

TREATMENT OPTIONS

Creating a local community and holistic care plan is an invaluable first step, it can then be supported by specific alcohol and other drug services as required. In the NT we are a small population living across a vast space which means alcohol and other drug specialists are not often readily available on the ground. However, as technology improves and allied health service networks grow, accessing support locally is changing for the better.

1. A good place to start is the local clinic, they can provide a young person with a general health check-up, as well as talking about any mental health concerns and providing alcohol and other drug education.
2. There are a range of over the phone and online counselling services that can be accessed regularly or as a one off as required.
3. Local and regional youth programs can provide early intervention and diversion programs that can focus on activities and skills Young People are interested in.
4. Contact a specialist alcohol and other drug service within your region, to explore outreach support options or specialist visits.
5. In extreme ongoing cases seek out regional services that can deliver day programs and residential rehabilitation services to undertake an assessment of a young person.



USING THE DIRECTORY

The directory is broken down into regions:



With categorised support options:



Alcohol and other drug services working with Young People also have limited capacity across vast regions, so developing holistic support systems are important. In order to provide stability across all aspects of a Young Person's life, all support options should be:

- › in discussion with a Young Person's family, while considering confidentiality,
- › accessed in conjunction with local youth and health services,
- › coordinated with a case manager, where suitable and all other support services working with the Young Person.

CENTRAL AUSTRALIA



HOLYOAKE

Young People's Program (YPP) Making Healthy Choices - 8 session program dealing with decision making issues regarding drugs, alcohol and gambling.

Selected topics from Holyoake's Managing Your Life program addressing topics such as self-esteem, personal boundaries, the process of dependency, communication, self-responsibility, grief, anger, suicidal thoughts, relationships, depression, anxiety, emotions and stress etc.

Sandplay Therapy is also very useful for adolescents (and adults).

Location: Alice Springs in person, Online and over the phone available.


Eligibility: No referral needed. If you have a concern, just call us.

Age: 10 - 18+ Services also available for children 5 years and older (Sandplay Therapy)

Accessible by: Phone, Zoom, face to face

 www.holyoake-alice.org.au

 receptionist@holyoake-alice.org.au

 (08) 8952 5899

DRUG AND ALCOHOL SERVICES AUSTRALIA (DASA) - OUTREACH

Aboriginal Youth Engagement Officer works with the Outreach team to provide support and case management for young Aboriginal people, including family engagement, advocacy, brief intervention and subsequent referral pathways. They work closely with Territory Families and the Justice system to support young people in their recovery, pre- and post- release from jail, and assist with family reintegration.


Location: Alice Springs in person

Eligibility: Aboriginal people - working, unemployed, regardless of (dis)ability, culture, sexual orientation or ability to afford services. Straight, gay, lesbian, bisexual, transgender, inter-sex, or just not sure, you are ALL very welcome here.

Age: Up to 25 years

 www.dasa.org.au/programs/outreach

 craig.thorogood@dasa.org.au

 (08) 8950 5000



ALCOHOL AND OTHER DRUGS SERVICE CENTRAL AUSTRALIA (ADSCA) CLINIC

- › Drug and Alcohol Health Assessments
- › Nursing and medical reviews
- › Drug and alcohol withdrawal management
- › Drug and Alcohol Counselling/ Psychotherapy
- › Case management
- › Harm minimisation advise
- › Opiate Pharmacotherapy Program
- › Assessment and treatment for people in relation to the (Banned Drinkers Register)

Location: Alice Springs

Eligibility: Anyone via clinic referral or self referral

Age: 18 years and above

 adscaadministration.doh@nt.gov.au
 (08) 8951 7580




SALTBUSH SOCIAL ENTERPRISES

The program is targeted to people who recognise that they are struggling with low intensity mental health issues, including those who are suffering from multiple life challenges and barriers including isolation, anger, depression, domestic violence, or low self-worth; disengaged from meaningful purpose; presenting at-risk behaviours; experiencing grief, bereavement or a sense of loss; or struggling with motivation, distress tolerance, managing worries or understanding emotions.

