

BCH Services Guide - Alcohol & Other Drug

The Alcohol & Drug Team at Ballarat Community Health is committed to assisting individuals and families who are dealing with alcohol or other drug related issues.

Do you, or does someone close to you, have a problem with alcohol or other drugs? Are you concerned or confused about alcohol or drugs?

We can provide free support, information and continuing care.

- You won't be judged.
- Your confidentiality and privacy will be respected.

Adult AOD Services

From 1st September 2014, the Intake and Assessment provider for adult AOD Services in the Grampians Region has changed. If you require information or referral to Ballarat Community Health you can obtain this by calling the Intake and Assessment agency ACSO Connect on 1300 022760 <http://www.acso.org.au>

Youth AOD Services

For enquiries or to make a referral for youth outreach or home based withdrawal please call Ballarat Community Health on 53384500 or email youthAODintake@bchc.org.au.

To view the Ballarat Community Health [Alcohol & Other Drug Action Plan Progress Report.pdf](#) please click on the link.

Useful Links:

www.yodaa.org.au

www.hrvic.org

Alcohol & Other Drug Counselling

Support and counselling and to individuals, family members and significant others experiencing alcohol and other drug related problems.

Care and Recovery Coordination Supportive case management for individuals who have complex Alcohol or Other Drug issues.

Alcohol & Other Drug Youth Outreach Worker

A holistic approach working with young people aged 11-25 yrs in their own environment. Assisting individuals and family members with alcohol or drug related issues.

Alcohol and other Drugs Nurse Practitioner Service

Our Alcohol and Drug Nurse Practitioner* clinic offers a specialist alcohol and drug treatment service at Ballarat Community Health's Lucas clinic. This exciting new service offers high quality, evidence-based treatment and care for people with alcohol and drug issues, in a collaborative care model with referring GPs. The service may provide a short-term involvement around ceasing substance use or longer-term management around maintenance pharmacotherapy (Methadone or Buprenorphine for opioid dependence). The advanced clinical role of an alcohol and drug nurse practitioner includes:

- comprehensive holistic assessments
- requests for relevant diagnostic tests
- initiating and maintaining medications relevant for drug and alcohol treatment and
- making appropriate referrals.

The service also works in close partnership with other alcohol and drug treatment, community and healthcare providers.

For more information and how to refer, please see the [nurse practitioner service flyer](#) and [letter of introduction](#).

*A nurse practitioner is a registered nurse who is educated and endorsed under Section 95 of the National Law to function autonomously in an advanced and extended clinical role. The nurse practitioner role includes assessment and management using nursing knowledge and skills.

Home based Withdrawal Services

Assessment for home based withdrawal from alcohol and other drugs for both adults and young people
Youth AoD Services - Intake and Assessment will continue to be provided by Ballarat Community Health.

For enquiries or to make a referral please call 53384500 or email youthAoDintake@bchc.org.au

Making a Change (MAC) Program

The Making a Change (MAC) Program is an 8 week structured alcohol and other drug day rehabilitation program.

The program aims to:

- Promote behaviour change
- Improve lifestyle, health & wellbeing
- Reduce/cease the risks, harms & consequences of alcohol and other drug use
- Assist participants to improve feelings of social connectedness
- Improve daily living skills

Program Information

Who is it for?

People who experience problematic alcohol or other drug use who are:

- 18 years +
- self-motivated and capable of self-management

How much time will it take?

The 8 week program runs Tues-Fri (Fri is optional), 9.30am - 3.30pm

When is it held?

Runs 4 times a year (dates to be advised)

- Feb - March
- April – June
- July – September
- October – December

Where is it held?

Ballarat Community Health, Victoria Street

How do I get into the program?

Download the [Referral Form](#) to find out more about the MAC program.

For more information contact the Alcohol and Other Drug Team at Ballarat Community Health

Phone: 53384522 or 53384583

Email: aodintake@bchc.org.au



Naloxone

BCH Role

Ballarat Community Health is working with our partners in general practice, pharmacy and AOD treatment services to increase the prescribing of naloxone. Anyone using any kind of opioids is potentially at risk of overdose.

Key Messages

- Ambulance and coroner data show that overdose from both legal and illegal drugs is a significant concern in rural and regional Victoria, and opioid drugs play an increasing role
- Naloxone is a medication that reverses the effects of opioids in the body. It is non-addictive and safe, and available on prescription or as an over-the-counter medication. There are two forms available in Australia: 1ml ampoules (which require drawing up into a syringe) or pre-filled 2ml syringes (brand name Prenoxad)
- Thousands of lives are saved and brain injuries avoided each year in Australia by paramedics and community members administering naloxone to patients who have suffered an opioid overdose
- Community members who are likely to be a bystander to a potential overdose can be easily trained in how to respond in the event of an overdose, and provided with naloxone
- BCH's Harm Minimisation Coordinator is a pharmacist and has special approval from the Victorian Pharmacy Authority to dispense naloxone directly to clients, either at BCH sites or via outreach
- Several Ballarat Community Health staff are also trained and accredited by the Penington Institute to provide 'overdose educator' training to clients and support people on how to respond to overdose, including administering naloxone.

Ballarat Community Health provides direct service to clients in this area. For more information contact:
Pauline Molloy – Harm Minimisation Coordinator, on 5338 9142
Jacqueline Keevins, Manager – Pharmacotherapy Network, on 5338 0511.

Needle & Syringe Exchange Program

Syringes/needles, swabs and disposal containers are provided free of charge, along with a disposal service for used needles.

Our Needle & Syringe Exchange Service is available weekdays 9am - 5pm from the following BCH sites:

- [Lucas](#) - 12 Lilburne Street
- [Sebastopol](#) - 260 Vickers Street
- [Wendouree](#) (Coinda) - 10 Learmonth Road
- [Smythesdale](#) - The Well, 19 Heales Street

Health information, education, support and referral to other health services is also available.

Useful Links:

www.hrvic.org

Program Information

Where and when is it held?