



NEWSLETTER

Welcome!

The aim of our newsletter is to keep people who are interested in our AOD residential rehabilitation service (Footsteps) - 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 Footsteps P: 08 8641 2116 E: footsteps@adac.org.au

For further information on Footsteps including its history visit www.footsteps.adac.org.au or www.adac.org.au

FOOTSTEPS – ROAD TO RECOVERY

Since Footsteps opened 29th October 2015, referrals have been received from Whyalla, Coober Pedy, Port Augusta and Ceduna. Footsteps has working closely with various Day Centres, service providers and hospitals in the region, to facilitate referrals and determine the best options/outcomes for clients.

When a referral is received, an interview is arranged with the client to let them know what to expect and discuss their interest. In some cases phone, video conference or Skype is used. An assessment is also done by Footsteps staff to determine suitability to the program, and entry.

So far, average interview and assessment, intake time including detox = 5-7 days. This can sometimes take longer if further assessment and supports are needed for clients with complex needs.

Our shortest intake was 1 day!

Pls note:

Footsteps has received a number of referrals from people whose priority is to have accommodation or respite from family, or who are being pushed by family into attending rehab. Whilst we try to find the best options for all clients who have been referred, our service is about people wanting to address their alcohol and drug problem **and being committed to change.**




Residents let us know who they would like to be in contact with and these visitors are welcome every Sun 2-5pm. Prior arrangements can be made at other times if someone is from out of town.

Visitors under the influence of alcohol or drugs, who want to harass residents for money, or act aggressively will not be allowed into the facility.

How does Footsteps work?

Based on a therapeutic community (TC) model of treatment, Footsteps residents rehabilitate by exploring their own life experiences and learning from the experience and insights of others in education, therapy and work groups that form the basis of the daily routine. Everyone has an opportunity to explore new ways of experiencing life. The TC is all about **personal growth and behavior change** in a non – judgmental and supportive environment.

The TC program includes:

-  Group therapy
-  Counselling
-  Recognition of triggers to harmful AOD use



- 🌐 Life skills development
- 🌐 Cultural and social activities
- 🌐 Development of supportive networks

With support from Footsteps staff and the therapeutic community, a person's individual progress is dependent on their commitment to change and taking responsibility.

On leaving

We help residents to develop their own plan to maintain their recovery and prevent relapse, before they exit. Residents are connected to the one of our Centers and other key agencies for continued support once they are near completing the program.

Successes

We like to keep in touch through the Stepping Stones Day Centres and case workers how residents who have left the program, are going. It is pleasing to hear that some continue making positive changes in their life after exit. So far, half the residents in recovery have enrolled in adult literacy classes (for the first time in their lives). Footsteps staff provide daily support to residents to achieve their goals.

Vacancies

AOD Outreach and Support Worker Ceduna, Port Augusta Stepping Stones Day Centres
 Manager – Footsteps – Road to recovery Port Augusta
 visit www.adac.org.au

COMMUNITY ENGAGEMENT

The Yalata Football team will be visiting Footsteps 12th April on their way to play in the Don McSweeney Cup in Adelaide. They are interested in viewing the facility and talking to residents so they can inform their community about the rehab.

Footsteps has been working with Common Ground Accommodation, TAFE and MADEC employment services on ways residents can be supported once they complete the program.

Footsteps and Stepping Stones Day Centre met with the local community at the Closing the Gap event at Gladstone Square in March. ADAC also talked to people at the Closing the Gap event in Adelaide about their services.

ADAC (Footsteps Stepping Stones Day Centre, Making Tacks team) has been invited to Yalata in May to discuss with the men and women – ways to address alcohol and drugs in their community.

Correctional Services recently paid a visit to Footsteps to learn more about Therapeutic Communities and how prisoners can be supported to rehabilitate.

Footsteps recently met with the Chief Magistrate to discuss alcohol and drug treatment options for clients with alcohol and drug problems.

WANT TO KNOW MORE?

The following services are now ready to hear from you and assist with information about alcohol and drugs, treatment options and referrals.

Port Augusta

Footsteps
 P: 08 86412116
 E: footsteps@adac.org.au
www.footsteps.adac.org.au

Port Augusta

Stepping Stones Drug and
 Alcohol Day Centre
 P: 0448 561 204
 E: marie@adac.org.au

Ceduna

Stepping Stones Drug
 and Alcohol Day
 Centre
 P: 08 8625 3530
 E: kaila@adac.org.au



Coober Pedy

Umoona Tjutagku Health
Service Aboriginal
Corporation (Day Centre)
P: 08 8672 3466
E: glaslett@uths.com.au

Port Lincoln

Port Lincoln Aboriginal
Health Service
P: 08 8683 0162

Want to know more about psychostimulants?

Psychostimulant Check-up Training Links

[Psychostimulant Check-up - Summary Form \(PDF 120KB\) \(opens in a new window\)](#)

[Psychostimulant Check-up - Training Kit - Response Booklet \(PDF 93KB\) \(opens in a new window\)](#)

[Psychostimulant Check-up Training Kit - Clinician Manual \(PDF 108KB\) \(opens in a new window\)](#)

To obtain a copy of the demonstration DVD or for further information on these resources ring ADIS on 1300 13 1340

Quick Fix Link

<https://www.sahealth.sa.gov.au/wps/wcm/connect/a86b4d0041783e3b9015ff67a94f09f9/Quickfix+-+Psychostimulant+Use+in+PH+Care+2008+updated+March+2015+DASSA.pdf?MOD=AJPERES&CACHEID=a86b4d0041783e3b9015ff67a94f09f9>

EVENTS

PHN Country SA are undertaking community consultation on mental health and AOD needs across the NW region April – June 2016, to determine where future mental health/AOD funding should go.

(SP = service providers, 2-4pm C = community 7-9pm)

Port Lincoln	(Port Lincoln Hotel)	26 th April
Ceduna	(Ceduna Foreshore Hotel)	28 th April
Whyalla	(Whyalla Quest)	3rd May
Roxby Downs	(Roxby Downs Motor Inn)	17 th May
Port Augusta	(Standpipe Golf Motor inn)	19 th May
Jamestown	(Commercial Hotel)	24 th May
Port Pirie	(John Pirie Motor Inn)	26 th May

ADAC is hosting the **4th National Indigenous Drug and Alcohol Conference** from **11 – 14 October 2016** at the Stamford Grand in Glenelg, SA.

The pre conference workshop topic is on Methamphetamine – a must for workers wanting to gain more knowledge and skills in dealing with this problem.

The conference is a valuable opportunity for all people working in the alcohol and drug field, to develop and update their skills, learn about new initiatives and research, and meet others in the field.

If you have a program or research you would like others to know about, a call for abstracts as well as registrations will take place in March.

Visit www.nidaconference.com.au for more information.

Would you like to contribute to this important event?

Sponsorship, including the holding of a trade stall at the Conference is currently being sought. For further information on how you can support this event can be found at: www.nidaconference.com.au or contact the Conference Organiser, Denise Gilchrist on



ABORIGINAL
DRUG AND ALCOHOL COUNCIL (SA) INC.



Aboriginal Family Support Services



Aboriginal Health Council
of South Australia Inc.
Our health, our choice, our way

Footsteps – Road to recovery is an initiative of the Aboriginal Drug and Alcohol Council SA Inc (ADAC) the Aboriginal Family Support Services and the Aboriginal Health Council SA. Footsteps – Road to recovery is managed by ADAC.

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