

Dr Fiona Lander: a future leader in global health and international human rights



Dr Fiona Lander visiting Perth.

Perth, and the National Drug Research Institute (NDRI), recently hosted an international human rights law expert who is completing her Masters at Harvard University.

Originally from Melbourne, Dr Fiona Lander is completing a Masters of Public Health at Harvard University as a Frank Knox Memorial Fellow, specialising in Law and Public Health.

As part of her degree Fiona spent three weeks working at NDRI at Curtin University on a research project concerning Indigenous health, substance use and the law.

Professor Dennis Gray leader of NDRI's Aboriginal Research Program, said during Fiona's time at NDRI she had focused on an important review of the impact of the Northern Territory's Alcohol Mandatory Treatment, and that NDRI had been fortunate to host her visit.

Fiona is a qualified Australian lawyer and medical doctor, graduating from Monash University with dual honours in Medicine/ Surgery and Laws, along with prizes in emergency medicine and her common law honours thesis on medicolegal liability in Australia.

Fiona has been recognised in the Australian Leadership Awards and as a leading woman in the field of global health by the Graduate Institute in its #wgh100 poll.

contents

Latest Alcohol. Think Again Campaign
page 3

New AOD Graduates
page 4

Jah Prayzah sings of A Better Fine
page 5

Drug and Alcohol Withdrawal Network
page 6

AOD Service Boost in Albany
page 8

Graduates Promote Good Health
page 9

Hope Springs in the Midwest
page 10

Health Hub for Halls Creek
page 11



Government of **Western Australia**
Drug and Alcohol Office

wanada
Western Australian Network of
Alcohol & other Drug Agencies

Welcome to *drugspeak*

Welcome to the first edition of *Drugspeak* for 2015.

By the time the next edition is published in August 2015, we expect the Drug and Alcohol Office will have amalgamated with the Mental Health Commission, as part of the Machinery of Government change announced in April 2013. The new amalgamated organisation will be known as the Mental Health Commission, and this will be reflected in all our future communications.

As part of this change, on page 6 of this edition you'll find more information about the draft *Mental Health, Alcohol and other Drug Services Plan 2015-2025*, which has been open for community input. Community consultations have been taking place throughout WA since December last year, and we are looking forward to seeing the outcomes of this process.

Community support for alcohol and other drug services is important, as you will find in



Jill Rundle and Neil Guard.

the story of the Hope Springs Therapeutic Community in the Midwest. Hope Community Services worked closely with the local community in the planning stage of the 27 acre Hope Springs property, which supports people to address issues related

to alcohol and other drug use while gaining confidence and work skills.

St John of God Healthcare Subiaco's Drug and Alcohol Withdrawal Network recently worked with a Diversion client referred from Holyoake to support him to withdraw from cannabis use. Eddy's story demonstrates how a supportive network of family and friends, combined with treatment from specialist alcohol and other drug services can help people to change their lives for the better.

The Drug and Alcohol Office is now pleased to offer e-Learning courses to people who work with clients who experience problems related to alcohol and other drug use. This is just one example of how the sector is continuing to maintain and improve its knowledge of alcohol and other drug prevention and treatment in order to offer the best possible services to the WA community.

And finally, at left is the latest in the series of Drug and Alcohol Office infographics, which have been designed to present the latest facts and figures in a visual format which can be easily circulated, especially in a social media environment. This Australia Day infographic was posted to the *Alcohol. Think Again* website and shared via social media forums, which is a great, innovative way to get important harm prevention messages out to the community.

Jill Rundle
Chief Executive Officer
WANADA

Neil Guard
Executive Director
Drug and Alcohol Office



Latest Parents, Young People and Alcohol campaign

To coincide with the start of the 2015 school year, the Drug and Alcohol Office relaunched the *Alcohol.Think Again* campaign to get the message out that 'no one should provide alcohol to under 18s.'

Gary Kirby, Director of Prevention and Workforce Development at the Drug and Alcohol Office said the latest campaign phase kicked off on 1 February 2015, and aimed to prevent alcohol related harm among young people.

"In Western Australia young people live in a culture that has relaxed views towards alcohol - an adult world that they aspire to be part of," Gary said.

"Providing alcohol to under 18s increases their risk of physical, emotional and developmental harm.

