



**Your treatment,  
your way.**

Alcohol and  
Other Drug  
Services

**Uniting**

# How we can help

This booklet gives you general information about our range of Alcohol and Other Drug (AOD) services. The information is designed to answer some of the questions you may have about the types of treatment available and consider the options. This should help you or your loved one think about what to expect and what to ask when you talk with our team to start planning your treatment.

Our AOD services put you at the centre of care so that we're able to support you with your goals.

If you have any questions about the programs or how to take the first step, call catchment based intake services on **1800 700 514** if you live in northern metropolitan Melbourne; or **1300 022 760** for regional Victoria.

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## Support for a healthier future

Our programs are about giving you the support that you need to make and maintain changes to your alcohol and other drug use.

To begin you'll speak to a person (usually over the phone) from an Intake team so they can get to know you and your alcohol and other drug use goals. Following this conversation, we'll assess what program is most appropriate for you.

## Where we are

Our AOD programs are found at several Victorian locations with 6 key Uniting hubs:

- Melbourne Metro (Coburg and Preston)
- Grampians and Wimmera (Ballarat and Horsham)
- Gippsland (Sale, Traralgon, Morwell, Bairnsdale and Leongatha).

We also offer some programs over the phone and via online video. If a program is not offered at an office near you, we will recommend an alternative.





## Individual support and AOD counselling

Our skilled clinicians and counsellors work with you to overcome your alcohol and drug challenges. Your sessions will be structured around support, goal setting, and education to give you the strategies and skills needed to prevent a relapse.

Our individual support programs and counselling services are flexible to work with you. The session can be held over the phone, online through video-link, face-to-face at Uniting or a place you're comfortable through our outreach teams.

## **Care and Recovery Coordination**

Care and Recovery Coordination (CRC) is an individual support that is designed for people who might need some extra help connecting to a number of different treatment options and services. Our experienced clinicians can work with you to set AOD recovery goals and develop treatment plans. They can make relevant referrals and connections to the programs and services you need. Our CRC clinicians can also support you to plan for exit from AOD treatment by assisting you to access other services such as housing, training, education and employment, or other supports that can help prevent relapse.

## **Brief Intervention Program**

The Brief Intervention Program operates in Ballarat, Ballan, Beaufort, Maryborough and Smythesdale and is designed for individuals and family members who may need some short-term support and education related to their own or a loved one's substance use.

To talk to our skilled workers, please contact: **03 5332 1286** or [ballarat.intake@unitingvictas.org.au](mailto:ballarat.intake@unitingvictas.org.au)

## **Intensive Support Service**

Our Intensive Support Service (ISS) is a specialist program to support people with multiple and complex needs around their AOD use. If you have been using substances for a long time, or have other physical and mental health needs, this more

intensive program may be right for you. Our ISS counsellors can work with you over a longer period of time to set realistic goals around your substance use and support you in a holistic way to improve your general health and wellbeing. Sometimes this might involve other areas of your life including supporting you to link in with a doctor or nurse, supporting you around your housing, social activity, and community connection.

## **Intensive Case Management Program**

Our Intensive Case Management Program provides services to anyone aged 16-55 in the Ballarat region who is experiencing harm related to illicit substance abuse concurrently with conditions such as mental health, acquired brain injury (ABI), and long-term homelessness. For more information, please contact **03 5332 1286** or [ballarat.intake@unitingvictas.org.au](mailto:ballarat.intake@unitingvictas.org.au).

## **Harm Reduction and Overdose Prevention**

We can help you reduce the harm that can come from alcohol and other drug use. Our education and training give you the skills and knowledge you may need to reduce the potential for overdose.

Our specialist clinicians support you with a holistic approach to identify potential risks and connect you with long-term support. They can also provide more intensive support when needed.





## Education programs

Our education programs are led by an experienced facilitator with specialist AOD knowledge and experience and are open to people experiencing challenges with their alcohol and drug use, their parents and families. Some of our education programs cater specifically to people who've been ordered to attend by the courts or police.

