

Resources and tools

Development of local tools and resources

Divisions developed a number of local resources and tools for use by GPs and other health professionals. These included referral proformas, service directories, care pathways, and GP resource kits. Resource kits often included a range of screening and assessment tools.

By providing pertinent information and practical tools these resources were designed to aid GPs in the assessment and treatment of alcohol and mental health problems. The resources also served to enhance partnership working and building relationships between GPs and other service providers. Ultimately, the resources have also enhanced the treatment process for consumers, as the beneficiaries of greater GP awareness and confidence in engaging in the shared care process.

Examples

This section features the following examples of resources developed at the local level that may be useful for adaptation to other areas:

- Eastern Ranges and partners local referral pathways

- Illawarra and Shoalhaven Directories

- Illawarra and Shoalhaven Child and Adolescent Mental Health Referral Form

- GP Coastal-Osborne North Metro Area Quick Reference – Alcohol and other Drug Treatment and Support Services

- Townsville Resource Kit – Contents page¹

- Capricornia Web-based Resources

- Capricornia Referral Request Template

- Capricornia Agency Feedback Form

¹ The complete Townsville resource kit can be downloaded from the division's website. See descriptor in the overview of the resources section.

- Yorke Peninsula and partners pathways of comorbidity management

- Yorke Peninsula Screening Kit

- Yorke Peninsula Resource Kit Order Form

- GP North (Northern Tasmania) Referral and Intake Protocol

- NSW Outback Bourke Directory of Alcohol and other Drug Services

- Adelaide Northern mental health assessment and plan

- Adelaide Northern risk assessment referral form

- Adelaide Northern quick reference directory

- Central Sydney-Canterbury translations of consumer resources (Italian and Vietnamese)

- Central Sydney-Canterbury Drug Health Services and Referral Guide

- Dandenong and partners guide to referring to drug and alcohol services

Eastern Ranges and partners local referral pathways

The Eastern Ranges GP Association worked in partnership with Inner Eastern Melbourne, Knox and Whitehorse divisions. Referral pathways for mental health and drug and alcohol services were produced and distributed to GPs as part of the project.

A guide was developed for each Local Government Area (LGA) covered by the project: the example here is for the LGA of Boroondara.

Referring Clients within the Boroondara Municipality to Mental Health Services

Counselling

Patient wants to talk to someone about their problem...

St Vincent's Psychiatric Triage
1300 558 862

SANE Helpline 1800 688 382

Consider referral to Access to Allied Psychological Support –contact IEMDGP 9816 9096

www.beyondblue.org.au (information)

PADA Panic Anxiety Depression Assistance 9886 9400

See page 2 for Dual diagnosis

Acute/Psychiatric

Patient is in need of psychiatric help.

St Vincent's Psychiatric Triage
1300 558 862

The Melbourne Clinic intake department
9420 9340

Private Psychiatry Referral Directory
www.raegp.org.au/psychiatricdatabase/loginrequired.asp

List Bi-lingual MH Professionals
www.vtpu.org.au/resources/bilingualdirectory

Pharmacotherapy

Patient wants to find out about Serotonin Reuptake Inhibitors, etc.

NPS Medicines Line for consumers:
1300 888 763

Local Pharmacist

www.beyondblue.org.au

Antenatal/Postnatal

Patient wants to talk to someone about antenatal/postnatal depression

PANDA 9428 4600
Maternal & Child Health Line 132 229
Australian Multiple Birth Association of Australia (AMBA) 9513 2050
SANDS 9899 0218
SIDS & KIDS 9822 9611

Emergency Relief

Patient needs accommodation /outreach services.

Camcare emergency relief- food/travel
Boroondara 9882 2216
Kew 9885 0366

Salvation Army East Care-Accommodation /finance
Hawthorn 9851 7800

Additional Services & Advice

Information on referring to mental health services:
St Vincent's Psychiatric Triage 1300 558 862
www.health.vic.gov.au/mentalhealth/services

Information on assessment or secondary consultation:
Yarra Boroondara PMHT 8415 0522
Private Psychiatrist one off assessment MBS item 291 or shared care.

Centre for Excellence in Eating Disorders 9342 3082
GP Psych Support Advice in 24hrs 1800 200 588

Additional Service Contacts

For information about accessing St Vincent's Health Services, contact the triage number 1300 558 862 for:

Up to 18 years:

Austin CAMHS 9496 3620, AH 9496 5000

18-64 years:

St Vincent's Mental Health Services LGAs- Boroondara/Yarra

65 years +

St George's Hospital, 9272 0443, AH: 1300 558 862

Urgent — CATT

Help Lines:

Lifeline 13 11 14

Suicide Helpline 1300 651 251

Kids Helpline (5-18yo) 1800 551 800

Mensline 1300 789 978

Non-crisis Helplines

SANE Helpline (info & referral) 1800 688 382

OCD & Anxiety Helpline 9886 9377

Anxiety

Anxiety Recovery Centre Victoria 9886 9233
(Support & Social Groups, Information kits & publications, carer support and recovery programs)

Translated Mental Health Information

www.vtpu.org.au/resources/translatedmh.php

Multicultural mental health info—www.mmha.org.au

Aboriginal Issues

Mullum Mullum Indigenous Gathering Place 9871 1845

See Division website: www.iemdap.com.au

Acronyms

PMHT—Primary Mental Health Team

CAMHS—Child & Adolescent Mental Health Services.

APATT—Aged Psychiatry Assessment & Treatment Team

CATT—Crisis Assessment & Treatment Team

OCD—Obsessive Compulsive Disorder



Referring Clients within the Boroondara Municipality to Drug & Alcohol Services

Counselling

Patient wants to talk to someone about their drug/alcohol problem.

Addictions licit/illicit/script
 EDAS 1300 650 705
 (incl Youth Outreach)
 Tranx 9886 0955
 Turning Point Alcohol & Drug Centre, youth & adult (GP referral, bulk billed) 8413 8413
 Salvation Army East Care Network
 Hawthorn 9851 7800
 Box Hill YSAS 9890 7855
 Quidline 13 18 48
Dual Diagnosis
 Eastern Health Dual Diagnosis Service 9843 1277 or 0439 039 356
 Turning point specialist clinical services 8413 8413
 Northern Nexus Dual Diagnosis Service 9288 3824
Support for Health Professionals with a D & A Problem
 EHADS 9843 1288
Overdose Response
 EHADS 0408 556 973

Pharmacotherapy

I want to find out about Naltrexene, Methadone, etc.

Pharmacological Prescribing Service:
 EDAS @ Inner East Community Health Service 9818 6703 or Eastern Access Community Health 9871 1800

Maintenance Pharmaco-therapy

Services:
 Turning Point 8413 8413



Withdrawal

Patient wants to get off drugs.

Home Based Outpatient
 Box Hill YSAS 9890 7855
 Turning Point 8413 8413
 EHADS 9843 1288
Inpatient/Residential and Longer Stay
 The Melbourne Clinic Inpatient substance abuse detoxification 9420 9340
 De Paul House (St Vs) 9288 2624
 EHADS, Wellington House 9843 1288
 YSAS—Glen Iris & Fitzroy 9418 1020
 or Birribi, Eltham (long stay) 9430 2300
 Odyssey House 9420 7610
 (costs apportion of DSS benefits)
 Maroondah Addictions Recovery Projects (MARP) 9737 6540

Emergency Relief

I need accommodation/ Outreach services.

Caricare emergency relief- food/travel
 Boroondara 9882 2216
 Kew 9885 0366
 Salvation Army East Care -accommodation/finance
 Hawthorn 9851 7800

Additional Services & Advice

For any concerns about referring a client to drug and alcohol services:

Directline 1800 888 236
General advice regarding a client with drug and alcohol service needs:

DACAS 9416 3611
 EHADS 9843 1288

For secondary consultation:

EDAS 1300 650 705
 Dual Diagnosis Services

REFERRAL CHECKLIST

When referring clients to drug and alcohol services, it is advisable to suggest they take:

1. Current GP details.
2. A list of current medications.
3. Details of any person/agency the client is seeing.
4. Someone to support them.

Additional Service Contacts

Needle Syringe Exchange Program:
 CHOPER (outreach) 0414 266 203
 City of Boroondara, Health Services
 360 Burwood Rd, Hawthorn 9278 4444
 Swinburne Health Services 9214 8483

Help Lines:

Hepatitis C Helpline 9349 1111
 Family Drug Helpline 1300 660 068
 AA Family Groups 9642 330
 Lifeline 13 11 14
 YSASline (youth D & A) 9418 1020

Overdose

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Support Groups

Narcotics Anonymous 9525 2833
 Alcoholics Anonymous 9429 1833
 Families Anonymous 9889 8112

Public Dental Clinics

Royal Dental Hospital 9341 1000
 Community Health Centres 1300 360 054

Aboriginal -Ngala Willumbong 9510 3233

GP Peer Support

To speak to a local GP with an interest in drug and alcohol issues, contact your Division 9816 9096

Illawarra and Shoalhaven directories

The Illawarra and Shoalhaven divisions produced two directories - one assisted with access to mental health, drug and alcohol/HIV services and the other focused on young people with comorbid substance misuse and mental health problems.

Directories

- 1 Illawarra and Shoalhaven Directory of Mental Health and Drug & Alcohol/HIV Services
 - 2 Illawarra Youth Services Directory
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1. Illawarra and Shoalhaven Director of Mental Health and Drug & Alcohol/HIV Services

ILLAWARRA and SHOALHAVEN DIRECTORY OF MENTAL HEALTH AND DRUG & ALCOHOL/HIV SERVICES		
Private Psychiatrists		
Dr Naveen Chandra Dr Vaughan Turnbull Dr Catherine McGrath (Psychotherapist)	Suite 5, 100 Market St, Wollongong	Ph: 4225 9773 Fax: 4228 5172
Dr Jim Heiner Dr Gordon Davies Dr Anthony Durrell Dr Darrell McMahon Dr Peter Jenkins Suzy Green (Registered Psychologist) Irene Pantos (Clinical Psychologist)	33 Smith St, Wollongong (Tuesday and Friday) (Wednesday) (Wednesday)	Ph: 4228 5850 Fax: 4229 6542
Susan Murray (Nurse Counsellor)	Suite 2/ 310 Crown St, Wollongong	Ph: 4227 2510 Fax: 4226 5382
Dr Irwin Pakula Maureen Lucas (Registered Psychologist) Dr Robyn Young (Psychiatric Medical Officer) Dr Jessica Grainger (Clinical Psychologist)	118 Shellharbour Rd, Warilla and 33 Smith St, Wollongong 118 Shellharbour Rd, Warilla Connexions 104 Church St, Wollongong	Ph: 0401 005 080 Ph: 4285 8129 Ph: 4227 1040 Fax: 4227 5673
Dr Patrick Morris Veterans' Affairs Psychiatrist Service Dr Joanne Bakas Dr Esther German (Clinical Psychologist) Aphrodite Kyriakou (Clinical Psychologist) Vicki Johnson (Clinical Psychologist) GP Psych Support Confidential psychiatric advice for case management	72 North St, Nowra (2 nd Monday and 4 th Tuesday) The Mindcare Centre Suite 3, Level 3 St George Private Hospital 1 South St, Kogarah Patient management advice line www.psychsupport.com.au	Ph: 02 9799 4882 Fax: 02 9797 0838 Ph: 02 9553 1160 Fax: 02 9553 1162 Ph: 1800 200 588 Fax: 02 9425 3879
Other Private Services		
The Lachlan Unit Northside Clinic	40 Bigge St, Liverpool 2 Greenwich Rd, Greenwich	Ph: 02 9821 0305 Ph: 02 9433 3555 Fax: 02 9433 3599
Northside Cremorne	3 Harrison Street, Cremorne	Ph: 02 9909 8577 Fax: 02 9953 0765
Northside West (Wentworth Private Clinic)	23-27 Lytton Street, Wentworthville	Ph: 02 8833 2222 Fax: 02 8833 2221
South Pacific Private Hospital	18 Beach St, Curl Curl	Ph: 02 9905 3667 Fax: 02 9905 9696
St John of God, Burwood (Hospital) The Sydney Clinic	3 Grantham St, Burwood 22-24 Murray St, Waverley	Ph: 02 9747 6088 Ph: 02 9389 8888 Fax: 02 9389 5699
Wandene Private Hospital Wesley Private Hospital	7 Blake St, Kogarah 91 Milton St, Ashfield	Ph: 02 9687 5077 Ph: 02 9797 7133
Access to Allied Psychological Services Projects (for GPs registered under the Better Outcomes in Mental Health Care Program only)		
Illawarra Division of General Practice - Clinical Psychology Service Shoalhaven Division of General Practice - 'Bridging the Gap' Project For more information contact the Program Co-ordinator, Mental Health:		Ph: 4221 5607 Ph: 4423 6233
Private Psychological Services		
For a list of private psychological services in your area, see the Illawarra and Shoalhaven Psychological Services Directory - www.idgp.org.au/programs/mental-health/services/ , or phone Illawarra (4226 7052) or Shoalhaven (4423 6233) Divisions of General Practice.		
Other Mental Health Services		
Angicare Illawarra Salvation Army Community Programs Illawarra Eating Disorders Service	Counselling Service 16 Burelli St, Wollongong Bulli Community Health Centre	Ph: 4228 9612 Ph: 4229 1079 Ph: 4284 0355 Fax: 4285 2480
Relationships Australia - www.relationships.com.au NSW Transcultural Mental Health Centre - Promotes access to mental health services, resources, clinical consultation and assessment for people of non-English speaking backgrounds.		Ph: 1300 364 277 Freecall: 1800 648 911 Fax: 02 9840 3755
NOVEMBER 2005		
<i>For more copies of the directory, please contact Illawarra Division of General Practice (Mental Health) - 4226 7052</i>		

**ILLAWARRA and SHOALHAVEN
DIRECTORY OF MENTAL HEALTH AND DRUG & ALCOHOL/HIV SERVICES**

South-East Sydney and Illawarra Area - Mental Health Service

Mental Health Service Central Intake Phone Number: 1300 552 289*

* Calls go through to Centre closest to caller during office hours, reverts to Port Kembla (Southern) after hours

Child & Adolescent Services

Illawarra Adolescent Mental Health Service 1 Atchison St, Wollongong	Monday – Friday: 8:30am-5pm	Ph:	Central Intake
		Fax:	4254 1555

Provides assessment and treatment for adolescents aged between 12-17 years.