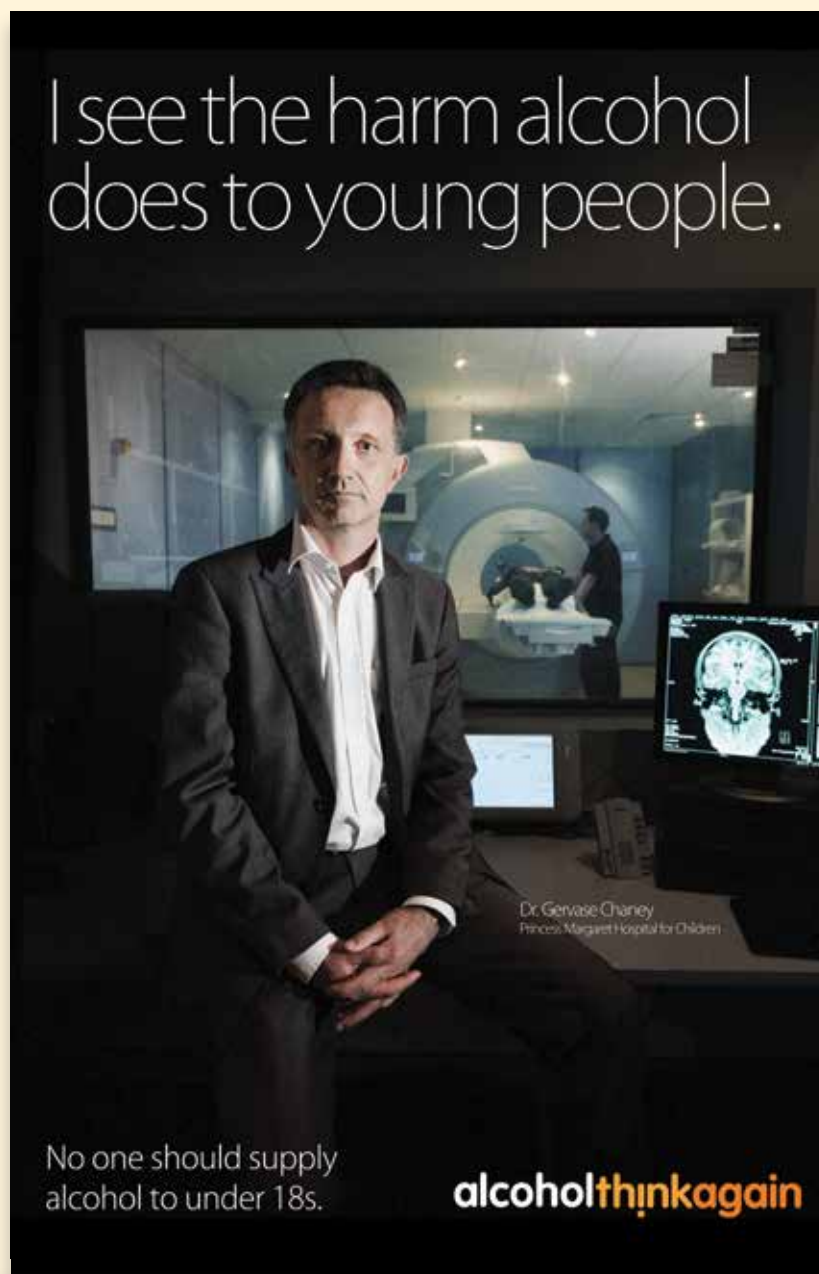
"Parents can play a key role in helping young people avoid harms associated with alcohol, and the evidence tells us there are some important things parents can do."

He emphasised the importance of parents having ongoing conversations with their under 18s about alcohol.

"These conversations are when you communicate your beliefs and expectations, so they know why you're telling them not to drink alcohol before they turn 18," Gary said.

He also highlighted the need for parents to supervise their children by knowing where they are, who they are with, and the importance of not providing them with alcohol at home or to take out.

Along with state-wide television, press and online advertising, and support information for parents and communities, this phase of the campaign will introduce two new billboard advertisements.



Above: outdoor advertising for campaign.

Left: Alcohol and Young People infographics poster.

These will be placed near secondary schools and within 300 metres of alcohol retailers to remind people when they may be purchasing alcohol, that 'No one should provide alcohol to under 18s'.

For information about the campaign and tips for parents visit www.alcoholthinkagain.com.au

This phase of the *Alcohol.Think Again* campaign is a joint initiative between the Drug and Alcohol Office, Curtin University and the Telethon Institute for Child Health Research and will run across a six week period.

