



Alcohol and Other Drug (AOD) Resource Guide

Frankston and Mornington Peninsula



With compliments from

**CHRIS
CREWTER MP**
Federal Member for **Dunkley**



In partnership with the Federal Government funded Local Drug Action Team



CHRIS CREWTER MP
Federal Member for **Dunkley**



Dear Friends,

One of the most consistent issues of concern in our community is the harms related to alcohol and drug use.

Many families have felt the impact of alcohol and drug-related harms and it can be extremely challenging for families to know where to seek help and support. For those of you affected, both users and their families, we have developed this Alcohol and Other Drug (AOD) Resource Guide to assist you.

This AOD Resource Guide has been put together through a collaboration between Chris Crewther MP, Federal Member for Dunkley, and our Local Drug Action Team (LDAT), which consists of local alcohol and drug agencies, educational institutions, local businesses, Victoria Police and local health, school and other representatives.

The Dunkley electorate's LDAT was announced in April 2017, the first of 220 proposed LDATs in the country. The local LDAT is receiving exclusive access to funding through grants under the Federal Government's \$298 million plan to deliver targeted local action to tackle drug and alcohol abuse.

The LDAT's first grant has enabled them to strengthen drug prevention efforts by better connecting vulnerable families to sporting clubs; an approach which is known to improve young people's resilience and reduce their risks of developing an illicit drug dependency. We know that to successfully tackle alcohol and drug-related harms we need to work together with the whole community.

This guide can assist you, a friend or a family member in connecting to a wide selection of services, enabling us as a community to better tackle alcohol and other drug-related harms and, most importantly, allowing people who need help to access and benefit from the many services available to individuals and families in our area.

Yours sincerely,

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Introduction

Chris Crewther MP, Federal Member for Dunkley, and the LDAT, including local alcohol and drug agencies, educational institutions, local businesses, Victoria Police and many other stakeholders, are working hard to address alcohol and drug concerns across Frankston and the Mornington Peninsula.

A range of partnership initiatives are being facilitated under the Peninsula Model to increase localised community action to respond to alcohol and drug-related harms impacting the catchment, supported by both the State and Federal Governments.

This work includes research to assess local alcohol and drug trends and to identify contributing factors, as well as the development of initiatives that can better prevent and reduce harms associated with alcohol and other drugs and improve service delivery.

It may be shown differently by the media, but the truth is that most young people have never tried an illegal drug. Alcohol, cannabis and tobacco are the three most commonly used drugs among young people.

Of the number of young people aged 14 to 19 who used illegal drugs¹:

- 12.2% had used cannabis
- 3.2% had used ecstasy
- 0.8% had used meth/amphetamines (such as Ice)
- 1% had used cocaine

If you, a friend or family member are experiencing problems related to alcohol or other drugs, this resource booklet aims to make your journey finding AOD services in the Frankston and Mornington Peninsula area a little easier.



¹ AIHW 2016. National Drug Strategy Household Survey Key findings 2016. Canberra: AIHW.

About some common substances

Cocaine

Cocaine often comes in the following forms:

- An often off-white or light brown paste
- An often white or off-white powder
- A white or off-white crystal rock (crack cocaine)

Also known as: coke, blow, charlie, C, dust, flake, nose candy, snow, white, crack, rock and freebase.

When snorted or injected, cocaine quickly produces an intense 'rush'. This feeling or 'high' doesn't last long — usually around 30–45 minutes if snorted.

Ecstasy and Pills

'Pills' describes several substances sold in pill-form, often containing the drug methylenedioxymethamphetamine (MDMA), commonly known as Ecstasy.

Ecstasy is usually sold as pills (often with a logo), but also in powder, crystal or capsule form.

Also known as: E, pills, pingers, doopa, love drug, disco biscuits, XTC and eccy.

Ecstasy causes central nervous system activity to speed up, often taking effect within 60 minutes. But sometimes people think the first pill they took isn't working and take more — this can be very dangerous.

Cannabis

Cannabis often comes in the following forms:

- Cannabis herb (marijuana) - the dried flowering buds and leaves of the cannabis plant
- Cannabis resin (hashish) - the resin (secreted gum) of the cannabis plant
- Cannabis oil (hash oil) - a thick oil obtained from hashish

While hashish and hash oil contain more THC (the main active ingredient causing the 'high') than marijuana, they are not widely used in Australia. Cannabis is typically smoked and often mixed with tobacco. It is sometimes added to food and eaten.

