



## Helping people find treatment at the Midland Family Violence Court

*Fiona Joyce, Diversion Officer,  
NEMCDS, Midland.*

**Offenders in the Midland area** who need support around their domestic violence issues, as well as support to address their drug and alcohol use, now have more options through a new collaboration.

The Midland Family Domestic Violence Court which commenced in late 2012, is now coupled with the Supervised Treatment Intervention Regime (STIR) diversion program, providing more options for offenders and magistrates.

Fiona Joyce, Diversion Officer for Holyoake's North East Metropolitan Community Drug Service, said she had received 28 referrals for

the STIR program since the Family Domestic Violence Court started.

"We are very pleased with the results so far, especially considering the aim of both the court and the STIR program is to reduce the number of domestic assaults," Ms Joyce said.

"Many clients are engaging in the STIR program while they are on the waitlist for the domestic violence program at Relationships Australia, which is a more holistic approach to addressing some of these often intertwined issues.

"The current success rate is due to the strong support of Magistrate Benn, and a close working relationship with Midland Corrective Services.

"An additional benefit we are seeing for Aboriginal clients has been the increased number of people who are accessing treatment, and this is a fantastic outcome."

Eric Nordberg, Regional Manager for Holyoake's North East Metro Community Drug Service, said it was hoped that in the future more diversion programs would tie in with other court initiatives.

"These types of collaborations will hopefully lead to better, safer communities and life changing services, which is in line with Holyoake's resilience model, and ultimately that should mean better treatment outcomes for people who need it."

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Government of **Western Australia**  
Drug and Alcohol Office

**wanada**  
Western Australian Network of  
Alcohol & other Drug Agencies

## Welcome to *drugspeak*

Welcome to the August 2013 edition of *drugspeak*. This edition features a number of stories about Drug Action Week, which is a great opportunity for alcohol and other drug services to connect with local communities and to celebrate their work. Palmerston Association's Great Southern Community Drug Service Team attracted attention in the streets of Albany, with staff dressing up as cows to share important harm reduction messages with locals. At Cyrenian House Therapeutic Community, staff and residents celebrated diversity.

Also as part of Drug Action Week, eight alcohol and other drug workers accepted an invitation by the WA Network of Alcohol and other Drug Agencies (WANADA) to talk about their work on video. While the aim of the videos, which are shared online via YouTube and on DVD, is to promote the alcohol and other drug field as a career option, the videos also provide a rare insight into what it's like to work in the sector, and the rewards of these challenging roles.

Part of the challenge for many workers is stigma and discrimination, which is primarily experienced by clients and families, but is occasionally also experienced by staff. WANADA and the Drug and Alcohol Office (DAO), working in partnership through the Social Inclusion Action Research Group, launched the Reducing Stigma and Discrimination Related to Alcohol and Other



*Jill Rundle and Neil Guard.*

Drug Use in Western Australia position paper during Drug Action Week.

We will continue to feature the issue of stigma and discrimination in relation to alcohol and drug use in future editions of *drugspeak*, to maintain the focus on how stigma impacts on people with alcohol and drug use problems, their families, and the broader community.

On the front page you'll see another innovative service partnership with offenders presenting at the Midland Family Violence Court now also being offered drug

treatment. Also in this edition you'll find a story about the expanded WA diversion program, which is now open to offenders with alcohol use problems who attend the Perth Magistrates Court. Partnering with other sectors is something we do well in the alcohol and other drug sector, and it is by cultivating partnerships that we hope more people can access the high quality treatment that is available here in WA.

**Jill Rundle**  
Chief Executive Officer  
WANADA

**Neil Guard**  
Executive Director  
Drug and Alcohol Office

## National award for Wendy Casey

**Wendy Casey** has been inducted onto the National Honour Roll at the 2013 National Drug and Alcohol Awards.

Wendy has worked in the alcohol and other drug (AOD) sector for the past two decades in both the clinical and workforce development areas and as Manager of Aboriginal Programs at the Drug and Alcohol Office (DAO).

The Awards are a highlight of the annual Drug Action Week and encourage, recognise, and celebrate achievements of the many people and organisations that do exceptional work to reduce the harm and impact of AOD use in Australia.

Wendy attended the Awards Presentation Dinner at Parliament House in Canberra on Thursday 20 June 2013 to receive her award.

Neil Guard, Executive Director at DAO, nominated Wendy for the Awards.

"This Award recognises Wendy's outstanding commitment to the sector and her significant contribution in the areas of culturally secure practices, models and workforce development at a national level," Mr Guard said.