## **Cautious with cannabis**

If you have received a cannabis caution from the police or you have concerns about your cannabis use, this 2.5-hour course will help you to learn about the short and long-term effects of using cannabis.

Our sessions will use a harm minimisation approach, which means you will be provided with information and strategies to identify and reduce harms, cut down or stop using cannabis, understand how you can make positive changes and how to access treatment and support.

## **Methamphetamine Personal Education**

The Methamphetamine Personal Education program is a 3-hour session for people on a diversion program or for those concerned about their methamphetamine use. It teaches you about the effects of methamphetamine use and allows you to reflect on the impact of its use on your life and those around you. You will receive information on planning for change, making change, getting through withdrawal and relapse prevention strategies.

## **Alcohol: Considering Change**

This 2.5-hour program teaches you about the potential harms of alcohol use, the risks associated with your drinking and strategies to reduce these risks – including drinking less harmfully, cutting down or stopping

altogether. The program is open to anyone concerned about their own drinking or another person's drinking, including family members and friends.

## **First Offender Court Intervention Service (FOCiS)**

This 2.5-hour education program is compulsory for first offenders who have been given a diversion to attend. You'll explore the effects of drug use to help you better understand the potential harms and the consequences of your substance use.

FOCiS teaches you the skills to identify and reduce risks of drug use and helps you work out the strategies needed to make a change. If you have been instructed to complete FOCiS, you are required to attend the program that the Magistrate Court books you into. When the course is completed you will receive a certificate to present at court.

## **InFocus Education**

Developed by Family Drug Help, the InFocus program is facilitated through Uniting and gives families and significant others practical support, information and coping strategies. You can also connect with others who are going through a similar experience.

## Non-residential group treatment

We offer a range of group treatment and education programs for individuals, parents and families.

We also run programs for people who have been instructed to attend by the courts or criminal justice system.

Experienced AOD clinicians will deliver content and facilitate these groups where you may also be supported by others with similar experiences.

Programs are delivered in a range of locations across Victoria.

### **Catalyst Therapeutic Day Rehabilitation**

This program helps you to develop coping skills and maintain motivation to change your alcohol and other drug use.

We do this by helping you develop relapse prevention strategies to manage high risk situations and unhelpful or negative mood states that can contribute to a relapse. Over the six-week program, you can take part in optional sessions like nutrition, financial management, art therapy, family sessions, exercise and relaxation.

Catalyst is offered in Uniting's Preston and Narre Warren locations.

### **Peer Support**

If you're looking to connect with others who are making changes to their alcohol and other drug use, or if you'd like continued support, Uniting provides a weekly group open to anyone who has accessed our services.

The group is facilitated by trained peers with a lived experience.

### **Momentum**

Momentum is a weekly group that assists you to maintain your motivation and change after completing either Catalyst or Torque. You are provided an opportunity to connect with others and have ongoing support after rehabilitation.

Each session is an open forum to talk about any issues that have arisen, review and apply new coping skills, and go over strategies and tools learnt in the program to maintain changes to your alcohol and other drug use.

### **Caring Dads**

Caring Dads is a program designed for fathers who have used family violence. The 17 week program is designed to help fathers gain a better understanding of the impacts of exposing children to family violence, as well as ways to improve parenting behaviour and increase the safety and wellbeing of children and their mothers.



“Since seeking treatment, my life has changed immeasurably. I now have a job that I enjoy, I live independently, I am studying to work in the field of my dreams, and I have a wonderful support network of friends and family.”

– Claire



## Family services

We support those whose family member is experiencing challenges that arise from their alcohol and other drug use. Our counsellors help you work through issues relating to relationship stress, social isolation, physical and emotional strain and financial security.

### Playgroups

Our family playgroups give your kids a safe place to have fun and learn while you connect with others experiencing challenges with their alcohol and drug use.

