



Nexus

Dual Diagnosis Consultation Service

**WE ARE PROUD TO
ACKNOWLEDGE THE**

Aboriginal

**TRADITIONAL OWNERS
OF THESE LANDS AND WATERS**




© Harold Thomas 1971 Aboriginal Flag

In January 2020 we started to hear about this new virus spreading across the world...the Coronavirus?!

This virus would soon send us all to work from home. Behind our computer screens and laptops. Little did we know for how long?!

It was for this reason Tuesdays with Nexus was born. In a Zoom call with Nexus workers two weeks after Stage 3 restriction were enforced.



The background of the slide features several thick, flowing, curved lines in shades of blue and teal. These lines sweep across the frame, creating a sense of movement and connection. They are arranged in a way that frames the central text, with some lines entering from the left and others from the top or right, all curving towards the center.


At Nexus we saw an immediate need in our community for some form of online communication and information sharing platform, we swiftly created a weekly Zoom session for health care professionals from across MH, AOD and Dual Diagnosis to connect during the early stages of social distancing and lockdown and we called it “Tuesdays with Nexus”. This is a reflection of the year of the pandemic and the birth of our online platform that still continues today.

Aim of “Tuesdays with Nexus”

To provide a new approach to working with and supporting each other around the new and emerging challenges that we were facing when working with clients and their families in the new environment.

Our particular focus was on the challenges posed when Mental Health & Substance use issues (Dual Diagnosis) were present. In the sessions to come this expanded to other dual issues such as family violence, gambling harm, housing and homelessness and disability. It was clear that our viewers valued the need to learn more about other health and human services.

The online session was established to enable workers to connect both professionally and socially to share. It was, and still is, a space to draw on the collective wisdom and creativity of others facing similar challenges in these unprecedented times.



Tuesdays with Nexus – The Stats

From March 30th to December 8th 2020

36 weekly sessions

Over 50 presenters

743 viewers across 2020

Average 21 people per session

Resources shared in every session



We watched as...

We rapidly moved from face to face to online services

We watched GPs, psychologists, psychiatrists and health care pros move to telehealth for the first time

Detoxs, Rehabs and Resis closed their doors

Community services closed their doors

Face to face services ceased indefinitely

Drug trends and use changed as supply became limited

Mental health and isolation became a huge issue

Gambling trends changed as casinos, pubs and pokies closed

Increase in online gambling

Huge unemployment levels and poverty

Family Violence services saw rises in FV

Pharmacotherapy prescribing practices changed

Young people schooled from home

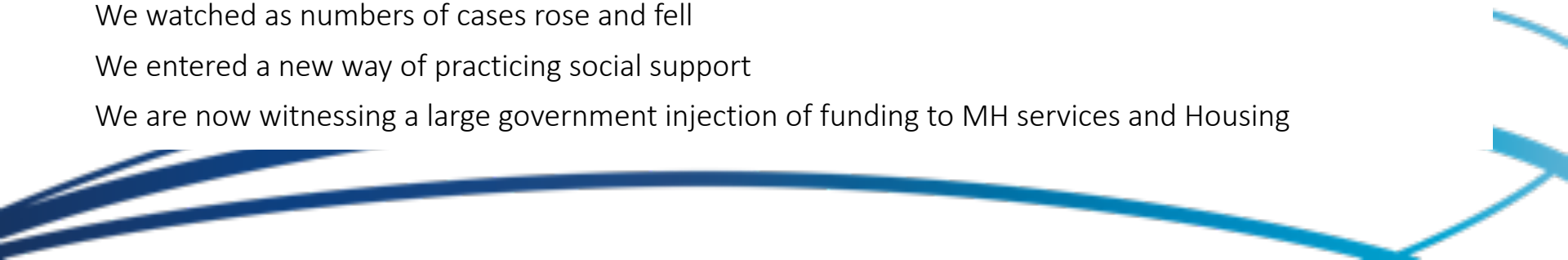
Carers and families felt increased pressure as they supported loved ones

Staff grew fatigued

We watched as numbers of cases rose and fell

We entered a new way of practicing social support

We are now witnessing a large government injection of funding to MH services and Housing



We heard from...

