

## CAAPS ABORIGINAL CORPORATION

### Intensive Assessment Program (IAP)

Maximum 4 weeks intensive assessment in a residential placement provides an opportunity for a young person to participate in an intensive assessment using a combination of assessment and screening tools, motivational interviewing and narrative therapy within a trauma informed approach, to build a young person's motivation to make positive changes in their life. (Free of charge)

Residential rehabilitation program, Day program, Child and Adolescent Needs and Strengths (CANS) assessment, Brief Intervention, Information and Education, Therapeutic intervention, Case management support, Psychoeducation, Domains of Care, Deadly clever Numeracy and Literacy Program, Life skill development, Nutritional education, Cultural and recreational outings

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**Location:** Darwin based but will intake from across the NT


**Eligibility:** Any one with substance issues from the age of 12-18 years

**Age:** 12-18 years

**Accessible by:** Disability access, Interpreter support, Unaccompanied Youth, Family inclusion

 [caaps.org.au](http://caaps.org.au)

 [intake@caaps.org.au](mailto:intake@caaps.org.au)

 (08) 8922 4852

## CAAPS ABORIGINAL CORPORATION

### Substance Treatment Program (STP)

Timeframe is dependent upon the young person's needs. Admission must occur following completion of the IAP. Direct referral is not available. This program aims to assist in the treatment and recovery from volatile substance use and other substance through a range of activities. (Free of charge)

Residential rehabilitation program, Day program, Assessment and Screening, Brief Intervention, Information and Education, Therapeutic intervention, Case management support, Psychoeducation, Referral support, Deadly clever Numeracy and Literacy Program, Life skill development, Nutritional education, Cultural and recreational outings

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## **CAAPS ABORIGINAL CORPORATION**

### **Strong Steps**

Strong Steps is a drop-in service, which means that you can visit anytime during business hours, although appointments can be arranged if required.

Services provided:

- › Counselling
- › Assessment and screening
- › Brief interventions
- › Information and education
- › Referral
- › Information and support is available to concerned family members and friends.


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**Location:** Darwin based but will intake from across the NT


**Eligibility:** Any one with substance issues from the age of 13 years and older

**Age:** 13 years and older

**Accessible by:** Disability access, Interpreter support, Unaccompanied Youth, Family inclusion

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 (08) 8922 4852

# TOP END





### TOP END HEALTH SERVICES (TEHS)

Provides specialist Withdrawal services, Opiate Pharmacotherapy Program, Volatile Substance Abuse assessment, counselling, referrals and advice.

AOD operating hours are 8 am till 4.21 pm Monday to Friday. In an urgent situation individuals may present to their closest emergency department or clinic.


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**Location:** Royal Darwin Hospital, Palmerston Regional Hospital, Katherine Hospital and Gove District Hospital, Top End Mental Health and Alcohol & Other Drug Services and numerous remote health clinics.

**Eligibility:** No referral required

**Age:** All ages

**Accessible by:** Disability access and Interpreter support

 [www.health.nt.gov.au/about/topend-health-service](http://www.health.nt.gov.au/about/topend-health-service)

 AODTEHS.DoH@nt.gov.au

 (08) 8922 8399 or phone local clinic

### DAISY (DRUG AND ALCOHOL INTENSIVE SUPPORT FOR YOUTH)


The DAISY program comes from a harm reduction approach, we offer Alcohol and Drug Counselling and Education. The program provides casework to young people to assist them deal with challenges and to support positive health and wellbeing. The service will also work with families to understand why their children take drugs and to discuss impacts and develop strategies.

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**Location:** Darwin and Palmerston

**Eligibility:** Any young person who is using drugs and alcohol. This is a voluntary Service for young people and their families.

**Age:** 13-25 years

 [www.catholiccarent.org.au/our-service/drug-and-alcohol-support-youth-daisy](http://www.catholiccarent.org.au/our-service/drug-and-alcohol-support-youth-daisy)

 palmerston@catholiccarent.org.au

 (08) 8932 9977



### 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).

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**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](http://www.holyoake-alice.org.au)

 [receptionist@holyoake-alice.org.au](mailto:receptionist@holyoake-alice.org.au)

 (08) 8952 5899

### 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.

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**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](http://www.saltbushnt.org.au/counselling)

 [info@saltbushnt.org.au](mailto:info@saltbushnt.org.au)

 (08) 7915 7001



### BALUNU FOUNDATION

#### Strong Young Warrior Program

The strong young warrior program is a 10 week program targeted at marginalised and disadvantaged young men.

#### Strong Young Tiddas Program

The strong young Tiddas program is a 10 week program targeted at marginalised and disadvantaged young women.

Balunu's healing camps focus on gathering marginalised and disadvantaged youth to attend a 5 day healing camp away from the city.

These camps take the young people on a journey of connecting back to roots and culture, reconnecting to our land, healthy eating, workshops and yarnning circles.

Case Management and advocacy for youth.

#### Rock and water workshop

Rock and water are workshops focused on Reflecting on the journey of trauma, past hurt, pain and positive lifestyle choices we have to move forward. Both workshops are suitable for peoples aged 12+ including adults. both workshops can be delivered upon request by fee for service.