Also known as: grass, pot, dope, weed, joints, mull, hydro, yamdi, ganja, bud or green.

If smoked, the effects can come on quickly as THC is rapidly absorbed into the lungs and can enter the bloodstream within minutes.



Pharmaceuticals

Pharmaceutical drugs, while legal, contribute to more drug-related deaths in Frankston and the Mornington Peninsula than illicit drugs.

One example is benzodiazepines, which are prescribed medications often used to treat anxiety and insomnia. They usually come as a tablet or capsule, such as diazepam (Valium), alprazolam (Xanax) and oxazepam (Serepax). If used as prescribed, benzodiazepines can be effective. However, there are risks when not used properly, or when used regularly for more than a few weeks.

Also known as: benzos, downers, sleeping tablets, or sleeping pills.

Methamphetamine

Methamphetamine often comes in the following forms:

- Ice/crystal meth (translucent crystals, sometimes shards, used by smoking/injecting)
- Base (white to brown thick oily substance, used by swallowing/injecting)
- Speed (white or off-white powder, used by snorting/swallowing/injecting)

Also known as: shabu, Tina, glass, meth, crystal, Pure, point, wax, meth or Goey.

Ice or crystal usually gives a stronger high and lasts longer, but has stronger negative side effects.

Methamphetamine takes effect quickly, often lasting between 4 and 12 hours. It can take 1 to 2 days for the drug to leave the body.

Alcohol

Alcohol refers to drinks such as beer, wine, or spirits containing ethyl alcohol - a substance that can cause drunkenness and changes in consciousness, mood, and emotions. Intoxicating and psychoactive effects from alcohol lead to many accidents, injuries, diseases and disruptions.

Alcohol can affect people in different ways so there is no amount of alcohol that is safe for everyone.

Alcohol, while legal, is still the biggest contributor to AOD-related harm and the primary substance for which people seek treatment.



Talking about alcohol & drug concerns

Alcohol and/or drug dependence can have short and long-term harms. These relate not just to how much someone is using, but also how much their use affects their life and the lives of those around them.

There are some signs and behaviours that may raise concern as to whether your friend or family member is experiencing problems associated with alcohol or drug use, however it is important not to assume that these changes are due to dependent alcohol and drug use.

Some signs may include: withdrawal from friends and family, a change in friends, a drop in grades at school, loss of employment, signs of depression, hostility, an increase in borrowing money, ceasing doing activities they previously enjoyed, loss of control of feelings and thoughts, AOD-related legal trouble, evidence of drug paraphernalia or missing prescription drugs.

If you have a friend or family member that you think may be negatively affected by AOD use, here are some tips to allow you to support them and to encourage them to communicate effectively with you about their AOD use:

- Gather information to make sure you understand the drug/s you think they may be taking. Reflect on their situation so you can organise your thoughts and have a clear idea of what it is that worries you about their alcohol and/or drug use.
- Arrange a suitable time to talk where you will have some privacy and won't be interrupted.

- Ask if they are using drugs; don't make assumptions that they are using drugs.
- Behavioural changes are a good starting point for discussion, for example "I noticed you haven't been yourself lately..."
- Be prepared for a negative reaction. Be sure to stay calm and reasonable. Don't let it turn into an argument.
- Don't be judgemental or tell them what to do. When people are having a hard time, the last thing they need is a lecture. Be sure to listen and express your concerns in a supportive non-confrontational manner.
- Don't focus on the reasons for why they are using drugs as this can be counterproductive.
- Use statements including "I" as this doesn't put the blame on them. Instead of saying "You make me feel worried when you use drugs" say something like "I feel worried about your drug use".



- Let them know you care about them and remind them of their good qualities. People will be more likely to listen and take advice on board if they feel valued and respected.
- Be trustworthy and supportive so they know that they can rely on you in a time of need, and that what they tell you is kept confidential.
- Let them know that change is possible but it may take time, so don't try to set deadlines for them as people will be less ready to change when they are being forced.
- If someone does not want to change, encourage them to learn how to reduce their risk of harm until they're ready to quit. Let them know you are available to talk in the future and provide information so they know where to seek assistance themselves².

If nothing seems to be working, then seeking professional help may be the next step. It is important that the person who may be having issues makes the choice about when and where to seek help themselves.

This can be difficult for family members and there are specific family drug support services that can assist families with challenges that may arise. Knowing where to go for help and what types of help are out there can be overwhelming.