Shoalhaven Adolescent Mental Health Service Crossroads Youth Health Centre, 49 Warrigee St, Nowra	Monday – Friday: 8:30am-5pm	Ph:	4423 1784
		Fax:	4423 3955

Provides assessment and treatment for adolescents aged between 12-18 years.

Child Mental Health Service 1 Atchison St, Wollongong	Tuesday - Thursday: 8.30am-5pm	Ph:	Central Intake
		Fax:	4254 1555

Provides assessment and treatment of emotional/behavioural problems in children aged 0-12 years.

Illawarra Community Mental Health Services

Provides mental health assessment, case management, care and follow-up for adults. Provides 24-hour crisis intervention, acute assessment and treatment services.

Northern Community Mental Health Team 1 Atchison St, Wollongong	Monday – Friday: 8:30am-5pm	Ph:	Central Intake
		Fax:	4254 1555

Southern Community Mental Health Team Port Kembla Hospital, Warrawong	Monday – Friday: 8:30am-5pm	Ph:	Central Intake
		Fax:	4223 8050

Specialist Psychological Service 1 Atchison St, Wollongong	Monday – Friday: 8:30am-5pm	Ph:	4254 1500
		Fax:	4254 1555

Provides group CBT for Anxiety Disorders and Borderline Personality Disorders.

Shoalhaven Community Mental Health & Rehabilitation Services

Nowra Mental Health Team 70 Berry St, Nowra	Seven days: 8:30am-10:30pm Staff on call: 10:30pm-8:30am	Ph:	1300 552 289*
		Or:	4422 6066
			4423 9263
		Fax:	4423 2533

Provides access to community mental health services, 24-hour crisis intervention, home-based acute assessment and treatment services and follow-up.

Ulladulla Mental Health Centre 100 St Vincent St, Ulladulla	Monday – Friday 8:30-5pm	Ph:	4455 184C
		Fax:	4455 6058

Provides mental health assessment, care and follow-up.

The Junction 54 Junction St, Nowra	Monday – Friday: 8:30am-5pm	Ph:	4421 8002
		Fax:	4421 4554

Provides a mental health rehabilitation service for people with a mental illness living in the northern Shoalhaven area.

Shoalhaven Residential Service 54 Junction St, Nowra	Monday – Friday: 8:30am-5pm	Ph:	4421 8039
		Fax:	4421 4554

Provides medium term and crisis / respite accommodation for people with mental illness.

Illawarra Community Rehabilitation Services

Kalparin Residential Facility 67 Fowlers Road, Depto	24 hours	Ph:	4262 8877
		Fax:	4262 8300

Provides longer-term supervised psychiatric community-based residential care, with emphasis on developing independent living skills.

Community Rehabilitation Service - Fernhill Place	Monday – Friday: 8:30am-5pm	Ph:	4285 2140
		Fax:	4283 7926

Provides education, vocational retraining, individual and group activities on all aspects of mental health rehabilitation.

Residential Services c/- The Outlook	24 hours	Ph:	4267 1126
		Fax:	4268 1500

Offers a variety of accommodation settings for people affected by mental illness.

Inpatient Services

Illawarra Mental Health Inpatient Services 24 hours	Eloura Acute Psychiatric Unit	Ph:	4295 2550
		Fax:	4297 6410
	Mirrbook Acute Psychiatric Unit	Ph:	4295 2300
	Wollongong Hospital Acute Psychiatric Unit	Ph:	4253 4300

Senior Consumer Consultant Monday – Thursday 8:30am-5pm	Based at Mirrbook, Shellharbour Hospital	Ph:	4295 2543
		Fax:	4297 6410

Provides support and advocacy for consumers across the Mental Health Service and coordinates consumer participation in mental health. Specialist Consumer Consultants available for Youth, Non-English Speaking Background and Aboriginal & Torres Strait Islander consumers.

If there are any difficulties contacting Illawarra Mental Health Services, please direct your concerns to the Team Leader or Nurse Unit Manager of the service you are trying to contact.

• If problems persist, please contact			
Inpatient Services:	MHS Clinical Director	Ph:	4295 2543
	MHS Ward Clerk	Ph:	4295 2580
Illawarra Community Service:	Coordinator of Community MHS	Ph:	4253 4314
Shoalhaven Community Service:	MHS Manager	Ph:	4422 6066

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**ILLAWARRA and SHOALHAVEN
DIRECTORY OF MENTAL HEALTH AND DRUG & ALCOHOL/HIV SERVICES**

South-East Sydney and Illawarra Area – Drug & Alcohol / HIV Services

Drug & Alcohol Services

Illawarra Services

DRUG & ALCOHOL Medical Advice / Consultancy Dr Marijke BOERS Clinical Director DAHIV Services Monday – Friday: 8.30am - 5pm	Ph: 0401 718 469
Drug & Alcohol Helpline – Referral for Drug & Alcohol Services	Ph: 1300 652 226
Drug & Alcohol Community Adult Team Provides assessment, counselling, referral, integrated case management, outreach programs, support for home & ambulatory detoxification and individual and group education.	Ph: 4276 4360 Fax: 4275 8323
Drug & Alcohol Community Youth Team Provides assessment, individual and family counselling, case management, home & ambulatory detoxification, individual and community education, parents group, young mothers group and relapse prevention group.	Ph: 4254 1688 Fax: 4254 1689
Bungora Opioid Treatment Program Methadone and Buprenorphine dosing, case management, counselling and planned program of rehabilitation. Client support, counselling and group education. Program (SUPPORTS) for pregnant women on methadone and medicated benzodiazepine reduction.	Ph: 4228 1511 Fax: 4228 9222
Illawarra Aboriginal Medical Service Available for all Aboriginal and Torres Strait Islander people living in the Illawarra region. Holistic approach to health concerns with programs targeting support, rehabilitation, detoxification counselling and referrals.	Substance Misuse Service (SMS) Ph: 4262 8777 Fax: 4262 8788
Kedash Rehabilitation Service Residential and outpatient drug & alcohol rehabilitation for adults and young people. Provides group and individual programs. Dual diagnosis clients accepted. Family services provide counselling for parents/partners.	Ph: 4271 2606 Fax: 4271 1698
Orana Withdrawal Management Unit Residential detoxification for men, women and adolescents. Harm minimisation, case management, relapse prevention, PeiKi and meditation.	Ph: 4223 8155 Fax: 4223 8159
Smoking cessation counselling Group and individual education on nicotine addiction/cessation.	Ph: 4223 8334 Fax: 4223 8350
SMOKING QUIT LINE	Ph: 131848
Wollongong Crisis Centre Provides 24-hour residential medicated and non-medicated detoxification and rehabilitation service, assessment, referral, counselling, group and individual education.	Ph: 4272 3000 Fax: 4271 6173

Shoalhaven Services

Shoalhaven DACAT (Drug & Alcohol Community Adult Team) Monday – Friday: 8:30am – 5pm • Provides assessment, brief counselling, referral, integrated case management, outreach programs, support for home and ambulatory detoxification, residential rehabilitation programs, individual and group education.	Ph: 1300 652 226 Fax: 4422 9684
Oolong Aboriginal Corporation Inc. 11 Junction St, Nowra • Provides a residential therapeutic rehabilitation service for adult men - individual and group counselling & education.	Ph: 4422 0644 Fax: 4423 2145
Lawrence Avenue Opioid Treatment Program (LAMP) • Provides assessment and treatment for opioid dependence. Methadone and Buprenorphine administration on a daily basis. Case management in the clinic and in the community with clients who are dosed in pharmacies. Counselling and referral available.	Ph: 4422 7088 Fax: 4423 3294

HIV/AIDS Services

Albion Street Centre HIV/AIDS and Hepatitis C clinical management, counselling, research, prevention and education	150-154 Albion St, Surry Hills Ph: 02 9332 9600 Fax: 02 9331 3490
HIV/AIDS, Hepatitis C Prevention and Community Development Provides access to clean injecting equipment, preventative education, information and referral to treatment options for injecting drug users, Aboriginal communities and men's sexual health.	Port Kembla Hospital Ph: 4223 8341 Fax: 4223 8344

Private HIV/AIDS Services

AIDS Council of New South Wales (Wollongong Branch)	47 Kenny St, Wollongong Ph: 4226 1163 Fax: 4226 9838
National Association of People Living with HIV/AIDS Australia (NAPWA)	www.napwa.org.au Ph: 1800 259 666 Fax: 02 9557 9461

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**ILLAWARRA and SHOALHAVEN
DIRECTORY OF MENTAL HEALTH AND DRUG & ALCOHOL/HIV SERVICES**

Telephone Information & Support Services

Doctor's Health Advisory Service Helpline (24 Hours)		Ph: (02) 9437 6552
Dona Maria Pre & Postnatal 24-hour Support Line		Ph: 1300 555 578
Drug & Alcohol Information Service (ADIS) 24 hour information service.		Ph: 1800 422 599
Drug & Alcohol Specialist Advisory Service (S.A.S.) 24 hour clinical phone service for health professionals only .		Ph: 1800 023 687
GP Psych Support Confidential psychiatric advice for case management	Patient management advice line www.psychsupport.com.au	Ph: 1800 200 588 Fax: 02 9425 3879
Lifeline 24 Hour Telephone Counselling Service "Just Ask" Rural Mental Health Information Service.	South Coast	Ph: 13 11 14 Ph: 1300 13 11 14
Mental Health Association NSW Inc Information Service		Ph: 1800 674 200 www.mentalhealth.asn.au
NPS Therapeutic Advice & Information Service Product advice and information for health professionals. Medication interactions. Free service 9am – 7pm.		Ph: 1300 138 677
Pharmaceutical Services Branch		Ph: 1800 628 148
QUIT Smoking Line 24 hour support, advice and counselling for people wanting to give up smoking.		Ph: 13 18 48
WVCS Veterans Line After hours counselling service to assist veterans and their families to cope with crisis situations.		Freecall: 1800 043 503

Volunteer, Consumer & Carer Support Groups

AI Anon		Ph: 4285 2755
Alcoholics Anonymous		Ph: 4229 5241
Association of Relatives & Friends of the Mentally Ill (ARAFMI) 1 Atchison St, Wollongong 24 Hour Helpline Provides help, support and information for the families and friends of people affected by mental illness.		Ph: 4254 1699 Freecall: 1800 655 198
Compeer Program (St Vincent De Paul Society / Centacare) Volunteers provide support and friendship for people experiencing mental health disorder.		Ph: 4227 1122 Fax: 4226 9736
Illawarra Consumer Health Council		Ph: 4275 4600
Illawarra Mental Health Consumer / Survivor Action Group A community action group for people & families affected by mental illness.		Ph: 4283 2236
Mental Health GROWNSW		Ph: 1800 032 120
Mood Disorder Self Help Group Self-help group for people affected by depression and bipolar disorder.	Northern Illawarra	Ph: 4227 5364
Narcotics Anonymous		Ph: 4272 2398
Postnatal Depression Support Group For mothers experiencing difficulty in mood or anxiety following the birth of a baby.		Ph: 4296 8595
Schizophrenia Fellowship A support group for people with schizophrenia, their family and friends.	Illawarra Shoalhaven	Ph: 4229 2499 Ph: 4421 4284 or 4421 8002 or 4421 8002
Schizophrenia Fellowship Carer Support Unit - Illawarra Bulli Resource Centre, 328 Princes Hwy, Bulli Information, education, advocacy and support for carers of people with a mental illness.		Ph: 4285 0155 Mobile: 0422 406 616



