

# Foreword

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Any general practitioner knows that alcohol must not be forgotten. It is in the forefront of the diagnosis of cardiovascular and gastrointestinal disease, diabetes, liver disease and neurological problems. It is ubiquitous in patients with depression, anxiety and in psychotic illnesses. It is there in suicide, domestic violence, assaults and road traffic accidents.

Dealing with the mental disturbances of alcohol and the effects of alcohol on those who have mental health problems is core business of general practice: a fact which medical schools and GP training programs have so far ignored. But from now on there will be no excuse for such neglect. *Managing the Mix* has been picked up by 33 divisions of general practice because they have been willing to provide leadership in implementing measures to show how alcohol and mental health problems can be better managed through the GP's surgery in the community.

With wider implementation of these resources those who present with co-existing alcohol and mental health problems will be treated more effectively and efficiently in their own environments. And the frustration and disappointments of family members with the 'buck passing' that happens so often between specialised services will become a thing of the past.

The departments, personnel and divisions involved in this fine project deserve the appreciation of everyone concerned about the relationship between mental health and alcohol.

I am proud that the Alcohol Education and Rehabilitation Foundation was so ready to fund this work.

**Professor Ian W Webster AO**  
**Chair, Alcohol Education and Rehabilitation Foundation**  
**June 2006**

# Acknowledgments

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## Project partners

- The Australian Divisions of General Practice (ADGP) as the national project coordinator.
- The Mental Health Council of Australia (MHCA) contributed expert advice and consumer and carer input. MHCA was also commissioned to produce consumer and carer resources.
- The Primary Mental Health Care Australian Resource Centre (PARC) at Flinders University conducted the project evaluation.
- The Australian Government Department of Veterans Affairs (DVA) commissioned the development of the training package.
- The Rural Health and Palliative Care Branch of the Australian Government Department of Health and Ageing (DoHA) enabled an extension of the project to ensure greater coverage of remote divisions.
- The Drug Strategy Branch of DoHA funded a national workshop at the outset of the project and provided clinical and health promotion guidelines.
- A reference group, comprising experts from the comorbidity field, supported and advised the project.

ADGP would like to acknowledge the following divisions of general practice and state-based organisations that participated in Managing the Mix. Divisions generously contributed their knowledge and experiences from the project towards the development of this Resource Kit.

## Divisions of general practice

Adelaide Northern	Barossa	Bendigo
Canning	Central Bayside	Central Sydney
Canterbury	Capricornia	Dandenong
Eastern Goldfields	Eastern Ranges	GP Coastal
GP North	Greater South Eastern	Illawarra
Inner Eastern Melbourne	Knox	Mallee
Mid North	Mid West	Monash
Murray Plains	NSW Central Coast	NSW Outback

Osborne	Pilbara	Shoalhaven
Top End	Townsville	Western Melbourne
Westgate	Whitehorse	Yorke Peninsula

## State-based organisations

Alliance of NSW Divisions

Australian Capital Territory Division of General Practice

General Practice and Primary Health Care Northern Territory

General Practice Divisions - Victoria

Queensland Divisions of General Practice

South Australian Divisions of General Practice

Tasmanian General Practice Divisions

WA GP Network

## Online training clinical reference group

ADGP would like to thank the following people for their input as members of this reference group:

Australian Centre for Post-traumatic Mental Health	Assoc Prof John Pead	
Australian Government Department of Veterans' Affairs	Ms Joanne Krueger	Mr Maurie O'Connor
Australian Psychological Society	Mr David Stokes	
Carer representative	Ms Judy Hardy	
Consumer representative	Ms Ann Smith	
Educational Health Solutions	Dr Christina Koniaras	
Flinders Medical Centre	Dr Michael Baigent	
Illawarra Division of General Practice	Ms Kellie Marshall	
Royal Australian College of Nursing	Ms Natalie Ashcroft	Dr Christina Bobrowski
Australian Divisions of General Practice – Mental Health Adviser	Dr Chris McAuliffe	
Australian Divisions of General Practice	Mr Slade Carter	Ms Leanne Wells

## Managing the Mix reference group

Over the lifetime of Managing the Mix a number of individuals served as members of the project reference group, that advised on the development and rollout of the initiative.

ADGP gratefully acknowledges the input of the following people and organisations:

Alcohol Education and Rehabilitation Foundation	Mr Daryl Smeaton	Professor Ian Webster
Alliance of NSW Divisions	Ms Sarah Bradfield	
Australian Centre for Post-traumatic Mental Health	Assoc Prof John Pead	
Australian Government Department of Health and Ageing	Mr Regis Brito Mr Cam Burch Ms Phyl Crawford Ms Noela McDonald Ms Alma Quick	Ms Belinda Brandon Ms Margaret Cox Ms Genine McNeill Mr George Phillips
Australian Government Department of Veterans' Affairs	Ms Joanne Krueger Mr Maurie O'Connor	Mr David Morton
Australian Psychological Society	Mr David Stokes	
Flinders Medical Centre	Dr Michael Baigent	
Illawarra Division of General Practice	Ms Kellie Marshall	
Mental Health Council of Australia	Dr Grace Groom Mr Neil Wildman	Mr Steve Morris
Mental Health Council of Australia – Carer representative	Ms Judy Hardy	
Mental Health Council of Australia – Consumer representative	Ms Ann Smith	
Midwestern Area Health Service/ Lyndon Therapeutic Community	Dr Rod McQueen	
National Drug and Alcohol Research Centre	Dr Anthony Shakeshaft	
Primary Mental Health Care Australian Resource Centre	Mr Peter Drake	Ms Sara Pfeiffer
Primary Mental Health Care Australian Resource Centre/South Australian Divisions of General Practice	Dr Tori Wade	
Australian Divisions of General Practice – Mental Health Adviser	Dr Chris McAuliffe	
Australian Divisions of General Practice	Mr Slade Carter Ms Jane Westley	Ms Anna Roberts Ms Leanne Wells

# List of abbreviations

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ACRRM	Australian College of Rural and Remote Medicine
ADGP	Australian Divisions of General Practice
AER Foundation	Alcohol Education and Rehabilitation Foundation
BoiMH	Better Outcomes in Mental Health Care program
Division/DGP	Division of general practice
DoHA	Australian Government Department of Health and Ageing
DVA	Australian Government Department of Veterans' Affairs
GPMHSC	General Practice Mental Health Standards Collaboration
MHCA	Mental Health Council of Australia
MTM	Managing the Mix (Your Mental Health and Alcohol: Managing the Mix)
NHMRC	National Health and Medical Research Council
PARC	Primary Mental Health Care Australian Resource Centre
RACGP	Royal Australian College of General Practitioners
TTT	Train-the-trainer

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