In the following section you will find a range of AOD-related services available in Frankston and the Mornington Peninsula. You can also consult your GP.



² National Drug and Alcohol Research Centre (2014). *Illegal Drugs: What you need to know. Parent and Student Version.*

Getting help

Types of help for those wanting to address their alcohol or drug use:

Counselling

Provided by health professionals, psychologists, general practitioners, consultant physicians, psychiatrists and social workers. Some services offer appointments through outreach and others have office-based appointments. Individual needs will be taken into account.

Care and recovery

A care and recovery worker to explore the different areas of a person's life that may be stopping them from achieving their goals. This may include helping the person to access different services or assisting them to get to appointments.

Pharmacotherapy

'Pharmacotherapies' is the term used to describe the use of medication (e.g. methadone, suboxone) to assist in the treatment of opioid dependence. Ask your GP or call DirectLine or the Intake service listed further in this booklet for more information.

Youth services

Youth AOD services provide a variety of specialist options specifically for young people aged up to 21. This can include outreach support and referrals for withdrawal services. Some services also offer specialised programs, such as for young parents or individuals at risk of homelessness.

Peer support

Provides mutual support and information by individuals with a personal experience of alcohol and drug use. This can be for the consumer themselves or family members.

Withdrawal and rehabilitation services

Support for detox from AOD is available either through residential facilities or at home whilst supported by an experienced nurse and medical practitioner, and a friend or family member. A professional can help the individual decide their best option. Detox is not in itself treatment, but only the first step in the process. People who do not receive any further treatment after detoxification usually resume their alcohol and/or drug use. There are also longer-term residential programs available.



Local services

AVAILABLE SERVICES IN FRANKSTON AND THE MORNINGTON PENINSULA

There are a range of treatment options available in the Frankston and the Mornington Peninsula area. Individuals seeking treatment need to contact Central Intake (see number below), and can be assessed by any one of the local AOD treatment providers. People may need to wait a few weeks for an assessment appointment, however they will be offered support while waiting.

The following pages 9 - 15 contain many Government or Government-funded services. However this list is not exhaustive and there are many other private and not-for-profit AOD services available in the area which have not been listed but that you may wish to contact for assistance.

Adults

Peninsula Health (03) 9784 8326

Central Intake for all referrals for individuals aged 16 and over. Counselling, non-residential withdrawal, older adults and referrals to residential treatment.

www.peninsulahealth.org.au/services/services-a-e/alcohol-drug-services

ResetLife (at Peninsula Health) 1800 862 363

Intensive Outpatient AOD treatment, based on the Matrix Model. Includes individual, group and family education sessions.

www.semphn.org.au/resources/alcohol-and-other-drugs/resetlife-matrix-model-consumers.html

Stepping Up Consortium 1800 828 466

Counselling, groups and non-residential withdrawal for individuals aged 16 years and over. Referrals are through Peninsula Health's Central Intake telephone line.

www.stepping-up.org.au

Youth

Youth Substance Abuse Service (YSAS) Frankston 03 9770 5622

YSAS Youth Outreach (12 – 21 years) and YSAS Support for Young Parents (12 – 25 years).

YSAS is the lead agency for Headspace Frankston, working in partnership with a variety of agencies to provide a general health and mental health service system, spanning a network of GPs, mental health, drug, alcohol and vocational support services under the one roof.

www.ysas.org.au/ysas-transition

Peninsula Health Youth Services (03) 9784 8326

Youth alcohol and other drug outreach and centre based support workers can help link young people (12 – 21 years) with other services and advocate for their needs while addressing alcohol and drug concerns.

www.peninsulahealth.org.au/services/services-a-e/alcohol-drug-services/youth/

Anglicare LYFT Program 03 9781 6700

Therapy for families with a young person aged 12 – 21 years who is using alcohol in a problematic way.

Local services (continued)

Telephone support

DirectLine **1800 888 236**

Is a 24 hour telephone counselling, information and referral service. At DirectLine, you can talk to professional counsellors who are experienced in alcohol and drug-related matters.