APSU

VAADA

Turning Point

Launch Housing

DePaul House

JSS

LIFT

St Vincent's Addiction
Medicine

SHARC

NIVFS

Berry St

Nexus Dual Diagnosis

Family Drug and Gambling

Help

Berry Street

MDAP

Whittlesea Council

EMPHN

Odyssey

Peer Workers

Headspace

Uniting ReGen

Youth Workers

Mind Australia

CoHealth

Banyule Community Health

Neami National

St Vincent's Mental Health

Gamblers Help

LGBTQI projects

Family and Carer projects

Regional DD services

NEMHSCA

Yarra MH Alliance

NEDDY

We focussed on...

Updates from DHHS around COVID-19 restrictions and requirements

Dual Diagnosis

Carer and Families

Lived experience

Young People

Telehealth Tips

Navigating systems and new referral pathways for AOD, MH, FV, GH,DD

New programs and initiatives

Family Violence

Gambling Harm

LGBTQI+ communities

The most vulnerable communities

New innovations

Government funding updates, programs and services



 1800 595 212

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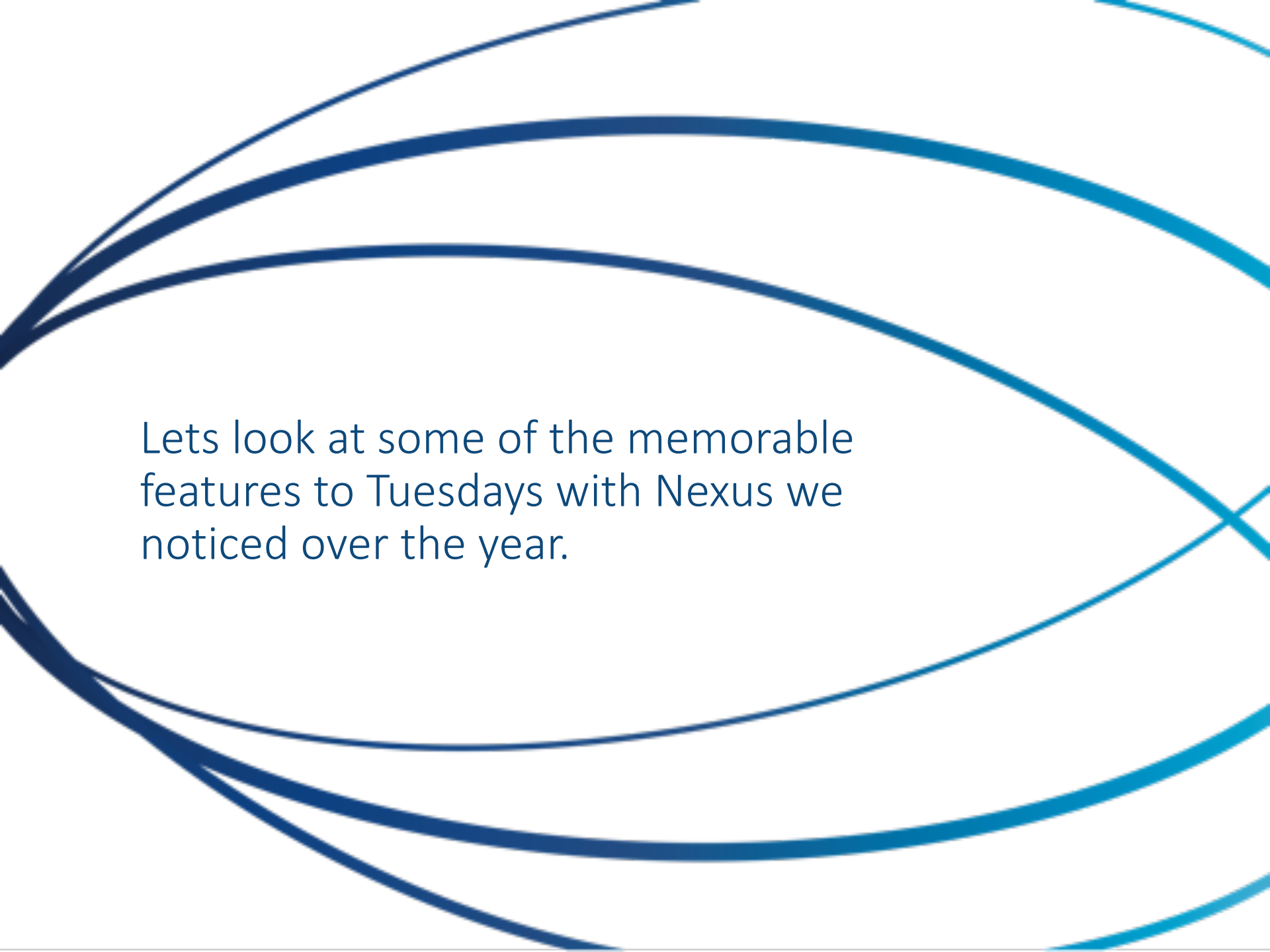
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HeadtoHelp, the
better you'll feel**

