



Key Themes from Tuesdays with Nexus **5 May 2020 - 9.30am**

22 people attended this session – Thank you for your participation.

1. Service Update from Family Drug Help (a component of SHARC)

Family Drug Help is a program that provides practical help, information and support to families and friends impacted by someone's drug and alcohol use or gambling.

Family Drug Help – 1300 660 068

<https://www.sharc.org.au/family-drug-help/>

- Family Drug Help offers many different avenues for support-
- The Helpline is supported by staff and volunteers
- Support Groups (now available via Zoom)
- The In Focus and Breakthrough programs (now via Zoom and Google classrooms)
- Family counselling for AOD
- Family counselling for Gambling

2. Key themes from the past few week

- Families living in close proximity reporting substance use by loved ones may be higher or more frequent than originally thought.
- There have been some challenges for families wanting to be part of support groups but finding it difficult to disclose information/finding safe, private places to talk.



- Bars/pokies/casinos are closed so there have been reports of increased online gambling.
- Challenges practicing self-care strategies in isolation

3. New innovations and successes supporting consumers with physical distancing.

- Psychiatrists and Doctors have been spending more time with people on the phone.
- Some families report strengthened relationships between family members.
- Using a black screen on zoom can be helpful for some families wanting to remain private.

Long acting injectable buprenorphine clinic at St Vincents

What is it?

A rapid access clinic for clients considering commencement of long acting injectable buprenorphine (LAIB). The clinic has been established to support the community during the global pandemic of COVID-19.

Who can refer?

Anyone. Nurses, doctors, social workers, AOD workers, Rehabilitation facilities, GP clinics, and clients themselves

Who to refer?

Referrals to this clinic are appropriate for anyone considering long acting opioid agonist treatment (OAT) for the management of an opioid use disorder

How to refer?

Please contact Helen O'Neill, our triage nurse. Call 9231 2635 during business hours or email Helen at helen.o'neill@svha.org.au. (If the phone is unattended, please leave a message and one of our staff will contact you.)



IDAHOBIT - International against Homophobia, biphobia, intersexism and transphobia.

IDAHOBIT began due to homosexuality being removed from the Classification of Diseases and Related Health Problems on May 17 1990.

You are invited to celebrate on Friday May the 15th through Zoom the theme is Breaking the Silence, meet and greet and talk about what IDAHOBIT means to you.

“We invite you to share your personal reflections on the meaning of IDAHOBIT day for you and/or moments in queer history that have inspired you! You are welcome to dress rainbow, show your pride on your zoom background or show off your rainbow baking skills!”

Please forward this email to your networks, the more the merrier!

You are also welcome to print out some free IDAHOBIT posters to display in your work areas/upload free IDAHOBIT zoom backgrounds here <https://www.idahobit.org.au/index.php/get-active/resources>

Topic: IDAHOBIT 2020 Morning Tea

Time: May 15, 2020 11:00 AM Canberra, Melbourne, Sydney

Join Zoom Meeting

<https://us02web.zoom.us/j/83440269654>



Resources

- Checkout some top universities from around the world offering free courses. <https://www.businessinsider.com/free-online-courses-from-best-colleges?r=AU&IR=T>

Department of Health- Coronavirus Health Information Line- 1800 020 080. The line operates 24 hours a day, 7 days a week.

Next session:

'Tuesdays with Nexus' - A weekly interactive online session

Date: Tuesday's – 12 May 2020
Start time: 9.30 am – Victoria
Duration: 45-60 mins

Link: <https://zoom.us/j/818805658?pwd=MIRtLzZyVXZKZU5CWk1JS0c5SnJvQT09>