### Family reunification and preservation

This program works with the families of children in the Child Protection system, either before or after the children are living in out-of-home care. Our program gives you case management and counselling support while you make changes to your substance use and can help you work towards reunification with your children.

### Family counselling

Family counselling is available to families of people using alcohol and other drugs. It is available to carers, parents, grandparents, children, partners, and couples.

The program has both short and long-term support available without the commitment of ongoing counselling.



## AOD support for Aboriginal and Torres Strait Islander communities

All our services and programs welcome Aboriginal and Torres Strait Islanders. Dedicated Aboriginal consultants provide advice and guidance to ensure everything we do respects and responds to Aboriginal culture and practices.

We have partnered to provide two programs to help and support Aboriginal people who are experiencing alcohol and other drug related harm.



### Aboriginal Metropolitan Ice Partnership

This program was created to support the Aboriginal and Torres Strait Islander community who are affected by the use of methamphetamine (known as ‘ice’).

It is a partnership between Uniting, the Victorian Aboriginal Health Service (VAHS) and Odyssey House Victoria who give outreach support and better access to a range of AOD treatment services.

### Wadamba Wilam

Wadamba Wilam (Renew Shelter) gives Aboriginal and Torres Strait Islander peoples experiencing homelessness and mental health challenges intensive outreach support.

It is delivered through partners, Neami National, the Victorian Aboriginal Health Service (VAHS), and the Northern Area Mental Health Service (NAMHS).



# Forensic AOD treatment programs

If you have had some involvement with the courts, the police, Corrections or the Department of Families, Fairness and Housing, and Child Protection, we run a number of programs and courses that may be suitable for you.

## **Torque Therapeutic Day Rehabilitation**

This program is for people who are involved with child protection and/or the justice system. Torque is for people who would like to make and sustain changes to their alcohol and other drug use.

Torque is a 6-week structured program that gives you the skills you need to manage situations that can lead to a relapse. It involves a combination of group work, individual counselling and social and recreational activities.

Torque is available out of Uniting's Coburg location.

## **Port Phillip Prison program**

At Port Phillip Prison, people can access both individual and group programs when seeking support and education in relation to their AOD use and offending. The available programs support participants to increase their understanding of AOD use and associated harms, improve coping and emotional regulation skills and develop strategies for preventing relapse post-release. Participants can be referred by prison-based services or self-refer.

## **Forensic counselling**

Our forensic counsellors offer individual support for people with a referral. You can talk to Corrections workers, ACSO-COATS or CISP about a referral. Our highly-skilled counselling staff draw on a range of therapeutic approaches to support people to work towards positive change in behaviour, AOD use, and achieve improved health and wellbeing.

## **Drug Court**

Located onsite at the Melbourne Drug Court, our AOD Drug Court Counsellors offer in-house support to people attending court. In combination with our partners Odyssey House Victoria, the in-house model is the first of its kind in Australian Drug Courts. Counsellors can support people and their families to access a range of treatment programs, understand and comply with orders (treatment regime), develop treatment plans and understand and address patterns of AOD use and AOD-related offending.

## Youth services

### Youth outreach

We can provide support in the community and can come and see you where you are. If you are aged 16-21 years, we can provide individual support at various stages of treatment or change. We understand that substance use is only one aspect of your life and aim to support you with other important parts of life, to improve overall health and wellbeing.

### Youth withdrawal

Our youth residential withdrawal services are available to young people aged 12-21 years. We believe in a holistic approach to health and wellbeing. AOD use is only one aspect of a young person's life, and we aim to treat and support you as an individual.

You can access our withdrawal services from anywhere in Victoria. Using a harm reduction approach, we offer intensive support and a safe place to assist you in the withdrawal process. We understand that you may wish to stop using altogether or have a break from your use of drugs or alcohol.