Alcohol and Young People (12-17yrs)

In WA, fewer young people are choosing to drink alcohol.



However, of those who drank in the last week, more are drinking at harmful levels.

Research shows that approximately:



1 in 4 young people had never tried alcohol.



1 in 6 drank alcohol in the last week.

Of those who drank in the last week:



1 in 3 drank at levels considered harmful for adults.



The average amount consumed was 6.5 standard drinks.

They got their alcohol from:



28% Parents

26% Friends

23% Someone else bought it for them

Drinking alcohol from a young age increases the risk of health problems.

memory problems
learning difficulties
lack of concentration
academic failure
problems with family and friends
risky sexual behaviour
physical injury
increased risk-taking
anti-social behaviour
poor mental health
depression self-harm
suicide

For under 18s, NO alcohol is the safest choice

Of those who drank in the last week, behaviours* after drinking included:



40% Vomiting



27% Arguing



13% Hitting someone or having a fight

We all want to see our children reach their potential.

That's why no one should supply alcohol to under 18s.

New Aboriginal alcohol and drug worker graduates



Minister for Mental Health Helen Morton (left) with the first 10 graduates of the Certificate IV training program.

The first 10 West Australian graduates to receive a Certificate IV in Alcohol and Other Drugs to support people using alcohol and other drugs were congratulated at a ceremony in Mount Lawley on 20 February.

Certificate IV graduates from across Western Australia now have a unique skill set to support Aboriginal people facing complex health and social issues around the use of alcohol and other drugs.

Graduate Jonothan Campbell, who is the Manager at the Wyndham Community Centre, said the training was quite close to his heart.

"Completing this training benefits not only

myself, but also the health and wellbeing of my community," Jonothan said.

Aboriginal Diversion Worker Kathleen Musulin said "the training validates everything that I do on a daily basis in my community as an alcohol and other drug counsellor."

The Minister for Mental Health Helen Morton attended the event to congratulate the graduates, and present their certificates.

"This new training program develops knowledge and skills, so Aboriginal workers can support people living in their community struggling with mental health, alcohol or other drug issues," the Minister said.

The Certificate IV builds on the Certificate III in Community Services Work (Aboriginal alcohol and other drug worker training program) with learning materials and methods being developed by Aboriginal professionals to provide an Aboriginal perspective by introducing culturally secure models of practice, and ways of working.

The Drug and Alcohol Office is a Registered Training Organisation which has delivered unique, culturally relevant and nationally recognised training for the past 12 years.

People interested in alcohol and other drug training can visit www.dao.health.wa.gov.au or contact the Drug and Alcohol Office on (08) 9370 0333.

Assessment and treatment resource update

The Drug and Alcohol Office has released an updated resource for use by doctors and nurses when assessing and treating a patient with alcohol dependence.

Dr Allan Quigley, Clinical Director at Next Step Drug and Alcohol Services said *A brief guide to the assessment and treatment of alcohol dependence*, was developed using the principles of evidence based medicine.

"This guide is a very useful resource for health professionals, counsellors and other workers looking for detailed information about the medical treatment of alcohol dependence," Dr Quigley said.

"This updated version has incorporated the most recent research findings on the assessment, treatment and management of alcohol-dependent patients.

"This includes the American Psychiatric Association's updated criteria for Alcohol Use Disorder in the Diagnostic and Statistical Manual 5th edition."

The manual provides information and guidance for mental state assessment, physical examination and the treatment of withdrawal and dependence. Integral to this is relapse prevention and management, including pharmacotherapies and counselling.



Anybody interested in securing a copy of this free resource is encouraged to contact DAO.education@health.wa.gov.au

Jah Prayzah sings of A Better Fine

Popular Zimbabwean musician **Jah Prayzah** features in a new video about alcohol and other drug (AOD) and mental health issues produced by the WA Network of Alcohol and other Drug Agencies (WANADA).

In Perth with his band The 3rd Generation for a show at the Astor Theatre, Jah Prayzah worked with WANADA's 'A Better Fine' project team to record the video.

"We wanted to reach out to Zimbabweans living in Perth," says WANADA Project Officer Geraldine Muriritirwa, who approached Jah Prayzah to participate. "Jah Prayzah made it easy - speaking in Shona, playing the mbira and translating our message into song."

A Better Fine is funded by the Australian Government Department of Health and is one example of how the AOD sector in Western Australia is engaging with people from specific population groups.

