



## Key Themes from Tuesdays with Nexus 12 May 2020 - 9.30am

17 people attended this session from AOD, MH and MHCSS services. You can access resources and Key themes from past sessions on our website:

<http://www.svhm.org.au/nexus/tuesdays>

Acknowledgement of Country and International Nurses Day

### Key messages from session

Things are changing again as restrictions are lifted gradually

There is a lot for us to learn and take from these times moving forward

Some consumers are experiencing better engagement and health, whilst others are struggling

### Main Themes from the conversation

#### **1. Services and engagement**

- a. Overall there has been a decrease in clients engaging and using services
- b. Things seem to be settling as people get used to the new ways of working and the Government lifts restrictions slowly
- c. Some consumers are loving the lock down others are finding it very difficult to manage
- d. SMART Recovery Groups are operating online through Turning Point
- e. There are many learnings and advantages to this time – less travel, more time as a result.



- f. The Boroondara Mental Health Alliance is going to review the key learnings that have resulted from COVID-19 restrictions to inform practice moving forward into the future, ie. What has been working and what to keep.
- g. People from the homeless sector are reporting those who are homeless or at risk of homelessness are receiving better services, higher engagement and eating better as a result of COVID\_19 restrictions. This has led to an improvement in their mental health and vitality directly reported to be from better nutrition.

## 2. VAADA

See the enews for webinar series that VAADA have produced to assist services with this time.

VAADA will be undertaking a survey of the AOD sector to explore what has worked well and what learnings can we take from this time.

## 3. Gamblers help Services

- a. Lachie McKenzie presented on the GHS at Banyule Community Health – see presentation on our website for details
- b. Current trends see consumers using online gambling services more which is not regulated and not as visible as pokies.
- c. Online gambling services are being very creative in their offering eg. Betting on the colour of ScoMo's tie at his next briefing
- d. Many consumers have a sense of relief that pokies are not open and they are therefore not able to access this option.
- e. Concern for consumers seems to be more related to what happens when things return to normal.
- f. Please contact Lachie for any further information.

 	<p><b>LACHLAN MCKENZIE</b> SENIOR HEALTH PROMOTION OFFICER</p> <p>21 Alamein Road, Heidelberg West Vic -3081 9450 2668 0408 790 331 <a href="https://clicktime.symantec.com/38ZTEBiVbDV7aAs7qGTnrXJ7Vc?u=">https://clicktime.symantec.com/38ZTEBiVbDV7aAs7qGTnrXJ7Vc?u=</a></p>
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**Premier's Primary Health Service of the Year**



#### 4. Dual Diagnosis services

- a. Westside Lodge Dual Diagnosis Rehabilitation Service in Sunshine will be reopening soon – not dates
- b. There have been no updates on the Bendigo Dual Diagnosis Unit operations

#### 5. Substance use issues

- Everyone seems to be drinking more alcohol and some consumers are using different substances to cope through this time.
- Contact Directline 1800 888 236 for further advice

#### 6. IDAHOBIT 2020 CELEBRATIONS

- a. This is being celebrated on Friday 15<sup>th</sup> May – 11am International meeting ( see flier)
- b. Switchboard are holding a Q&A session on Celebrate IDAHOBIT with Switchboard Friday 15 May 12-2pm see link below.

#### 7. Poll results

1. How useful was the Tuesdays with Nexus interactive online session? (Single Choice)

Answer 1: Extremely useful                      54%

Answer 2: somewhat useful                      46%

Answer 3: Not useful                              0%

2. How often do you think Tuesdays with nexus should be (Single Choice)

Answer 1: weekly                                      55%

Answer 2: fortnightly                              27%

Answer 3: monthly                                      18%

3. How long should the sessions run for? (Single Choice)

Answer 1: 30 minutes                              0%

Answer 2: 45 minutes                              56%

Answer 3: 60 minutes                              44%

**For Feedback or further assistance please find the survey link [here](#)**



## **Resources shared**

### **VAADA Updates and webinar links**

<https://www.vaada.org.au/>

### **IDAHOBIT 2020 CELEBRATIONS (INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA, INTERSEXISM & TRANSPHOBIA)**

<http://www.switchboard.org.au/events/>

<https://www.eventbrite.com.au/e/staying-well-together-idahobit-with-switchboard-tickets-103767655852>

<https://www.idahobit.org.au/index.php/get-active/resources>

### **Next session:**

#### **'Tuesdays with Nexus' - A weekly interactive online session**

<b>Day:</b>	<b>Tuesdays – 19 May 2020</b>
<b>Start time:</b>	<b>9.30 am – AEST</b>
<b>Duration:</b>	<b>30-45 mins</b>

[Register here](#)