



# Newsletter

**April Newsletter  
2009**

This Newsletter is part of the regional AOD Youth Capacity Building Role.

Please contact Salli Hickford:

[shickford@barwonyouth.org.au](mailto:shickford@barwonyouth.org.au) to provide any feedback.

## Notice board

### Forensic Discussion Paper

Please find a discussion paper on the forensic drug treatment system for you input via this link. <http://www.health.vic.gov.au/drugservices/pubs/forensic.htm>

Hard copies will be sent to DHS funded Drug Treatment Agencies next week.

DHS are seeking written submissions and feedback from agencies, individuals and others interested in the forensic drug treatment system by **Friday 8 May 2009**, (not the 3rd April as stated in the paper)

For more information about the submission process contact Emily Ramsey, on 03 9096 5139 or email [emily.ramsey@dhs.vic.gov.au](mailto:emily.ramsey@dhs.vic.gov.au)

### Call for Abstracts – APSAD

1 – 4 November 2009

### Australasian Professional Society on Alcohol and Other Drugs (APSAD) 2009 Conference

Darwin Convention Centre, Northern Territory, Australia

Website. [www.apsadconference.com.au](http://www.apsadconference.com.au)

**The Australasian Professional Society on Alcohol and Other Drugs (APSAD) is pleased to announce that the call for abstracts for their 2009 conference is now open!**

### ANCD Update

The Australian National Council on Drugs (ANCD) is the principal advisory body to the Government on drug policy and plays a critical role in ensuring the voice of the community is heard in relation to drug related policies and strategies.

At the request of the Australian Government in 2003 the ANCD has increased its links throughout the Asia-Pacific region so it is better able to advise the Federal Government on the most appropriate ways to work with our regional neighbours, as well as to learn from their experiences.

To ensure that the ANCD can provide the Federal Government valuable advice it has recently convened a reconstituted committee that comprises individuals with a broad range of experience and expertise in drug policy in the region. (please see membership of the ANCD Asia-Pacific

Drug Issues Committee (APDIC) at

<http://www.ancd.org.au/asia-pacific/members/index.htm> )

At its most recent meeting in 2009 the ANCD Asia-Pacific Drug Issues Committee discussion focused on the following areas:

- their support for the Australian Government and many Parliamentarians who expressed a commitment to oppose the death penalty;
- the global economic crisis and the potential rise in the number of drug users as a consequence;
- the increased use and over reliance on compulsory drug treatment centres in the region and the impact this is having, particularly in regard to HIV infection levels;
- the importance of seizing opportunities to raise and discuss drug related issues at the 9<sup>th</sup> International Congress on AIDS in Asia and the Pacific which will be held in August in Bali; and
- their support for the conference to be held in Hanoi, Vietnam focusing on HIV, economic recession, climate change and childhood.
- The committee restated their advice regarding:
- The growing need for Australia to provide ongoing support and leadership on illicit drug issues in the region; and
- Australian leadership at the 2009 Commission on Narcotic Drugs (CND) meeting to be held in Vienna in March. It was noted that this is the 10 year review of UNGASS and the opportunities this presents to develop a more balanced and evidence based approach to address drug use issues.

The ANCD Asia-Pacific Drug Issues Committee also agreed that it will be communicating its views on the issues described above to the following people and organisations:

- The Hon Stephen Smith – Minister for Foreign Affairs
- The Hon Nicola Roxon – Minister for Health
- The Hon Bob McMullan – Parliamentary Secretary for AID
- The Hon Duncan Kerr - Parliamentary Secretary for the Pacific
- Department of Foreign Affairs & Trade
- AusAID
- Department of Health & Ageing

More information on the ANCD Asia-Pacific Drug Issues Committee is available by accessing the ANCD website: [www.ancd.org.au](http://www.ancd.org.au)



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**Invitation to the Colac Family Violence ENOUGH Road Show on 3rd April - please book now**

**Community Information Session**

Open to the public, the Community Information Session introduces community members to the ENOUGH campaign, enlists their support and increases awareness of how the new laws can better protect Victorians from family violence.

**Forum**

The Forum will provide an overview of the Family Violence Protection Act 2008, with presentations on agencies' roles and responsibilities under the new laws and a panel discussion. This event is relevant to all those involved in providing an integrated response to family violence and there will be an opportunity to ask questions about the new legislation.

The registration form for this FREE event is also attached. Please return the form to Carmel Byrne, Victims Support Agency by COB30 March: (email) [carmel.byrne@justice.vic.gov.au](mailto:carmel.byrne@justice.vic.gov.au) / (fax) 03 86846777. For more information about the ENOUGH campaign or this event please visit [www.familyviolence.vic.gov.au](http://www.familyviolence.vic.gov.au)

**Hurry: The AOD Clinical Supervision Survey Closes Soon! - Bouverie Centre**

We would like to pass on a warm thank you to those of you who have already responded to The Bouverie Centre's on line survey - "Clinical Supervision in the AOD Sector."