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2. Youth Services Directory

Illawarra Youth Services Directory	
<p>Alcohol & Other Drugs</p> <p>Drug and Alcohol Community Youth Team Provides ongoing drug & alcohol issues consultation with service providers, outreach clinics. CHAIN – 1a Denison Street, Wollongong. 4254 1688</p> <p>Eating Disorders</p> <p>Illawarra Eating Disorders Service – Bulli Community Health Centre The service provides access to psychological & dietetic support and offers assessment, support and counselling and information for patients and parents. (Intake between 9am – 1pm) 4284 0355</p> <p>Sexual Health Issues</p> <p>Illawarra Sexual Health Service – Fairfax Rd, Warrawong Clinics for STD screening, checkups & treatment, pap smears, outreach, sexual functioning counselling, education re safe sex, relationships, sexuality & contraception, HIV tests and counselling. CHAIN – 1a Denison St, Wollongong. 4276 2399</p> <p>Mental Health Problems/Counselling</p> <p>Illawarra Adolescent Mental Health Service – 1 Alchison St, Wollongong Provides specialist mental health services for 12-17 year olds. 4226 5816</p> <p>Lifeline 13 11 14</p> <p>Kids Help Line 1800 551 800</p> <p>ANGLICARE Wollongong – 152 Keira St, Wollongong Provides counselling for children and adolescents on issues such as relationships, families, depression, grief & bereavement and trauma counselling. 4229 7911</p> <p>Mission Australia Youth Services – 5 Ellen St, Wollongong Provides counselling and support for anxiety, stress management, family and relationship problems</p> <p>School counsellors Available for every school in the Illawarra. They provide assessment, support & programs.</p> <p>Youth Support Places/Social Contact</p> <p>CHAIN – 1a Denison St, Wollongong Support for young people aged 12-24 years. Provides resources for daily living, breakfast, laundry, shower, personal care, clothing, SIDA, legal, psychiatric, accommodation, and other services.</p> <p>Southern Youth & Family Services – 467 Crown St, Wollongong Provides crisis & medium-term accommodation, family counselling, work education & training</p> <p>Illawarra Youth Housing – 61 Auburn St, Wollongong Provides accommodation services for 16-18yr olds, long-term housing, substance & family counselling support and assistance with income.</p> <p>Wollongong Youth Centre – 249 Keira St, Wollongong</p> <p>Blackbutt Youth Centre – Cygnet Ave, Blackbutt</p> <p>Kiama Youth Centre – Hindmarsh Park, Kiama</p> <p>Wollongong Police & Community Youth Club – Exeter Ave, Wollongong</p> <p>Lake Illawarra Police & Community Youth Club – Reddell Rd, Warilla</p> <p>Bulli Police & Community Youth Club – 253 Princess Hwy, Bulli</p> <p>Gay, Lesbian & Transgender Issues</p> <p>Gay & Lesbian Line (Illawarra) (Friday 9pm-9pm)</p> <p>CHAIN – 1a Denison St, Wollongong</p> <p>HIV information & counselling (ACON)</p> <p>Sexual Assault Centre – Urunga House (8:30am – 5pm)</p> <p>Emergencies & After hours (Wollongong Hospital)</p>	<p>Material Aid / Food & Emergency Assistance</p> <p>St. Vincent De Paul - 336 Crown St, Wollongong - 41 Central Ave, Oak Hills 4228 6955 4256 6666 4275 1188</p> <p>Salvation Army Welfare Department – Chr Shellharbour Rd & Northcliff Dr, Kembla Warra 4220 7300 4225 1358 4229 2119 1800 063 060 4225 2930</p> <p>Smith Family Emergency Help – 2/38 Auburn St, Wollongong</p> <p>Mission Australia Youth Services – 5 Ellen St, Wollongong</p> <p> Wesley (Uniting Church) Community Centre – 3 Court Lane, Wollongong ACON Helpline 1800 063 060 4225 2930</p> <p>Legal Issues & Support / Government Departments</p> <p>LawAccess (Legal Aid) 1300 888 529 1800 101 810</p> <p>Illawarra Legal Centre – 7 Greigne St, Warrawong (2:30 – 4:30pm Tuesday & 10am-12pm Wednesday) 4276 1939</p> <p>Police Youth Liaison Officers: These officers provide positive intervention with young people at schools, clubs, associations and youth groups. They can advise on legal rights, advice, legal advice and referrals in all areas of law. Wollongong Police Station Wollongong - 16 Gladstone Ave 4226 7899 4295 2699 4254 6888 132 1111 (Helpline) 4254 0346</p> <p>Department of Juvenile Justice – Level 2, 84 Crown St, Wollongong</p> <p>Department of Community Services: Wollongong – 4/100 Railway St 4285 3399</p> <p>Shellharbour – Site 21, Level 1 Professional Centre, Stockland Shellharbour 4251 8000</p> <p>Employment & Training</p> <p>Centrelink – Level 1, 43 Burrell St, Wollongong 4227 1715</p> <p>Wollongong City Employment Training Inc – 1-5 Miller St, Coniston 4225 2930</p> <p>Southern Youth & Family Services (Link to Learning) Youth Services Mission Australia – 5 Ellen St, Wollongong Provides programs for young people aged 12 to 25 years who are either homeless or at risk of homelessness, have left school, are involved in petty crime, having trouble at school, involved in antisocial behaviour. The programs are aimed at getting them back to an educational/training program, training them for work and providing medication with the family.</p> <p>NESB Youth Services</p> <p>Illawarra Ethnic Communities Council – 16 Stewart St, Wollongong 4228 7566</p> <p>Illawarra Migrant Resource Centre – 21-29 Alchison St, Wollongong 4229 6855</p> <p>Aboriginal Services</p> <p>Illawarra Aboriginal Cooperation – 22 Kenny St, Wollongong 4228 1585</p> <p>Illawarra Aboriginal Medical Service – 150 Church St, Wollongong 4229 9495</p> <p>Web Sites for young people</p> <p>www.youth.nsw.gov.au www.youthoffthebeats.com.au www.youthservices.wollongong.nsw.gov.au www.moneystuff.fairtrading.nsw.gov.au www.kidshelpline.com.au</p> <p>www.teachout.com.au www.theresource.gov.au www.makeanoise.vsp.org.au www.gdf.org.au (Australian Drug Foundation) www.lawstuff.org.au www.betterforlife.org.au</p>

For more copies of this directory, please contact: Illawarra Division of General Practice
 PO Box 1186 Wollongong NSW 2520 Ph: (02) 4226 7022
 October 2005



Illawarra and Shoalhaven mental health referral form

The Illawarra and Shoalhaven Divisions also developed the following youth friendly referral form for GPs to refer to the Child and Adolescent Mental Health team. It aims to improve the referral process to a service which is now becoming a secondary care provider.

For use by General Practitioners **Attention: Intake Worker**
MENTAL HEALTH/CHILD & ADOLESCENT MENTAL HEALTH/DRUG & ALCOHOL SERVICE REFERRAL FORM

SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH

To make a referral, please (1) RING appropriate Central Intake Number & (2) FAX this Form to the appropriate Team:

Community Mental Health Team (CMHT)		Drug & Alcohol Service	
Central Intake Phone No.	1300 552 289*	Central Referral Line	1300 652 226*
Northern CMHT	Fax No: 4254 1557	Community Adult Team Illawarra	Fax No: 4276 4586
Southern CMHT	Fax No: 4223 8050	Community Team Shoalhaven	Fax No: 4422 9684
Shoalhaven CMHT	Fax No: 4423 2533		
Child & Adolescent MHS (CAMHS)	Phone: 4254 1500 Fax No: 4254 1555	Community Youth Team	Phone: 4254 1688 Fax No: 4254 1689

* Calls go through to Centre closest to caller during office hours

CLIENT DETAILS: M <input type="checkbox"/> F <input type="checkbox"/> Surname _____ Other Names _____ Address _____ Date of Birth _____ Phone No. _____ CAMHS Referrals only: School _____	REFERRER DETAILS/STAMP: GP Name _____ GP Address _____ GP Phone _____ GP Fax _____ Are you the client's usual GP? Yes <input type="checkbox"/> No <input type="checkbox"/> Nominated Contact Person _____
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CONSENT DETAILS:
 I (patient/parent/guardian), _____ authorise Dr. _____ to discuss my case management with the Illawarra Mental Health/Illawarra CAMHS &/or Drug & Alcohol Service.
 SIGNED: _____ DATE: _____

REASONS FOR REFERRAL: _____

Risk Status:	Low	Medium	High	Extreme	Comments
Harm to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suicide / Self Harm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of Support System	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uncooperativeness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NATURE OF CURRENT PROBLEM: _____

Urgent Family / Domestic Issues Yes No
 Child Protection Issues (action taken) Yes No

CURRENT MEDICATION (please attach separate sheet if not enough space)

Prescriber:	Medication / Dosage:	Comments

RECENT SUBSTANCE USE (Past 3 days only) Quantity rating: Nil=0; Low=1; Mod=2; High=3; Extreme=4.

Quantity	Alcohol	Stimulants	Cannabis	Opiates	Benzodiazepines	Hallucinogens	Inhalants	Other
Time*								

*Hours since last used (within last 3 days)

CURRENT TREATMENT:
 Physical Assessment / Health Summary History of Mental Health / Drug & Alcohol Treatment
 Results of medical investigations Other

GP PREFERRED INVOLVEMENT <input type="checkbox"/> Physical Health Care Only <input type="checkbox"/> Share Care with Mental Health &/or D&A Service <input type="checkbox"/> GP as Case Coordinator	GP PREFERRED FEEDBACK: <input type="checkbox"/> Phone call as soon as possible after the assessment <input type="checkbox"/> Written Report / feedback summary form
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GP Coastal-Osborne North Metro Area quick reference

The GP Coastal-Osborne-Mid West project in Western Australia developed the following quick reference guide, serving to illustrate the different referral options for people with alcohol and other drug problems in northern metropolitan Perth.

North Metro Area quick reference alcohol and other drug treatment and support services

ADIS – Alcohol and Drug Information Service phone: 9442 5000 Country Callers 1800 198 024
24 hour confidential telephone counselling, information and referral for people with drug and alcohol issues

ALCOHOL AND OTHER DRUG SPECIFIC SERVICES

Antenatal Chemical Dependency Clinic King Edward Memorial Hospital Subiaco (Friday only)	9340 1379	<i>Obstetric and Neonatal care, liaison with AOD rehab programs for women using drugs during pregnancy</i>
North Metro Community Drug Service Team Subiaco	9382 6724	<i>Counselling, family support, youth, education, information and community development</i>
Northeast Metro Community Drug Service Team Midland	9274 7055	<i>Counselling, family support, youth, education, information and community development</i>
North Metro Drug and Alcohol Centre (NDAC) Warwick	9246 6767	<i>All DACs provide assessment for inpatient withdrawal and pharmacotherapies, co morbidity, management and counselling.</i>
South Metro Drug and Alcohol Centre (SDAC) Fremantle	9430 5966	<i>Referral to or Co-location of other AOD services</i>
East Metro Drug and Alcohol Centre (EDAC) East Perth	9219 1919	<i>Referral to or Co-location of other AOD services</i>
Perth Women's Centre Northbridge	9277 9032	<i>Gender sensitive counselling for women Individual and group counselling and education, parents and children program</i>
Holyoake Institute Perth	9328 9733	<i>Assessment, individual and group counselling, family-focused services, community education and outreach services</i>
Cyrenian House North Perth	9328 9200	<i>Assessment, Individual counselling and support, family and friends programs</i>

Fresh Start Program – Perth Naltrexone Clinic (Dr George O’Neil) Subiaco	9381 6960	<i>Treatment and rehab program providing support and assistance with drug dependence</i>
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RESIDENTIAL TREATMENT SERVICES

Cyrenian House Rick Hamersley Centre Cullacabardee	9238 9200	<i>Therapeutic Treatment community for people over 16 who require a supportive drug free environment</i>
Cyrenian House Saranna Women’s Program Cullacabardee	9328 9200	<i>Therapeutic Treatment community for women with young children, maintaining the family unit in a supportive drug free environment</i>
Palmerston Farm Wellard	9328 7355	<i>Residential rehabilitation which operates a modified therapeutic community for adults who wish to cease drug use and be abstinent</i>
Salvation Army Bridge Program Highgate	9227 8086	<i>Sobering Up Centre and Detoxification Service. Assessment for Harry Hunter Centre</i>
Yirra (Mission Australia) East Perth	9222 6363	<i>Youth residential rehab d counselling. 12-19 years, parents and family support</i>

DETOX SERVICES

Drug and Alcohol Withdrawal Network Subiaco	9382 6049	<i>Home withdrawal assessment program, liaison with GPs, registered nurses home visit, education, support and referral</i>
Mission Youth Withdrawal and Respite East Perth	9222 6373	<i>Youth 12-21 residential withdrawal and support</i>
Next Step Drug and Alcohol Services East Perth	9219 1919	<i>Medical inpatient alcohol and drug withdrawal service. Counselling, group work, activities while admitted. Referral to follow-up</i>

SUPPORT SERVICES

Joondalup Population Health	9400 9500	<i>Early intervention, prevention, information support and referral. AOD counsellor</i>
Joondalup Youth Support Services	9300 2677	<i>Support for homeless or at risk youth and their families</i>
Ruah Inreach West Perth	9227 7012	<i>Psychosocial services for people with persistent and severe mental illness</i>
Sexual Assault Referral Centre (SARC)	9340 1828	<i>Sexual assault service</i>
Swan Emergency Accommodation Midland	9250 1818	<i>Provides support for homeless young people and families</i>
Swan City Youth Service Midland	9274 3488	<i>Provides support for disadvantaged, homeless young people 15-25</i>
Wanslea Family Services Scarborough	9245 2441	<i>Integrated services for emergency family support during illness or domestic crisis</i>
Women’s Council of Domestic and Family Violence Services West Perth	9420 7264	<i>Information and referral to women in domestic violence or other related crisis</i>
Women’s Health Care Association Northbridge	9227 8122	<i>Health education,, counselling and referral</i>

NEEDLE AND SYRINGE PROGRAM		
Sexual Health Program	9388 4829	<i>Details of pharmacies/hospitals offering NSP</i>
WASUA	9227 7866	<i>Harm reduction, peer-education and support</i>
WA AIDS council	9482 0000	
12 STEP FELLOWSHIPS		
Alcoholics Anonymous	9325 3566	<i>Self help where people share experience and support</i>
Al-Anon	9325 7528	<i>Self help for relatives and friends</i>
Narcotics Anonymous	9227 8361	<i>Self help where people learn to live drug free</i>

Produced by the WA Network of Alcohol and other Drug Agencies

www.wanada.org.au

Printed & distributed by GP Coastal with AERF funding as part of Managing the Mix: Your Mental Health and Alcohol

Townsville Resource Kit

The Townsville division developed its resource kit to assist GPs in the preliminary diagnosis and treatment of alcohol and mental health comorbidities.