 **Call now**



Lets look at some of the memorable
features to Tuesdays with Nexus we
noticed over the year.

COVID Lexicon

Coronavirus

Pandemic

Epidemic

Unprecedented times

Outbreak

Patient zero

Confirmed positive case

Contagious

Isolation, self isolation “iso”

Hot spots

Spread

Telehealth

Zoom bombing

Webinars

Social distancing/physical distancing

Contact tracing

Community Spread

Sanitiser

Handwashing

Mask wearing

New cases

Curves – flatten the curve

Superspreader

Lockdown



New tech:

- Zoom (zoom bombing/fatigue)
- MS Teams
- Skype
- Health Direct
- Web-ex
- Facetime
- House Party

5km radius

Ring of steel

PPE

Spread

Confirmed positive cases

Hotel quarantine

Mandatory quarantine

Jobseeker/jobkeeper

Forehead thermometer/temperature testing

Contactless (delivery/payment)

Herd immunity

Asymptomatic/ Symptomatic

Hydroxychloroquine

Vaccine



COVID Lexicon

“New Normal” – what is this??

Telling your team mates “you’re on mute” we cant hear you

What platform as we using? Zoom, skype, teams???? Etc

Needing to turn your video on – or off

Unmuting

This is my 6th meeting today



Pandemic Personality Types

The Smug Introvert - *What they say: 'I know this is bad, but this is also ... kind of a dream for me?'*

The Urban Escape Artist- *What they say: 'This is what my study has always looked like!'*

The radically progressive traditional housewife (or radwife) - *What they say: 'It's my choice to make 50 batches of banana bread this month. And if my partner is the one who brings home the sourdough starter, so be it.'*

The Project Person- *What they say: 'It's been pretty amazing learning another new language while finishing my book ...'*

The Shamer - *What they say: 'I can't believe you'd come within 30ft of me in this empty park without a mask!'*

The Hibernator - *What they say: 'What have I been up to? Good question ...'*

The Certainty Expert - *What they say: "Don't be an idiot – have you not read the footnotes on the latest footnotes on the latest Harvard study?"*

The One with the totally amazing life you need to know about- *What they say: "It's so weird how I always manage to have the most fun, even in quarantine!"*

Based on an article in the Guardian by Max Benwell (May 2020)