"DAO is particularly proud of Wendy's achievements in working with the sector, empowering Aboriginal families and communities to better address problems relating to AOD use and we congratulate her on winning this prestigious award."

Other National Drug and Alcohol Awards categories on the night included the Prime Minister's Award, and awards for Excellence in the areas of Research, Services for Young People, Law Enforcement, Alcohol and other Drug Media Reporting, Prevention and Community Education, Treatment and Support, School Drug Education, and Creating Healthy Sporting Communities.

# Alcohol diversion pilot to commence at the Perth Magistrates Court

**Court diversion programs** provide the opportunity for people with alcohol and drug problems to access treatment prior to sentencing. Up until now there have been no court diversion services in WA specifically for offenders with alcohol problems, however a pilot program is underway to provide this opportunity.

The court diversion Pre-sentence Opportunity Program (POP) is targeted at early or low-level offenders whose drug use has contributed to their offending. In July 2013 the POP program was expanded to include alcohol at the Perth Magistrates Court.

Tabetha McCallum, Manager of WA Diversion Program at the Drug and Alcohol Office said the expanded POP program also included additional court-based staff and a funding boost to key treatment service providers.

“This initiative addresses a long-standing issue identified by a range of stakeholders, and we are looking forward to seeing what the impact will be for the court, the clients and the treatment services” said Ms McCallum.

As with the existing POP program, potential participants will be referred to a Diversion Officer for assessment to determine suitability for the program.

A new Diversion Officer will soon begin to support the two current Diversion Officers (pictured) who service the current POP program at the Perth Magistrates Court. An evaluation will also be conducted in the second year of the trial ahead of a decision on whether to continue or possibly expand the new service.

For more information on the alcohol pilot or other WA Diversion Programs please contact the Drug and Alcohol Office’s Margaret Slattery on (08) 9471 0425.



*Sherry McLaughlin and Diane Cook, Diversion Officers at Perth Magistrates Court, looking forward to the expansion of the Pre-sentence Opportunity Program (POP).*

## Parent volunteers for new mental health court

**Parent volunteers** will soon put their recent Mental Health First Aid training to good use by providing much needed support at the new START (Specialist Treatment and Referral Team) Court.

The Parent Drug Information Service (PDIS) parent volunteers will be available to support other parents and clients at the START Court, which is for people who have identified mental health issues which the court will take into consideration when determining outcomes.

Patti Westmacott, Drug and Alcohol Office Coordinator Parent and Family Services, said parent volunteers have been providing support in the Adult Drug Court for a number of years and it will be great



**Parent Drug Information Service**

to expand to the new START Court when it commences.

“This is a great opportunity for the parent volunteers to receive mental health specific training, receive a certificate on completion, and then put their training to use by supporting other parents whose adult children are attending the START Court,” said Ms Westmacott.

Parent volunteer Sue said she found the Mental Health First Aid training to be extremely informative and well presented.

“Prior to this course, I was unaware of



the extent of mental health issues in our society,” said Sue.

“I now have a much greater understanding of some of those illnesses, and I feel confident that I can respond more appropriately, armed with information, understanding and compassion.”

For more information about how to become a parent volunteer call PDIS on (08) 9442 5050 or country toll-free 1800 653 203.



## Drug Action Week in the Great Southern

*Cows cut loose in Denmark.*

**Dedication knows no boundaries** for the staff of Palmerston Association's Great Southern team. This year's Drug Action Week saw the staff dress in quirky cow suits to create a fun and engaging atmosphere to promote drug awareness and Palmerston's services. Rubber cow stress balls with the Palmerston logo have become a popular mascot for the agency in the Great Southern. The staff used the cow theme, along with innovative and fun activities to promote Drug Action Week.

Shoppers in the Albany and Denmark local shopping centres were regaled with staff singing and playing whilst dressed as

cows. Here in the photo, Brenda Chapman and Maree Withey are seen enticing the Denmark locals and visitors to follow the sound of the singing cows to their stall. There the audience had fun trying to pick up a stress cow while wearing beer goggles. Not an easy task!

Other activities included holding a stall at the Great Southern TAFE and educational activities.

Participants in the Youth Great Race dropped into the Palmerston Great Southern office to play educational games. This enabled youth worker, Neville Clarke to connect with and provide information packs

to young people. Neville and counsellor/educator Trish Hitchins also attended Kojonup High School where they facilitated more fun youth educational activities.

The coordinator of the Palmerston needle and syringe program, Erika, joined forces with staff from Aboriginal Health to deliver information and education sessions at Palmerston's services for young Aboriginal mums in Mt Barker and Katanning.