#### Mooditj Workshops

The Mooditj program is positive lifestyles, positive relationships and sexual health program.

The Mooditj program aims to help young people learn about identity, understanding and expressing feelings, relationships, puberty, sexual health and to identify and work towards goals and dreams.

This program is often delivered in schools but can be delivered in youth centres. It is aimed at being delivered to youth between the ages of 12-17.

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**Location:** Darwin

**Eligibility:** First Nations youth on a referral bases, referrals are received from all sectors of the community including Government and non-Government agencies, schools, community members and local families.

**Age:** 12-25 years

**Accessible by:** Disability friendly, Culturally safe, Pick up's and drop offs of clients, Client outreach, Centrally located, Balunu is committed to embracing diversity and eliminating all forms of discrimination in the provision of a Youth Service. Balunu welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.



[www.balunufoundation.com](http://www.balunufoundation.com)



[info@balunu.org.au](mailto:info@balunu.org.au)



(08) 89854400



## **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.

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**Location:** Alice Springs, Darwin and Palmerston


**Eligibility:** No referral needed

**Age:** All ages

**Accessible by:** Anyone

 [www.ntahc.org.au](http://www.ntahc.org.au)

 [info@ntahc.org.au](mailto: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

## **DANILO DILBA AOD SERVICE**

Danilo Dilba provides support to those impacted by alcohol or drugs.

The Danilo Dilba AOD Service offers:


- › Guidance into rehabilitation
- › Outreach to regional clients
- › Education on harm minimisation strategies and how to reduce the harmful impacts of alcohol and drug use
- › Basic counselling
- › Referrals to rehabilitation and withdrawal service
- › Diversion and social inclusion activities
- › Advocacy services
- › After-care from rehabilitation services

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**Location:** Greater Darwin Region

**Eligibility:** GP referral or self-referral

**Accessible by:** Indigenous people

 [www.ddhs.org.au/services/alcohol-and-other-drugs](http://www.ddhs.org.au/services/alcohol-and-other-drugs)

 [info@ddhs.org.au](mailto:info@ddhs.org.au)

 (08) 8942 5400  
(check website for individual centre phone numbers)



### TOP END HEALTH SERVICES (TEHS)

Provides specialist Withdrawal services, Opiate Pharmacotherapy Program, Volatile Substance Abuse assessment, counselling, referrals and advice. The Acute Withdrawal Unit is in Berrimah which operates seven days a week, 24 hours a day, admissions are arranged during business hours. AOD specialist services can provide medical supervision and monitoring of patients withdrawing from alcohol and other drugs. AOD operating hours are 8 am till 4.21 pm Monday to Friday. In an urgent situation individuals may present to their closest emergency department or clinic. Katherine Hospital and Gove District Hospital both offer medical supervision and monitoring of patients withdrawing from alcohol and other drugs.


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**Location:** TEHS AOD Specialist services  
Main Office: Building 9 North, Royal Darwin Hospital, Rocklands Drive, Tiwi NT 0810 Royal Darwin Hospital, Katherine Hospital, Gove District Hospital


**Eligibility:** No referral required

**Age:** All ages for outreach. Acute Withdrawal Unit 18 +

**Accessible by:** Disability access and Interpreter support

 [www.health.nt.gov.au/about/topend-health-service](http://www.health.nt.gov.au/about/topend-health-service)

 [AODTEHS.DoH@nt.gov.au](mailto:AODTEHS.DoH@nt.gov.au)

 (08) 8922 8399 or phone local clinic





### BANYAN HOUSE

Banyan House is a residential Therapeutic Community offering a treatment for people recovering from alcohol and drug addiction.

#### Residential Recovery Program

This is a four-phase recovery program that aims to create a therapeutic environment that helps residents overcome alcohol and drug addiction.

#### Withdrawal Program

Residential withdrawal services are offered in conjunction with Department of Health Withdrawal Services. Clients are assessed by a Withdrawal Services to identify their best withdrawal option.

The Withdrawal Services team may provide medication, and will provide support and counselling and supported accommodation. Withdrawal may take place at the Royal Darwin Hospital, in supported accommodation (e.g. Banyan House) or include home visits.

#### Modified Matrix Program

The Matrix program empowers participants to explore underpinning drivers of their substance use, devise a management plan in order to prevent relapse and create a strong supportive network.

#### Sessions include:

- › Identifying Internal and External Triggers
- › Guilt and Shame
- › Thinking, Feeling and Doing

- › Sex and Recovery
- › Avoiding Relapse Drift
- › Trust
- › Defining Spirituality
- › Taking Care of Yourself
- › Managing Anger
- › Recognising Stress/Reducing Stress
- › Acceptance
- › Coping with Feelings and Depression
- › Repairing Relationships
- › Managing Life/Managing Money
- › Motivation for Recovery
- › Be Smart, Not Strong


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**Location:** Darwin

**Eligibility:** Anyone 18 years or over who is experiencing drug and/or alcohol problems can enter the programs

**Age:** 18+

 [www.banyanhouse.org.au](http://www.banyanhouse.org.au)

 [intakes@banyanhouse.org.au](mailto:intakes@banyanhouse.org.au)

 (08) 8942 7400

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