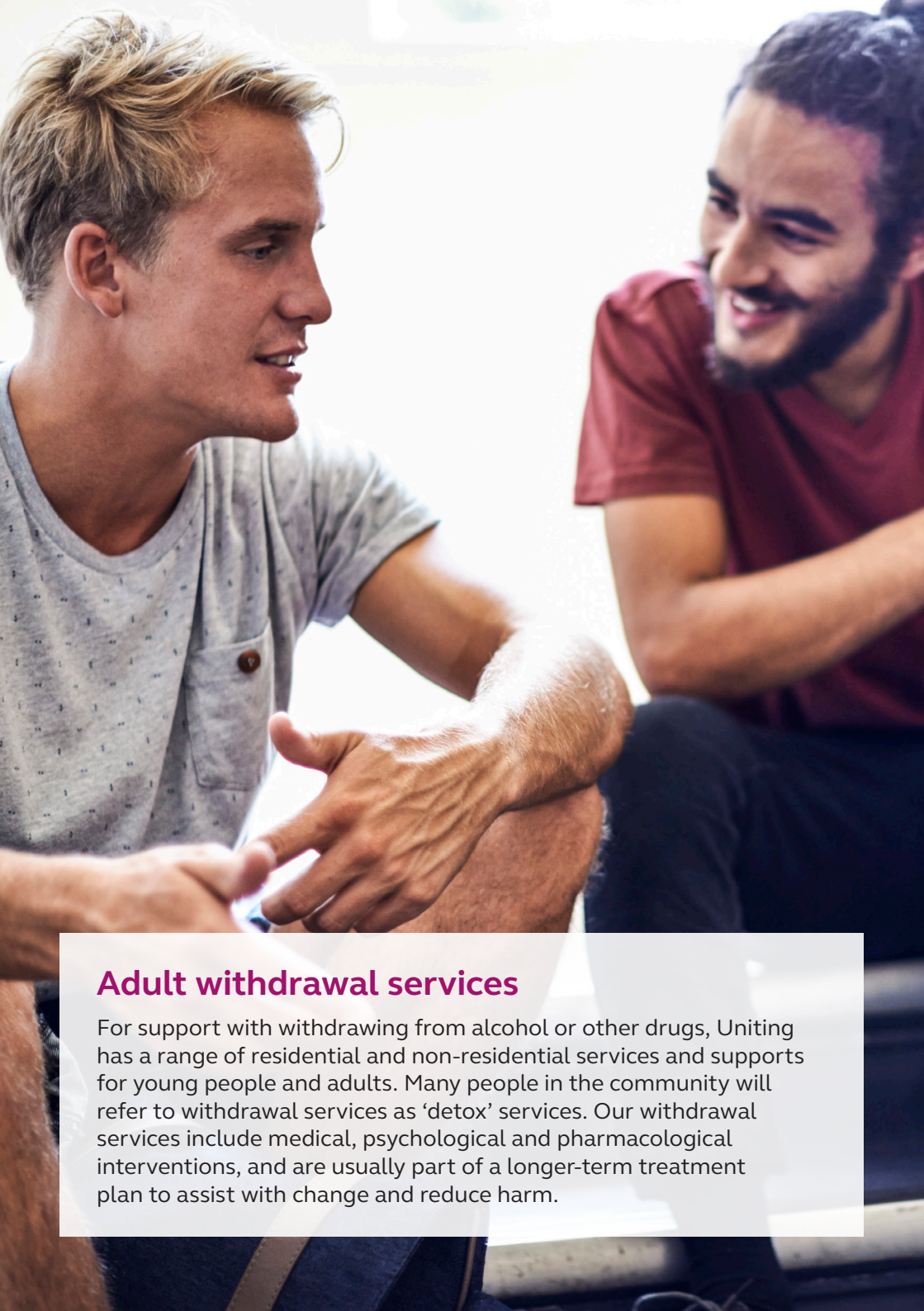
During your stay we can have discussions and give you information regarding your individual needs. While you are here you can access nutritious food, recreational and therapeutic activities, groups and individual sessions. Our qualified multi-disciplinary staff can support you with a medicated withdrawal plan, goal setting and post withdrawal planning. We will give you some tips on how to prepare for your stay. For information and advice on staying at one of our youth withdrawal services, young people, families, guardians or carers are welcome to call us with any questions.

