

# Support Services

## Health Support

The Althea Wellness Centre offers bulk billing health services for people with alcohol and other drug issues, and their families.

## Support

DIRECTIONS ACT provides free and confidential alcohol and other drug counselling to people in a safe and non-judgemental environment.

We offer a wide range of supports and strategies for people with alcohol and other drug issues. Family members and friends are also able to access our services.

The following support groups are offered:

- SMART Recovery
- Alcoholics Anonymous
- Narcotics Anonymous
- Al-Anon (for family members)
- COMPASS (for family members)
- MAYSOON (for women with children)

All counselling services and support groups are fully funded and therefore offered free of charge. Call **6122 8000** to book a counselling appointment.

# Our Programs:

- Party Safe
- Resources
- Support Groups
- Primary Health Care
- Counselling Services
- Arcadia House Detox and Transition Program
- Althea Wellness Centre
- Community Education
- Treatment Support Service
- Needle and Syringe Program
- Community Health Promotion
- Inside Out Throughcare Program.

## DIRECTIONS ACT

1 Bradley Street  
WODEN ACT 2606

**Ph: 6122 8000**

Fax: 6122 8001

**Email: [insideout@directionsact.com](mailto:insideout@directionsact.com)**

Website: [www.directionsact.com](http://www.directionsact.com)

**Disclaimer: This resource is not to be distributed in schools from years K to 10**

# DIRECTIONS ACT

## Inside Out Throughcare Program



**Building a new life after prison**



**An Australian Government Initiative**

## Inside Out Program

The Inside Out Program is funded under a grant from the Australian Government.

The program aims to address the following:

- alcohol and other drug issues
- recidivism
- reintegration into the wider community.

The program supports people exiting prison, and their families through intensive support, especially in the first 3 months after release. The Inside Out Program works with other programs and services provided by both DIRECTIONS ACT and external agencies.

## Program Eligibility

To be eligible for the program people must have alcohol and/or other drug issues and need to be either:

- on remand,
- pre release, or
- post release.

**Family members are also welcome to access the program and are eligible for support.**



## Court and Remand

The Inside Out Program supports people on remand through case management, advocacy and referral.

A support letter is developed that includes treatment, health and counselling options. This support plan is provided to the Court as part of the client's bail application.

## Sentenced Prisoners

Sentenced prisoners can be referred into the Inside Out Program for assessment. An assessment will be completed 6 to 8 weeks prior to release.

## Parole and Release

The Inside Out Program will contact referred clients prior to their parole date or release. A case management plan will then be developed.

## Inside Out Program

## Contact Details

**Inside Out Program Coordinator: 6122 8010**

**Support Worker: 6122 8009**

**Email: [insideout@directionsact.com](mailto:insideout@directionsact.com)**

## Case Management

Case management involves working with you to help identify and prioritise your goals and develop a plan to achieve those goals.

With your consent, a case manager can act on your behalf and liaise with different programs and services to ensure that you are well supported.

This support includes access to:

- Treatment Support Service
- Counselling
- Referral and advocacy
- Althea Wellness Centre
- Arcadia House
- Parentline
- Relapse prevention and support groups
- Housing support
- Employment support
- Legal Aid
- Centrelink
- Child Support Agency.

DIRECTIONS ACT will continue to maintain contact and provide assistance through the post release stage and following months as people find their way back into the community.