For more information, please contact Geraldine Muriritirwa on (08) 6365 6365 or via geraldine.muriritirwa@wanada.org.au, or visit the WANADA website at www.wanada.org.au



Zimbabwean musician Jah Prayzah in WANADA's 'A Better Fine' project.

A revised Drug and Alcohol Interagency Strategic Framework for WA

The Drug and Alcohol Interagency Strategic Framework for Western Australia 2010-2015 (the Framework) provides a guide for government, non government and the community in addressing the adverse impacts of alcohol and other drug-related problems in Western Australia.

The Framework is due to expire in 2015 and the Drug and Alcohol Office has commenced the process of its redevelopment.

The goal of the current 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 key approaches outlined within the 2011-2015 Framework remain appropriate, the strategy document will be updated to build on past achievements and reflect changes in drug issues and trends; gaps in current service provision; new Government policy positions and strategic directions such as those outlined in the *Western Australian Mental Health and Alcohol and Other Drugs Services Plan 2015-2025*; and new and emerging evidence.

The development of the new Framework will be the responsibility of the Drug and Alcohol Office and overseen by the Drug and Alcohol Strategic Senior Officers Group.

Significant input into the revised Framework will be sought through consultation with key stakeholders and the community.

The process of developing the new Western Australian Framework also coincides with revision of the *National Drug Strategy 2016-2021*.

The revised Framework is due for completion prior to the end of 2015 and will span the period 2016-2020.

Drug and Alcohol Withdrawal Network – Eddy’s story

Eddy was referred to the Drug and Alcohol Withdrawal Network (DAWN) by his counsellor at Holyoake, for assistance with stopping his use of cannabis. At 26 years of age Eddy had been using cannabis dependently for six years, smoking 3 to 5 grams a day.

When Eddy was found guilty of possession of cannabis with intent to supply, he was placed on a court diversion program known as STIR (Supervised Treatment Intervention Regime), and was assigned a Court Assessment, Treatment and Supervision (CATS) officer. He undertook urinalysis twice a week, and was required to attend Holyoake for drug and alcohol treatment as part of his program.

Suffering from anxiety since childhood, and being on antidepressants, Eddy said he had been unemployed for 12 months due to his cannabis use. He was overweight and aware that his sedentary lifestyle, lack of motivation to exercise, cannabis use and lack of a job all compounded each other. Eddy lived with his partner, Courtney, who worked full time and did not use cannabis which was a vital support for him.

Eddy gave DAWN permission to share information with his doctor, partner, Holyoake counsellor, CATS officer, and his mother.

The DAWN nurse liaised with Eddy’s doctor, and he was prescribed medication to ameliorate his withdrawal symptoms.

Sleep was Eddy’s primary concern and he had been relying on cannabis to get to sleep, which meant his cravings occurred mainly at night. The DAWN nurse discussed good sleep habits with Eddy, encouraging him to exercise and eat well and focus on positive lifestyle habits rather than medication for sleep.

Visiting daily Monday to Friday to support him through the most acute stage of his withdrawal, the DAWN nurse and his



Team at the Drug and Alcohol Withdrawal Network at St John of God Hospital.

partner supported Eddy to complete an uncomplicated cannabis withdrawal, as well as meeting the conditions of his STIR program.

As he was engaged with an alcohol and other drug counsellor, Eddy was discharged from DAWN two weeks after ceasing his cannabis use. The DAWN nurse also referred Eddy to a Personal Helpers and Mentors Employment Service for support to find a job.

Please note the names used in this story have been changed to protect privacy.

Local feedback sought on mental health, alcohol and other drug reform priorities

Eight regional community consultation forums and nine metropolitan forums were held across the State to provide an opportunity for feedback and questions about the draft *Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025*, which was released for consultation in December.

Mental Health Commissioner Timothy Marney and Drug and Alcohol Office Executive Director Neil Guard both attended many of the consultations to answer questions and to hear community members’ views on how to improve services, and support for local people with mental health, alcohol and other drug problems.

Mental Health Commissioner Timothy Marney said the Plan set an ambitious, but much needed reform agenda for the next 10 years and identified the needs of the current and future population and the best mix of services to meet these needs.

“We now have a blueprint to guide phased sector-wide reform and investment with a strong focus on expanding community-based services across the State,” Timothy said.

“Before we proceed to finalise the Plan we wanted to see if we’ve got the priorities right, and to identify any gaps in what we’ve mapped out so far.

