

## NW Region Residential Rehabilitation Service

*acknowledging Aboriginal and Torres Strait ancestors, elders and traditional owners of country in the NW SA region*

### NEWLETTER

*Welcome to our newsletter!*

The aim of our newsletter is to keep people who are interested in our AOD residential rehabilitation service - informed and connected. We will also keep you updated on what is happening in the region, as well as provide the latest info on alcohol and drugs and programs. To ensure everyone is kept informed please distribute this newsletter through your networks.

If you have anything that you would like to share with others in the region, want to subscribe or have any suggestions on how we can improve our services, contact the Program Coordinator P: 0406664286 E: [sue-anne@adac.org.au](mailto:sue-anne@adac.org.au).

For those of you who aren't familiar with the history of the rehabilitation service visit [www.adac.org.au](http://www.adac.org.au) or [www.adac.org.au](http://www.adac.org.au) for more information.

### NEWS UPDATE

Unfortunately there continues to be delay in government transferring the residential rehabilitation site and assets. We have been assured the government is making progress and it will happen.

Check out the Southern Cross News report 18<sup>th</sup> Nov. In the meantime, work is continuing including ongoing consultation with the community and service providers, developing a coordinated referral system that will link key organisations in the region to ensure a client has a continuum of care from pre to post rehab, as well as a therapeutic program that best suits the needs of people in the region.

Our new rehab manager, Kym Thomas and the management team, Maria Anderson and Tracy Spencer have been busy engaging with other residential rehabilitation services across Australia at the Australasian Therapeutic Community Association conference and gaining work experience through placement with WA and Vic residential rehabilitation services that operate as therapeutic communities.

Our temporary office is at the Business Centre, 2A Stirling Road, Port Augusta. If you would like us to visit your organization to talk about the rehab and how it will work P: 0400 724 859 or drop in and see us! Contact Kym Thomas - Manager E: [kym@adac.org.au](mailto:kym@adac.org.au)

#### Ceduna AOD organisations are visiting Port Augusta

We welcome Ceduna services to Port Augusta on 20 Nov, to share information with other AOD service providers. Visits will include the Sobering up unit, MAPS, Day Centre and the rehab at Ellis Close.

#### Womens workshop – Empowering Aboriginal women

The DCSI Office for Women is conducting a workshop for Aboriginal and Torres Strait Islander women on 21 Nov. We have been invited to talk about the rehab and what it means for women.

#### Port Augusta Day Centre - Engaging community

Staff from the Port Augusta Day Centre continue to run a weekly breakfast BBQ at Davenport Community on Wednesday mornings, with great success. Together with the Rehab team and the Mobile Assistance Patrol (MAP), Day Centre staff have been involved in discussions with community members around health, what's happening in the community, alcohol & drugs, enquiries about the rehab, and what programs /activities men and women are interested in.

### EVENTS

We have a new name for North West Region Residential Rehabilitation service **Footsteps "Road to Recovery"**. The name is *so much* easier to roll off the tongue....

The new name is intended to depict the rehab as steps forward on a road to recovery for people with alcohol and drug problems. Congratulations to Todd Coulthard from Port Augusta for his winning entry in the naming competition!

The Australian Government has announced \$9.2 million for a national Fetal Alcohol Spectrum Disorders (FASD) and FAS Action Plan. The funds will be used to tackle what is the highest incidence of FASD or FAS harm in the world in some Australian communities.

### **TRAINING & DEVELOPMENT**

Centacare is conducting a *Child Safe Environment Workshop – reporting child abuse and neglect* on 28 November. Bookings are essential. Please register by contacting Hayley at Centacare Catholic Family Services Country SA on 8645 8233 or emailing [hcrosswell@centacarecdpp.org.au](mailto:hcrosswell@centacarecdpp.org.au)

**Of Substance** is a (free) national magazine with the latest information on alcohol, tobacco and other drugs across Australia. To subscribe visit [www.ofsubstance.org.au](http://www.ofsubstance.org.au) or email [editor@ancd.org.au](mailto:editor@ancd.org.au)

### **DID YOU KNOW?**

According to the Australian Institute Health and Welfare 2013 report, Australians are drinking more responsibly and smoking less. Younger people are delaying the first drink of alcohol, with an 8% increase in young people choosing to abstain over the last 3 years.

Teenagers whose parents supply them with alcohol in early adolescence are 3 times more likely to be drinking full serves by age 16. The findings debunk the myth that allowing children to have small amounts of alcohol at home would moderate their drinking in years to come.

The use of heroin, ecstasy has declined, but the misuse of pharmaceuticals is rising. Methamphetamine use has remained the same but there has been a major shift in the form of methamphetamine used. Use of powder has dropped while ice (crystal meth) has more than doubled between 2010 and 2013.