Location: The Saltbush Wellbeing Group Sessions are available in both Darwin and Alice Springs as well as the individual 'face to face' sessions. Remote community participants can also be catered to via internet-based communication for individual sessions. Enquiries can also be made about the individual counselling service available in Tennant Creek.

Eligibility: People wanting assistance through the Wellbeing Program will have the option of participating in either (or both), Group or One-on-One sessions.

Age: All ages

 www.saltbushnt.org.au/counselling
 info@saltbushnt.org.au
 (08) 7915 7001



CONGRESS

Social & Emotional Wellbeing Service provides Aboriginal people and their families including children and adolescents with holistic and culturally appropriate primary health care for social and cultural wellbeing, mental health and community connectedness including:

- › Confidential counselling and psychological services including psycho-education;
- › Social and cultural support including case management, Women's and Men's bush trips, art therapy, access to local language speakers and connection to country;
- › Drug and alcohol treatment for Aboriginal people experiencing the effects of harmful alcohol and alcohol use; and

A dedicated GP service offering:

- › Health checks
- › Mental health care plans
- › Access to free medications
- › Medical care for illness and disease
- › Nutrition support – education on good and bad foods and exercise
- › Referrals to care coordination
- › Healthy lifestyle promotion

Location: In and nearby Alice Springs, including five remote communities; Amoonguna, Ntaria (and Wallace Rockhole), Santa Teresa, Utju (Areyonga) and Mutitjulu.

Eligibility: Aboriginal - referral from clinic, NGO, community organisation or self referral

Age: 8-25 years inclusive

Accessible by: Congress has expanded to become the largest Aboriginal community-controlled health organisation in the Northern Territory, providing a comprehensive, holistic and culturally-appropriate primary health care service for Aboriginal people.



www.caac.org.au



farley.fraser@caac.org.au



(08) 7928 8887



VOLATILE SUBSTANCE ABUSE SERVICE (VSA)

Services provided, under the legislative frame work of the Northern Territory Volatile Substance Abuse Prevention Act, 2018 (VSAPA)


- › VSA Risk Assessment of clients in their community
- › Recommendations of appropriate treatment and interventions - Voluntary or Mandatory
- › Provision of education to organisations regarding the Northern Territory Volatile Substance Abuse Prevention Act, 2018
- › Development of local strategies with community and agency stakeholders to prevent the harmful use of inhalants

Location: Central Australia and Barkly

Eligibility: Referral as per the Volatile Substance Abuse Prevention Act

Age: All Ages

 VSA.CAHS@nt.gov.au


 (08) 8951 7580

ALCOHOL AND OTHER DRUGS SERVICE CENTRAL AUSTRALIA (ADSCA) REMOTE ALCOHOL AND OTHER DRUG WORKERS

Territory-wide remote based alcohol and other drugs and social emotional wellbeing service situated in Aboriginal Medical Services and Primary Health Care Centres in the Department of Health. All ages can receive assessment, intervention, support, referral and health education.

Location: In selected remote communities including Tennant Creek and Alice Springs

Age: All Ages

 (08) 8958 2503



**ALCOHOL AND OTHER DRUGS
SERVICE CENTRAL AUSTRALIA
(ADSCA) COMMUNITY
SERVICES AND CAPACITY
TEAM**


- › Education to community groups and services about Tobacco, Alcohol, and Other Drugs
- › Support of Urban and Remote Communities to develop and implement strategies to address local Alcohol and Other Drugs issues

Location: Central Australia

Eligibility: Anyone via clinic referral or self referral

Age: All Ages

 ADSCAED.CAHS@nt.gov.au

 08 8951 7580

**NORTHERN TERRITORY AIDS &
HEPATITIS COUNCIL (NTAHC)
NEEDLE & SYRINGE PROGRAM
(NSP)**

The NTAHC NSP aims to reduce the spread of blood borne viruses and the harms from injecting drug use through the provision of free sterile injecting equipment, health promotion, safer using education, brief interventions and referrals to the NTAHC Care & Support Program, Sex Worker Outreach Project (SWOP) and external health & AOD agencies.