“The Plan has identified the need to move hospital and community services to outer metropolitan and regional locations where possible and to give people, their families and carers earlier access to personalised, responsive and high quality services, closer to their homes.

“Focus would also be given to building community residential and non-residential treatment and support services for people with either mental health, alcohol and other drug or co-existing problems.”

Drafted by the Mental Health Commission, Drug and Alcohol Office and the Department of Health, the Plan was based on best-practice modelling and has already had input from more than 1,400 stakeholders, including sector agencies, clinicians, consumers, families and carers.

In addition to the eight regional forums, seven forums for the Plan streams were held in the metropolitan area, as well as one public forum and one consumer, carer and family forum. Feedback could also be provided anytime until 31 March via the online survey on the internet.

For more information, and to read the Plan, visit www.dao.health.wa.gov.au

Consumers' forum paves the way for greater involvement

Over 70 consumers met to discuss ways to improve consumer involvement in the alcohol and other drug (AOD) sector at a forum held in November by the Drug and Alcohol Office (DAO) in partnership with the WA Network of Alcohol and other Drug Agencies (WANADA) and the WA Substance Users' Association (WASUA).

Independently facilitated by Professor Margaret Hamilton AO, the forum provided the opportunity for AOD consumers to come together and share ideas about how consumers can inform the work of the AOD sector.

"It's clear that consumers are interested in participating in a range of activities in the AOD sector," says DAO Director of Policy, Strategy and Information Myra Browne. "From individual treatment planning to input into sector policy and planning, consumers want to be involved."

Consumers can make a valuable contribution to the planning, implementation and evaluation of health services, including AOD services.

"There's strong support from Australian consumers and service providers for improved consumer involvement in the AOD sector at both the state and national level," says WANADA CEO Jill Rundle.

Consumers at the forum identified the need for:

- More opportunities for consumers to be involved in strategic policy development and planning, as well as the ability to provide meaningful feedback at an organisational level.
- Support for consumers through training (co-designed by consumers and service



Jill Rundle (WANADA), Angela Corry (WANADA), Carla Patterson (DAO) and Myra Browne (DAO) working towards greater consumer involvement in the WA alcohol and other drug sector.

providers). Up-skilling and peer support is required to enable more people to participate.

- Breaking down barriers for consumers to give feedback at the service level, including the opportunity for consumers to provide meaningful, confidential feedback to their service provider.
- Ongoing, rather than 'one-off', opportunities for consumers to be involved at all levels.
- Ensuring that more consumers can be involved and more voices heard.

- Empowering consumers to be involved in the development of strategies to reduce the stigma associated with being an AOD user.

"There needs to be a significant attitudinal change to allow progress in this area and this will take time," says Jill. "With further planning and consultation, we hope to ensure appropriate supports are in place for both consumers and service providers."

A full report on the forum and its findings is available on the DAO, WANADA and WASUA websites.

Annual Scientific Alcohol and Drug Conference 2015

The APSAD Annual Scientific Alcohol and Drug Conference

is an exciting and unique conference that showcases new treatments, prevention and policy in the areas of alcohol and other drug (AOD) research and this year the conference is coming to Perth.

The 2015 Conference being Held at the Pan Pacific Hotel from 8 – 11 November, offers an engaging program of relevance to multiple disciplines and numerous opportunities to network and exchange ideas.

This annual event is a must for all health professionals with an interest in the AOD field, providing original and innovative work from the field. All disciplines are encouraged to come together and share experiences, new research and discuss national and local responses in Australasia.



The Conference is convened by the Australasian Professional Society on Alcohol and other Drugs (APSAD) who are the Asia Pacific's leading multidisciplinary organisation for professionals involved in the AOD field.

The annual APSAD Scientific Conference plays an important role in the Society, providing an important avenue for APSAD to promote the use of best practice approaches in the prevention, early intervention and treatment of AOD problems.

In 2015 the APSAD Conference will be in its 35th year. International speakers and the program overview will be available at www.apsadconference.com.au in April 2015.

Alcohol and other drug service boost in Albany

The Great Southern Community Alcohol and Drug Service has moved to bigger and better premises. Mental Health Minister Helen Morton said the Albany office was part of a network of community alcohol and drug services throughout Western Australia which provided counselling, treatment and prevention activities to people.

"These larger premises will provide more office space, work areas and significantly improved access for people with disability," Mrs Morton said.

