



## **Key Themes from Tuesdays with Nexus** **15 September 2020 - 9.30am**

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

**Presentation** from Sally Thomas, Coordinator of AOD Pathways at Turning Point. You can contact Sally for more information [sally.thomas@turningpoint.org.au](mailto:sally.thomas@turningpoint.org.au)

Turning point is the lead agency in research education and therapeutic interventions. Please see website for information, articles, programs and webinars. [www.turningpoint.org.au](http://www.turningpoint.org.au)

AOD pathways provides support to individuals and families who have experienced difficulty in accessing drug and alcohol treatment. To refer to AOD pathways call 1800 319 619 and if you would like to access information regarding AOD Pathways. [aodpathways@turningpoint.org.au](mailto:aodpathways@turningpoint.org.au)

### **Key Service Updates**

**Update**- Ready to Change Program is a 6 session telephone AOD counselling program for mild/moderate substance use. Participants receive a structured workbook to guide them through the sessions and is now available digitally.

**Update**- Webinars-

#### **Streamlining the referral experience**

**Wednesday 23 1-2pm**

<https://www.turningpoint.org.au/education/events/streamlining-the-referral-experience>

**Update**- A new Alcohol and Other Drug service called Diverse Pathways to help navigate and reduce the many barriers to treatment experienced by culturally diverse and First Nation clients living in Melbourne's North-West.

**Service information- Diverse Pathways (Formerly Reaching Out) is Turning Point's specialist AOD service providing culturally sensitive counselling and treatment pathway referrals to those with problematic AOD issues.**



Our client group: people aged 18+ living in North or West Metro who identify as being from a Culturally Diverse or Aboriginal / Torres Strait Islander background who are concerned about their substance use. We have a complex trauma focus and are seeking to reach those clients who experience barriers to accessing AOD services.

- We can also work with family members or significant others impacted by the client's substance use.
- We provide culturally sensitive engagement and AOD assessment, therapeutic social work and assertive linkage to assist our clients to access meaningful treatment for their AOD and mental health issues.
- We can work with clients for 3-4 months depending on their treatment needs. We provide short term counselling and stabilization involving preparing clients for treatment, an understanding their substance use patterns and underlying triggers and urges under a harm minimisation framework.
- We refer clients to detox and counselling services, group programs (as well as non-AOD supports), and will follow up one month after closure to support continuation of treatment.

**Update:** **Diverse Pathways (Previously known as Reaching Out)** provides AOD health literacy education and support to Aboriginal and Torres Strait Islanders and Culturally and Linguistically Diverse community groups and organisations; and secondary consultation to the AOD service sectors.

**We welcome your enquiries and client referrals (please complete attached referral form) by contacting Susan Marryatt or Ronan Walsh at:**

**PH: 8413 8413 or 0466 135 371**

**110 Church Street, Richmond.**

**Email: [tpsccs@turningpoint.org](mailto:tpsccs@turningpoint.org)**

**Department of Health- Coronavirus Health Information Line- 1800 020 080.**

**The line operates 24 hours a day, 7 days a week.**

#### **NEMHSCA Webinar:**

**Harm Reduction Webinar- An empowering person centered approach to Substance Use and Mental Health**

Free Webinar **Harm Reduction- An empowering, person centered approach to Substance Use and Mental Health** designed and delivered by staff from Nexus Dual Diagnosis Service, Harm Reduction Victoria, Mind Australia and Wellways. Brought to you by NEMHSCA, Yarra Drug and Health Forum and Yarra Mental Health Alliance. See detailed description of the webinar below.



The webinar will commence on **Monday the 05th of October from 12.30pm-2.00pm** and can be accessed easily these three ways.

1. Register here through eventbrite <https://www.eventbrite.com.au/e/120148604711>
2. By going to [www.sli.do](http://www.sli.do) and entering the event code (**37978**) on the day.
3. Using this direct link on the day <https://iframe.dacast.com/b/95030/c/563629>

*Webinar details- Harm reduction is a recovery oriented essential practice that can be used by any health care worker regardless of the setting. It values the consumers own experiences with substance use and mental health and supports their expertise in planning and decision-making. In this webinar viewers will be introduced to the principle's of Dual Diagnosis and Harm Reduction. Viewers will hear real stories using interviews and animations on how staff and consumers from Mental Health settings implemented the Before, During and After Harm Reduction tool and some of the outcomes from using this approach. Viewers will be guided to free Harm Reduction resources to use with consumers and understand why Harm Reduction is a practice that shouldn't be limited to Drug and Alcohol workers.*

The webinar will be followed by a live Q&A and is open to the public.

**This webinar is a collaboration with staff from Nexus Dual Diagnosis Service, Harm Reduction Victoria, Wellways and Mind Australia. It is brought to you by NEMHSCA, Yarra Drug and Health Forum and the Yarra Mental Health Alliance.**

Next session:

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

**Presenter: Dr Kah-Seong Loke, Consultant Psychiatrist, Nexus**

**Topic: COVID and Dual Diagnosis**

**Date: Tuesday's – 22/09/2020**



**Start time: 9.30 am – VIC**