

## Needle & Syringe Program

The Needle and Syringe Program (NSP) is a public health measure which provides clean injecting equipment, information on safe injecting practices, general health information and primary health care.

DIRECTIONS ACT has two primary outlets, at the City Health Centre and the Phillip Health Centre. Clients are able to access free clean injecting equipment and primary health interventions such as first aid at both locations.

A mobile NSP is available at venues in Canberra.

## Outreach and Health Promotion

The Outreach Service provides an opportunity for DIRECTIONS ACT to reach out into the community, especially to those at risk of being affected by alcohol and or other drugs, through a range of outreach and health promotion activities. This program enables people to access services, information and support which is available in the Canberra Community and within DIRECTIONS ACT. The program offers health promotion and linkages into services and the community.

## Party Safe Bus

The purple party safe bus is fast becoming an icon in Canberra, where young people gather to access free information, resources about being party safe and are able to talk with trained Alcohol and Other Drug Workers about partying safely, and in particular binge drinking.

The Party Safe Bus visits hot spots in Canberra during the evenings and throughout the weeks is seen throughout Canberra where young people gather, such as universities, colleges, youth events and festivals.

## Our Programs

- **Maysoon**
- **Party Safe Bus**
- **Support Groups**
- **Counselling Services**
- **Community Education**
- **Resource Development**
- **Althea Wellness Centre**
- **Needle and Syringe Program**
- **Outreach and Promotional Activities**
- **Treatment Support Service & Aftercare**
- **Arcadia House Detox and Withdrawal Services**

## DIRECTIONS ACT

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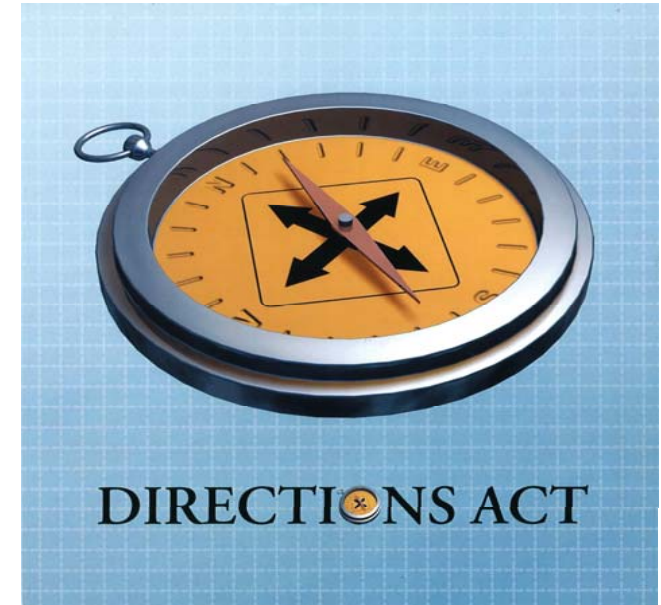
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# DIRECTIONS ACT



## Programs and Services

Version August 2009

## About DIRECTIONS ACT

***DIRECTIONS ACT believes that access to health and related services as a fundamental human right***

DIRECTIONS ACT offers a wide range of services, to people who use alcohol and/or other drugs and their families, which enables individuals to obtain knowledge of health options relevant to their needs. DIRECTIONS ACT ensures that clients are always treated with respect when accessing the services and programs. It understands that it is important to provide services which is unhindered by discrimination, stereotyping and prejudice.

DIRECTIONS ACT programs are delivered in accordance with harm minimisation principles. DIRECTIONS ACT offer a range of health interventions designed to reduce or limit harms and improve personal and public health.

DIRECTIONS ACT strives to reduce the harms associated with alcohol and/or other drugs by the provision of integrated health services based on holistic care, information and education, clean injecting equipment, practical health interventions, counselling, referral, support and detoxification services.

DIRECTIONS ACT is incorporated under Assisting Drug Dependents Inc (ADD Inc) and trades under it's business name of DIRECTIONS ACT Alcohol and Drug Services.

More information about DIRECTIONS ACT is available on our website.



## Counselling

DIRECTIONS ACT provides free, confidential and non-judgmental counselling for individuals, families and friends affected by alcohol and/or other drug issues.

We also provide Advocacy and Support for people with issues such as housing, relationships, employment, legal and health concerns through individual counselling, family counselling and crisis counselling services.

## Support Groups

We offer a range of support groups for people with alcohol and other drug issues, and their families including:

- Maysoon
- Play Group
- SMART Recovery
- Parent Support Group
- COMPASS (for families)
- Narcotics Anonymous (NA)
- Alcoholics Anonymous (AA)

## Althea Wellness Centre

The Althea Wellness Centre offers primary and secondary health care for people with alcohol and other drug issues and their families. We offer bulk billed services for clients with a health care card including:

- Psychologists
- Crisis Counselling
- GP Primary Care Clinic
- Mental Health Counselling
- Pharmacotherapy Support
- Mental Health Assessments
- Naturopathy and Herbalist Clinic
- Liver Clinic and Hepatitis C Wellness
- Nurse Clinic: Immunisation, wound care, pathology and chronic pain management

## Treatment Support Service

The Treatment Support Service assists clients to find the right kind of treatment that suits their individual needs through providing support, advocacy and case management and brief or single interventions.

## Arcadia House

Arcadia House offers a safe, tranquil and natural detox alternative and is staffed 24 hours a day. The purpose of Arcadia House is to provide clients with the physical and personal resources to successfully withdraw from alcohol and/or other drugs.

The Arcadia House program is tailored to individual needs in a home style environment, with healthy food, friendly staff and natural therapies that contribute to a relaxed and informal atmosphere.

## Aftercare

Clients who attend Arcadia House are visited by the Aftercare Worker during their stay. If they have chosen not to move into a rehabilitation facility, a care plan is completed and the Aftercare Worker arranges to contact them and provide support and advocacy in the community. Clients are assisted to find supports to continue their recovery such as SMART Recovery or counselling services.

## Community Education

The community education program provides a range of education initiatives to the Canberra Community, including colleges, universities and other organisations. There is a modest fee for education sessions on a cost recovery basis.

DIRECTIONS ACT has a wide range of resources which are available from our locations and can be downloaded from our website.