

Moreland Hall Community News



An Alcohol and Other Drug Treatment and Education Agency

September 2009

Rose McCrohan—Victoria's First AOD Nurse Practitioner

A Nurse Practitioner (NP) is a registered nurse who has completed further education and is endorsed by the Nurses' Board of Victoria to undertake an extended clinical role in their field of specialisation. Endorsement is an extensive process incorporating a Masters of Health, post-graduate medication management modules and an oral examination by an expert panel. The scope of the NP role can vary according to the practice context and the extent of their qualifications. It can include practices such as direct referrals to other health care professionals, prescribing some medications and ordering diagnostic tests.

I have been working towards NP endorsement in the AOD field since I began working at Moreland Hall in 2005. When I completed the process in June this year, there were 47 NPs endorsed within Victoria, almost half of these are within Emergency departments. At this stage, I am the only NP endorsed for AOD practice in Victoria. This provides great opportunities for Moreland Hall to establish leading practice for withdrawal within the AOD field and continue to improve

the quality of care for our clients.

It is hoped that other nurses practising within the AOD sector will soon seek their own NP endorsement. This would enable future service developments in which AOD NPs will be working alongside addiction medicine specialists in consultation liaison roles in hospitals, in home based withdrawal services and community organisations.

The role of NP at Moreland Hall's adult community residential withdrawal service involves leading a team of registered nurses and alcohol and drug workers working in Shared Care with several community general practitioners. The capacity for the NP to prescribe from a limited formulary specific to withdrawal enables timely provision of care to clients experiencing withdrawal from a range of substances during their admission. Being able to prescribe Buprenorphine expands the number of prescribers available to provide best practice management of inpatient opiate withdrawal and transition to maintenance

pharmacotherapy treatment.

The NP's role does not cover acute medical or psychiatric conditions. Clients presenting with such needs are referred for care to the nearest public hospital.

For me the next stage of my journey involves gaining experience as a prescriber. Within the next twelve months I hope to add methadone to my limited formulary. Within the next two to three years I will be continuing to expand the scope of my endorsement to

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Contact us

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Chief Executive Officer's Column

Hello and welcome to the September 2009 Moreland Hall Community News.

There has been a lot happening around Moreland Hall. Our renovations are almost complete due to the changes made to our building with the commencement of the Alcohol Community Rehabilitation Project. Part of these renovations have been the complete revamp of the client waiting area, which is now a much better waiting area than what we have had previously.

We are also delighted that Dr Benny Monheit (Addiction Medicine Specialist) is now running his Pharmacotherapy Clinic from our Jessie Street site three days a week. This is a fantastic development that complements and adds services for clients of both Dr Monheit and Moreland Hall clinicians.

Our Open Day during Drug Action Week in June attracted over 160 visitors and was our most successful yet! It was great to see workers from other services and the community coming together to see the additional resources and services that Moreland Hall has to offer.

We are currently in the process of pulling together the annual report and I would like to give you advance notice for our AGM on Thursday November 12 2009. We have Dr Dan Lubman from Orygen as our guest speaker and would ask you to make a note of it in your diary.

I welcome you to come and visit Jessie Street to see our renovations and improvements.

Laurence Alvis

Open Day For Drug Action Week was our most successful ever with over 160 visitors enjoying the displays, Duggy's Krew animations and mocktails, complete with bbq lunch and showbags.



AOD Nurse Practitioner cont....

(Continued from page 1)

include mental health. This will require completing a Masters of Mental Health (nursing) and applying for endorsement in the mental health formulary.

It is with extreme gratitude that I offer my thanks to St Vincents Hospitals Department of Addiction Medicine, specialist physicians for their support and professional development. I'd like to acknowledge Moreland Hall for their support, the clinicians along the way and the people in my life who have been so supportive during this long, challenging but incredibly worthwhile journey.

Rose McCrohan

Rose is the Manager of Lesley-Anne Curran Place, Moreland Hall's adult community residential withdrawal service



Welcome to Board of Governance....

Taryn Rulton



Taryn is a Chartered Accountant and moved to Australia in 2004, becoming an Australian citizen in 2006. She has worked in both the public and private sectors and currently manages a team within the Department of Treasury and Finance. This role has two aspects; providing technical accounting advice and analysing the financial performance of all State government departments and acting as relationship manager with one department for all budget issues. Prior to her role with the Department of Treasury and Finance, Taryn managed the finance and corporate services unit of the Office of Housing, the division of the Department of Human Services responsible for providing the State's public and crisis housing. Taryn came to the public sector with 11 years experience in the private sector, having worked for Barclays Bank, KPMG and Ernst and Young.

Taryn recently completed an Executive Masters of Public Administration through the Australia and New Zealand School of Government (ANZSOG) and her key work interests include improving the communication of financial information, particularly to people without an accounting background. Outside of work, much of Taryn's free time is taken up with renovating her house which will be an ongoing project for some years to come.