Pandemic Diagnostic Types

DSM-6? Hoarding Disorder: Toilet paper Type



Courtesy of Dr Kah-Seong Loke, Nexus Psychiatrist October 2020

Pandemic Diagnostic Types

*DSM-6? Toilet Paper Use Disorder -
Excessive Type*



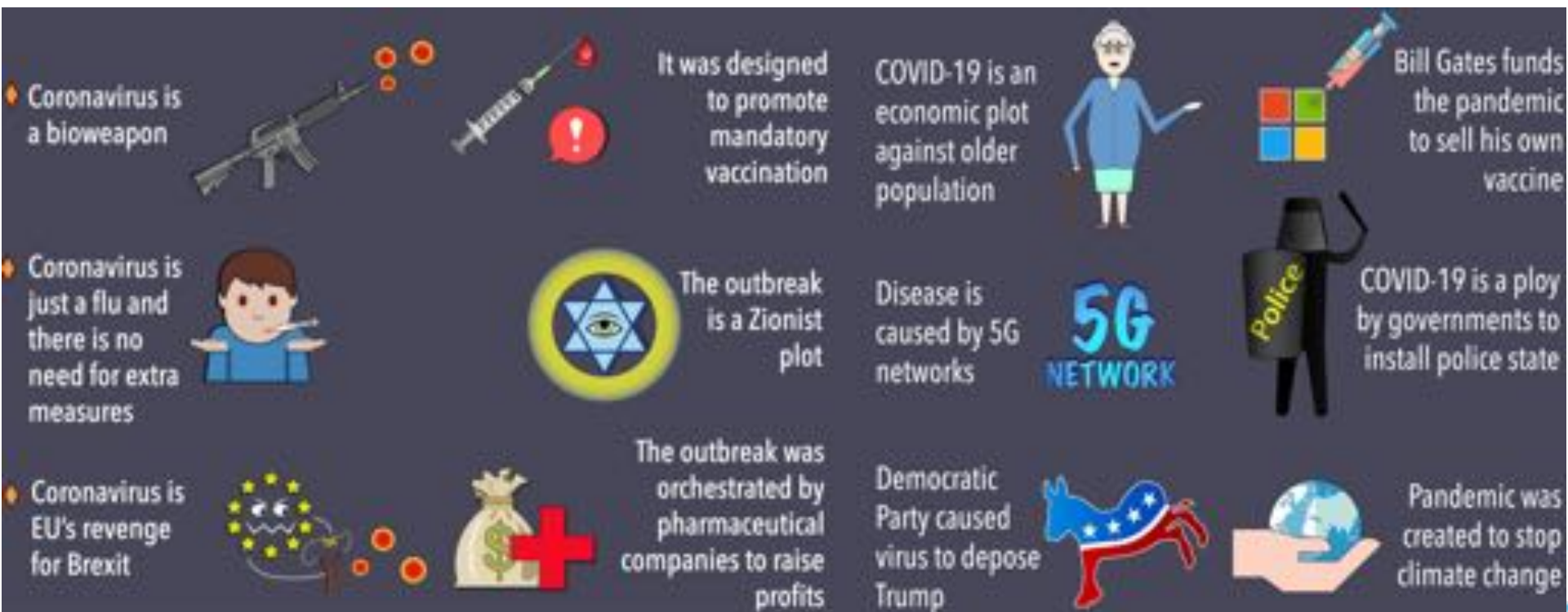
Restricting Type



Courtesy of Dr Kah-Seong Loke, Nexus Psychiatrist October 2020

Pandemic Diagnostic Types

DSM-6? Delusional Disorder – Conspiracy Theory Type



Courtesy of Dr Kah-Seong Loke, Nexus Psychiatrist October 2020

Positives of the pandemic

We have all adapted to a new normal and new ways of communication

We have all been reminded of the value of seeing consumers, friends and colleagues face to face something we may have taken for granted before

Many of us will continue a mixture of remote and face to face work and service delivery

Many consumers and carers value the flexibility of telehealth- less time catching PT to appointments, easy access to support.

We have all had to adapt to constant change which has built resilience and a new form of gratitude for the simple things in life like going to a café, seeing a movie or walking in a forest.

On behalf of the Nexus team we thank you for your support and participation over 2020.

Have a safe and restful summer see you in 2021.



Sarah Officer and Ange Wallace

Nexus Dual Diagnosis Consultation
Service

St Vincent's Hospital, Fitzroy

nexus@svha.org.au

www.svha.org.au/nexus