



Key Themes from Tuesdays with Nexus **26 May 2020 - 9.30am**

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

1. Service Update from Rebecca Smyth DePaul House Residential drug and alcohol dependence treatment service

DePaul House is a 12 bed community residential withdrawal unit attached to St Vincent's. The unit provides specialist care for those who wish to voluntarily undertake withdrawal from substances in a safe, clinical environment. DPH offers medical withdrawal supported by a therapeutic group program and community engagement.

DPH Service Update

- Still supporting consumers to detox as per usual
- Only a two week greater than usual waitlist
- Currently supporting medical, polysubstance drug and alcohol withdrawal.
- Residents are getting used to social distancing regulations and less visitors
- Residents feeling grateful for detox as many rehabs closed vacancies
- Resis and Rehabs are beginning to open again and this is positive news for consumers

Positives moving forward

Restrictions lifting June 1 for the list of changes see below link

<https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

Telehealth becoming more widely used with both positive and negative feedback

Intake and triage changes will likely be revised moving forward

Residential Rehabs re-opening, vacancies and waitlist shortening

Many surveys coming out to analyse the past few months (DPH, ACSO, DHHS, VAADA, see below)

Long Acting Buprenorphine clinic proving to be very successful- at full capacity

***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.)

2. Key resources from the past few week

Dual Diagnosis Resi Rehab Units

Bendigo is looking to reopen very soon – dates TBA.

Westside Lodge is operating at 50% capacity due to restrictions, they have a long waitlist currently. Both units are planning their intake and looking at staged admissions.

Carers during COVID-19 report

From April-May 2020 the Caring Fairly Coalition conducted a survey to capture unpaid carers’ experiences of the COVID-19 pandemic. The survey aimed to assess the impact of the pandemic on carers’ work and income, expenses, health and wellbeing and access to services and supports. The findings draw on 471 responses, collected from carers across Australia. Overall the results demonstrate the considerable impact the COVID-19 pandemic has had on unpaid carers across all dimensions. You can read the results here. <http://www.caringfairly.org.au/resources/covid-19-carer-survey-results>

LGBTIQA+ and Autism

Do the intersections between autism and LGBTIQA+ communities interest you? Book into a peer led chat by the amazing Ruby Mountford (more about them below) surrounding these intersections on Monday 1 June - 7pm to 8pm. Book online: www.trybooking.com/BJRLE

Hepatitis A Update



There has been an outbreak of hepatitis A among people who use drugs (primarily but not exclusively by injection), as well as people experiencing homelessness in Victoria. As of 6 May 2020, there have been 56 confirmed cases and 6 possible cases of hepatitis A associated with this outbreak since July 2019. A free single-dose hepatitis A vaccination is available for people who use drugs or are experiencing homelessness until 31 August 2020

<https://www2.health.vic.gov.au/about/news-and-events/healthalerts/hepatitis-a-outbreak-may-2020>

Surveys and studies

Monash Uni have a COVID-19 Work and Health Study. 3-year, international study to understand the mental health and cognitive effects of COVID-19 on people diagnosed with the virus, and the general community dealing with the pandemic.

To learn more about the survey and register, visit: [tiny.cc/0I5tnz](https://www.covidstudy.net/) or <https://www.covidstudy.net/>

Mental Health Carers Australia is currently talking to the National Disability Insurance Agency about what's happening for families and carers of NDIS participants with psychosocial disability in light of the COVID-19 pandemic.

We are running this survey to find out directly from families and carers what issues they are facing during the pandemic. <https://www.surveymonkey.com/r/ZYTV8HW>

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

Mind Carer Helpline - 1300 554 660

Family Drug Help - 1300 660 068

Next session:

'Tuesdays with Nexus' - A weekly interactive online session

Date: Tuesday's – 2 June 2020
Start time: 9.30 am – Victoria



Duration: 45-60 mins

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