Neil Salisbury

Neil is currently the State Manager of ENVIRON Australia Pty Ltd and a member of the National management team. ENVIRON is a global environmental consulting firm that employs over 1200 people across 70 offices. ENVIRON specializes in environmental sustainability, corporate social responsibility, auditing, health sciences, carbon management etc. His current role has full responsibility and accountability for all aspects of the Victorian business that incorporates financial management, business development, contract negotiations, governance, financial management and peer review of technical works. Neil is also an associate fellow of the Australian Institute of Management and is a member of several environmental associations and holds a number of accreditations in the environmental field. Neil has worked in a number of countries including Indonesia, India, Philippines, Malaysia, China, Singapore, Brunei, Korea etc.



Bushfire Update

Hi everyone, can you believe it has been 7 months since the Victorian bushfires hit us. It is also the time that reality is settling in for my client group as they continue to come to terms with re-building their lives and re-establishing a normal environment for themselves and their families.

The response is still positive as many are in the planning process of re-building their homes, while for some their homes are near completion. It has been an interesting time as a case manager, as you know that the pain and suffering of the people affected will continue for many years yet. However you see these same people moving forward in such adversity that you can't help but see their spirit within.

While it is easy to speak of the trauma of the bushfires, I try to focus on people's strengths. Being in the position of an intimate witness to their lives; you can't help but walk away with the upmost respect for all involved in the recovery phase of moving forward in this devastating time.

I would like to take this opportunity to mention all those who have mended stalls, knitted blankets, collected firewood, fixed fences, poured coffees, made lunches, and to everyone who has contributed to helping those in need and for making my role so much easier, as these people often don't have a lot themselves, but they give so much.

I mentioned in my last update of a man who had lost his 2 dogs in the fires and how he considered them his best friends. He now has a new puppy in his life and while he continues to struggle his new mate is always by his side.

DHS has started to scale down and has gone from 43 agencies providing case management to around 22. Information provided to case managers comes through DHS via email with regular bulletins outlining what assistance is currently available. The Northwest regional DHS office and case managers continue to operate hand in hand and this coordinated approach has ensured a high quality response to those affected.

Whilst DHS is to be commended, there has been a lot of support and good will from the business sector. Some of the companies that I have had some great outcomes with have been **Holden, Spec Savers, Diamond Valley Lions Club, IKEA, Best for Less, David Jones, Virgin Blue, Tupperware, and the Salvation Army.**

I would like to thank Wendy Moncur for assisting in the case formulation and providing me with the support needed to continue in this role. I will be continuing in this role at least to December 09 and will review this with DHS to see where to from there.

Jim Carlton

Alcohol Community Rehabilitation Program



The Alcohol Community Rehabilitation Program is a new pilot program funded by the Department of Human Services. It provides a 6 week non-residential recovery program, which operates Monday to Friday at Moreland Hall. The program is appropriate for people who have completed withdrawal treatment for problematic alcohol use, live in Victoria and are over 18 years of age.

The program offers individual counselling, group work, recreational and social activities. Families or significant others are encouraged to be involved.

The first group of clients commenced the program in June this year. As this is a new program, feedback from participants is crucial in helping us develop the program. As well as very positive comments (see below), clients gave very specific feedback about the education content of the program group and the therapeutic processes.

Comments

"The combination (of programs) worked well and has helped me enormously"

"everyday was enjoyable"

"the program is structured very well"

"gym on Friday worked really well – a great way to end the week"

"the program provided excellent tools and coping strategies"

The second program is well underway. Based on feedback from the first group, changes have been made to the intensity of the program spreading the core components over 6 weeks instead of concentrating them over the first 4 weeks.

A number of Forums have been provided for other services particularly withdrawal services and Post Withdrawal Support Workers to assist interested clients to access the program.

For further information see www.morelandhall.org

Donna Ribton-Turner
Director of Clinical Services

Finding our way in the Maze...

The past few months have been an intense period of change at Moreland Hall. Organisational and physical restructures, while recognised as necessary and ultimately beneficial are, nevertheless, unsettling.

Renovations of large areas of the building to accommodate new programs, provide better physical surrounds and access for our clients, and improve resources for staff have been long awaited.

It's a peculiar feeling to return from a long period of leave to an environment of complete upheaval.

I thought my weeks of living out of a suitcase and moving from place to place we over! But no, the movement from room to room has required staff to 'live' in temporary spaces!

It reminded me a bit of the ancient Hebrew people who identify themselves with 'a wandering Aramaean' (The Bible Deuteronomy Chapter 26, verse 5) and whose incredible journey out of captivity and forty years of wandering in a wilderness define part of their identity as a people. The longing for a homeland has been an enduring part of their story. It's a story of continual upheaval, uncertainty, change and travelling in circles. It's also a story of discovery, grace and hope in the middle of the maze.