It features information and screening tools for mental health and alcohol problems, resources to use with patients, and a directory of alcohol and mental health support services in the region. The contents page for the Townsville Managing the Mix Resource Kit kit's contents follows. The complete kit can be downloaded at: http://www.tdgp.com.au/pdfs/mha_resource.pdf



ALCOHOL & MENTAL HEALTH MANAGING THE MIX



It is increasingly recognised that there is a significant burden of disease associated with alcohol and common mental health comorbidities. In Australia it is estimated that 3% of the population is alcohol dependent, with a male:female ratio of 2:1; and that 10% of the population suffers from depression with a male:female ratio of 1:2.

Alcohol comorbidities are common in general practice. In Australia, in 2001, Hickie surveyed 46,515 patients seen by 386 GPs. 19% of patients had alcohol and substance abuse problems and 12% of patients had mental health and alcohol/substance misuse comorbidities.

As part of the *National Mental Health and Alcohol, Managing the Mix* project we have developed the following resource kit to assist GPs in the preliminary diagnosis and treatment of alcohol and mental health comorbidities.

In this kit you will find;

- A one page laminated sheet which outlines an initial screening process and suggests appropriate treatment
- Copies of the Audit Alcohol screening test and the K10 Psychological Distress Scale.
- The IMHS 'Patients in Distress—A Guide for GP Assessment' form.
- A standard drinks guide
- A weekly diary page
- 3 pages of tips on how to cut down on drinking
- How to keep on guard and on track (one page)
- A directory of alcohol support services and mental health support services in Townsville

The information in this kit is also available on the TDGP website www.tdgp.com.au (Programs/ Mental Health) along with other useful resources including;

- The DVA "Changing the Mix—A guide to low-risk drinking" which contains some useful strategies to use with patients.
- Treating Alcohol Problems: Guidelines for GPs.
- Some useful websites.

If you would like any further information on these resources or on the Division's Mental Health Program please call Natalie Waters on 4725 8915.

Capricornia Division web-based resources

The Capricornia Division has made a number of its resources available in online format, including referral forms, service directories and clinical tools.

See: <http://cqdoc2.almostanything.net.au/programs/mental-health-sw/better-mental-health>

Featured here are the Capricornia GP referral and agency feedback proformas. The website also includes instructions for uploading these forms onto Medical Director, which enables GPs to enter referral information electronically.

<http://cqdoc2.almostanything.net.au/programs/mental-health-sw/mental-health-tools-and-resources/>

If you need more information on these resources please contact the division.

Capricornia Referral Proforma

REFERRED TO:

Service/Agency: _____

Address: _____

Phone: _____ Fax: _____ Date: _____

To arrange appointment: Please contact patient YES / NO Patient will contact YES / NO

PATIENT DETAILS:

Surname: _____ Given Names: _____

Address: _____

Post Code: _____ Phone: _____ Mobile: _____

Email: _____ Sex: M/F

Marital Status: _____ D.O.B: _____ Employment/School: _____

Aboriginal: YES / NO TSI: YES / NO Willing to engage in counselling: YES / NO

REFERRED BY:

Name: _____ Practice: _____

Address: _____

Phone: _____ Fax: _____ Other services involved: _____

____ (ie Psychologist/Psychiatrist/ATODS/Mental Health Service/CYMHS/Work Cover)

MAIN PROBLEM/S (Relevant History & Current Stressors)

MEDICAL HISTORY

CURRENT MEDICATION:

RISK FACTORS:

Drug and Alcohol Issues: YES / NO/ UNSURE Specify: _____

Risk to others: LOW / MEDIUM / HIGH Suicide Risk: LOW / MEDIUM / HIGH

Screening Tool Outcomes/Comments: _____

Urgency: Within one week Within 4 weeks Within 3 months

PROPOSED PLAN: (eg Mental Health assessment, ATODS assessment, case management, psychological/psychiatric assessment, medication issues, counselling, social/family issues)

Next GP Review: _____ Medical Certificate: YES / NO Work Cover: YES / NO

Expiry Date: _____

FOLLOW UP REQUIRED/ EXIT INFORMATION

Reporting/Feedback:

Please call on: _____ between _____ am/pm and _____ am/pm

OR Fax: _____ Email: _____

Emergency Contact: _____

Case Conference: YES / NO

Team Care Arrangement: YES / NO

PATIENT/PARENT/GUARDIAN CONSENT:

Name (Please print)

Signature _____ Date _____

COMMENTS:

Dr's Signature: _____ **Date:** _____

Capricornia Feedback Proforma

Service/Agency: _____

Address: _____

Phone: _____ Fax: _____ Contact Person: _____

Patient contact: Patient made contact YES / NO Patient declined contact YES / NO

Attendance: YES/ NO Date: _____

PATIENT DETAILS:

Surname: _____ Given Names: _____

Contact Phone No: _____ D.O.B: _____

Email: _____

OTHER SERVICES INVOLVED (ie Psychologist/Psychiatrist/ATODS/Mental Health Service/CYMHS/Work Cover):

PROPOSED PLAN – (include counselling, treatment, medication review, rehabilitation, recovery program, client requests, referrals)

AREAS OF CONCERN

1. _____
2. _____
3. _____

EXIT INFORMATION

- Next Appointment:**

- Failed to attend**
- Will see again if necessary**
- Declined provision of feedback**

COMMENTS:

SIGNATURE:

Name (Please print) _____

Designation _____

Signature _____ Date _____

Yorke Peninsula resources

Yorke Peninsula produced a number of resources which were aimed at enhancing GP awareness and equipping them with appropriate materials to aid their treatment of alcohol and mental health comorbidities.

These included the following:

-
- 1 An outline of clinical care pathways

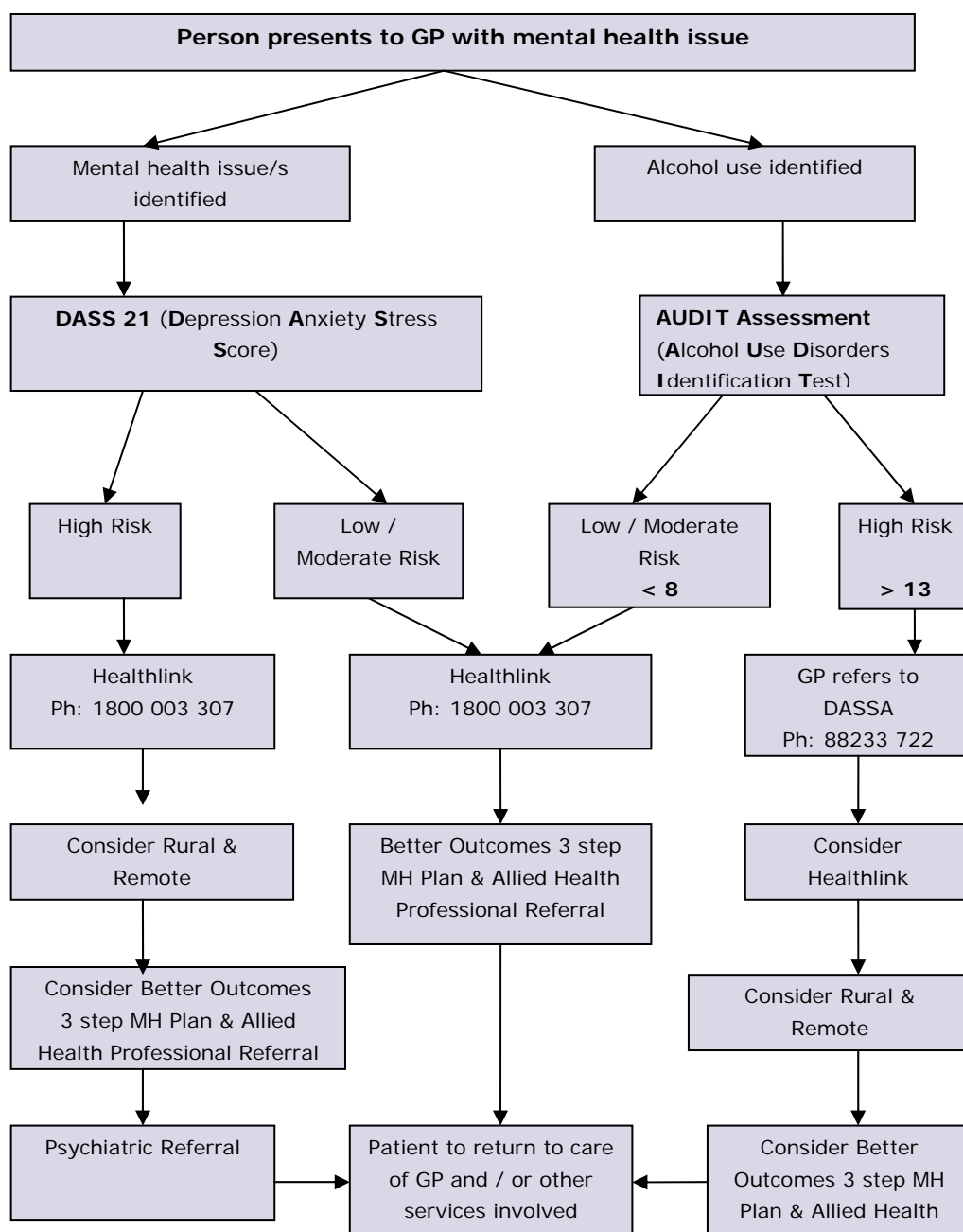
 - 2 A brief screening kit

 - 3 A resource kit order form for requesting specific materials.

Yorke Peninsula pathways of comorbidity management for GPs



ALCOHOL & MENTAL HEALTH MANAGING THE MIX



Yorke Peninsula screening kit



ALCOHOL & MENTAL HEALTH MANAGING THE MIX



DIVISION
OF GENERAL
PRACTICE

1. Presenting complaint alcohol excess – ask about mental health

Depression – “Do you often feel sad or depressed?”

Anxiety – “Do you find yourself worrying a lot about things?”

Presenting complaint anxiety / depression / stress– ask about alcohol / stress

“How often do you have 6 or more drinks on one occasion?”

General principle for treating alcohol & common mental health problems

- At low levels of drinking the mental health problem should be the focus of treatment (if audit < 8)
- At hazardous levels, alcohol use and the mental health problem should be treated in an integrated way (if audit > 8)
- At higher risk levels the alcohol use should be the focus (if audit > 13)

2. Screening tools

AUDIT—Alcohol Use Disorders Identification Test

DASS 21—Depression Anxiety Stress Score

K10—Kessler Psychological Distress Scale

3. Examination for peripheral signs of alcohol use

- Blood tests
- Blood pressure
- Reflexes

LOW ALCOHOL INTAKE AUDIT < 8	HAZARDOUS ALCOHOL INTAKE AUDIT 8-13	HARMFUL ALCOHOL INTAKE AUDIT > 13
<ul style="list-style-type: none"> Feedback Inform limits Encouragement Consider psychiatric referral <p><i>Treat anxiety & depression</i></p> <ul style="list-style-type: none"> BOMHCI – 3 Step MH Plan (K10>15) Anti-depressants Psychological intervention Follow up appointments - Referral to MH team 	<ul style="list-style-type: none"> Feedback Reduce alcohol intake to within health risk levels Advise re bingeing & alcohol free days < 6 Women < 8 Men Strategies to control drinking - Change the mix : 10 tips Consider medication - Antidepressants - Thiamine Consider referral 1. BOMHCI – 3 step MH Plan 2. Relationship counseling 3. Family support services 4. MH Team / DASSA referral 5. Self help groups Follow up appointment 	<ul style="list-style-type: none"> Feedback Alcohol withdrawal - Hospital - Home - OPD Consider medication - Campral - Naltexone - Avoid regular benzodiazapene Address drug interactions Multivitamins Thiamine Consider driver assessment Consider self help groups e.g. AA Consider DASSA referral Consider psychotherapeutic intervention BOMHCI 3 step MH Plan Consider psychiatric referral Follow up appointment

Yorke Peninsula resource kit order form



ALCOHOL & MENTAL HEALTH MANAGING THE MIX



		Available in PDF format	QUANTITY FOR GP PACKS	QUANTITY FOR PRACTICE RESOURCE
SCREENING TOOLS				
1	Outline of the initial screening process and suggestions of appropriate treatment	Yes		
2	AUDIT—Alcohol Use Disorders Identification Test	Yes		
3	DASS 21—Depression Anxiety Stress Score	Yes		
4	K10—Kessler Psychological Distress Scale	Yes		
LOCAL RESOURCES				
5	Referral pathways	Yes		
6	A directory of alcohol and mental health support services in <u>Yorke Peninsula</u>	Yes		
PATIENT RESOURCES				
7	Standard Drinks Guide – Wallet size	Yes		
8	Change the mix – 10 Tips	Yes		
9	Drinking Decisions – A guide for drinkers	No		
10	Drinking Decisions – Young people & drinking	No		
11	Alcohol, other drugs & pregnancy	No		
12	Alcohol, anxiety and depression	No		
13	All about depression	No		
14	All about anxiety	No		
15	Alcohol & your health – Australian Alcohol Guidelines	No		
16	Alcohol related brain injury	Yes		
17	Getting through alcohol withdrawal	No		
18	Thiamine & alcohol	Yes		
19	Alcohol & the body – (Laminated page)	Yes		
20	Useful websites	Yes		
GP RESOURCES				
21	Treating Alcohol Problems : Guidelines for GPs	No		
22	Self Help Strategies for cutting down	No		
23	Alcohol withdrawal observation chart	No		
24	Alcohol & Your Health – Australian Alcohol Guidelines for Indigenous Communities	No		
25	Naltrexone (Revia) in alcohol dependency	No		
26	CD – Unravelling D & A			
27	CD – Dual Diagnosis			

