

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 + 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

Take it Away Handbooks (New edition x 2 Booklets, available from April 2008)

The Take it Away Handbooks provide helpful tips for those wanting to reduce or stop their substance use. Whilst originally developed for clients to work through before beginning withdrawal or counselling (Book One) and after withdrawal or once starting counselling (Book Two), these handbooks are available for anyone to purchase.

Book One: Planning for Change—helps you understand and prepare for behaviour change.

Book Two: Keeping Going—helps those who have started to make changes.

For further information ring
Moreland Hall Education & Training on 03 9386 2876
Or email queries@morelandhall.org and request 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:		\$
Name: Mr / Mrs / Ms / Dr:		
Street Address		
Suburb:	PC	Contact Phone:
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: _____		

Upcoming AOD Training Courses

CHCAOD10A Work with clients who have Alcohol and Drug issues.

This course assists students in developing the skills and knowledge necessary for the provision of AOD clinical services, including development of case plans, and a range of other holistic and appropriate interventions that meet the needs of clients who have AOD and related issues. Topics covered included: Motivational interviewing; Individual treatment planning; Relapse prevention tools and techniques. Applications due 27th March.

Individual Training

Units of competency	Dates	Cost
CHCAOD10A: Work with clients who have Alcohol and Other Drug issues	11 th , 18 th and 25 th May 2009	3 days training and assessment - \$380.00. Lunch and refreshments included.

Organisational Training

Units of competency	Cost
CHCAOD10A: Work with clients who have AOD issues	3 days training and assessment - \$4,500

CHCAOD8C Assess the needs of clients who have Alcohol and/or Other Drug issues

Develop the skills and knowledge to be able to apply standard processes and procedures in conducting a comprehensive assessment of clients with AOD and other needs. Including the development of case management plans based on client assessment, and provision of clients with referral support to other services. Moreland Hall offers a limited number of spaces in this course to outside workers from other AOD organisations – applications due April 10th.

Individual Training

Units of competency	Dates	Cost
CHCAOD8C: Assess the needs of clients who have AOD issues	17 th , 23 rd , 24 th April 2009	3 days training and assessment - \$380.00. Lunch and refreshments included.

Organisational Training

Units of competency	Cost
CHCAOD8C: Assess the needs of clients who have AOD issues	3 days training and assessment - \$4,500

Selection criteria include: work within the AOD sector; current First Aid Certificate; completion of CHCAOD2C unit or relevant pre-reading.

For further information contact
Jane Jarvis-Read at Moreland Hall
Ph: 9384 8887
jjervis-read@morelandhall.org



Moreland Hall Community News



An Alcohol and Other Drug Treatment and Education Agency

March 2009

Moreland Hall to pilot ground breaking rehab program

UnitingCare Moreland Hall has been recently awarded the contract for running a pilot project involving a non-residential rehabilitation program for people struggling with alcohol issues who have recently come out of withdrawal.

This project, funded by the Department of Human Services (DHS) is the first of its kind in Victoria, and will involve participants attending a six week program to assist them to cut down or stop drinking, help develop further life skills, maintain behaviour change, offer emotional support and assist with linkages to relevant community services, including employment services.

While such non-residential programs have been run successfully in other countries, such a program has not been run in Victoria before; most rehabilitation programs are live-in and run for significantly longer periods. DHS is funding the pilot for three years.

Moreland Hall Chief Executive Officer Laurence Alvis said he was thrilled that the DHS has decided to fund Moreland Hall to deliver the pilot project.

"This project is a very important step on from current

services and contributes significantly towards filling gaps that exist within services in terms of meeting client needs," he said. "We know that individuals who have recently exited short withdrawal programs (7 to 10 days) are often in great need of more intensive support to assist them to maintain changes in behaviour and alcohol use."

"However up to this point there is been a lack of short term rehabilitation or support options that such people could take advantage of; thereby increasing the risk of relapse for those individuals," Alvis said. "

Alvis said that the awarding of the contract to Moreland Hall by the DHS was an acknowledgement of the important work the organisation has done, particularly its reputation within the drug and alcohol service sector in developing major pilot programs.

Moreland Hall has piloted a number of cutting-edge programs and services over the last few years, including an Intensive Playgroup for parents of young children with drug and alcohol issues, an Intensive Support Service Program for complex clients, the HYP-d program for young people in

Hume region, a Family support program and various other services and resources. One of the most notable of these is the 'Alcohol—Considering Change' education workshop which was pioneered early last year and has consistently been running at peak attendance numbers.

"It's great that the Department has acknowledged the reputation that Moreland Hall has within the field and the strong work we have done with developing these new programs, like 'Alcohol – Considering Change,'" Alvis said.