"Other health and mental health services are also in the vicinity, which will also help people easily access similar services."

Bram Dickens, Palmerston's acting Chief Executive Officer said the opening was well attended by many other local community agencies.

"The new site in Albany will enable Palmerston to build on the work we have been doing with the community, and the relationships we've developed over many years, and continue delivering quality services to people needing alcohol and other drug support," Bram said.

"The building is professionally fitted out and we expect that our consumers and staff will benefit from these improvements."

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



(L-R) Consumer advocate Julie Smith, Mental Health Minister Helen Morton, Palmerston Chief Executive Officer Sheila McHale and Great Southern Community Alcohol and Drug Service Manager Ben Headlam with a sculpture from Palmerston's artwork program.

outpatient counselling for individuals and families, activities and programs designed to prevent harm and ill health, along with diversion programs.

In 2012, Palmerston leased the new premises in Albany, and in 2013 the Drug and Alcohol Office provided \$242,000

funding towards the renovation and fit-out costs for the new premises, along with a Lotterywest grant of \$90,000.

The new premises are located at Unit 3, 90 Frederick Street, Albany and can be contacted on phone number (08) 9842 8008.

Expansion of Alcohol Diversion Pilot ready for Evaluation

The Pre-sentence Opportunity Program (POP) is an early intervention program originally limited to people with illicit drug-related problems attending court. The program allows people to be referred to treatment after their initial court appearance, and to have their engagement in this treatment taken into account when they are sentenced.

In July 2013, the Drug and Alcohol Office, with support from the Department of the Attorney General, commenced a pilot of POP at the Perth Magistrates Court to include alcohol. The pilot broadened the inclusion criteria of POP to include adult offenders with alcohol-related, as well as illicit drug problems.

Following the broad stakeholder support of the pilot in the Perth Magistrates Court, the pilot was further expanded in March 2014 to include all Perth metropolitan courts. This included Fremantle, Joondalup, Midland, Armadale, Mandurah and Rockingham Courts.

Tabetha McCallum, Manager of the WA Diversion Program at the Drug and Alcohol Office said both the pilot and the expansion continued to be supported by stakeholders, including magistrates and legal practitioners.

"The inclusion of alcohol was something all stakeholders had been keen to pilot, especially given the link between alcohol use and crime," said Tabetha.

"So far it seems to be worth continuing and perhaps even expanding to regional courts."

The pilot is now ready for formal evaluation to determine participation and engagement levels, treatment outcomes and review the processes used. As long as the findings are positive, the evaluation will also support the case for possible further expansion of the POP pilot to regional sites in WA.

For more information on POP, or the evaluation, please contact Tabetha McCallum on (08) 9370 0316, or visit www.dao.health.wa.gov.au/Informationandresources/WADiversionProgram

Graduates promote good health

Recent university graduates Chanelle Smith and Vanessa Vidler are putting their skills to work in the alcohol and other drug (AOD) sector thanks to a new graduate placement program.

The Western Australian Network of Alcohol and other Drug Agencies (WANADA) is piloting the program with funding from the Australian Government Department of Health. The program builds on WANADA's student placement program and promotes employment in the AOD sector.

"We know the value of allied health graduates to AOD work," says WANADA's Sector Development Manager Angela Corry. "We want graduates to consider how their skills can be applied in the AOD sector and to give them exposure to the AOD field early in their careers."

WANADA has employed two graduates for the four month pilot, which sees the graduates seconded to AOD services. Services contribute to the cost of employing the graduates so that the program may continue.

"Our graduates are finding their place quickly," says Angela. "They're already adding to the invaluable work of the sector."

Vanessa has a Master of Nutrition and Dietetics from Edith Cowan University and is working with Mission Australia's Drug and Alcohol Youth Service to create an environment that promotes healthy eating at its residential service.

"The graduate secondment has been a very valuable learning experience," says



Recent university graduates Chanelle Smith and Vanessa Vidler are contributing their health and wellbeing knowledge to the alcohol and other drug sector.

Vanessa. "I'm looking forward to what the rest of the secondment has to bring."

Chanelle has a Graduate Diploma of Health Promotion from Curtin University and is working with Palmerston on a health promotion project plan to engage young people through social media.

"I feel lucky to be putting my health promotion skills into practice," says Chanelle. "It's challenging but very exciting and I'm looking forward to the end result."

For more information, please contact Angela Corry on angela.corry@wanada.org.au or (08) 6365 6365.