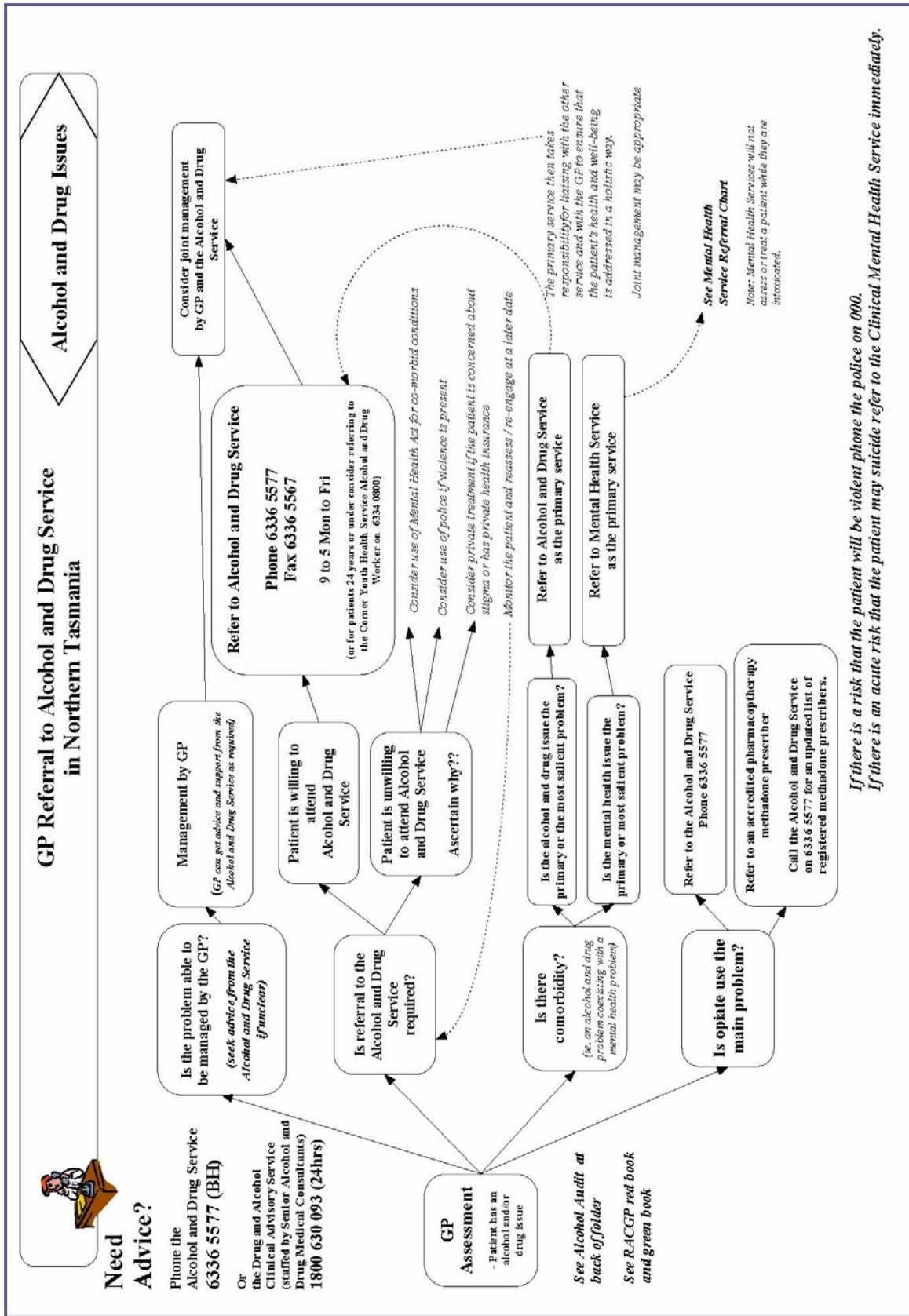
GP North (Northern Tasmania) referral to alcohol and drug service

The GP North (Northern Tasmania) GP/Mental Health Service Referral and Intake Protocol aims to enhance communication and coordination between GPs, mental health services, the alcohol and drug service and other related agencies to improve the care of people with mental health needs. This document includes referral forms and service information.

Featured here is the referral flow chart to the alcohol and drug service.

The complete protocol can be downloaded online at:

http://www.gpnorth.com.au/Assets/Resources/GP_MHS%20RefInt%20Protocol%203_06.pdf



NSW Outback Division GP directories of alcohol and drug service

NSW Outback Division covers a large area of western New South Wales.

The division produced two separate service directories for its eastern and western regions.

Featured here is the Bourke directory of alcohol and other drug services. More information can be obtained from the division.



NSW OUTBACK DIVISION OF GENERAL PRACTICE LTD

86 WEE WAA STREET
WALGETT
Telephone: (02) 68283033

Services in Bourke

Bourke Aboriginal Health Service Phone: (02) 68723088

Opening Hours: Mon-Thurs 8:30am-5:00pm Fri 8:30am-4:00pm

The Aboriginal Health Service has a Doctor and Aboriginal Health Workers that you can speak to and ask for assistance. The Drug and Alcohol Worker at the service provides counselling, support and referrals to people experiencing problems with alcohol and other drugs.

Bourke Health Service Phone: (02) 6870 8888

Admin Opening Hours: Mon-Fri 8:00am-5:00pm

The hospital can arrange detox services and a methadone program for people that need this in the community.

Bourke Community Health Centre Phone: (02) 6872 2145

Opening Hours: Mon-Fri 8:30am- 5:00pm

This service provides information and education on health issues and provide a referral service.

Darling River Medical Centre Phone: (02) 6872 3222

Opening Hours: Mon-Fri 8:30am-5:00pm

Visit your local doctor they are there to provide you with advice and information that is important for you to live a healthy life.

Dunbi Place SAAP Services Phone: (02) 6872 2356

Dunbi Place provides safe accommodation for intoxicated people and other people in crisis. Dunbi Place also runs group programs with alcohol. Contact the above number to find out when meetings are run.

Services outside Bourke

Orana Haven Rehabilitation Centre – Brewarrina Phone: (02) 6874 4886

Provides a safe, positive and happy place for healing Aboriginal and non-Aboriginal people who are harmed by the effects of alcohol and other drugs.

Roy Thorne Rehabilitation Centre – Moree - Phone: (02) 6752 2248

This is a residential rehabilitation program and centre that offers Aboriginal people an environment where people can begin to heal.

Alcohol and Drug Information Service Phone: (02) 9361 8000

(Within Sydney)

Phone: (02) 1800 422 599

(Outside Sydney)

Call this number if you would like information on alcohol and drugs. Confidential drug and alcohol telephone counselling is also available 24 hours day.

For details on other Rehabilitation Centres in NSW please contact the Alcohol and Drug Information Service on the number below.

Greater Western Area Health Service Drug and Alcohol Services (GWAHS)

Phone: (02) 6841 2360 (Dubbo Local)

Phone: 1800 092 881 (Outside Dubbo)

Services include drug and alcohol counselling, treatment services, education, adolescent services, and drug and alcohol assessments.

Family Drug Support Line Phone: 1800 368 186 (24 Hours)

Provides information, help and referrals over the phone for families affected by drugs and alcohol.

NSW Quit Line (Tobacco/Cigarettes) Phone: 13 18 48

Call this number if you would like to receive a Quit Pack or if you would like over the phone counselling on smoking.

Other useful numbers

Edith Edwards Women's Centre

To contact this service please call Bourke Police on (02) 6870 0899

Edith Edwards Women's Centre provides safe accommodation for women and their children who are experiencing difficulties and have no place to stay.

Bourke Brewarrina Domestic Violence Court Assistance Scheme

Phone: (02) 6872 1200

Supporting women seeking protection from domestic violence through the court system.

Centacare Families First Bourke Phone: (02) 6872 1551

Families First provides support to parents and carers raising children under the age of eight years.

Bourke Family Support Service Phone: (02) 6872 1155

This service provides support and referrals for families facing any barriers/issues in their lives. There is a woman's group established that women can participate in.

Department of Community Services Help Line – (DoCS) Phone: 13 21 11

If you know of any child or young people being harmed you can call this number and report it at any time.

LifeLine 13 11 14

Counselling for anyone who needs help to cope with life.

Kids Help Line Phone: 1800 55 1800 (FREECALL)

A 24 hour counselling and support line for children and young people.

Homeless Person's Line Phone: (02) 9265 9081

If you have no place to stay call this line and they can let know where the nearest refuge is that you can stay at.

Adelaide Northern mental health assessment and plan

MENTAL HEALTH ASSESSMENT and PLAN (please tick appropriate referral box)					
<input type="checkbox"/> Child and Adolescent		<input type="checkbox"/> Veteran		<input type="checkbox"/> Alcohol	
<input type="checkbox"/> Drugs					
Patient name				Date of Birth	
GP				Gender	
Date of Assessment/ Plan		Outcome Tool	DASS Audit	Result at Assessment	A=
				Result at Review	D=
Aboriginal or Torres Strait Islander origin	No <input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander <input type="checkbox"/> Both Unknown <input type="checkbox"/>				
Allied Health Referral Data	Has the person ever received specialist mental health care: Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Language spoken at home: English <input type="checkbox"/> Italian <input type="checkbox"/> Greek <input type="checkbox"/> Cantonese <input type="checkbox"/> Mandarin <input type="checkbox"/> Arabic <input type="checkbox"/> Vietnamese <input type="checkbox"/> Other <input type="checkbox"/> Please specify:..... How well does the person speak English: Very well <input type="checkbox"/> Well <input type="checkbox"/> Not well <input type="checkbox"/> Not at all <input type="checkbox"/> Does the person live alone: Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Is the person a low income earner (A judgement by GP) Yes <input type="checkbox"/> No <input type="checkbox"/> Highest education level completed: Primary or below <input type="checkbox"/> Secondary Year 10 or equivalent <input type="checkbox"/> Secondary Year 11 or equivalent <input type="checkbox"/> Secondary Year 12 or equivalent <input type="checkbox"/> Tertiary <input type="checkbox"/>				
Problem / Issue	GOAL (eg. Reduce symptoms, improve functioning)	ACTION / TASK (eg. Referral for Allied Health, DASSA, WVCS, or pharmacological treatment, or engagement of family/other supports)			
1.					
2.					
Medical Conditions					
Relevant Medications			Allergies		
Relevant Physical and Mental Examination			Previous Investigations		
Mental Health History / Treatment					
Psychosocial Assessment (living with)/ Personal History / Social History (eg childhood, education, relationship history, coping with previous stressors)					
Family History of Mental Illness					
Key Family/Support Contact					

Abuse history			
Alcohol <input type="checkbox"/>	Past Sexual Abuse <input type="checkbox"/>	Past Physical Abuse <input type="checkbox"/>	
Tobacco <input type="checkbox"/>	Obesity <input type="checkbox"/>		
Mental Status Examination			
Appearance and General Behaviour		Speech (Volume / Rate / Content)	
Thinking (Content / Rate / Disturbances)		Memory (Short & Long term)	
Perception (Hallucinations etc)		Sleep (Initial Insomnia / Early Morning Wakening)	
Cognition (Level of Consciousness / Delirium / Intelligence)		Appetite (Disturbed Eating Patterns)	
Attention / Concentration		Motivation / Energy	
Affect (Flat / Blunted)		Orientation (Time / Place / Person)	
Insight		Anxiety Symptoms (Physical & Emotional)	
Judgement (Ability to make rational decisions)		Mood (Depressed / Labile)	
Risk Assessment			
Suicidal ideation		Suicidal intent	
Current plan		Risk to Others	
Services Currently Involved: e.g. corrections, community organizations, non government organizations etc			
FORMULATION – Main problem / diagnosis (risk/protective factors)		ICD – 10 Provisional Diagnosis	
		F1 Alcohol & Drug Use disorder <input type="checkbox"/>	
		F2 Psychotic Disorder <input type="checkbox"/>	
		F3 Depression <input type="checkbox"/>	
		F4 Anxiety Disorder <input type="checkbox"/>	
		F5 Unexplained Somatic Disorder <input type="checkbox"/>	
		Other / Unknown:	
Allied Health Referral Data			
Intervention Requested		Cognitive Behavioural Therapy (CBT):	
Diagnostic assessment	Yes <input type="checkbox"/> No <input type="checkbox"/>	Behavioural interventions	Yes <input type="checkbox"/> No <input type="checkbox"/>
Psycho-education	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cognitive interventions	Yes <input type="checkbox"/> No <input type="checkbox"/>
Interpersonal Therapy	Yes <input type="checkbox"/> No <input type="checkbox"/>	Relaxation strategies	Yes <input type="checkbox"/> No <input type="checkbox"/>
Other (specify)		Skills training	Yes <input type="checkbox"/> No <input type="checkbox"/>
		Other CBT interventions	Yes <input type="checkbox"/> No <input type="checkbox"/>
Patient Education		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Patient Education given	Yes <input type="checkbox"/> No <input type="checkbox"/>	Copy of Mental Health plan given to patient	Yes <input type="checkbox"/> No <input type="checkbox"/>
I understand the above Mental Health Plan and agree to the outlined goals / actions			
Patient Signature		GP Signature	
Proposed date for Mental Health Review (between 4 weeks – 6 months)			
Review (Progress on actions and tasks)		Date:	
Follow Up / Relapse Prevention Plan (if appropriate)			
Emergency Care			