We appreciate people taking time out of their hectic schedules to voice their ideas about/ opinions on:

- \* Their experience of clinical supervision within their agency
- \* What supports best practice in clinical supervision in the AoD Sector
- \* What needs to be developed to further meet the needs of workers, supervisors and managers in the area of clinical supervision.

The response has been pleasing to date. However, there are still a number of workers involved in direct service provision to AoD clients who are yet to complete the confidential, 15 minute survey.

Don't miss out on the opportunity to have your say and help shed some light on what kinds of support agencies involved in the provision of AoD services require to implement and sustain high quality clinical supervision.

Simply type in [www.thissurvey.com/clinicalsupervision](http://www.thissurvey.com/clinicalsupervision) into your web browser and begin.

**DAMEC Survey: Invitation to participate**

DAMEC would like to invite all interested drug and alcohol workers to participate in an online survey. The survey asks

about the demographic profile of your current clients and the information workers collect related to cultural diversity. The survey is brief with 11 questions. All responses will be kept confidential and privacy protected when reporting the results.

If you are a D&A worker your input would be a valuable part of this research. We would really appreciate it if you could take the time to complete the online survey, or follow the link for more information. The survey period closes Friday 17-04-09.

Please go to

[http://www.surveymonkey.com/s.aspx?sm=2f1uo6Gne2n\\_2bTQ\\_2bhagiogNQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=2f1uo6Gne2n_2bTQ_2bhagiogNQ_3d_3d)

**Family Drug Support - Stepping Stones to Success - 'Geelong'**

SKATE and Family Drug Support are running a course (no charge) over 9 weeks for families dealing with drug dependent loved ones.

The course aims to help family members –

- Cope better and survive intact
- Grow and adapt positively
- Become better educated on drugs and learn new skills
- Continue supporting the drug users in ways that invite positive outcomes
- Identify stumbling blocks and barriers and to transform these into stepping stones and gateway to success

There are no rights or wrongs.

Shame and stigma has no place here.

You don't have to do it alone.

Nor do you have to remain helpless.

Cope better and survive intact.

**Date:** Tuesday evenings April 20<sup>th</sup> to 16<sup>th</sup> June 2009

**Time:** 7.00pm to 10.00pm

**Where:** Glastonbury Child & Family Services  
222 Malop Street, Geelong

**Bookings:** Debbie Moore 5222 6911 / 0417 358 473

**Funding Available**

**Positive Body Image Grants 2009**

'Go for your life' Positive Body Image Grants - 2009 are now open until 17 April 2009.

The Positive Body Image Grants are one component of the broader \$2.1 million Teenagers 'Go for your life' Positive Body Image Strategy and are available for four years from 2007 - 2010.

The 'Go for your life' Positive Body Image Grants fund community-based activities that promote positive body



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image messages and healthy lifestyle choices and build self esteem. Grants up to \$5,000 are available for projects that target young people aged 12 - 25 years and actively involve them in managing the project.

A healthy and balanced approach to food and exercise remains an important component of the 'Go for your life' Positive Body Image Grants 2009 program. Whilst encouraging activity is recognised as important to maintaining a healthy lifestyle, evidence shows that sometimes the pressure to succeed at sport or undertake excessive exercise can create an unhealthy perception of body image.

The 'Go for your life' Positive Body Image Grants - 2009 Guidelines can be accessed on-line at 'Go for your life' Positive Body Image Grants - 2009 [www.grants.dpcd.vic.gov.au](http://www.grants.dpcd.vic.gov.au).

For more information, please call our Grants Information Line on 1300 366

## Resources

**New report: [Australian guidelines to reduce health risks from drinking alcohol](#)**

**National Health and Medical Research Council**

These NHMRC guidelines aim to establish the evidence base for future policies and community materials on reducing the health risks that arise from drinking alcohol.

To read the full report see the web link: [http://www.nhmrc.gov.au/publications/synopses/files/CAC\\_HE\\_DUVIE=8f84cc154350dc1a8883db3b12c2dc79/ds10-alcohol.pdf](http://www.nhmrc.gov.au/publications/synopses/files/CAC_HE_DUVIE=8f84cc154350dc1a8883db3b12c2dc79/ds10-alcohol.pdf)

**New Report: Enhancing Alcohol & Other Drug Treatment Services - National Minimum Data Set - Counting clients & reporting comorbidity**

The Enhancement Project of the Alcohol and Other Drug Treatment Services National Minimum Data Set (AODTS-NMDS) was funded by the Australian Department of Health and Ageing. It examined the feasibility of introducing a statistical linkage key and one or more indicators of mental health into the AODTS-NMDS to answer three specific questions:

1. How many clients across Australia receive treatment for alcohol and other drug use?
2. How many of those clients have a co-existing mental health problem?
3. How do we protect the privacy of these clients?