The NSP also operates 24 hour access Afterhours Dispensing Units (ADU) located outside the Darwin and Palmerston NSPs and the Alice Springs Hospital Emergency Department.


Every person who attends an NTAHC NSP shall be greeted in a friendly, respectful and non-judgmental manner.

Location: Alice Springs, Darwin and Palmerston


Eligibility: No referral needed

Age: All ages

Accessible by: Anyone

 www.ntahc.org.au

 info@ntahc.org.au

 Darwin NTAHC (08)8944 7777
Darwin NTAHC NSP (08) 8944 7710
Palmerston NSP (08) 8931 3676
Alice Springs NTAHC & NSP (08) 8953 3172

DAY PROGRAMS AND RESIDENTIAL REHABILITATION

BUSHMOB ABORIGINAL CORPORATION

Residential treatment of 4 months or as individually tailored Outreach treatment, information, education, prevention programs. Tailored Bush Adventure Therapy Activities and Horse Culture Healing Sessions. Tailored filming and other media projects.

BushMob uses a range of evidence based therapeutic modalities which integrate evidence based western and indigenous healing practices within a therapeutic and case management framework beginning with a well being assessment therapy plan and confidential counseling.

Location: Alice Springs in person


Eligibility: Anyone with alcohol and other drugs or related issues including mental health

Age: 12-25 years old male and female

Accessible by: 24/7, 365 days a year

 www.bushmob.com.au

 intake@bushmob.com.au

 (08) 8953 3798 | 0419 839 920

CENTRAL AUSTRALIAN ABORIGINAL ALCOHOL PROGRAMS UNIT (CAAAPU)

CAAAPU provides a safe place for people who may be destitute, living in violent and extremely stressful environments and with long histories of substance abuse at levels that can affect their cognitive development and abilities.


We operate our programs from a 5 hectare property on the rural outskirts of Alice Springs. The facility is landscaped with native and bush tucker plants providing a peaceful place for clients to heal. Culturally appropriate spaces such as bough shelters and sandpits provide outdoor space for group therapies.

Location: Alice Springs in person


Eligibility: Aboriginal

Age: 18+

Accessible by: Taking clients referred through Correctional Services, health facilities, the justice system and self referrals.

 www.caaapu.org.au

 intake@caaapu.org.au

 08 8955 4600



DRUG AND ALCOHOL SERVICES AUSTRALIA (DASA) - ARANDA HOUSE

Aranda House is a 20 bed residential rehabilitation facility that offers a 12 week program, and an 8 or 16 week program for Volatile Substance Misusers.

This service is a Therapeutic Community, where residents are encouraged to be actively involved in their own personal recovery, in a supportive and caring environment. Aranda House also offers an initial detoxification and withdrawal service that can be co-managed with other health services should a medical detox be necessary.

Therapeutic Communities use a participative, group-based approach to the treatment of drug and alcohol addiction where residents help to run group therapy as well as practical activities.


Location: Alice Springs in person

Eligibility: People - working, unemployed, Aboriginal, non-Aboriginal regardless of (dis)ability, culture, sexual orientation or ability to afford services. Straight, gay, lesbian, bisexual, transgender, inter-sex, or just not sure, you are ALL very welcome here.

Age: 17+

 www.dasa.org.au/programs/aranda-house

 intake@dasa.org.au

 (08) 8950 5000

ALCOHOL AND OTHER DRUGS SERVICE CENTRAL AUSTRALIA (ADSCA) INTEGRATED WITHDRAWAL AND ASSESSMENT SERVICE (IWAS)


- › 9 day medically managed withdrawal program
- › Relapse prevention support
- › Comprehensive aftercare planning

Location: Alice Springs

Eligibility: Anyone via clinic referral or self referral

Age: 18 years and Above

 ADSCA.Clinic.CAHS@nt.gov.au

 (08) 8951 5159