

Straight Up Brief Training Guide – Phil

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

Themes from video	Questions What are the key Integrated Care elements of Phil's story?	Principles of Integrated Care Practice, tools and resources
1. Restless and experimenting with alcohol at a very early age	<p>For staff to consider:</p> <ul style="list-style-type: none"> At which point would you intervene? What tools might you use? What other issues do you need to consider? What services would you call? DIRECT LINE? Psychiatric Triage? <p>For consumers to consider:</p> <ul style="list-style-type: none"> If you were Phil, at what point would you seek assistance? What services would you call? DIRECT LINE? Psychiatric Triage? <p>For carers to consider:</p> <ul style="list-style-type: none"> If he was someone you cared for, at what point would you seek assistance? What skills do you think you would need to assist your caring role? What services would you call to assist yourself? Tandem? Family Drug Help? Mental Health and Wellbeing Connect? Etc. 	<ul style="list-style-type: none"> Welcoming, responsive and hopeful Person and family centred No wrong door Core business Integrated treatment Recovery orientated Harm reduction <p>Possible Tools:</p> <p>Reasons For Use Package, Before During After, Carers Can Ask, Consumers Can Ask etc (these tools may require further training).</p> <p>Websites:</p> <p>https://www.svhm.org.au/our-services/departments-and-services/n/nexus</p> <p>https://comorbidityguidelines.org.au/</p> <p>https://www.health.vic.gov.au/mental-health/about-victorias-mental-health-services</p> <p>http://www.directline.org.au/</p>
2. Anxious at school, increased when he went to high school		
3. Reputation – “bad kid”		
4. “Nirvana moment” – positive impact of amphetamines		
5. The myth and the reality – looking in the mirror		
6. Pretending you’ve got control		
7. Weighing up bad times versus good		
8. Drug use normalised in our culture		