Adelaide Northern risk assessment and referral

RISK ASSESSMENT GUIDE

RISK OF HARM TO SELF/OTHERS

0. None (no thoughts or action of harm).	1. Low (Fleeting thoughts of harming themselves or harming others but no plans/current low alcohol or drug use).	2. Moderate (current thoughts/distress/past actions without intent or plans/moderate alcohol or drug use).	3. Significant (current thoughts/past impulsive actions/recent impulsivity/some plans, but not well developed/increased alcohol or drug use).	4. Extreme (Current thoughts with expressed intentions/past history/plans/ unstable mental illness/ high alcohol or drug use, intoxicated/violent to self/others/ means at hand for harm to self/others).
---	---	---	--	--

LEVEL OF PROBLEM WITH FUNCTIONING

0. None/Mild (No more than everyday problems/slight impairment when distressed).	1. Moderate (Moderate difficulty in social/occupational or school functioning/reduced ability to cope unassisted).	2. Significant Impairment in one area (either social, occupational or school functioning).	3. Serious Impairment in several areas (Social, occupational or school functioning).	4. Extreme Impairment (inability to function in almost all areas).
---	---	---	---	---

LEVEL OF SUPPORT AVAILABLE

0. No problems/Highly Supportive (all aspects/most aspects highly supportive/self/family/professional/ effective involvement).	1. Moderately Supportive (Variety of support available, able to help in times of need).	2. Limited Support (few sources of help, support system has incomplete ability to participate in treatment).	3. Minimal (few sources of support and not motivated).	4. No support in all areas.
---	--	---	---	------------------------------------

HISTORY OF RESPONSE TO TREATMENT

0. No Problem/ Minimal Difficulties (Most forms of treatment have been successful/ new client).	1. Moderate Response (Some responses in the medium term to highly structured interventions).	2. Poor Response (Responds only in the short term with highly structured interventions).	3. Minimal Response (Minimal response even in highly structured interventions).	4. No Response (No response to any treatment in the past).
--	---	---	--	---

ATTITUDE AND ENGAGEMENT TO TREATMENT

0. No Problem/ Very Constructive (Accepts illness and agrees with treatment/new client).	1. Moderate Response (Variable/ ambivalent response to treatment).	2. Poor Engagement (Rarely accepts diagnosis).	3. Minimal Response (Client never cooperates willingly).	4. No Response (Client has only been able to be treated in an involuntary capacity).
--	---	---	---	---

PROCESS OF REFERRAL

- Step 1. Risk assessment on tool is filled out
- Step 2. High risk is determined
- Step 3. GP/GHS/Other to check access to firearms & if any child abuse/neglect to consider (tick box if action taken)
- Step 4. GP/GHS/Other to document whether there are any critical issues to consider (e.g. indigenous/CALD background, psychotic episode, homelessness, drug and alcohol intake, grief and loss) in space titled Clinical Information/Reason for referral
- Step 5. GP/GHS/Other to document on space provided medication the patient is currently taking
- Step 6. Phone 131465 to inform of high risk and of fax sent
- Step 7. Fax risk referral/feedback form to ACIS/ETLS
- Step 8. Decision is made by ACIS/ETLS triage and documented (as to location and timing of assessment) in space provided "Immediate action" on form (e.g. client is sent to LMHS ED / or home visit is arranged)
- Step 9. Form is faxed back to GP/GHS/other from ETLS/ACIS with phone call to notify of faxing
- Step 10. Assessment has been completed by ACIS/ETLS/ED, any necessary action for emergency has been taken, and a management plan has been developed
- Step 11. ACIS/ED/ETLS (depending who is taking care of the patient at this stage) document management plan (final plan section)
- Step 12. Refax form to GP/GHS/Other within 24 hours.

Please (✓) if applicable
 Further Information/ Reports are attached

EMERGENCY REFERRAL FORM
 TO ACIS
 FROM.....

***Patient Details:** (URN):
 Surname: Given Name:
 D.O.B. Sex: Male/Female Aboriginal/Torres Strait
 Address: Ph:
 Mbl:

Diagnosis:
 Support Name: Ph:
 Mbl:

Referrer's Details

Name: Organisation:
 Ph: Fax:

General Practitioner Details

Name: Ph: Fax:
 Address:

Tick (✓) relevant box for each domain. For full descriptions of the following criteria refer to Policy Manual under "Risk Assessment"

RISK OF HARM TO SELF OTHERS BOTH
 None Low Moderate Significant Extreme

LEVEL OF PROBLEM WITH FUNCTIONING
 None/Mild Moderate Significant Impairment in one area Serious Impairment in several areas Extreme Impairment

LEVEL OF SUPPORT AVAILABLE
 No problems/Highly Supportive Moderately Supportive Limited Support Minimal No support in all areas

HISTORY OF RESPONSE TO TREATMENT
 No Problem/ Minimal Difficulties Moderate Response Poor Response Minimal Response No Response

ATTITUDE AND ENGAGEMENT TO TREATMENT
 No Problem/ Very Constructive Moderate Response Poor Engagement Minimal Response No Response

OVERALL ASSESSMENT OF RISK LOW MEDIUM HIGH EXTREME

Clinical Information/Reason for Referral:

.....

*Firearms Notification Yes No
 *Child Protection Notification Yes No

Current Medication(s):

Medication	Dosage	Frequency

*Sent on.....
 (Referrer completes date faxed)

*Name.....

*Signature.....

*Received by..... Faxed back:
 (Print Name) P/C back: (Please tick method of contact and print date)

*Immediate Action Taken by ACIS.....

***Management Plan.....**

.....

Print Name..... Date.....
 (ED/MHS Service Provider) (ACIS/ED refax copy to GP/GHS/other after action is completed)

See back of form for Risk Assessment Guide

Developed By ANDGP
 9/11/04
 Revised 12/9/05

AT RISK REFERRAL/FEEDBACK FORM

ACTION

FINAL PLAN

Adelaide Northern quick reference directory

Quick Reference Directory (Northern Metropolitan Region)
Alcohol and other Drug Treatment and Support Services



**ADIS- Alcohol and Drug Information Service phone: 1300 13 1340 (SA callers only-local call fee).
24-hour confidential telephone counselling, information and referral for people with drug and alcohol issues**

ALCOHOL AND OTHER DRUG SPECIFIC SERVICES		
Aboriginal Drug & Alcohol Council (SA) INC.	8362 0395	Provide substance misuse strategies, advocacy, education, training and resources, support, networking and alcohol and other drug awareness workshops.
Addiction Counselling Services	83343333	Services for people affected by alcohol, drugs, gambling and smoking including: individual/group counselling, outpatient, day patient, inpatient treatment, and strong emphasis on family support therapy.
Anglicare SA Drug Diversion Program	8256 2170	This service provides Education, Counselling for ages 10 years and older, work with individual and family units.
Australian Drug Treatment And Rehabilitation Program Incorporated (ADTARP Inc)	8255 5555	Individual counselling for clients and parents/carers, Family Therapy, Education and information groups, Workshops for clients, Parent Groups, Alternative Therapies, Relaxation and Meditation.
Centcare-Education Drug Diversion Intervention Team (EDDIT)	8241 7022	Service for young people 10-25 years. Referral by self, other agencies and Drug Diversion Assessment Agencies. Service: Mobile case management service, counselling, Education and support for clients and their families, Specialist support to young parenting women using drugs.
Drug & Alcohol Clinical Advisory Service (DACAS)	1300 131 340	Provides GPs and other health professionals with direct telephone access to a specialist drug and alcohol medical officer (advice). 24-hour service.
Drug & Alcohol Services South Australia	8252 4040	Counselling, assessment and referral for alcohol and other drug related problems, counselling and support for family and friends about drug/alcohol issues, specific services for Aboriginal and young people. Appointments are required.
Drug-Arm S.A. Division	8255 0233 or	A street outreach program for young people, mobile information and referral service.
Elizabeth	8322 9233	
Drugbeat of South Australia	8255 5555	A rehabilitation program for people with drug related problems. Initial assessment required. Individual and group counselling, information and referral.
Elizabeth Grove		
Pharmacotherapies Unit (Warranilla Clinic)	8130 7500	Methadone and Buprenorphine maintenance programs, outpatient counselling for opioid-dependent client, Outpatient counselling services for stimulant and other drug problems.
Norwood		
South Australian Police (SAPOL) Police Drug Diversion Program	131 444 -police attendance	Diversion of people (aged 10 years and older) detected committing drug possession offences (not dealing offences) to local drug treatment services and/or the provision of drug educational material.
RESIDENTIAL TREATMENT SERVICES		
The Archway	8305 9650	An alcohol/drug free environment for people with alcohol and cannabis related problems. An abstinence program.
Port Adelaide		
The Woolshed	8536 6002	A residential therapeutic community for men and women aged from 16 years with drug or alcohol related problems. Education, counselling, group work and recreation activities. Program takes 3-6months, length may be negotiated.
Ashborne		
Teen Challenge Living Free Program	8287 1685	12 month abstinence based residential rehabilitation program for people of all ages.
Elizabeth		
DETOX SERVICES		
Mission Australia- Hindmarsh Centre	8346 4015	A sobering-up unit for intoxicated young people. Offers support, counselling, and referral options. Northern Outreach Service.
Hindmarsh		
Alcohol Unit (Joslin)	8363 8600	Assessment/inpatient medical detoxification for people withdrawing from alcohol/other drugs. No referral necessary. Warranilla includes illicit drugs (injecting use).
Warranilla Clinic (Norwood)	8131 7500	
Adolescent Ward- WCH	8161 7000	Inpatient withdrawal service for young people (12-16 years) with substance abuse problems requiring medically supported detoxification.
North Adelaide		
SUPPORT SERVICES		
Northern ACIS	131 465- 24 hr	This service is a state-wide emergency service which can be contacted 24 hours day for acute mental health issues.
Salisbury	82520560	
Aboriginal Sobriety Group	82234204	Self-Help for Aboriginal and Torres Strait Islander people with alcohol or other drug related problems. Services: assessment, counselling, referral, a gymnasium and Mobile Assistance Patrol.
Adelaide		
Al-Anon Family Groups/Alateen	8212 6824	Support groups for friends, family and peers of people with alcohol-related problems. Al-Anon is a fellowship for men and women over the age of 20.
Adelaide		
Hepatitis Helpline	1800 621 780	24-hour telephone counselling service, information, support and referral options.
Muna Paendi Community Health Centre	8182 9206	Counselling, information and referral options for Aboriginal people re drug/alcohol related problems. Also run clean needle program.
Elizabeth Vale		
Nar-Anon Family Group	8272 8288	Support group for friends, family, peers of drug/alcohol addicts.
Malvern		
Needle Clean Up Hotline	1300 131 340	For reporting needles located in public places.
Northern Area Community & Youth Service	8252 2474	Services for young people, counselling and support, Drug Diversion Program.
Davoren Park		
Northern Women's Community Health Centre	8252 3711	One to one counselling, groups for a range of social, mental and emotional health issues including alcohol and other drug use.
Elizabeth		
Offenders Aid and Rehabilitation of SA (OARS)	8210 0828	Counselling and information service for individuals and their families who are dealing with illicit drug use.
Adelaide		
Salvation Army Bridge Programme	8212 3418	A community based alcohol and other drugs counselling service, males and females, work with people in their home environment.
Adelaide		
Shopfront Youth Health and Information Service	8281 1775	Counselling young people with drug and alcohol problems. Also run clean needle program.
Salisbury		
Gawler Health Service	8521 2040	Clean needle program (24hours).
Gawler		
12 STEP FELLOWSHIPS		
Alcoholics Anonymous (AA)	8346 4004	This program is based on total abstinence from alcohol. Metropolitan and country meetings are conducted on a regular basis.
Brompton	8346 3255 24hr	
Marijuana Anonymous Australia (MA)	Helpline	Operates 12 step program, support for people recovering from marijuana addiction.
Adelaide	0500 502 654	
Narcotics Anonymous (NA)	8231 4233	This program is based on abstinence from drugs. Support groups for those who want to stop using drugs are conducted on a daily basis.
Kent Town		

Produced by Adelaide Northern Division of General Practice 2005 adapted from WA Network of Alcohol and other Drug Agencies

Central Sydney – Canterbury drug health services and referral guide



Sydney South West Area Health Services
Drug Health Services & Referral Guide
Services are free



How to refer

- **If you *do* wish to maintain continuity with patient:**
 - Complete referral form and fax to Drug Health Services Centralised Intake 9515 8970
 - Tell patient to phone Drug Health Services Centralised Intake to make appointment 9515 6311
- **If you *do not* wish to maintain continuity with patient:**
 - Tell patient to phone Drug Health Services Centralised Intake to make appointment 9515 6311

Centralised Intake operates between 8.30 am and 5.00pm Monday to Friday

Service Streams

- **Specialist Medical Outpatient Clinics**
Clinics are staffed by drug and alcohol specialists and psychiatrists. Common conditions managed are alcohol dependence, prescription benzodiazepine or opioid dependence, chronic pain and associated dependence. (*Canterbury Community Health Centre, Concord & Royal Prince Alfred Hospitals*)
- **Counselling**
Counselling builds an interpersonal relationship to enable people to develop understanding about their behaviour and to make changes in their lives. Counselling is available for anyone affected by issues related to substance use. Family members can also attend for information and advice. (*Concord & Royal Prince Alfred Hospitals, Ashfield & Canterbury Community Health Centre*)
- **Smoker's Clinic**
The Smoker's Clinic provides behavioural intervention and support for people who are highly dependent on nicotine and/or who have tried many times to stop smoking without success. **NB** If pharmacotherapy is recommended this is to be purchased by the patient. (*Royal Prince Alfred Hospital – bookings through Respiratory Service Phone:95158613*)
- **Outpatient Withdrawal Management**
This service offers medicated and selective detoxification. It caters to patients expected to experience uncomplicated, mild to moderate withdrawal with no concurrent medical or mental health issues. (*Canterbury Community Health Centre*)

Inpatient Withdrawal Management

Patients who require closer monitoring during withdrawal over 5 – 7 days can be admitted as an inpatient. This program offers medicated and selective withdrawal management for those who are dependent on one or more substances. (*Rozelle Hospital, McKinnon Unit*)

Residential Rehabilitation

A 4-week program based on cognitive behavioural therapy offers educational groups, individual counselling and discharge planning. Patients must be substance free so withdrawal prior to admission is necessary. (*Rozelle Hospital, Palm Court*)

The above three services all offer comprehensive assessment and referral to ongoing treatment.