Professional development in drugs, policy and public health

People working in the alcohol, drug and wider public health sector will have a professional development opportunity, focussed on alcohol and other drug (AOD) research and policy, available to them in Perth in mid-2015.

Effective policy development requires a high level of background knowledge of the evidence and challenges, knowledge of key population groups impacted by AOD use, and awareness of the policy development framework at various levels of government.

Presented by experts at the National Drug Research Institute and other international opinion leaders, the one-week intensive Drugs, Policy and Public Health program gives participants the historical and epidemiological background to AOD use and evidence-based policy in Australia.

It covers relevant theoretical models, and provides practical insights into enhancing drug policy with specific populations, such as

injecting drug users and Aboriginal Australians; the community; and in emerging areas such as drugs and the internet.

The overall aim is to provide participants with a framework to improve integration of research into drug policy formulation at local, state, national and international levels.

Program participants will receive a Certificate of Completion.

Drugs, Policy and Public Health will be held on 20-24 July 2015 at the National Drug Research Institute in Shenton Park. Registrations close 19 June and the cost is \$990 per person (early bird rates are available).

For more information, contact (08) 9266 1600, email ndri@curtin.edu.au or visit ndri.curtin.edu.au/events/ndri150720

Hope Springs in the Midwest

About 30 kilometres out of Geraldton, a group of participants in Hope Community Services' residential rehabilitation program are building their future on a 27 acre plot of land, naming it Hope Springs.'

The farm program is based on the Therapeutic Community model and aims to become partially self-supporting through social enterprises carried out by the staff and residents.

The group has so far cleaned up an area of native bush, restored walking tracks and will shortly put up shade houses for the first crops.

A local permaculture expert regularly visits to share her knowledge and skills, and links with TAFE are also being established.

However, the road to 'Hope Springs' has not always been smooth. The acquisition of the land was made possible through a robust



Residents and staff at Hope Springs after a day of work on the farm.



Permaculture expert Julie teaches residents about pollination at Hope Springs.

and sometimes challenging stakeholder engagement process lasting almost two years.

Although local residents agreed that alcohol and other drug services were needed in the Midwest, lack of information and the stigma associated with these issues made it essential for Hope Community Services to provide a steady stream of information, and to listen to their concerns and advice.

"We've learnt how important it is for us to meaningfully engage with local stakeholders," said Hope CEO Debra Zanella. "It wasn't enough to offer a service, it was necessary to open ourselves up to truly becoming part of that broader community and asking for its input.

"We will continue to apply this learning, not only at Hope Springs but across our other services."

E-Learning@DAO

In late 2014 the Drug and Alcohol Office launched their Learning Management System (LMS) which is a software application for delivering online training content.

The Drug and Alcohol Office is now pleased to announce the following online training packages to people interested in learning more about a variety of topics related to alcohol and other drugs (AOD):

- Introduction for Alcohol and Other Drugs; consisting of six modules covering general introductory information about AOD and is suitable for all workers.
- Alcohol and Other Drugs resource for the Culturally and Linguistically Diverse Sector (CALD); developed collaboratively with the Women's Health Services specifically for the Culturally and Linguistically Diverse sector; and

- Community Program for Opioid Pharmacotherapy (CPOP) Online Training Program; designed for Western Australian pharmacists and other health professionals dispensing opioid substitution treatment in the form of supervised methadone and buprenorphine doses to CPOP clients.

These online training packages are open to Western Australian professionals over the age of 18 in the human services sector, workers new to the AOD sector and tertiary students.

Mr Gary Kirby, Director of Prevention and Workforce Development at the Drug and Alcohol Office said more than 1000 people had accessed these packages from a variety of agencies across Western Australia.

"It is expected that this number will significantly increase once the LMS is promoted; new programs are launched and demand for online learning within the sector increases," Gary said.



Online learning packages currently in development by the Drug and Alcohol Office include Fetal Alcohol Spectrum Disorders (FASD) Prevention in conjunction with the Telethon Kids Institute, Volatile Substance Use, Prevention of Alcohol and Other Drug-Related Harms and Alcohol Brief Intervention.

E-Learning@DAO can be accessed through www.dao.health.wa.gov.au/Educationandtraining/ElearningDAO.aspx

New report on Halls Creek liquor restrictions

A State Government report released on 5 February, shows reductions in alcohol-related harm in Halls Creek have been sustained five years after liquor restrictions were introduced in 2009.

