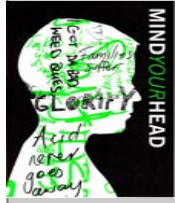
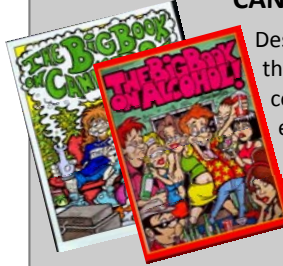


## Resources for Sale



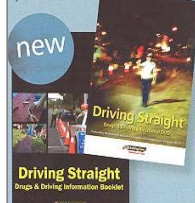
**Mind Your Head**— Developed as a resource for young people and anyone else (including teachers, parents and allied health workers) wanting to know more about the relationship between mental health & substance use. The book provides information on different drugs and their effects on mental health, 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! 2 Booklets

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](mailto: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: _____		

## Australian Winter School 25 -27 May 2009

This year's *Winter School Conference*, in Brisbane, had a theme of **Integration: Research – Policy – Practice**. Evidence for practice was a recent module of my current university post graduate course. It's not a particularly exiting subject: effect sizes, risk ratios and confidence intervals are all a bit dry for my liking. However, throughout the conference I found myself actually understanding the speaker's presentation. When presented with levels of evidence for guidelines, it all made sense to me. I even found myself explaining a few of the abbreviations to my neighbour.

The 3 day conference consisted of 2 days of speakers then 1 day of workshops. The first day's focus was 'Alcohol'. In particular, the policy behind the tax hike for alcopops and how this has influenced the overall reduction in consumption (10 % price increase = 5 % reduction in consumption) especially with young females who are most at risk from binge drinking. In Queensland this linked in nicely with an advertising campaign aimed at changing young women's attitudes and behaviours toward drinking. The evaluations show that young women are making positive choices due to this campaign. Discussion of the media's coverage of the debate over the tax hike covered the misuse of statistics. Examples showed sales figures (from manufacturers to retail) as continuing to be high, rather than the more accurate figures from retailers to consumers which reflected reduced consumption.

The second day's focus was 'Challenges to Clinicians and Agencies'. This included information on dual diagnosis programs, injecting rooms (particularly the Sydney experience) and the child protection sector. I enjoyed the unconventional approach to Motivational Interviewing by Dr Joel Porter who is an American based in New Zealand. He was an engaging speaker, quoting from Viktor Frankl (Psychiatrist and Existential Therapist) during his presentation. He also showed a funny yet moving clip of Richard Pryor discussing his relationship with his crack cocaine pipe.

Finally the third day was centred on workshops. In the morning I chose to attend a session run by the National Cannabis Prevention and Information Centre (NCPIC). We looked at the forthcoming NHMRC guidelines on the management of cannabis disorder, due out later this year, and moved through the NCPIC's formal Assessment Tool. The centre offers free training in the use of the Adolescent Cannabis Check Up – ACCU, and other workshops. If enough people in a workplace are interested they will run training on site.

Aside from the conference I wasn't sure what to expect from Brisbane. I was under the misconception it was going to be warm - it wasn't. I really liked the pedestrianised main shopping street which reminded me of continental Europe and felt a bit more intimate than Melbourne. I loved being able to enjoy my dinner and breakfast without having a little person pulling at my leg and I can honestly say there was no guilt from me for leaving the family for a few days.

**Simone Hogan**

### DRUG ACTION WEEK—MORELAND HALL OPEN DAY INVITATION

Tuesday 23rd June 2009, 10am—3pm

26 Jessie Street, Moreland, 3058

- *Duggy's Krew* Animations

- New Resources

- Information Displays

For further information ring 9386 2876—Jane Thomson



## Moreland Hall Community News



An Alcohol and Other Drug Treatment and Education Agency

June 2009

## New resources available to help tackle problematic drug use

**UnitingCare Moreland Hall** (Moreland Hall) has just released a range of new resources and materials designed to help prevent problematic Alcohol & Other Drug (AOD) use, address related mental health concerns and assist those wanting to change their substance use behaviours.



The resources include the brochure *Drug Use and Mental Health – Two issues in the same bag*; the *Take It Away Handbooks: Planning for Change* and *Keeping Going* and the *Duggy's Krew* animations for young people who are new drivers. All of the

resources, which were developed by Moreland Hall's Education and Training



*Duggy's Krew* Postcard



*Take it Away Handbooks, Books 1&2.*

section, address different aspects of substance use and its affects, as well as ways to reduce associated harms.

Moreland Hall Chief Executive Officer Laurence Alvis said he thought it was important that information like this was now more readily available to people in the community. 'Resources like the *Take It Away Handbooks*, which are self-help books, or the Drug Use and Mental Health brochure, are going to be really important sources of information for users,' he said. 'Moreland Hall's Education and Training has a history of developing cutting edge and innovative resources and we're glad to see this continuing with the development of these new resources.'

The *Drug Use and Mental Health* brochure looks at the relationship between the use of various substances and their potential impacts on mental health for users. It provides strategies for users to look after their own mental health and details for other sources of information and support. Given the prevalence of mental health concerns amongst those with problematic AOD use ('Dual Diagnosis') and *vice versa*, it is important that to information such as this is widely available..