The week was great fun for all and highly successful in delivering the key harm minimisation messages around alcohol and other drug use.

## Celebrating diversity in treatment and recovery during Drug Action Week



# Alcohol and other drug workers share rewards and challenges on YouTube

**Alcohol and other drug workers** have starred in a series of YouTube videos about careers in the alcohol and other drug field. The Western Australian Network of Alcohol and other Drug Agencies (WANADA) produced the series for Drug Action Week 2013, sharing the videos via social media and e-mail, as well as on DVD.

Eight workers spoke about their jobs, the rewards, challenges and what they hope to achieve working in the alcohol and other drug sector.

Clinical nurse specialist Justin Dorigo from St John of God Health Care's Drug and Alcohol Withdrawal Network (DAWN) started his career with the Salvation Army, inspiring him to study mental health nursing. WANADA's Aboriginal Services Manager Wayne Flugge started his career in the public service and thought an opportunity to help Aboriginal communities too good to pass up.

Work experience at Palmerston Farm saw Psychology and Criminology student Shirall Armstrong employed as a youth counsellor/educator at the South Metro Community Drug Service in Mandurah upon graduation.

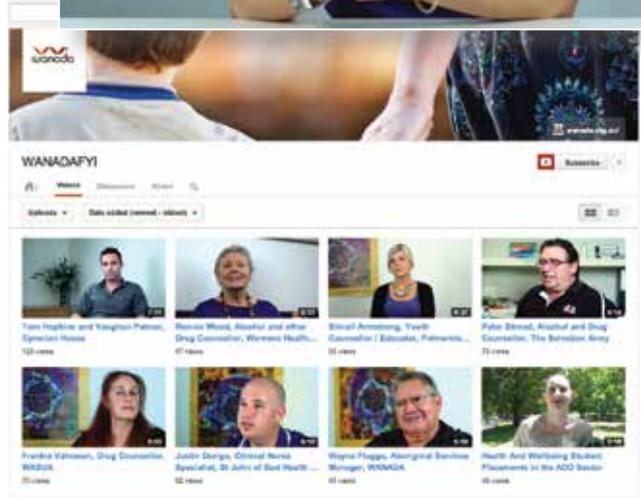
"I would recommend work in the alcohol and other drug field because there is no other field like it," says Shirall. "It's a great opportunity to learn and a great opportunity to experience."

Psychologist Ronnie Wood had planned her retirement when tempted to work on a program for women prisoners at Womens Health and Family Services.

"It's quite a challenging profession - and I think you have to have great stamina, resourcefulness and resilience," says Ronnie. "I do enjoy my work and I'm very happy that I'm still working here."

Freedom Media recorded and edited the videos for Drug Action Week for WANADA with funding from the Drug and Alcohol Office. You can watch the videos on WANADA's YouTube channel - WANADAFYI - at: [www.youtube.com/user/wanadafyi/videos](http://www.youtube.com/user/wanadafyi/videos)

Copies of the DVD can also be ordered from Deanne Ferris at WANADA by email [deanne.ferris@wanada.org.au](mailto:deanne.ferris@wanada.org.au) or phone (08) 6365 6365.



**The Cyrenian House** Therapeutic Community marked the 2013 Drug Action Week with a celebration of diversity in treatment and recovery.

Shaun Nannup warmly welcomed everyone to Country with a dreamtime story and a smoking ceremony in the purpose built Aboriginal meeting place. This was followed by the Maditjil Moorna Aboriginal Reconciliation Choir who led invited guests, staff and residents into a moving rendition of 'We are Australian.'

Cyrenian House CEO Carol Daws said a Reconciliation Action Plan, recently endorsed by Reconciliation Australia, provided a framework for the future, including steps and priorities to make a difference and achieve respectful partnerships between Aboriginal and non-Aboriginal people.

During the multicultural morning tea participants were invited to contribute to the Therapeutic Community's Diversity Project. Initiated by the Therapeutic Community's Diverse Sexuality and Gender Consumer focus group and with the theme of 'I Am Welcome Here,' the second phase of the project involved inviting participants to have their photograph taken for inclusion in a poster being developed for display in Cyrenian House reception areas.

The poster will conceptualize the notion that diversity is welcomed by the agency. The third phase of the project, production of the poster, is scheduled for completion in August to be launched at the Australasian Therapeutic Communities Association conference.

Cyrenian House would like to thank all who attended and participated in a morning that truly celebrated diversity in treatment and recovery.



## Optimism and empowerment important to recovery

Staff at the Fresh Start Recovery Programme ready to offer hope.