Online information is also available at www.directline.org.au

Youth Drug and Alcohol Advice (YoDAA) **1800 458 685**

If you are a young person and require information, advice or referral for alcohol or other drug services.

www.yodaa.org.au

Specialist services

SHARPS - Needle Syringe Program **03 9781 1622 or 1800 642 287**

20 Young Street, Frankston (M-F 9am-5pm)

Free supply of clean needles and syringes and other safe injecting material. Experienced staff can also assist with support, advice, referrals and information. An evening mobile outreach service operates seven evenings a week, covering Dandenong, Springvale, Frankston and surrounding areas on 1800 642 287 (calls taken 6.30pm-9.45pm, outreach until 10.30pm).

Older Wiser Lifestyles Program - Peninsula Health **(03) 9784 8326**

The Older Wiser Lifestyles (OWL) team is Australia's first older adult-specific Alcohol and Other Drug (AOD) service for mature adults, aged 60 and over. The OWL program offers an individually-tailored treatment service comprised of early intervention, intensive, long-term counselling and outreach across the Mornington Peninsula depending on the needs of the client.

www.peninsulahealth.org.au/services/services-a-e/alcohol-drug-services/older-adults/

Thorne Harbour Health **03 9865 6700**

The Alcohol and Other Drugs (AOD) Service at Thorne Harbour Health provides a range of free services for members of the community who require support to address their alcohol and drug use. Individual and group programs are based in St Kilda.

www.thorneharbour.org



Reconnexion
1300 273 266

Reconnexion programs and services address the challenges of anxiety, stress, depression and benzodiazepine (tranquillisers and sleeping pills) dependency and related conditions. Reconnexion provides counselling, telephone information and support.

www.reconnexion.org.au

Counselling Online
1800 888 236 (via direct line)

24/7 access to live online professional and qualified counsellors for issues around alcohol and other drugs. For consumers and family members.

www.counsellingonline.org.au

SMART Recovery
03 9784 8100 (via Frankston Community Health)

SMART Recovery is a voluntary, peer-led, self-help group that assists people in recovering from alcohol, drug use and other addictive behaviours. SMART Recovery teaches practical skills to help you deal with problems, enabling you to abstain and achieve a healthy lifestyle balance. A SMART meeting runs on Fridays 11.00am-12.30pm at Frankston Integrated Health Service.

www.smartrecoveryaustralia.com.au

Alcoholics Anonymous
03 9429 1833

Support for people with drinking problems.
Email: aavictoria@bigpond.com

www.aavictoria.org.au

Narcotics Anonymous
03 9525 2833

For drug self help, email:
navichelpline@gmail.com
www.navic.net.au

Frankston Salvation Army
1800 825 955

Counselling, including drug and alcohol support.



Help for families

Our family has struggled with the fallout of addiction over this time and I have often felt in deep despair about the future. After attending your Stepping Stones Program and support group meetings for a period of time I was able to gather the strength and courage to continue on, to leave behind some of the self-blame which I believe was compounding my alienation from my son.

Anonymous thank you letter to Family Drug Support through Tell Your Story www.tellyourstory.org.au

Family specific alcohol and other drug services exist to help strengthen your family's ability to cope with challenges that may arise.

Family Drug Support 1300 368 186

Family Drug Support (FDS) aim to assist in any way possible to empower families to cope with the realisation of their situation and to survive it intact. FDS offer a seven day, 24-hour telephone line Australia-wide, operated by volunteers who can help to diffuse crisis, provide strategies for coping and information as required.

A support group through FDS is offered in the local area. For more information about the support group, please contact Michael on 0448 169 205

Al-Anon/AlaTeen 03 9620 2166

Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. AlaTeen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

Email: agso@alphalink.com.au

www.al-anon.org.au

Family Drug Help 1300 600 068

Offers support, information, education and inspiration to family members of those suffering from alcohol and drug abuse. Family Drug Help delivers a variety of services, including groups for families and sibling support, as well as a state-wide 24-hour helpline available for immediate and ongoing support.



Know your rights

The following information applies to those individuals who are suffering from drug or alcohol abuse, but should also be noted by associated family and friends:

Respect

You have a right to be shown respect, dignity and consideration.

Choices

You have a right to be included in decisions and choices about your care. You have a right to decide who provides your treatment. If you don't want to access one particular agency, you have the option of speaking with an alternative treatment provider to assess whether your needs can be met there.

Good communication

You have a right to be informed about services, treatment options and costs in a clear and open way.

Privacy

AOD services that you have contact with collect information about you in order to provide the best possible care. The information which is collected is private and is protected by law. This information is not shared with external service providers without your consent, unless your safety or the safety of others is considered at significant risk, or if subpoenaed by a court of law. You have the right to access your health information at any stage during your involvement with AOD services.

