



Key Themes from Tuesdays with Nexus **1 December 2020 - 9.30am**

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

Presenter:

Nic Thompson- Manager residential programs SHARC.

Considerations for the festive season - what you might need to think about in preparation for this time with consumers and families/loved ones

- Consider this time of year brings up a lot of anxiety and stress for people
- People may reunite with family-this can cause conflict/reminder of the past
- Family are often triggers for MH and Substance Use
- Consider starting to make wellbeing plans one month out before xmas
- What might be triggers, stressors, scenerios, prepare for these
- Make a harm reduction/safety plan for substance use
- Consider coping strategies, role playing, practicing responding to requests/offers
- Within the plan have supports to reach out for- support people, services, hotlines

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

Presenter:

Yom Maker- Multicultural Drug and Alcohol Program

The impacts on the South Sudanese community during the pandemic- Yom Maker from MDAP the Multicultural Drug & Alcohol Partnership. A program of the: Centre for Culture, Ethnicity & Health in Richmond.

- Pilot program for the City of Yarra working with South Sudanese young people and their families around substance use.
- Work from a Harm Minimisation perspective
- Has a community development framework
- Destigmatising AOD in the South Sudanese community
- Enhancing health literacy in the community
- Individual and family support



- Work closely with families around planning
- Community education
- Sector capacity building- build cultural awareness around treatment
- Improving access to services the for South Sudanese community
- Public information sharing and education through social media

Resources Shared:

‘Tuesdays with Nexus’ - A weekly (FINAL) interactive online session - Next session:

Considerations for the festive season – what you might need to think about in preparation for this time with consumers and families/loved ones. Mellisa Rigter, Lived Experience Worker, St Vincent’s Mental Health

No Gender December – Disrupting the Gender Binary for Children and Young People. Christina Hotka, LGBTIQ+ Safety and Responsiveness Project Officer St Vincent’s Mental Health

A Year of Transitions with COVID-19 – Tuesday with Nexus Wrap-up. Sarah Officer & Ange Wallace, Nexus Dual Diagnosis Consultancy Service.

Date: Tuesday’s – 8/12/2020

Start time: 9.30 am – VIC

‘Tuesdays with Nexus’ – STARTING IN THE NEW YEAR weekly interactive online session

Date: Tuesday’s – 2/2/2021 – New link to be provided

Start time: 9.30 am – VIC

Focus of the 2021 sessions will focus on the MH Royal Commission recommendations as well as Inter-service/agency reports and reflections.