- **Opioid Pharmacotherapy**
Pharmacotherapy clinics offer a comprehensive and closely monitored program which supports patients to make lifestyle changes while undergoing maintenance therapy. Most patients are assigned a case-manager to ensure the best outcome for the individual. Once patients are stabilised they are encouraged to collect their medication from community pharmacies. (*Canterbury Community Health Centre & Royal Prince Alfred Hospital*)
- **REPIDU (Resource & Education Program for Injecting Drug Users)**
Injecting equipment, safe disposal services (including containers) and safe sex resources are available from primary outlets, outreach services (Redfern & Riverwood) and by home delivery. Information, health education, referral to treatment, legal and support services are also available.

Campsie, 63 Tudor Street 9718 2636
Redfern, 151 Pitt Street 9699 6188 or 0419 801 997

**Sydney South West Area Health Service
Drug Health Services - Referral form**

How to refer

Step 1: GP to fax form to Central Intake Officer

9515 8970 (fx)

Step 2: Patient to phone Central Intake Officer to make an appointment

9515 6311 (ph)

Patient name:		Date of birth:	
Address:			
Referring GP:		Provider no:	
Address:			
Fax:		Phone:	
Email:		Mobile:	
GP preferred involvement:	Shared Care	<input type="checkbox"/>	
	GP as Case Coordinator	<input type="checkbox"/>	
	General health care only	<input type="checkbox"/>	
	DHS to take over care	<input type="checkbox"/>	
GP preferred Service feedback:	Phone call	<input type="checkbox"/>	
	Letter	<input type="checkbox"/>	
	Fax	<input type="checkbox"/>	
Does patient require an Interpreter?	Yes /No	Language:	
Presenting problem:			
Relevant history / current substance use:			
Treatment required:		Medical Consultation:	
<input type="checkbox"/> Counselling		Addiction Medicine	
<input type="checkbox"/> Withdrawal management		<input type="checkbox"/> A/Prof K Conigrave MBBS(Hons) FChAM, FAFPHM, PhD <i>(RPAH / Concord hospitals)</i>	
<input type="checkbox"/> Drugs in Pregnancy service		<input type="checkbox"/> Dr K Curry MBBS(Hons) FChAM <i>(Canterbury CHC)</i>	
<input type="checkbox"/> Opioid maintenance pharmacotherapy		Addiction Psychiatry	
<input type="checkbox"/> Residential rehabilitation		<input type="checkbox"/> Dr J Ferguson BMed FRANZCP FChAM <i>(Concord Hosp)</i>	
<input type="checkbox"/> Smoker's clinic		<input type="checkbox"/> Dr S Theodorou MBBS MRCPsych FRANZCP FChAM <i>(RPAH / Concord)</i>	
		Physician	
		<input type="checkbox"/> A/Prof P Haber MBBS(Hons) MD FRACP FChAM <i>(RPAH)</i>	
Current medication/s:			
Known allergies:			
(Drug Health Service use only)			
Date feedback forwarded to GP: ___ / ___ / ___		Clinician Name:	

Central Sydney-Canterbury translations of consumer resources

Italian (Fact Sheet)

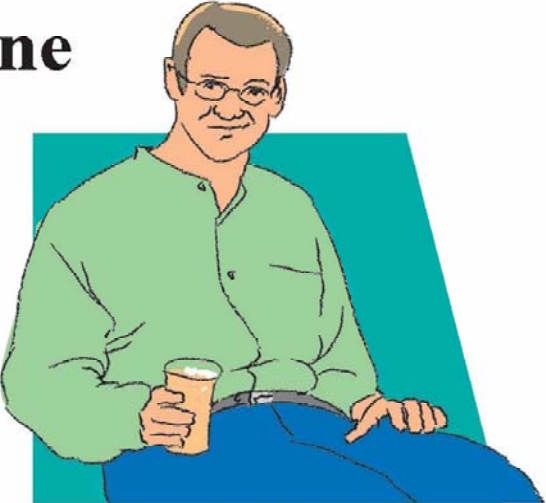
Page 1

Alcohol, Anxiety and Depression : Italian

L'Alcol, L'Anzieta` e La Depressione

Alcohol, Anxiety & Depression
Vedi te stesso in questa situazione?
Does this sound like you?

Noi tutti a volte , nella nostra vita, ci troviamo in situazioni dove la nostra salute fisica lascia a desiderare, e lo stesso puo` accadere con la salute mentale. Prendi in considerazione le domande contenute nella lista in basso che delineano alcune sensazioni comuni. Se la tua risposta a tali domande e` "SI", sara` opportuno andare dal medico per una valutazione professionale.



Ti senti spesso
Do you feel:

- Stanco e giu` di corda?
- Triste e senza speranza?
- Molto spesso irascibile ?
- Come se non volessi fare nulla?
- Come se non potessi piu` essere felice?
- Confuso e non sapere cosa ti sta` succedendo?
- Hai difficolta` nel dormire o ti svegli nelle prime ore della mattina e non sei in grado di riprendere sonno, o non te la senti di alzarci la mattina?

Oppure ti senti:
Or do you feel:

- Molto spesso preoccupato ed ansioso ?
- Come se il tuo cuore battesse fortemente?
- Come se qualcosa di terribile ti stesse accadendo?
- Come se ti stessi allontanando dalle tue normali attivita` giornaliere?
- Come se avessi dei nodi o subbugli allo stomaco quando sei a confronto con situazioni difficili, o trovarti a volere evitare situazioni che potrebbero causarti disagi ed anzieta` ?

Ed inoltre:
And:

- Pensi mai di bere in eccesso?
- Hai notato che i tuoi amici, famigliari o dottori si preoccupano che tu bevi eccessivamente?
- Consumi piu` di quattro bicchieri di alcolici in una qualsiasi singola occasione?
- Bevi perche` ti aiuta ad affrontare lo stress, la solitudine, il nervosismo o l'insonnia?
- Hai tentato di ridurre o smettere di bere, ma senza riuscirci?

Se vedi te stesso in questa situazione, e` ora che veda il tuo medico. Cio` significa che potresti soffrire di depressione, anzieta` o di problemi legati al bere. Questi sono i piu` comuni problemi di salute mentale che affliggono molte persone in Australia. E` risaputo che in Australia, nell'arco di vita di un individuo, la depressione affligge una persona su cinque e l'anzieta` ne affligge almeno una su otto.

2006 : #437 : HCIS - SSWAHS (EZ) & SESIAHS (H+C)

Alcohol, Anxiety and Depression : **Italian**

Il tuo medico potrebbe esserti di grande aiuto con cure efficaci, e se necessario con l'intervento di specialisti in materia, per una cura piu' specializzata.

Trattamenti efficaci sono disponibili. Un riconoscimento ed intervento pronto puo' ridurre danni e migliorare la qualita' di vita.

Domande da porre al medico

Questions to ask your GP

Le domande interessanti includono le seguenti:

- Perche' non mi sento bene?
- Cosa posso fare a tal proposito?
- Quali sono le altre alternative?
- Dove posso trovare piu' informazioni?
- Dovro' tornare da lei per ulteriori visite?
- Con che frequenza dovro' tornare?
- Potro' rimanere in buona salute?
- E' qualcosa di cui lei mi potra' curare, o dovra' mandarmi da qualcun altro?
- Potra' mandarmi per una visita da qualcun altro nel caso non dovessi migliorare?
- Come posso coinvolgere la mia famiglia, e dove essa potra' trovare informazioni?
- Che tipo d'aiuto e' disponibile per la mia famiglia ed i miei figli?
- Se necessario, potro' farmi aiutare da un Interprete?



Consigli Utili:

Handy Hints:

- Informa il tuo medico se sei sotto cura di altre persone come medici, familiari ed amici, terapisti, o partecipi a gruppi per auto-cura (self help).
- Ricorda di fornire al tuo medico la lista di tutte le medicine che prendi (anche quelle non prescritte, vitamine oppure terapie naturali), dato che egli potrebbe non sapere tutto quello che ti e' stato prescritto (specialmente se contemporaneamente vedi altri medici).
- Se non sei sicuro, o sei particolarmente nervoso per parlarne con il medico, fatti accompagnare da un amico o parente. Essi potrebbero aiutarti anche a ricordare i consigli che ti dara' il medico.
- Chiedi pure al medico di sottoporri ad una visita generale anche per sapere se vi e' qualche altro inconveniente. Per esempio, il russare pesantemente potrebbe essere la ragione del sonno disturbato.
- Molti medici generici fanno uso di infermieri idonei a far seguire le cure organizzando i successivi appuntamenti. Potresti pure parlarne con uno di questi infermieri, se ti senti un po' nervoso a farlo con il medico.
- Molti medici generici sono ora iscritti al nuovo programma per le cure della salute mentale.

Ti sei sentito, recentemente:

- Triste ed abbattuto?
- Preoccupato ed ansioso?
- Bevi per superare tutto cio'?

Il tuo medico puo' aiutarti!



La tua Salute Mentale e l'uso degli Alcolici: Osservando un buon Controllo di tale Mischela

2006 : #437 : HCIS - SSWAHS (EZ) & SESIAHS (N+C)

Alcohol, Anxiety and Depression : Vietnamese

RƯỢU, SỰ ÂU LO và CHỨNG TRẦM CẢM

Alcohol, Anxiety & Depression

Những điều này nghe có giống quý vị không?

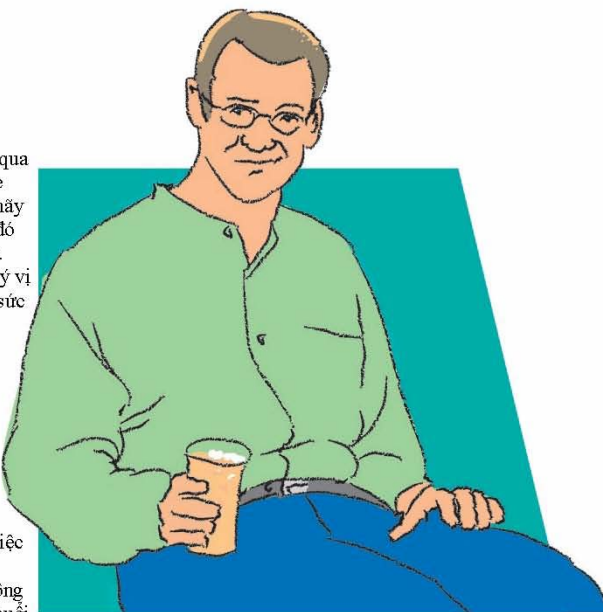
Does this sound like you?

Trong cuộc đời, tất cả chúng ta đều đã trải qua những lúc cơ thể bị bệnh hoạn, và sức khỏe tâm thần của chúng ta cũng như vậy. Xin hãy xem những câu hỏi được liệt kê dưới đây, đó là những trạng thái tinh thần thường xảy ra. Nếu quý vị trả lời “Có” cho vài câu hỏi, quý vị nên đi gặp bác sĩ để được sự thăm định về sức khỏe.

Quý vị có cảm thấy:

Do you feel

- Mệt mỏi và kiệt sức?
- Buồn bã và tuyệt vọng?
- Thường hay bức dọc?
- Không thiết làm bất cứ việc gì?
- Có lẽ chẳng bao giờ vui lên được?
- Đầu óc rối rắm lẫn lộn và không hiểu việc gì đang xảy đến cho mình?
- Khó ngủ, thức giấc sau nửa đêm và không thể ngủ trở lại, hoặc khó thức dậy vào buổi sáng?



Hoặc quý vị cảm thấy

Or do you feel:

- Thường băn khoăn và lo lắng?
- Làm như tìm đập mạnh?
- Làm như có việc gì kinh khủng sắp xảy ra?
- Muốn thu mình sống riêng biệt, tránh các sinh hoạt bình thường?
- Giống như trong bụng có gì nao nao hoặc co quặn mỗi khi phải đối diện với một tình huống khó khăn, hoặc phải tránh né những tình cảnh tạo cho mình sự khó chịu và lo âu?

Và:

And:

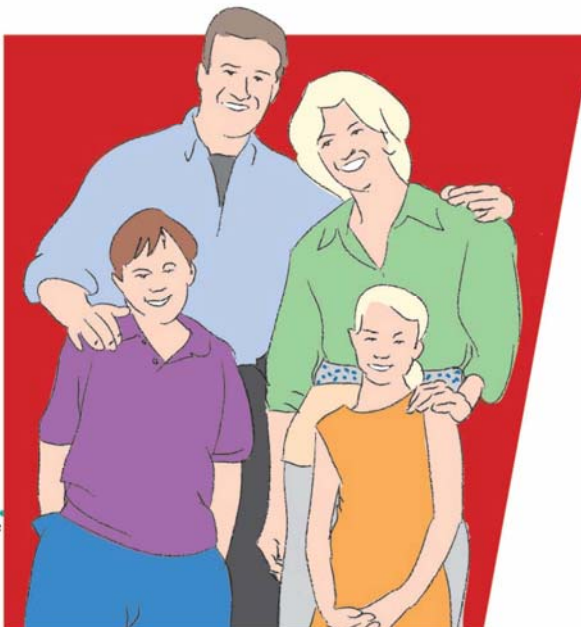
- Có bao giờ quý vị nghĩ là mình uống rượu bia quá nhiều?
- Có bao giờ một người bạn, thân nhân hoặc bác sĩ quan ngại về sự uống rượu của quý vị?
- Quý vị có thường xuyên uống hơn 4 ly trong bất cứ dịp nào?
- Quý vị có dùng rượu để đương đầu với sự căng thẳng, cô độc, giận tức, hoặc khó ngủ?
- Quý vị có gắng thử giảm uống rượu hoặc bỏ rượu nhưng không thành công?