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SPECIAL POINTS OF INTEREST:

- PAGE 1—ALCOHOL DAY REHAB PILOT PROGRAM
- PAGE 2—CEO'S COLUMN; NEWS IN BRIEF
- PAGE 3—ALCOHOL & VIOLENCE; CHAPLAINS' REFLECTION
- PAGE 4—TRAININGS; RESOURCES; HELPING TO SUPPORT US

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CEO's message

Hello and welcome to the March 2009 edition of the Moreland Hall Community News.

As you can see, the Community News has revised and streamlined its look and content since the last edition, making it more user-friendly and useful for readers like yourself.

The newsletter's revised look is only one of a number of changes and developments Moreland Hall is undertaking in 2009. One of the most notable is the Alcohol Community Rehabilitation Program that we are about to pilot. This program is the first of its kind in Victoria and will be operating at Moreland Hall from June this year. The awarding of this project to Moreland Hall is acknowledgement of the credibility and the quality of our services within the field, as well as our ability to develop well cutting-edge pilot programs.

We will be undertaking a number of other new programs and further developments of current programs in 2009. These include:

- expansion of our Family program;
- the redevelopment of our website and development of an amphetamine-specific website;
- the development and promotion of new resources such as our 'Take It Away' handbook.

There has also been significant change to the makeup of the Moreland Hall Board of Governance, including the recruitment of seven new members to the Board since late last year. I would like to thank the retiring members for their work, and welcome the new members, and look forward to their contribution in making a just and compassionate community where people are not disadvantaged by alcohol and other drugs issues.

For further information about these members, or about our other programs mentioned above, please go to our website www.morelandhall.org

Heads together—the AOD Collective

Moreland Hall has set up a new social networking site, 'Heads Together – the AOD Collective', for workers in the AOD sector.

This site will help workers pool their knowledge, share resources and information, discuss different approaches and methods, and to foster collaboration within the sector. It features discussion forums, downloadable resources available for free (such as the materials from our "Alcohol: Considering Change" workshop), video segments, photos, blogs and more. To join 'Heads Together – the AOD Collective', go here:

<http://headstogether.ning.com>

Moreland Hall ground breaking program

(Continued from page 1)

The program, open to people from across Victoria, will include up to 15 participants per cycle and be made up of both core and optional modules, covering a range of topics and activities, including areas such as: mental health; impacts of relationships; goal setting and time management; relapse prevention; anger management; art therapy; healthy living and life-skills; strategies to support behaviour change; families and parenting; social skills; financial literacy; living with trauma; and recreation and social activities. At the culmination of the program, the participants will be assisted to develop connections with other services in the community, including support groups, housing, employment and education services, to help support their ongoing development, as well as maintaining some follow up contact with the program staff through after care. For individuals coming from out of Melbourne, it is anticipated that weekday accommodation during the program's duration can also be set up if needed.

Currently Moreland Hall is undergoing the process of recruiting staff, setting up the program and undertaking the required site renovations. It is anticipated that the program will commence running from early June this year and be based at Moreland Hall's main site in Jessie Street, Coburg.



For further information about the Alcohol Community Rehabilitation Program, please contact Moreland Hall on 9386 2876.

Moreland Hall News in Brief

Moreland Hall is expanding its **Family Support program**. As well as Family Counsellor Andreas Alvis, who started with Moreland Hall late last year, we have recently gained funding for a Family Support Worker role through the William Buckland Foundation. Moreland Hall is in the process of recruiting someone to this position, which will assist Andrea with outreach and support for families who have a member with AOD issues. We are excited about the development of this program and being able to further develop services in this traditionally under-resourced area.

Moreland Hall is also joining a number of other **UnitingCare** agencies in supporting the response to the Victorian **Bushfires tragedy**. Jim Carlton, Coordinator of the Counselling and Support team, has been seconded for up to 12 months working with families and individuals affected by the bushfires, helping them with case management, counselling and other support.

Two members of our Education and Training section will be presenting their work at upcoming **AOD conferences in Australia and overseas**. Adrian Papworth will be presenting the "Duggy's Crew" drug drive animation he has developed for Moreland Hall at the International Harm Reduction Conference in Bangkok in April; and Brandon Jones will be presenting at the "Outside In" conference in Sydney run by

the Network of AOD agencies and the Mental Health Coordinating Council. Brandon will be doing an interactive poster presentation about Moreland Hall's journey as an agency to become dual diagnosis capable.

Moreland Hall have also recently upgraded our website. **The new website**, which is accessible at www.morelandhall.org, will be available from mid March and features more accessible information on all our programs, resources and services available.

At the recent **VAADA conference** Chaplain Rev Rosemary Carter presented on our process for readdressing client involvement in our services so far. This included developing a client charter and changes to feedback processes, what we've learned so far, and some future hopes. It was very interesting to share with service users and services some of their wisdom, struggles, successes, priorities and questions in seeking to ensure people across the AOD sector get what they really need.

