

## Straight Up Brief Training Guide – Brendan

Phil describes his journey to recovery and how his experiences have more clarity and interest without the fog of substances.

| Themes from video                           | Questions<br>What are the key Integrated Care elements of Brendan's story?   | Principles of Integrated Care practice, tools and resources   |
|---|--|---|
| 1. Family and school issues                 | <b>For staff to consider:</b> <ul style="list-style-type: none"><li>At which point would you intervene?</li><li>What tools might you use?</li><li>What other issues do you need to consider?</li><li>What services would you call? DIRECT LINE? Psychiatric Triage?</li></ul><br><b>For consumers to consider:</b> <ul style="list-style-type: none"><li>If you were Brendan, at what point would you seek assistance?</li><li>What services would you call? DIRECT LINE? Psychiatric Triage?</li></ul><br><b>For carers to consider:</b> <ul style="list-style-type: none"><li>If he was someone you cared for, at what point would you seek assistance?</li><li>What skills do you think you would need to assist your caring role?</li><li>What services would you call to assist yourself? Tandem? Family Drug Help? Mental Health and Wellbeing Connect? Etc.</li></ul> | <ul style="list-style-type: none"><li>Welcoming, responsive and hopeful</li><li>Person and family centred</li><li>No wrong door</li><li>Core business</li><li>Integrated treatment</li><li>Recovery orientated</li><li>Harm reduction</li></ul>   |
| 2. 'Wagging school and unhappy'             |  |   |
| 3. Didn't know who to talk to               |  |   |
| 4. First attempt at suicide                 |  |   |
| 5. Plan to go to gaol                       |  |   |
| 6. Emergency department response            |  |   |
| 7. I don't want to do this                  |  |   |
| 8. Get up, get out of bed, and do something |  |   |
|   |  | <b>Possible Tools:</b><br><br>Reasons For Use Package, Before During After, Carers Can Ask, Consumers Can Ask etc (these tools may require further training).<br><br><b>Websites:</b><br><br><a href="https://www.svhm.org.au/our-services/departments-and-services/n/nexus">https://www.svhm.org.au/our-services/departments-and-services/n/nexus</a><br><br><a href="https://comorbidityguidelines.org.au/">https://comorbidityguidelines.org.au/</a><br><br><a href="https://www.health.vic.gov.au/mental-health/about-victorias-mental-health-services">https://www.health.vic.gov.au/mental-health/about-victorias-mental-health-services</a><br><br><a href="http://www.directline.org.au/">http://www.directline.org.au/</a> |