**Associate Professor of Addiction** at Monash University, Dr David Best, presented on the recovery movement at Fresh Start Recovery Programme's seminar *Breaking the Opiate Cycle* in June 2013.

The Fresh Start Recovery Programme treats about 1000 people a year with an implant of slow release naltrexone. The implant helps stop cravings for up to six months, allowing time for people to make essential life changes. The program also provides support services including counselling, residential rehabilitation and transition housing.

Dr Best's presentation reinforced the need for alcohol and other drug workers to offer hope and the opportunity of recovery.

"We need an optimism that most people will eventually recover. We need to be able to offer them hope," he told the seminar.

Dr Best said that pharmacotherapy treatment can play an important role, "It enables the journey of change that leads recovery to happen."

Dr Best outlined what he believes are some of the key elements of recovery, including the individual feeling connected to the

community; having hope and belief that recovery is possible; having a meaning and purpose in day to day life and being empowered.

"For example, people who attend a self-help group, get involved in a community group, or perhaps do some volunteer work or training, are much less likely to relapse after treatment," he said. "With the right treatment approach and support many people are able to rehabilitate and recover."

Visit [www.freshstart.org.au](http://www.freshstart.org.au) for more information.

## Dr Scott Miller – An important piece of the jigsaw

**Cyrenian House's Jigsaw Project** recently hosted Dr Scott Miller, Cummings Professor of Behavioural Health at Arizona State University. Funded by the Australian Government's Department of Health and Ageing, the Jigsaw Project is intended to further develop the agency's capacity to deliver services to consumers who have co-occurring alcohol and other drug and mental health issues.

Dr Miller's unique humour and engaging style kept attendees entertained and informed, including a video of his work at the Chicago Clinic.

Dr Miller emphasised that the integration of

alcohol and other drug, and mental health service delivery starts with clinicians who plan and expect to address both issues. Dr Miller also reinforced that feedback from consumers and fellow clinicians should inform future treatment, and the need for clinicians to remain professionally informed.

"The possibilities that spring from these sessions are really exciting," says Jigsaw Project Worker Charl van Wyk, who is starting a reflective practice group as a result of Dr Miller's presentation.

Cyrenian House also hopes to host follow-up coaching and mentoring sessions with Dr Miller through its video conferencing

facility. Other agencies are also considering the use of videoconferencing to support implementation of the measures discussed by Dr Miller.

For more information about Cyrenian House's work to address co-occurring alcohol and other drug and mental health conditions, and how you or your organisation can become involved, please contact Charl van Wyk via [charl@cyrenianhouse.com](mailto:charl@cyrenianhouse.com) or call (08) 9328 9200.

For more information about the work of Dr Miller and his associates, visit [www.scottdmiller.com](http://www.scottdmiller.com) or [www.centerforclinicalexcellence.com](http://www.centerforclinicalexcellence.com)

## Cyrenian House Milliya Rumurra reaches out to the Kimberley

### Cyrenian House Milliya Rumurra

Aboriginal Corporation's partnership CHMR (pronounced 'shimmer') held its official launch in Broome on 20 May 2013. Attendees included Milliya Rumurra CEO Andrew Amor as well as Cyrenian House CEO Carol Daws, and Operations Manager Mitch Peasley.

CHMR provides individuals and their families with improved access to alcohol and other drug services through outreach to communities north of Broome along the Dampier Peninsula, and south to Bidyadanga.

"We've now moved into our long-term office in Coughlin St, Broome," says CHMR Manager Sally Malone. "From here the team makes regular visits to see clients and support communities."

Services provided include free and confidential assessment and referral, counselling – including single sessions for adults, youth and families, group programs, Diversion programs for people referred by police and the courts, and case management. CHMR also offers prevention and community development.

"We've been particularly keen to link in with schools on the peninsula and Bidyadanga," said Sally. "We've now visited all local



CHMR team at the new Broome office. Left to right are: Karen Batty, Terry Morich, Sally Malone, Beth Thomas and Claire Martin.

schools and provided them with up to date information about alcohol and other drug services."

The CHMR team is continuing to develop connections with support services so that its work is collaborative wherever possible.

## Dr Sue Lee wins multicultural award

At the recent 2013 Western Australian Multicultural Awards, Dr Susan Lee – Community Development Service Manager for Womens Health and Family Services, received an Individual Excellence Award. The award recognised Dr Lee's outstanding contribution, achievements, commitment, enthusiasm and vision to help strengthen WA's rich and dynamic multicultural community.

The WA Multicultural Community Service Awards acknowledge people who have accomplished excellence and innovation in advancing the state's culturally-diverse society. They acknowledge and celebrate the achievements of many Western Australians who progress community harmony, equity and promotion.

