

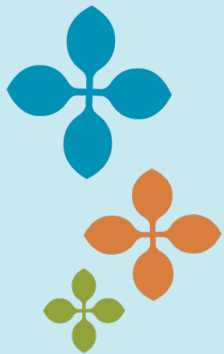
ACCESSING

AOD

ALCOHOL & other DRUGS

Support & Services

Grampians Wimmera Region



FREE	Adult Counselling Services	GCH & Uniting Wimmera	GCH 5358 7400 UW 1800 195 114
\$	Bed Based Rehabilitation	Bradshaw House Private	Admissions Officer 1300 283 297
FREE	Brief Intervention AOD Counsellor	GCH	5358 7400
FREE	Making a Change MAC - AOD Day Rehabilitation	GCH	5358 7400
\$	Drug Drive Education	GCH	5358 7400
FREE	Better Life Dual Diagnosis - BLDD	GCH	5358 7400
FREE	Forensic AOD Counselling	GCH & Uniting Wimmera	GCH 5358 7400 UW 1800 195 114
FREE	Home Based Withdrawal HBW	GCH & Uniting Wimmera	GCH 5358 7400 UW 1800 195 114
FREE	Youth AOD Counselling 12 to 25 yrs Old	GCH	5358 7400
FREE	WDAT / CGDAT	GCH	5358 7400
FREE	Orti Care	BCH PHN	Ballarat Community Health 5338 4500



## Adult Counselling Services

A service providing counselling, education and support for people (aged 16 and above) that use, or are concerned by another person's use of alcohol or other drugs. GCH and Uniting Wimmera offer advocacy, personal support, strategies for change and someone to trust with the more difficult issues and hope for a more positive future. This is a free and confidential service, working with a harm minimisation approach.

## Bed Based Rehabilitation

Bradshaw House is a private facility that offers an intensive, structured 28 day residential treatment program for individuals who are serious about changing their lives. Clients must be abstinent for five days prior to admission. Bradshaw House clients participate in a range of activities such as group therapy sessions, one-on-one sessions and physical challenges that utilise the activities on offer in the Grampians. Clients are supported for 28 days at Bradshaw House and also receive a two month aftercare program.

## Brief Intervention AOD Counsellor

Brief Interventions target individuals with an indicated risk of developing AOD issues, as well as individuals who identify as being impacted by someone else's use. The short sessions provide clients with information and advice to motivate them to change their alcohol and/or drug use. Clients are able to be referred onto other support services if needed.

## Making a Change MAC - AOD Day Rehabilitation

The MAC program is an eight week (3-4 days per week) program delivered in partnership with Ballarat Community Health, Ballarat Neighbourhood Centre, Ballarat & District Aboriginal Co-operative and GCH. The program is available for people (aged 18 and over) who experience problematic AOD use. The MAC program aims to promote behaviour change, improve lifestyle, health and wellbeing, provide education and reduce or stop the risks, harms and consequences of AOD use. Individuals do not need to be abstinent to participate, however their mental health and substance use must be stable.

## Drug Drive - Education

GCH is an accredited provider of courses and assessments for those who have had their licence suspended or cancelled due to drug driving offences. This course is held monthly in Horsham or Stawell and is a one day, six hour course. There is a cost associated with the drug drive course, please contact GCH for further information.

## Better Life Dual Diagnosis - BLDD

BLDD is a long term (up to 18 months) support program that assists individuals, aged 18 and over, who have a diagnosed mental illness and drug and/or alcohol issues. BLDD case managers will work together with clients to decide what issues they would like to address and provide strategies and assistance to help the client achieve a better life style and brighter future.

## Forensic AOD Counselling

Counselling services for individuals with AOD issues who have pending court matters related to AOD offence or who are subject to court orders (community corrections order/child protection/family court).

## Home Based Withdrawal - HBW

The HBW program works with individuals to provide a safe withdrawal from alcohol and/or drugs in the comfort and security of their own home. Clients are supported by a registered nurse who provides them and their family with information and support. HBW can support people to access residential withdrawal and rehabilitation programs.

## Youth AOD Counselling 12 to 25 yrs Old

AOD counselling, education and support for youth (12-25 years old). GCH offers advocacy, personal support, strategies for change and someone to trust. GCH youth AOD workers encourage young people to realise their potential and to be active, productive and safe in the community.

## WDAT / CGDAT

The Wimmera Drug Action Taskforce (WDAT) and the Central Grampians Drug Action Taskforce (CGDAT) is made up of representatives from a broad cross-section of local organisations and interested community members. With support from the Alcohol and Drug Foundation, the group works together to minimise alcohol/drug harm in the community.

## Orti Care

The Orticare network, a clinical network of health providers who offer pharmacotherapy, offers GPs, pharmacies and other services support, training and consultation they need to be able to offer this treatment option to their patients.

Pharmacotherapy - An effective medical treatment used to reduce people's use of heroin or other addictive drugs. Access to pharmacotherapy treatment is very limited in the community.