**Williams House** – located in Coburg, Melbourne. If you live in North or West Metropolitan Melbourne you can contact our Intake Team on **1800 700 514** or Williams House direct on **03 9384 8855**

**Tabor House** – located in Ballarat. Please contact our friendly team on **03 5334 8166** or email [taborhouseballarat@unitingvictas.org.au](mailto:taborhouseballarat@unitingvictas.org.au)

### Youth Residential Rehabilitation

Based in Traralgon, our Youth Residential Rehabilitation Service is in partnership with Gippsland and East Gippsland Aboriginal Cooperative. The service offers 12 to 16-week residential rehabilitation support for young people aged 16-25 years from across the state of Victoria.



## Adult withdrawal services

For support with withdrawing from alcohol or other drugs, Uniting has a range of residential and non-residential services and supports for young people and adults. Many people in the community will refer to withdrawal services as 'detox' services. Our withdrawal services include medical, psychological and pharmacological interventions, and are usually part of a longer-term treatment plan to assist with change and reduce harm.



### **Curran Place adult withdrawal service**

Curran Place is our residential withdrawal unit, located in Melbourne's north, for adults who want to withdraw from alcohol and other drugs. It is a 16-bed service that provides a short stay residential program of 7 to 10 days. At Curran Place, we encourage a holistic approach to treatment, using a strengths-based model to help you set realistic goals and make practical changes to your substance use. The service includes recreational and therapeutic groups, daily practical tasks, as well as post-withdrawal planning and ongoing support once you have completed your stay.

### **Mother and Baby Withdrawal service**

Located at Curran Place, the Mother and Baby Withdrawal service is the first of its kind in Victoria and accommodates up to 4 mothers and their babies for 7 to 10 days. This purpose-built facility has been designed to enable a parent and infant to remain together during the withdrawal episode. Only infants up to 14 months can stay at the facility with their parent. Mothers have access to the existing service at Curran Place, including group activities such as yoga, nutrition, goal-setting and treatment planning, among others.

We have a number of specialist staff who will work with you during your admission to the Mother and Baby service, including AOD Support Workers, Registered Nurses, Family Counsellors and Childcare Workers. While you are here, you can also access Maternal and Child Health services, longer-term AOD treatment options and family and parenting supports.

### **Non-residential withdrawal services**

Our specialist AOD nurses support your safe withdrawal from alcohol or other drugs either in your own home or through outpatient support from one of our locations.

The team can work with you and your doctor to put a safe withdrawal plan in place. We can also support you to prepare for an admission to one of our residential services, or help you step out of a residential withdrawal service back into the community.

# About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners and custodians of this land.

We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQ+) people at our services. We pledge to provide inclusive and non-discriminatory services.

## Where to get help

Get in touch with us to understand what options you have available to you as our program offering is different across the regions of Victoria.

### Northern Metropolitan Melbourne

**T** 1800 700 514 (NW intake line)

**E** [north.intake@unitingvictas.org.au](mailto:north.intake@unitingvictas.org.au)

### Gippsland

**T** 1300 022 760 (ACSO central intake line)

**T** 03 5144 7777 (Sale and Morwell)

**T** 03 5152 9600 (Bairnsdale)

**T** 03 5662 5150 (Leongatha)

**E** [gippsland.aodfamilyreunification@unitingvictas.org.au](mailto:gippsland.aodfamilyreunification@unitingvictas.org.au)

### Ballarat

**T** 1300 022 760 (ACSO central intake line)

**E** [ballarat.intake@unitingvictas.org.au](mailto:ballarat.intake@unitingvictas.org.au)

### Horsham

**T** 1300 022 760 (ACSO central intake line)

**T** 03 5362 4000 (Wimmera)

**E** [wimmeraintake@unitingvictas.org.au](mailto:wimmeraintake@unitingvictas.org.au)

Interpreters available on request.