Dr Lee has worked in the field of multiculturalism since 1988 and has developed many programs in WA that have contributed to the removal of barriers for Culturally and Linguistically Diverse (CaLD)



Dr Susan Lee, from the Womens Health and Family Services.

people. In the alcohol and drug field in WA, she is widely known as a respected expert and advisor in multiculturalism and cultural security.

Dr Lee's passion for community development is evident in her work. Over the last two decades Dr Lee has conducted community talks with CaLD and refugee groups, conducted training for CaLD and mainstream community groups, given conference presentations, organised events that promote multiculturalism, developed partnerships with other organisations and agencies, published papers on research for CaLD women and trained mainstream community services on how to work with CaLD groups.

An example of Dr Lee's work is the needs assessment into alcohol and other drug concerns that she conducted among newly arrived women in WA. The results of the assessment have led to ongoing training for alcohol and drug service providers on how to better engage and work with newly arrived migrants and humanitarian entrants; as well as training for service providers on understanding the impact of discrimination and stigma on alcohol and drug users.

## Trauma Informed Care for better treatment outcomes

The Drug and Alcohol Office, the Mental Health Commission and the Sexual Assault Resource Centre recently collaborated to offer a free presentation about Trauma Informed Care to local service providers.

Sue Helfgott, Drug and Alcohol Office Manager Workforce Development said it was well documented that integrated treatments, which address co-occurring trauma and alcohol and other drug issues, are associated with better treatment outcomes.

“Because the majority of clients in alcohol and other drug treatment report past experiences of trauma, it is essential to assess for a history of trauma among clients presenting for treatment, and plan accordingly,” said Ms Helfgott.

Presenter, Nancy Poole who is the Director Research and Knowledge Translation at



*Nancy Poole, BC Centre of Excellence for Women’s Health Canada; Tammy Ford, Mental Health Commission; Tania Towers, Sexual Assault Resource Centre; and Sue Helfgott, Drug and Alcohol Office.*

the BC Centre of Excellence for Women’s Health in Canada, discussed the key principles of trauma informed approaches including trauma awareness, emphasis on safety and trustworthiness, opportunity for choice, collaboration and connection, and adopting a strengths-based approach.

Over 150 people attended the event, which highlighted the importance of collaboration between the sectors, and the growing support for trauma informed approaches in Western Australia, Fiona McMullen from the Sexual Assault Resource Centre said.

“Close collaboration between the sectors will be required for a real shift towards providing trauma informed services in WA,” Ms McMullen said.

## Speaking up about stigma and discrimination

Leaders from the alcohol and other drug sector have come together to tackle the issue of stigma.

The Social Inclusion Action Research Group launched its *Reducing Stigma and Discrimination Relating to Alcohol and other Drugs in WA* position paper at The Salvation Army’s Bridge House on 18 June 2013.

Drug and Alcohol Office Executive Director Neil Guard, Western Australian Network of Alcohol and other Drug Agencies (WANADA) CEO Jill Rundle, and WA Substance Users’ Association Executive Officer Louise Grant joined to show their support for the paper, which provides information about how the sector will address the negative impact of stigma and discrimination on consumers, families and the community.

“The World Health Organization states that illicit drug addiction is the most stigmatised health condition in the world, with addiction to alcohol ranked as the fourth most stigmatised condition.” said DAO Executive Director Neil Guard.

“So while this stigmatisation is an issue the world over, here in WA we want to break down some of the negative perceptions and misunderstanding that exist, ultimately to get better health outcomes for people experiencing alcohol and drug use problems.”

WANADA CEO Jill Rundle said many people found it difficult to talk about alcohol and other drug use because of the stigma involved.

“We’re hoping that people will come to understand that alcohol and other drug use is a health issue, and that everyone has the right to information, treatment and support.”

Equal Opportunity Commissioner Yvonne Henderson and Health Consumers’ Council of WA Acting Executive Officer Mitch Messer also spoke at the event, highlighting the need for people to speak out about discrimination.



*(L-R) Jill Rundle, WANADA; Louise Grant, WASUA; Equal Opportunity Commissioner Yvonne Henderson and Mitch Messer, Health Consumers’ Council of WA*

The Social Inclusion Action Research Group is now working with researchers at Edith Cowan University to learn more about how stigma and discrimination impact on consumers, family members and alcohol and other drug workers.