Feedback

You have a right to comment on the care you receive through AOD services and have any concerns addressed.

Consumer participation

You have a right to be actively involved in the creation of policy and processes relating to alcohol and other drug treatment services in your community.

For information regarding the Peninsula Health Alcohol and Other Drug Consumer Advisory Group, please contact their Consumer Participation Program Manager on 03 9784 1221.

Harm Reduction Victoria is a peer-based organisation for people who use illicit drugs and provides advocacy to advance the health, dignity and social justice of people who use drugs in Victoria. They also run PAMS, which is a confidential telephone-based service providing information, support, advocacy, referrals and mediation between opiate pharmacotherapy consumers and their direct service providers on any pharmacotherapy client related issue in Victoria. They can be contacted on 1800 443 844.

The Association of Participating Service Users (APSU) also work collaboratively with service users to influence relevant policy development and implementation at the local, state and national level. For more information call 03 9573 1700.

Resources

LOCAL CRISIS SUPPORT AND INFORMATION

For ambulance, fire and police contact 000

Mental health triage - 1300 792 977

Southern Peninsula Community Support and Information Centre (Rosebud) - 03 5986 1285

Community Support Frankston - 03 9783 7284

Mornington Community Information and Support Centre - 03 5975 1644

Westernport Community Support (Hastings) - 03 5979 2762

Salvation Army Crisis Centre (Frankston) - 03 9784 5000

CRISIS LINES

Lifeline 13 11 14
www.lifeline.org.au

Kids Helpline 1800 551 800
www.kidshelp.com.au

Victorian Centre Against Sexual Assault (CASA) Crisis Line 1800 806 292

ONLINE ALCOHOL AND DRUG INFORMATION

Australian Drug Information Network (ADIN)

ADIN is Australia's leading alcohol and drug search directory.

www.adin.com.au

Australian Drug Foundation

One of Australia's leading bodies committed to preventing alcohol and other drug problems in communities around the nation.

www.adf.org.au

Cracks in the Ice

Cracks in the Ice is an online toolkit providing trusted, evidence-based, and up-to-date information and resources about crystal methamphetamine (Ice) for the Australian community.

www.cracksintheice.org.au

Drug Aware

The Drug Aware website is a source of information about drugs, where to get help and many other topics. Drug Aware targets young people with messages about drug use that focus on the prevention of use and associated harm.

www.drugaware.com.au

Harm Reduction Victoria

Harm Reduction Victoria (HRV) is a peer-based organisation concerned with the use of illicit drugs. HRV provides information on safer drug use, pharmacotherapy, overdose and other health information related to illicit drugs.

www.hrvic.org.au

Fitzroy Legal Service - Online Service Directory for Drug and Alcohol Users

www.vicdrugguide.org.au

Hello Sunday Morning

Hello Sunday Morning is a program that helps everyday people take a break from drinking and improve their relationship with alcohol. The website offers a way for individuals to sign up and take a period of time from drinking, achieve some goals and get some perspective on why and how they would like to drink.

www.hellosundaymorning.org

ONLINE MENTAL HEALTH

beyondblue

beyondblue is a national, independent, not-for-profit organisation that works to address issues associated with depression, anxiety and related substance misuse disorders in Australia.

www.beyondblue.com.au

Black Dog Institute

Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.

www.blackdoginstitute.org.au

Grow

Grow is a national organisation that provides a peer supported program for growth and personal development for people with a mental illness and those people experiencing difficulty in coping with life's challenges.

www.grow.net.au

headspace

headspace is the National Youth Mental Health Foundation. With centres all around Australia, including Frankston, headspace can help with general health, mental health, counselling, education, employment, alcohol, drug and other services.

www.headspace.org.au

Mental Health Carers Australia (formerly ARAFMI National)

Mental Health Carers Australia's mission is to represent at a national level the interests of groups throughout Australia and the needs and concerns of their constituency – families and others voluntarily caring for people with mental illness.

www.mentalhealthcarersaustralia.org.au

Reach Out

Reach Out is Australia's leading online youth mental health service.

www.reachout.com

SANE

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research.

www.sane.org



Alcohol
and Drug
Foundation



Local Drug Action Team Program

The Peninsula Model

for primary health planning



**The Local Drug Action Team
has been funded by the
Federal Government through
the advocacy of the local
Member for Dunkley,
Chris Crewther MP.**

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Federal Member for **Dunkley**

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