The *Take It Away* handbooks are two self-help books for individuals who are either: (*Planning for Change*) waiting to go into a withdrawal unit, or are considering withdrawal or cutting down their substance use or other associated behavioural changes; or (*Keeping Going*) who have just gotten out of withdrawal and are keen to maintain their abstinence or reduced use. The resources were developed in response to the fact that individuals cannot always get into services or

SPECIAL POINTS OF INTEREST:	PAGE
• MORELAND HALL NEW RESOURCES	1
• CEO'S COLUMN; NEWS IN BRIEF; NEW BOARD MEMBERS	2
• <i>DUGGY'S KREW</i> IN BANGKOK; BUSHFIRE CASE MANAGEMENT ROLE; MORELAND HALL PROGRAMS	3
• RESOURCES FOR SALE; REPORT WINTER SCHOOL; CAN YOU SUPPORT OUR SERVICES TO THE COMMUNITY?	4

support networks straight away. The *Take It Away Handbooks* provide support for people during those interim 'waiting' periods or between accessing official AOD services in order to improve their preparation for treatment, improve treatment outcomes and reduce the risk of relapse..

*Duggy's Krew* is a series of three short animations and accompanying support materials developed to be used in education sessions with young people. It was designed to provide an interactive and entertaining approach that would increase young people's engagement with the subject matter. The series promotes discussion of

(Continued on page 2)

**Contact us**

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Web: [www.morelandhall.org](http://www.morelandhall.org)

## New resources cont..

issues like the effects of alcohol, cannabis and amphetamines on the body, their impact on driving ability and Victoria's Random Roadside Drug testing system. *Duggy's Krew* was recently shown at the International Conference on Harm Reduction in Bangkok in April this year.

'We think it's great that resources like this are now available to individuals and workers in the community,' Laurence Alvis said. 'We hope that people take them up and use them to assist people wanting to change their substance use behaviours, and to educate people on the associated issues and potential harms of AOD use.'

The brochure and handbooks were developed with Gozer studio. Funding for the various projects was provided by the Uniting Church in Victoria and Tasmania Connibere Bequest, ANSVAR Insurance and the Traffic Accident Commission.

For further information, or to obtain copies of the new resources contact Moreland Hall Education & Training on 9386 2876.

## Welcome to Board of Governance

### Paul Hamilton

- Bachelor of Social Work
- Bachelor of Arts
- Health Services Manager
- Extensive experience in Primary Health Sectors, AOD Treatment Sector, and Forensic Health
- Considerable experience in service planning, primary health care service delivery, contract negotiation and service evaluation



### Stephen Mullen

- Graduate Diploma in Human Resources and Industrial Relations
- Bachelor of Arts in Education
- Extensive executive HR experience in major mining and manufacturing companies.



## CEO's message

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

Moreland Hall has had a busy couple of months, with lots of new resources being released, new programs started and this week receiving a Silver Award for the 2007/08 Annual Report at the Australasian Annual Reporting Awards presented in Melbourne on Thursday June 4.

The keenly anticipated Pilot Alcohol Community Rehabilitation (ACR) Program opens its doors on Monday June 15. Presently there is lots of activity around Moreland Hall ensuring the venue and content of the program is ready for the commencement of the first group.

The operation of the ACR program has required some substantial renovation works at Jessie Street. This will commence from

next week and hopefully will not be too disruptive for workers at Moreland Hall. We are thrilled that after many years of wanting to improve the client waiting area, this will finally happen through these renovations.

We are holding an Open Day at Jessie Street on Tuesday 23 June as part of Drug Action Week. Everyone is welcome to come and view our new resources and talk to us about our programs.

We are about to commence the process for the three yearly Quality Accreditation for Moreland Hall and are looking forward to our staff joining various working groups to assess the current systems and processes within the agency, to ensure that we operate within a quality framework. Accreditation is an opportunity for us to review many of our current practices and processes and improve services for both clients and staff.

Laurence Alvis

## Moreland Hall News in Brief

### Heads Together

Three hundred and counting! That's the number of people who've joined the AOD social networking site Heads Together. Since going live in April, we've had a big response, with workers and others from as far away as Nigeria joining up. The site has become a hub for discussion, networking information and resource sharing. Recent ad postings include the downloadable version of the 'Take It Away' handbooks, harm reduction films about education and overdose, and lots of feedback from the International Harm Reduction Conference in Bangkok. To join up, visit <http://headstogether.ning.com>

### Drug Action Week

Moreland Hall will be again taking part in National Drug Action week this year. On Tuesday June 23<sup>rd</sup> we will be holding an Open Day at our Jessie Street site, on the theme of *Duggy's Krew*, with information stalls, showbags, and a free BBQ Lunch. Moreland Hall will also be launching a number of new resources, at the Open Day. Following Drug Action Week Moreland Hall will be running a series of education workshops with schools in the community, around the *Duggy's Krew* theme, looking at issues of substance use and driving behaviour with young people who are potential new drivers. For further information about Drug Action Week activities, contact Jane Thomson, phone 9386 2876.