During a visit to open a new service in Halls Creek, Mental Health Minister Helen Morton said the Drug and Alcohol Office report on the impact of liquor restrictions showed the community was continuing to benefit from less takeaway alcohol.

"Five years after liquor restrictions were introduced, the number of people attending hospital emergency departments with alcohol-related injuries is still 39% fewer than in the year before restrictions were introduced," Mrs Morton said.

"The proportion of assault and domestic violence offences that are alcohol-related has dropped substantially, and the number of these offences has more than halved.

"These are positive outcomes for people living in Halls Creek, but to be sustainable liquor restrictions need to coincide with appropriate prevention, treatment and support services."

The Minister was in Halls Creek to open an alcohol and other drug treatment service on a site previously used as a sobering-up centre.



Local and regional staff from the Kimberley Mental Health and Drug Service.

"Reduced need for a place to sober up, and increased demand for a place people can go to access treatment for their alcohol, drug and mental health problems, is a significant positive change for the community here," she said.

On May 18, 2009 the Director of Liquor Licensing imposed liquor restrictions in Halls Creek that prevented the sale of takeaway alcohol above 2.7%.

To view the report, visit www.dao.health.wa.gov.au

Health hub for Halls Creek communities



Halls Creek service project coordinators Mike Heath, Drug and Alcohol Office, and Marianne Vandale, Kimberley WA Country Health Service.

Halls Creek and surrounding communities will now be able to access alcohol, drug and mental health treatment, support and harm prevention services in the one place with the opening of the Halls Creek health hub on 5 February 2015.

Officially opening the new service, Mental Health Minister Helen Morton said \$620,000 had been provided to the Drug and Alcohol Office by the State Government's Royalties for Regions program to re-fit the former sobering-up centre.

"This new Halls Creek office of the Kimberley Community Alcohol and Drug Service is in addition to services located in Broome, Kununurra, Derby and Fitzroy Crossing," Mrs Morton said.

"The service includes three alcohol and other drug workers and a prevention officer, with all staff being housed locally in Halls Creek. In addition, the service also has one mental health worker based at the facility, with other staff visiting on a regular basis.

"The Kimberley Community Alcohol and Drug Service is combined with the Kimberley Mental Health Service enabling better case management of clients with co-occurring alcohol, drug and mental health issues, and we are looking to replicate this in other parts of the State."

The Kimberley Community Alcohol and Drug Service is operated by the WA Country Health Service.

Looking forward to better services for Nyoongar families

Service providers have developed greater confidence in delivering mental health, and alcohol and other drug services to Nyoongar people thanks to an innovative project designed to incorporate the 'Nyoongar world view' into service provision.

The Looking Forward Aboriginal Mental Health Project's key objective is to change the way services are delivered to Nyoongar families in the south eastern suburbs of Perth. The project has brought several service providers together with about 20 Nyoongar Elders, to help the service engage with the local community, so local people are more comfortable accessing services.

"Service providers have developed greater confidence and competence to approach their work with renewed insight and purpose, using their skills to greater effect, for the benefit of Nyoongar clients and their families," Project Lead Michael Wright said.

"The ripple effect is that Nyoongar people begin to trust services where there was great distrust previously."



Above: Nyoongar Elder Charlie Kickett and Sheila McHale, CEO of Palmerston Association, attended the Looking Forward Project Christmas Luncheon. They have been working together along with Palmerston staff and other local Elders for the past 18 months.



Francis Lynch, Chief Executive of Ruah Community Services, said: "This is not a journey that takes you from A to B; it's a meandering experience."

Warwick Smith, Director of youth mental health services, said the project challenged usual notions of service delivery, "This Project challenges the silos organisations often work in and promotes a collective way of working."

Drugspeak is a partnership newsletter of the Western Australian alcohol and other drugs sector. It is produced triannually by the Drug and Alcohol Office (DAO) 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@health.wa.gov.au, or for enquiries phone (08) 9370 0343. The views expressed by contributors are not necessarily those of DAO or WANADA.

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



Government of Western Australia
Drug and Alcohol Office

7 Field Street
Mt Lawley WA 6050
Ph: (08) 9370 0333
Fax: (08) 9272 6605
www.dao.health.wa.gov.au



PO Box 8048
Perth WA 6849
Ph: (08) 6365 6365
Fax: (08) 9328 1682
www.wanada.org.au