We can see an end to the movement, but there are people with whom we work and others of whom we are only a little aware, for whom moving from place to place, or being without a home, is their constant experience.

In one way or another, self-assessing and rediscovering are part of the experiences of all people undergoing change for whatever reason.

Johnson writes in "Who Moved My Cheese?" that change happens whether we want it to or not. We can approach changes in our lives in several ways – as "Sniff", "Scurry", "Hem" or "Haw". How would you describe yourself? I've been reflecting on the ways in which I approach "change" throughout this year. I found an inner emotional and mental shift has been needed to be part of an ongoing adventure and to find the capacity to 'laugh at myself' and find my way in the maze.

What about you? **Reverend Rosemary Carter**

Sometimes we may act like
Sniff

Who sniffs out change early, or

Scurry

Who scurries into action, or

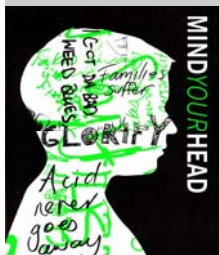
Hem

Who denies and resists change as he fears it will lead to something worse, or

Haw

Who learns to adapt in time when he sees changing can lead to something better!

Resources for Sale



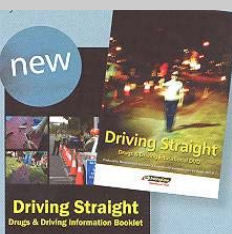
Mind Your Head: Developed as a resource for young people and anyone else (including teachers, parents and allied health workers) wanting to know more about the relationship between mental health & substance use. The book provides information on different drugs and their effects on mental health, strategies for looking after your mental health and getting help and support. \$6.00 plus P&H



The Big Book Series: ALCOHOL, DRUGS, PARTY DRUGS, CANNABIS

Designed specifically for young people, particularly those who would be described as 'pre-contemplators' and those who may be involved in experimental drug use. These booklets have a harm minimisation focus and present drug information in an interesting way with eye-catching cartoon illustrations throughout.

DVD—Driving Straight: Drugs & Driving Educational DVD & Resource



Booklet – Developed in line with the Victorian Government's (world first) Drugs & Driving Legislation for random roadside drug testing implemented in 2006. Includes FAQs answered by experts in the field and has a selection of 5 different 'real life' drug driving scenarios. Testing process; Regaining your licence; Assessment & drug education process; Methadone & driving. 'Driving Straight' is the first educational resource on this subject with wide educational applications. \$100 + P&H

For further information ring

Moreland Hall Education & Training on 03 9386 2876
Or email queries@morelandhall.org for an Order Form

Can you support our services to the community?

You can make a difference by sending a donation to Attention:
Mr Laurence Alvis, Chief Executive Officer,
UnitingCare Moreland Hall, 26 Jessie Street, Moreland Victoria 3058.
Donations over \$2. are tax deductible

I would like to donate:	\$
Please circle	Mr Mrs Ms Dr
Name:	
Street Address:	
Suburb:	Postcode:
Contact Phone No:	
Email:	
Please tick if you would like to remain anonymous <input type="checkbox"/>	
(NB: A tax invoice will not be sent)	
Please charge my credit card (please tick):	
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	
Card Number: _____	
Expiry Date: ____ / ____ SRN: _____ (on back of card)	
Cardholders Name: _____	
Cardholders Signature: _____	

Moreland Hall Programs

Alcohol: Considering Change?

Will be running monthly on the last Wednesday of each month from 6 – 8pm.



Cautious with Cannabis sessions are run twice a month at Moreland Hall on the 1st & 3rd Wednesdays. Sessions alternate with afternoon (2-4:30 pm) and evening (6-8:30pm).

CWC Sessions for the remainder of 2009:

- 2nd Sep 2:00—4:30pm 16th Sep 6:00—8:30 pm
- 7th Oct 2:00—4:30pm 21st Oct 6:00—8:30 pm
- 4th Nov 2:00—4:30pm 18th Nov 6:00—8:30pm
- 2nd Dec 2:00—4:30pm 16th Dec 6:00—8:30pm



First Offender Court Intervention Service

Whilst the FOCiS program is for first time offenders who have already presented to court for non-violent, illicit drugs offences (other than cannabis), we are also offering the program to those who have yet to attend court. To date, clients have presented after being referred by the courts. We are now seeking referrals from other sources (both internally & external to Moreland Hall), enabling the client to present to court having already accessed a diversion program. FOCiS sessions are run once a month on the 2nd Wednesday. Sessions alternate with afternoons (2:00—4:30pm) & evenings (6:00—8:30pm).

FOCiS Sessions for the remainder of 2009:

- 9th Sep 2:00—4:30 pm
- 14th Oct 6:00—8:30 pm
- 11th Nov 2:00—4:30 pm
- 9th Dec 6:00—8:30 pm

For further information or to register clients for any of these programs please ring 9386 2876.



Artwork by Moreland Hall clients