Download *Reducing Stigma and Discrimination Relating to Alcohol and other Drug Use in Western Australia* from: [www.wanada.org.au](http://www.wanada.org.au) or [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

## A day with Steve Rollnick motivational interviewing

The Drug and Alcohol Office (DAO), the Department for Corrective Services (DCS) and the Mental Health Commission recently collaborated to bring Professor Steve Rollnick, from Cardiff University in the UK, to Perth for a workshop about motivational interviewing. The workshop was held at the University Club in Crawley, with over 100 workers attending from the three sectors.

DAO Workforce Development Manager Sue Helfgott, said Steve Rollnick, along with Bill Miller were 'gurus' in the field of motivational interviewing.

"We were delighted that Professor Rollnick was able to come to Perth and provide an update about motivational interviewing, and describe the stages of the counselling process where it had the most impact," Ms Helfgott said.

"He talked about motivational interviewing as a way of working with people who are starting to think about the choices and consequences of their problematic alcohol and other drug



*Terry Preston (Mental Health Commission), Professor Stephen Rollnick, Sue Helfgott (Drug and Alcohol Office) and Christine Anderton (Department for Corrective Services Manager Drug Strategy).*

use, and encouraging them to make changes to their behaviour."

Motivational interviewing has been associated with behaviour change in a number of

different areas of health, including diet, exercise, and management of cardiovascular disease, as well as gambling.

DCS Manager of Drug Strategy, Christine Anderton said motivational interviewing was client-focused, not therapy-focused.

"In our case, staff members are required to really listen to the offenders and then reflect back what they are saying," she said.

"This benefits offenders because it means they're making the decision to change, instead of an external party telling them, strengthening an individual's motivation to adjust their behaviour and move towards a specific goal."

Evaluations from the day were positive, with participants across all three sectors stating that the workshop had increased their competence and confidence in using motivational interviewing.

For more information contact the DAO Workforce Development Branch on (08) 9370 0333.

## National prevention award for WA-developed school alcohol education program

A school alcohol education program developed in WA has reduced alcohol-related harm among young people around the world, and has now been recognised with a national Award.

The School Health and Alcohol Harm Reduction Project (SHAHRP) received the Excellence in Prevention and Community Education award, at the 2013 National Drug and Alcohol Awards in June. The award recognises a program, policy or resource that makes a significant contribution to the prevention of any type of drug use or drug-related harm.

SHAHRP was developed with input from young people and teachers by researchers at the National Drug Research Institute, including Dr Nyanda McBride, Ms Fiona Farrington and Associate Professor Richard Midford.

"Within a period of about 10 years, young people change from school-age individuals who have never had an alcoholic drink to young individuals who, as an age group, are the heaviest drinking section of the population," SHAHRP Leader Dr McBride said.

"The program, developed in the late 1990s, was the first to assess the impact of an alcohol harm reduction approach to school-based alcohol education."

"The SHAHRP results show the program has had a significant impact on the amount and type of alcohol consumed by young people, and on the harm they experience in alcohol situations."

Evaluations of SHAHRP have shown that participating students consume 20% less alcohol and are 19.5% less likely to drink to harmful or hazardous levels.



*NDRI's Nyanda McBride (right) was presented the Excellence in Prevention and Community Education Award by Rear Admiral Robyn Walker from the Department of Defence, the award sponsor.*

They also have 10% greater alcohol-related knowledge, and experience 33% less harm associated with their own use of alcohol, and 10% less harm associated with other peoples' use of alcohol.

The SHAHRP study has been replicated in the UK and Ireland, with the results supporting the positive Australian findings.

For more information visit the website at [www.ndri.curtin.edu.au/research/shahrp](http://www.ndri.curtin.edu.au/research/shahrp)

## Sobering-up Centres and Community Patrols hold inaugural conference in the Kimberley

In May, the first conference for the State's Sobering-up Centres and Community Patrols was held in Derby. The three day event was organised by Milliya Rumurra CEO Andrew Amor, with Mamabulanjin Aboriginal Corporation CEO Neil Gower, and Patrol Manager Fernando Zepeda.

Sobering-up Centres operate in nine locations in Western Australia and provide overnight care to intoxicated people, while Community Patrols operate in 16 locations and provide transport to a safe place for people at risk on the streets. Patrols work closely with Sobering-up Centres and in many cases are the key service transporting intoxicated people to the centres for care.

"We have wanted to get the Sobering-Up Shelter and Night Patrol teams together for some time now," said Andrew Amor. "These services play an important role in the management of acute intoxication, and

the conference was a great opportunity for services to network and discuss some of the key issues facing us all."

Some of the issues discussed by the 42 participants at the conference included increased numbers of clients at some Sobering-up Centres, and a general trend towards people from other outlying communities presenting at services. Recruiting and retaining staff was also discussed, along with dealing with clients with mental health conditions.