### Alcohol Rehabilitation Program

As stated above, Moreland Hall will also be launching our new Community Alcohol Rehab Program during Drug Action week. The program will start in mid to late June. We are very excited about this new service and how this complements the other services that we provide, as well as how it will help provide a new community service model in Victoria.

### Australasian Reporting Awards

Moreland Hall has been honoured with a second consecutive award at the Australasian Reporting Awards, for its 2007/08 Annual Report. Last year we achieved the Bronze standard for our 2006/07 Annual Report. This year we've done one better and received a Silver award for our Report. We are very proud to receive this, and would like to thank all those involved in putting together the report, particularly designer Margaret McKenzie.



Laurence Alvis, Lyndie Spurr, Jane Thomson & Margaret McKenzie at the Awards

## Duggy's Krew—Bangkok

Since August 2008 I've been on secondment from my usual position as Senior Worker at GWH and working instead in the E&T team as an animator. During my secondment I have been developing *Duggy's Krew*, a cartoon consisting of three separate episodes of around five minutes each. The aim of the cartoon is to raise issues relating to drink and drug driving by young adults.

*Duggy's Krew* was accepted into the Film Festival section (run by staff from the Burnett Institute in Melbourne) of this year's International Harm Reduction Association (IHRA) conference in Bangkok, Thailand. I was lucky enough to be successful in my application for a scholarship from Moreland Hall to attend the Conference and present *Duggy's Krew* at the film festival. Julie Bowen and Maree Beaney also attended the conference.

Before leaving for the conference, we did a practice-run presentation of all three episodes to staff at Moreland Hall, which went down very well. Being able to attend the conference was a great networking opportunity and *Duggy's Krew* was very well received and generated a lot of interest. A number of services have since enquired about using *Duggy's Krew* with their clients.

Overall the conference was interesting. There was an emphasis on IV drug use and harm reduction, with fewer harm reduction measures in place in other countries than what we might be used to in Australia. The most obvious issue appeared to be access to clean syringes – and associated issues of high prevalence of HIV and other blood borne viruses.

We are currently in the process of trialling *Duggy's Krew* at various youth AOD services and seeking feedback. I'm hoping to have an opportunity to develop more targeted resources in the future, and to contribute further to the E&T team efforts in developing groundbreaking educational resources. Currently I'm making some revisions to *Duggy's Krew* and putting together an animation illustrating MDMA's effect on Serotonin.

Adrian Papworth



## Bushfire Case Management Role A day in the life of Jim Carlton



Hi, I thought I would take this opportunity to let you know how this role has progressed. As you are well aware this role is a response to the Victorian bushfires that occurred on Black Saturday, February 7, 2009.

Making the transition from Counselling & Support to the Case Manager role was difficult, more difficult than I expected, due to visiting the affected areas and seeing first hand the devastation that had just occurred. My role would quickly develop, with outreach being one of the key components in assisting people in the recovery process. I find myself roaming far and wide; visiting people who have lost everything, listening to them describe hell on earth. Most of my work has been around assisting with grants, giving support, finding what's available and matching those findings to my clients' needs.

I still marvel at the response from the DHS as it was only a short time ago they were able to bring 43 agencies together from the North West region with the CEO's working together to help formulate the equivalent of 150EFT Case Management positions that serviced over 1,500 people in a 8 week period. Amazing.

Not a day goes by you don't stop for a moment and realise how lucky you are because some days, all you hear is people's sadness and heart-break and you want to do more but you know you can't. It never ceases to amaze me how a little kindness can go such a long way and how we all bind together in such tragedy.

Some of the things that clients have required assistance with have been: financial support, housing, white goods, caravans, loan cars, fencing repairs, emotional support, medical needs, and information on the new building requirements.

You get the spirit of the bush as soon as you visit a relief centre. Whittlesea relief centre has been one of the centres I visit regularly and they are always there offering a cuppa, something to eat, and assistance where needed.

I'll never forget being on a burnt-out farm with a client, sitting on a tin can, listening to him describe how the fires spread so quickly and how he lost his 2 dogs who he described as being his best friends as he lived on his own. He was so attached to his world that he continued to sleep in his car on the burnt-out property. He eventually secured a caravan to live in, not because he had to, because he wanted to. That's how important his world was to him.

Jim Carlton

## 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 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays. Sessions alternate with afternoon (2-4:30 pm) and evening (6-8:30pm) with the 3<sup>rd</sup> June session at 2pm, 17<sup>th</sup> June at 6pm, 1<sup>st</sup> July at 2pm, 15<sup>th</sup> July at 6pm, 5<sup>th</sup> August at 2pm and 19<sup>th</sup> August at 6pm. Please ring 9386 2876 for further information or to register clients.



"FOCIS" - 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 court. 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 2<sup>nd</sup> Wednesday. Sessions alternate with afternoons (2-4:30pm) & evenings (6-8:30pm) with the 10<sup>th</sup> June session at 6pm, 8<sup>th</sup> July session at 2pm, 12<sup>th</sup> August at 6pm. For further information or to register clients ring 9386 2876.