were positive.

"Results from this study are promising, and we are now seeking funds to develop the intervention so that it can be made available as a viable treatment option," Dr Tait said.

Associate Professor Frances Kay-Lambkin from the UNSW National Drug and Alcohol Research Centre said many users realised they had a problem at an early stage, but were not sure where to go for help, and were worried about the stigma associated with accessing traditional services.

"The "breakingtheice" intervention was developed with the aim of providing these people with help to reduce the harms arising from their drug use."

Associate Professor Rebecca McKetin, from the Australian National University, explained that the majority of people who use methamphetamine do not get the help that they need.

"We are seeing more people seeking help for methamphetamine use and existing services are over-stretched."

A new network for prevention workers

Alcohol and other drug (AOD) prevention workers from across Western Australia attended the launch of the AOD Prevention Network in May via videoconference. Workers were enthusiastic about the new Mental Health Commission (MHC) initiative.

Esperance Senior Health Promotion Officer Megan Press said the network has been useful already.

"The Prevention Network is a great resource to tap into those of us working in AOD prevention in all the far-flung corners of the state," Ms Press said.

"It's a valuable chance to see what prevention work is being done elsewhere and to share what we've learned."

Presentations at the launch included an update on amphetamines by Hannah Samsa, (MHC), insights into public health advocacy by Julia Stafford (McCusker Centre for Action on Alcohol and Youth) and a snapshot of the Southern Forrest *Alcohol. Think Again* Project by Assunta Di Francesco (South West Community Alcohol and Drug Service).



Katie Gallagher, Ann-Marie Cuniffe and Alishia Cartmill from the Mental Health Commission facilitate the launch of the Prevention Network video conference.

MHC Senior Project Officer Katie Gallagher is encouraging AOD Prevention workers to join the network.

"It provides a forum for networking, cross-learning and sharing up to date information on AOD prevention," Ms Gallagher said.

"Involvement in the network includes monthly email updates, invitations to participate in regular video conferences and an opportunity to shape what's included in network presentations."

For more information and to register visit www.dao.health.wa.gov.au/Educationandtraining/PreventionNetwork

Green book hits the shelves

The Green Book Directory of Alcohol and other Drug and Mental Health Services in Western Australia is now available in print.

For the first time, alcohol and other drug and mental health services are listed in the one easy-to-use resource, thanks to a partnership between the WA Network of Alcohol and other Drug Agencies (WANADA) and the WA Association for Mental Health (WAAMH).

The Green Book builds on the popularity of the Directory of Community Alcohol and other Drug Agencies, last printed in 2006.

With the inclusion of mental health services and the complementary website and mobile application, the Green Book is more useful and accessible than ever before.

"Many people prefer to have a paper copy in their hand, while others are restricted in what they can access online," says WANADA Project Officer Geraldine Muriritirwa. "We're very excited to be offering the Green Book in print and believe it will be a valuable resource for anyone who needs quick access to information about WA's alcohol and other drug services."

To order your copy, please contact Geraldine Muriritirwa at WANADA on (08) 6365 6365 or via geraldine.muriritirwa@wanada.org.au

To view the Green Book online or to download the smartphone app, please visit www.greenbook.org.au



The Green Book Directory of Alcohol and other Drug and Mental Health Services in WA – now available in print and online.

Annual alcohol and drug conference

The Australasian Professional Society on Alcohol and other Drugs annual conference, 8-11 November 2015 in Perth, will showcase new treatments, prevention and policy in the areas of alcohol and other drug research.

This year's conference presents cutting edge research evidence and will deliver engaging local and international presenters. The program is shaping up to be one of the best yet, with the following speakers set to present:

International keynote speakers

- Prof Sandra Brown, Distinguished Professor of Psychology and Psychiatry, UC San Diego School of Medicine
- Prof Rebecca Cunningham, Emergency Medicine, University of Michigan Health System
- Prof Beau Kilmer, Co-director, Senior Policy Researcher, RAND Drug Policy Research Centre

Australasian keynote speakers

- A/Prof Adrian Dunlop, Conjoint Associate Professor, School of Medicine and Public Health Faculty of Health, University of Newcastle
- Dr Kairi K lves, Principal Research Fellow at the Australian Institute for Suicide Research and Prevention
- A/Prof Janie Sheridan, Research Director and Deputy Head of the School of Pharmacy, University of Auckland



- A/Prof James Ward, Head of Infectious Diseases Research-Aboriginal Health at the South Australian Health and Medical Research Institute in Adelaide
- Prof Ross Young, Executive Dean, Faculty of Health, Queensland University of Technology

Other speakers

- Kirsten Horsburgh, National Naloxone Coordinator, Scottish Drugs Forum
- Dr Michael Wright, National Drug Research Institute, Curtin University

For more information on the speakers and program please visit the website www.apsadconference.com.au

Be sure to secure your place by registering online. Register before Friday 28 August 2015 to take advantage of the early bird discounts available.



‘Vouching’ and working with community on service development

Starting a new alcohol and other drug

(AOD) service in the country does not just happen according to Palmerston CEO, Sheila McHale.

In January 2015, Palmerston were contracted to provide local services in Katanning, where Sheila said consultation, respect and partnerships were the key.

“Katanning is traditionally a meeting place for three Aboriginal tribes to trade and hold ceremonies. Today it is still a busy confluence of cultures,” Sheila said.

“With 51 cultural groups, large Aboriginal and farming populations, the region is complex and we knew that a different approach was vital in order to establish credibility and trust.”

Given this cultural diversity, the first challenge facing service coordinator Trish Hitchins, was how to engage quickly with the community and other services in the area.

Learning from Palmerston's experience with the Looking Forward Project, Trish said, “Our engagement process was to make contact with the elders in the Aboriginal Community through our Aboriginal Project Officer.”

She said that the team invited the local Aboriginal community to “drop in” and meet to yarn and establish respectful relationships.

“Through a system of “vouching” by the Elders, we were accepted with some of the key elders and potential consumers.”

This process has gradually extended to other service providers with an interagency group, which includes elders at every meeting.

The impact of this group includes sharing knowledge, fostering interagency relationships and referrals and following-up people who found it difficult to navigate the system. Trish also said that developing culturally appropriate protocols, establishing elders’ groups in outlying towns,

connections to the Aboriginal education officers in primary school and community events had a huge impact.

These events have increased community confidence to access services and have established Palmerston as an agency willing to support other services, and be prepared to help develop and build capacity within the community.

Palmerston Association manages the Great Southern Community Alcohol and Drug Service, and has been providing alcohol and other drug services in WA for almost 35 years.

Over the last 15 years the service has grown from three to 24 staff throughout Albany, Denmark, Mount Barker and Katanning. The services offered include counselling for individuals and families, activities and programs designed to prevent harm and ill-health, along with diversion programs.

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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Mental Health Commission

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