The conference included a workshop facilitated by Ann Roche from the South Australian National Centre for Education and Training in Addictions, who has been contracted by the WA Network of Alcohol and other Drug Agencies (WANADA) to help services present their service model in the context of the community outcomes they are aiming for.

Jill Rundle, CEO of WANADA said "Ann's presentation really seemed to hit the mark, and hopefully has started to build the capacity of service providers to respond to the new tender processes". She confirmed that following the workshop, services would be able to access one-on-one support from Ann and another consultant.

The workshop was provided with funding from the Drug and Alcohol Office and the consultants' support offered to services was funded through the Department of Finance's *Fostering Partnerships* grants program.

For further information on Sobering-up Centres contact James Hunter from the Drug and Alcohol Office on (08) 9370 0336, and for information on the procurement support available to service providers contact Jill Rundle on (08) 6365 6365.

## Womens Health and Family Services first to meet new standard

### Womens Health and Family Services

(WHFS) is the first alcohol and other drug agency to complete the new *Standard on Culturally Secure Practice (SCSP)* audit. WHFS undertook the audit at the same time as an ISO Quality Management System Standards audit and both met all the criteria.

"The great benefits of the Quality Improvement (QI) cycle, are seen in the service delivery to consumers and communities," says WHFS CEO Ann Deanus.

"QI ensures that all programs and services are responsive to identified priority needs, and that programs and services are evidence-based and embedded in good practice.

"Integrating the SCSP as well, ensures cultural responsiveness and safety are seen in program planning and delivery and reflected in the organisation's staff composition, QI is integral to all WHFS' programs and operations, and to the culture of the organisation."

Since 1995, WHFS has engaged in an ongoing cycle of reviews which has created a strong culture of quality improvement, which is owned and expressed at all levels of the service.



Staff at Womens Health and Family Services celebrates a first after successfully meeting the new *Standard on Culturally Secure Practice (Alcohol and other Drug Sector)*.

"One of the most positive aspects of the SCSP audit was the inclusion of consumer interviews," said Ms Deanus. "The auditor reported being 'blown away' by the enthusiasm of consumers for sharing their thoughts and experiences."

The SCSP Certification Report Summary stated that the consumers interviewed were

effusive in their praise of the organisation - saying they felt supported and grounded, that staff were well trained, professional and non-judgmental, and that WHFS provided a 'gold plated service' with programs that assisted their recovery and well-being.

# New edition of alcohol and other drug counselling guidelines



The Drug and Alcohol Office's Workforce Development Branch, and Next Step Drug and Alcohol Services, are delighted to publish *Counselling guidelines: Alcohol and other drug issues*. The guidelines explore some of the key skills needed to work at an individual level with people who have alcohol and other drug use related problems.

Dr Allan Quigley, Next Step's Director of Clinical Services said following the original publication in 2000 and its revision in 2007, this third edition was expected to continue to be the reference of first choice by clinical workers and others in the alcohol and other drug sector.

"This new edition contains over 55 chapters, including invaluable information for clinical workers about treatment planning, case management, and wait

list management, along with extensive information on co-occurring trauma issues," Dr Quigley said.

"We would encourage managers, supervisors and counsellors to use this guide as a reference, an educational tool and as an aid to quality management and professional supervision."

The materials are consistent with Evidence-Based Medicine (EBM), in which existing research evidence is integrated with clinical wisdom and expertise, as well as client circumstances and expectations.

Two new chapters on alcohol and other drugs, and pregnancy and prevention, have also been included in this new version.

For further information contact the Workforce Development Branch at the Drug and Alcohol Office on (08) 9370 0333.

## Training@DAO calendar

The second semester 2013 *Training@DAO* calendar is a collaboration between the Drug and Alcohol Office and the Mental Health Commission. The calendar focuses on training that will assist workers to effectively manage clients presenting with both mental health and alcohol and other drug (AOD) related issues.

This calendar provides a mix of new training events such as developing and maintaining counsellor resilience when working with long-term clients; tools of the trade: facilitating screening for AOD and mental health clients; engaging migrant and refugee communities in AOD services; art therapy and comorbidity; and meeting the needs of gay, lesbian, bisexual,

transgender or intersex clients within an AOD services setting.

Other new training events include a drug box display with practical harm reduction strategies; outreach – increasing confidence and building bridges; supporting and responding to significant others in distress; and considering the differences in views on recovery between the mental health and AOD sectors.