Nếu những điều trên nghe giống như của quý vị, thì đây là lúc quý vị nên gặp và nói chuyện với bác sĩ gia đình. Quý vị có thể đang bị chứng trầm cảm, lo lắng quá độ và (hoặc) có vấn đề với rượu (nghiện rượu). Đây là những bệnh tâm thần thông thường nhất đang ảnh hưởng đến dân chúng Úc. Chứng trầm cảm ảnh hưởng đến một trong mỗi 5 người, và chứng rối loạn lo âu ảnh hưởng ít nhất đến một trong 8 người ở Úc trong khoảng thời gian nào đó trong đời họ. Bác sĩ gia đình của quý vị có thể giúp đỡ cho quý vị và chữa trị hữu hiệu các chứng bệnh này. Nếu cần, bác sĩ gia đình cũng có thể giới thiệu quý vị đến chuyên khoa để được giúp đỡ thêm.

2006 : #437 : HCIS - SSWAHS (EZ) & SESIAHS (N+C)

Alcohol, Anxiety and Depression : **Vietnamese**

Hiện đang có cách chữa trị hữu hiệu. Nhận chân được bệnh sớm và được chăm sóc ngay có thể làm giảm thiểu những nguy hại và cải thiện đời sống quý báu của quý vị.



Những câu nên hỏi bác sĩ gia đình

Questions to ask your GP

Những câu hỏi hữu ích để hỏi bác sĩ gia đình có thể là:

- Tại sao tôi cảm thấy không được khỏe?
- Tôi có thể làm gì cho khỏe lại được không?
- Có cách lựa chọn nào khác không?
- Tôi có thể tìm thêm tin tức hướng dẫn ở đâu?
- Khi nào tôi sẽ tái khám với bác sĩ?
- Bao lâu thì tôi phải gặp bác sĩ một lần?
- Làm thế nào để tôi có thể giữ cơ thể khỏe mạnh?
- Bệnh này bác sĩ có chữa cho tôi được không, hay bác sĩ phải giới thiệu tôi đến nơi khác?
- Nếu bệnh tôi không khá hơn, bác sĩ có thể giới thiệu tôi đến nơi khác chữa trị không?
- Gia đình tôi có thể giúp tôi như thế nào, hoặc họ có thể lấy tài liệu hướng dẫn ở đâu?
- Có trợ giúp gì cho gia đình và các con tôi không?
- Có thông dịch viên để giúp đỡ cho tôi không, nếu cần?

Những gợi ý hữu ích:

Handy Hints

- Hãy cho bác sĩ gia đình biết nếu quý vị đang được trợ giúp bởi một người khác, chẳng hạn như bác sĩ khác, nhóm tự giúp đỡ lẫn nhau, gia đình, bạn bè, hoặc chuyên viên trị liệu bằng phương pháp thiên nhiên.
- Hãy nhớ cho bác sĩ gia đình biết nguyên danh sách thuốc của quý vị (ngay cả những thuốc mua không cần toa, thuốc sinh tố và các dược liệu thiên nhiên) vì bác sĩ có thể không hoàn toàn biết hết tất cả các thuốc mà quý vị đã được kê toa, đặc biệt là khi quý vị hiện cũng đang khám với những bác sĩ khác.
- Nếu quý vị cảm thấy không vững bụng hoặc hồi hộp khi nói chuyện với bác sĩ gia đình, hãy đi cùng với một người bạn hoặc thân nhân. Người này cũng có thể sẽ giúp quý vị nhớ lại những chi tiết do bác sĩ dặn.
- Hãy xin bác sĩ khám tổng quát để xem có bệnh nào khác gây nên triệu chứng mà quý vị đang bị hay không. Chẳng hạn như, ngứa to có thể gây chứng ngủ không ngon.
- Nhiều phòng mạch bác sĩ có y tá lo việc xếp đặt các buổi hẹn. Quý vị có thể nói chuyện với y tá nếu quý vị cảm thấy hồi hộp hoặc ngại ngại khi gặp bác sĩ.
- Nhiều bác sĩ gia đình có đăng bộ với chương trình sáng kiến mới về bệnh tâm thần.

Quý vị đã từng có cảm giác:

- Buồn và thất vọng?
- Băn khoăn và lo lắng?
- Uống rượu để khuây khỏa?

Bác sĩ gia đình có thể giúp đỡ quý vị!

Sức khỏe Tâm Thần & Rượu : *Quản lý cả hai cùng lúc*



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Dandenong drug and alcohol services referral guide

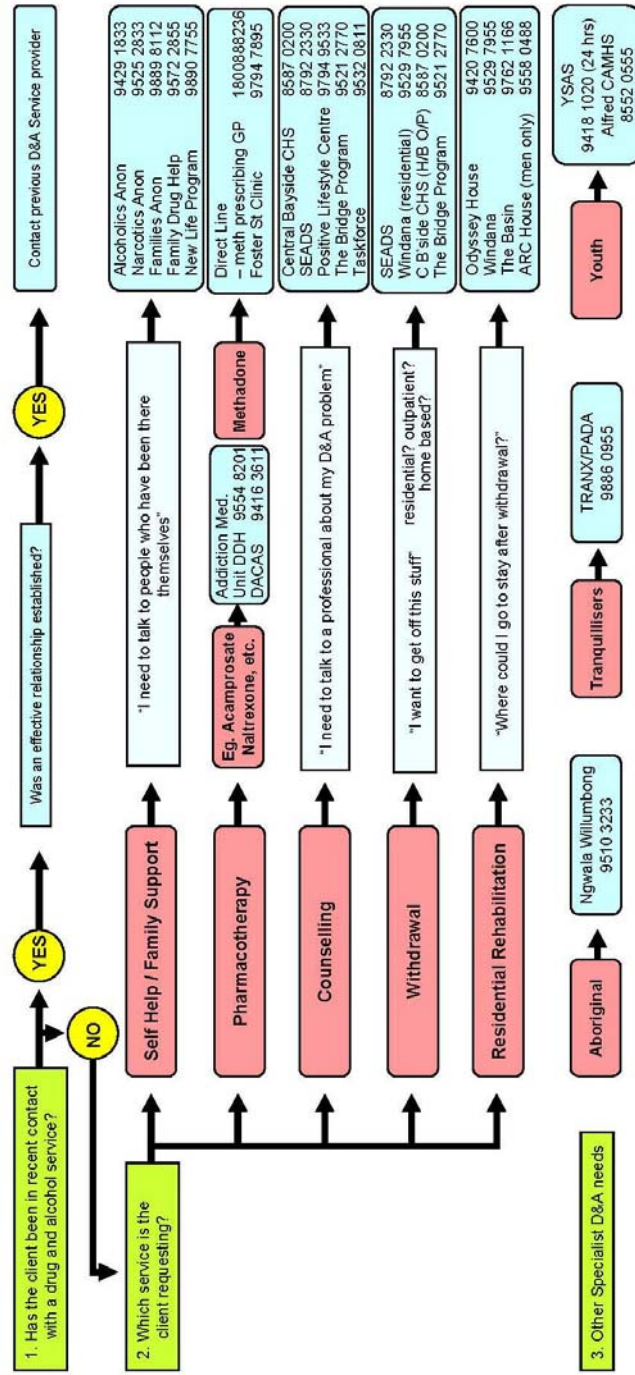
The Dandenong-Greater South Eastern-Monash-Central Bayside project produced and distributed a guide to referring to drug and alcohol services in the southern metropolitan region of Melbourne.

Many GPs prefer an easy reference guide that can be stored and accessed in consulting rooms.

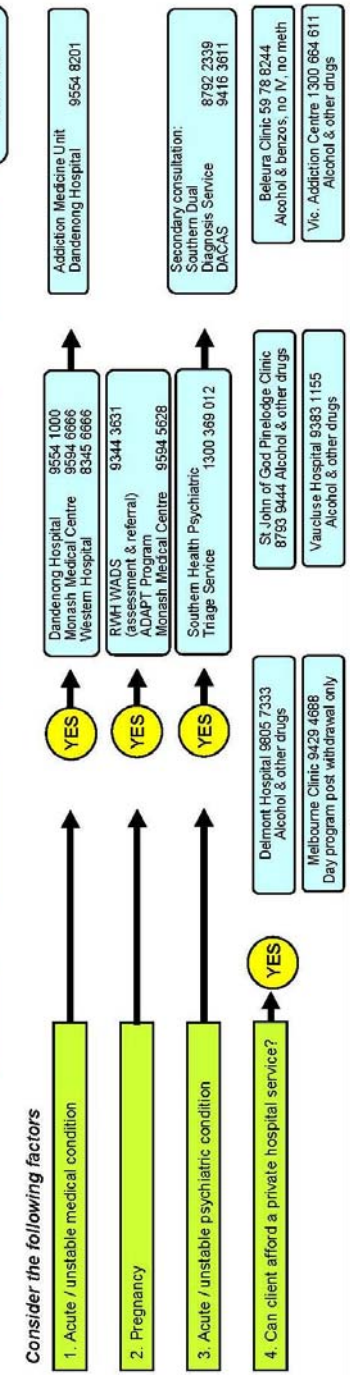
This double-sided guide briefly outlines the steps for referral, with agency contact details.

A GUIDE TO REFERRING TO DRUG & ALCOHOL SERVICES IN THE SOUTHERN METROPOLITAN REGION

STEP 1



STEP 2



Consider consultation / referral to GPs with expertise in D & A issues

Contact Southern Metropolitan Addiction Consultancy Clinic: 9525 7399 (The Alifred) 9554 8201 (Dandenong)

Drug & Alcohol Services within the Southern Metropolitan Region

Alfred CAMHS Outpatient service for children and adolescents aged 0 - 18 years of age, and families who are experiencing emotional, behavioural and social difficulties. Residential milieu therapy and treatment to adolescents aged 12 -18 years.	8552 0555	Odyssey House Residential therapeutic community program for adults experiencing difficulties with drugs and alcohol.	9420 7600
Bridge Centre Salvation Army Drug Treatment Services Assessment and referral for individuals experiencing difficulties with drugs and / or alcohol. Counselling and home based withdrawal services and youth outreach.	9521 2770	SHARC (Self Help Addiction Resource Centre) Post-withdrawal supported accommodation for young people up to 25. Mutual support and self help groups.	9572 1151
Central Bayside Community Health Services Counselling, consultancy and continuing care for any person experiencing an alcohol or drug problem. Home based or outpatient withdrawal services.	8587 0200	Southcity Clinic Specialist methadone service for clients with major medical, psychiatric and/or psychosocial problems. Consultancy, support and training for health providers.	9525 7399
WADS (Women's Alcohol and Drug Services) Royal Women's Hospital Statewide secondary consultation for the management of clients who are pregnant and using substances.	9344 3631	Taskforce Assessment and referral, education, counselling for people with drug related problems. Youth outreach and peer support.	9532 0811
DACAS (Drug & Alcohol Clinical Advisory Service) Statewide 24 hour clinical advisory service for health and welfare professionals.	9416 3611	TRANX/PADA Benzodiazepine and analgesic focussed statewide counselling consultancy and continuing care, information, training and community education.	9886 0955
DirectLine Statewide 24 hour confidential alcohol and drug telephone counselling, information and referral for the community.	1800 888236	SEADS (South East Alcohol and Drug Service) Assessment and referral, education, counselling and support groups. Residential, outpatient and home-based withdrawal service.	8792 2330
Southern Dual Diagnosis Service Training for health professionals and secondary consultations for health providers working with clients with a psychiatric comorbidity.	8792 2339	Windana Society Inc. Residential and non-residential treatment programs with a self-help and self-responsibility focus for adults experiencing problems with drug and alcohol use.	9529 7955
Family Drug Health Information and support to families of drug users.	9572 2855	New Life Program Statewide women only mutual support groups, counselling and referral, consultation and community education.	9890 7755
Inner South Community Health Services Counselling, consultancy and continuing care for any person experiencing an alcohol or drug problem. Outreach and casework / counselling.	9525 1300	YSAS (Youth Substance Abuse Service) Drugs and alcohol services within a supportive relationship structure for young people under 21. Outreach teams across metropolitan and regional Victoria.	9418 1020
Ngwala Willumbong Region-wide counselling, consultancy and continuing care for Koori people, information, training and community education.	9510 3233	Southern Health Psychiatric Triage Service Direct contact with Southern Health Psychiatric Services Clinician 24-hours a day, seven days a week. For all Southern Health mental health units. Services for all people aged up to 65 years in any part of the Southern Health catchment area.	1300 369 012

Prepared April 2006. Details correct at time of publication. We acknowledge and build on the learnings from "Dual Diagnosis – General Practitioners: the important but missing link in the system" project (2000) previously undertaken by Central Bayside Division, in partnership with Dandenong, Monash, Sherbrook-Pakenham and Mornington Peninsula Divisions of General Practice.



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