We have also recently contributed a **submission** to the Federal Government's National Preventative Task Force and responded to papers by Government and others on the issues of Homelessness and access to free pharmacotherapy. These submissions are available on the Moreland Hall website at the above location.

Alcohol & Violence Statement

Through much of last year there was intensive coverage in the media and debate in the general community regarding the role of alcohol, particularly heavy episodic drinking (or 'bingeing', the term that was commonly used) and its relationship to violent behaviour. Moreland Hall has been involved in contributing to that ongoing debate, including looking at the surrounding issues like addressing risk, harm minimisation and risk management; debates around recommended levels of drinking; issues around the stereotyping of young 'binge' drinkers; and Government policies around alcohol (including demand and supply control). In light of those discussions, Moreland Hall's Board of Governance has adopted a Policy Statement around the related issues of Alcohol consumption and Violence. The statement is as follows:

Moreland Hall is committed to preventing and reducing drug related harm. Alcohol remains the primary drug of concern among clients seeking services at Moreland Hall.

It is increasingly acknowledged that dependent, heavy episodic or even moderate drinking in inappropriate circumstances (e.g. in context of driving or operating machinery), can negatively impact on the health and wellbeing of the drinker, their family, friends, co-workers, and wider society. In Australia, and a range of other countries, there is increasing public concern about alcohol related violence.

Whilst the incidence of alcohol related violence appears to be increasing, the majority of drinking episodes do not lead to violence, and often violence occurs in the absence of drinking. The relationship between alcohol and violence is mediated by numerous situational and socio-cultural factors as well as consumption levels, personality and expectancy.

As with other drug related harm, there are no simple solutions to the problem of alcohol related violence. Therefore we will continue to provide treatment and education, whilst advocating and supporting a range of responses to reduce the increasing rate of consumption of alcohol and to decrease the harms associated with its use.

As a leading agency within the Victorian AOD sector, and a member of the **UnitingCare** network, Moreland Hall will continue to contribute to the debates around these issues in the public domain.

Crisis, Change and Community

Bushfires! Shattering lives and bringing destruction to communities. Yet this traumatic event provoked a re-evaluation of life and its priorities, and an explosion of generosity from strangers and friends.

Incredibly, crises can bring out the very best in people. The kind responses from staff and clients in our workplace were a powerful reminder of the capacity to care for others, even in one's own need. People gave blankets, food, shelter, toothpaste, blood and money for immediate and long term needs.

Change takes time and needs support. Owning that gives hope for the growth of stronger community.

Yet, trauma is not restricted to events like these. *"Traumatic experiences shake the foundations of our beliefs about safety, and shatter our assumptions of trust"* 1.

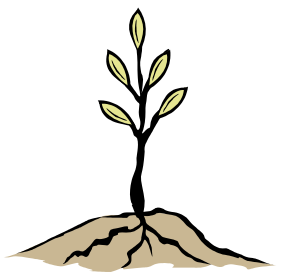
For people affected by alcohol and other drug issues trauma may have different origins. The need for compassion, care, support and understanding is just as great. Yet, often it is expected that beneficial change will occur quickly and permanently, with minimal pull on the heart strings or funding from the public purse.

It's a strange contradiction. Society is increasingly dependent on alcohol, both socially and financially. Our society heartlessly obstructs people trying to make and maintain changes in their alcohol use. A hotel or commercial urging indulgence confronts them at every turn.

What would happen if we responded with generous compassion? Would we assist people re-evaluate and renew their lives? Would we urge communities and governments to make real and lasting changes to reduce the danger faced by some?

Fortunately, there are people who do care. With patience they tend the difficulties and slowness of change; tenaciously they make places of welcome and safety and keep hope alive; resolutely they advocate for societal change; they give time, skill or friendship.

We need people like these. They are sparks from which just and compassionate communities grow.



1. David V. Baldwin, PhD. ©1995-2009 Eugene, Oregon USA <http://www.trauma-pages.com>

Reverend Rosemary Carter

Moreland Hall Programs



The new alcohol program "**Alcohol: Considering Change?**" will be running monthly on the last Wednesday of each month from 6 – 8pm. To register clients or for further information please ring 9386 2876.



"**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) with the 1st April session at 2pm and 15th April at 6pm. Please ring 9386 2876 for further information or to register clients.



"**FOCIS**" has recently been re-developed. Whilst the 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. To date clients have presented after being referred by the courts. We are now seeking referrals from other sources (including 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 (2-4:30pm) & evenings (6-8:30pm) with the 8th April session at 6pm and 13th May session at 2pm. For further information or to register clients ring 9386 2876.