The calendar also provides training about core knowledge and skills to support those working with AOD using clients. Repeat events include, *'Opening the door: Welcoming clients with AOD and mental health issues'*; and *'Introduction to Motivational Interviewing.'*



This calendar also provides the Strong Spirit Strong Mind Training Program with the popular events, *'Ways of working with Aboriginal people'*; and Strong Spirit Strong Future project training, *'Fetal Alcohol Spectrum Disorder prevention in Aboriginal communities.'*

For details about all training events on offer and to register, visit [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

## New alcohol and other drug prevention training

The Drug and Alcohol Office's new training event *'Preventing drug problems: what does it mean'* has received overwhelming positive feedback since its development in mid-2012, and is now a regular event on the *Training@DAO* calendar.

The training was developed to help build a skilled prevention workforce across the state, and provides a broad overview of alcohol and other drug prevention with a particular focus on working with communities to reduce alcohol and other drug related harms.

The training caters for those who are working in the alcohol and other drug prevention field or who have an interest in reducing and/or preventing harm in communities.

Topics covered include understanding health promotion concepts; examining the culture of alcohol in Australia and how it presents in a community; navigating liquor licensing; creating public media campaigns; and engaging the community for sustainable change. A one-day version of the training is currently being developed for delivery in regional areas.

For the next *'Preventing drug problems: what does it mean'* event, please see the *Training@DAO* calendar on the Drug and Alcohol Office website. For more information contact Katie Gallagher at [katie.gallagher@health.wa.gov.au](mailto:katie.gallagher@health.wa.gov.au) or phone (08) 9370 0333.

## Cyrenian House charity golf day raises funds for children and families

**Cyrenian House** held a successful Charity Golf Day on Friday 12 April 2013 at Meadow Springs Golf and Country Club. From the shotgun start at 9:00am until the end of the presentation luncheon and auction, an enjoyable time was had by all.

The Charity Golf Day raised funds for the Saranna Specialist Intervention Centre for Children and Families, the new purpose-built child care and education centre constructed within the grounds of the Cyrenian House Therapeutic Community in Cullacabardee.

“Cyrenian House has long identified the need for a new and dedicated approach to the recovery and well-being of children impacted by the alcohol and other drug use of their parents and caregivers,” said Cyrenian House CEO Carol Daws.

The new centre aims to provide a safe and stimulating therapeutic learning environment that facilitates the physical and emotional growth of vulnerable children impacted by parental alcohol and other drug use.

The traditional Scottish golfing weather in



*Michael Iannantuoni, Des Winter, Dave Thomas and Charlie Iannantuoni enjoy a day of golf in support of Cyrenian House.*

the form of an intermittent drizzle did nothing to dampen the spirits of the 72 participants. Feedback from golfers was positive, with one claiming it to be “the best golf day I have ever attended!”

“Cyrenian House sincerely thanks all sponsors and participants of the 2013 Charity Golf Day and looks forward to seeing you all at the next one on 14 March 2014,” Ms Daws said.

## Make Smoking History campaign

In June 2013, Make Smoking History launched a new state-wide campaign titled ‘Meet Mick’. The campaign tells the story of real-life smoker Michael ‘Mick’ Roberts and his battle with emphysema. In a series of television ads, Mick speaks directly to the camera and engages viewers by recounting how his smoking has directly affected him and the people around him, namely his family.

The ‘Meet Mick’ campaign was produced by Quit Victoria and aims to inform smokers of the negative effects smoking has, not only on the individual, but on all aspects of one’s life. Research indicates that personal campaigns that exude high levels of emotion and show negative health effects have the greatest impact on adult smokers.

The campaign aired from 23 June - 27 July 2013, complemented by press, radio and online advertising in both metropolitan and regional areas.



For more information about the Make Smoking History campaign please contact Cassandra Clayforth at Cancer Council WA on email [cclayforth@cancerwa.asn.au](mailto:cclayforth@cancerwa.asn.au) or phone (08) 9388 4369.

Health professionals keen to develop their skills in providing smoking cessation support to smokers can attend a *Fresh Start* Facilitator course provided by Cancer Council WA. For more information visit: [www.cancerwa.asn.au/prevention/tobacco/trainingforhealthprofessionals](http://www.cancerwa.asn.au/prevention/tobacco/trainingforhealthprofessionals)

**Drugspeak** is a partnership newsletter of the Western Australian alcohol and other drugs sector. It is produced triannually by the Drug and Alcohol Office (DAO) and the Western Australian Network of Alcohol and Other Drug Agencies (WANADA).

Contributions, including photographs, are welcome. Please send articles to

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*Drugspeak* is available in electronic format on the DAO and WANADA websites.



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