To download the document please follow the link: <http://www.aihw.gov.au/publications/aus/bulletin69/aus-112-10691.pdf>

**New Inhalants Newsletter Out!**

The NIIS produces an electronic newsletter (NIIS CAN) every two months. The newsletter highlights news and views about inhalant abuse from around Australia and the world. Also included is a list of resources added to the inhalants database.

<http://www.inhalantsinfo.org.au/>

**New Report: Indigenous Drug Prevention Research Stocktake and Gap Analysis".**

The Prevention Policy & Secretariat Support Unit has recently published a report developed by the former Premier's Drug Prevention Council, called "Indigenous Drug Prevention Research Stocktake and Gap Analysis". The project aims were to:

- undertake a "stock take" and review of drug prevention research relevant to the Indigenous community and published over the past five years in Australia, with particular attention to the Victorian context;
- identify likely future trends and issues pivotal to Indigenous drug prevention research in Victoria and which will have relevance to future drug prevention research;
- identify research needs and gaps relevant to Indigenous drug prevention identified from the research review using the results of the gap analysis; and
- develop priorities, based on the above analysis, identifying where best strategic investment in drug prevention research in the short, medium and long term.

If you would like a hard copy of the report please contact Georgina McKenzie-McHarg at the PP&SS unit on 03 9096 2229

**New report: Violence in public places: explanations and solutions - Eckersley and Reeder / Australia 21**

Australian states have seen a recent upsurge in antisocial behaviour, including violence, in public places. This report looks at causes and potential solutions.

To read the full report see the weblink:

<http://www.australia21.org.au/pdf/Violence%20in%20public%20places%20report.pdf>



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**New report: Enhancing the alcohol and other drug treatment services national minimum data set: counting clients and reporting comorbidity.**

**Australian Institute of Health and Welfare**

After consultation with jurisdictions and alcohol and other drug treatment agencies, four new data elements were piloted in three jurisdictions. This bulletin presents the findings of this project.

To read the full report see the weblink:

<http://www.aihw.gov.au/publications/index.cfm/title/10691>

**New report: Gender differences in risk behaviour: does nurture matter?**

**Alison L. Booth and Patrick Nolen / Centre for Economics Policy Research**

This paper examines the propensity for girls and boys to choose a risky outcomes and whether this is because their innate preferences are modified by pressure to conform to gender-stereotypes.

To read the full report see the weblink:

<http://cepr.anu.edu.au/pdf/DP601.pdf>

**New report: What makes case management work for people experiencing homelessness.**

**Hellene Gronda / Australian Housing and Urban Research Institute**

This research synthesis aims to provide an evidence-based understanding of how case management works to contribute to the development of more effective responses to the needs of people experiencing homelessness.

To read the full report see the web link:

[http://www.apo.org.au/linkboard/results.shtml?filename\\_nu m=265343](http://www.apo.org.au/linkboard/results.shtml?filename_nu m=265343)



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## Information for young people

### TOE Camp

A Unique Opportunity for 15 - 25 year olds males who have or had issues with alcohol and other drugs. TOE's Core program offers alternative means of tackling difficult life issues and provides opportunities for making sustainable positive changes through a supportive and challenging Bush Adventure experience.

*If you are currently working with, or know of, any potential participants, please see read on:*

**TOE's 6 week Core program includes a 2 week pre-trip program:**

Day activities (Monday – Friday) at the Bush Hut, getting to know each other, trip planning and preparation, outdoor activities, skill development, goal setting  
Followed by an

**11 day/10 night remote wilderness journey**

And then a

**2 week post-trip program:**

Day activities at the Bush Hut (Monday to Friday), processing the experience, where to from here, 3 day camp to reinforce learnings and set future goals  
Graduation celebration on last day!

There is an **Information Session at 2pm on Wednesday 22<sup>nd</sup> April 2009 at the Bush Hut** for any interested participants/workers to come along and hear about the program. Individual assessment interviews with all applicants will then take place. The Information Session is optional but recommended. An interview can still be scheduled if they cannot attend the Info Session. The actual program commences on **11<sup>th</sup> May 2009 through to 19<sup>th</sup> June 2009**. See attached Program Schedule and TOE brochure for more information.

If you wish to discuss a potential referral; or plan to attend the Information Session; or want to book an interview; or simply want to find out more about the TOE program, please contact **TOE staff on (03) 9855 2633**.

### Youth off the Streets Scholarships

The Youth Off The Streets Scholarship Program celebrates the gifts and strengths of young people from the Australian community who exhibit extraordinary promise but who lack the personal support networks and resources that will allow them to fulfill that potential.

Nominees must be between the ages of 14 and 21 years, and can apply for one scholarship per year.

Nominations for the Youth Off The Streets Scholarship Program are not restricted to a specific study or training path. Nominations are invited from young people with genuine talent, ability and determination in any field, including (but not limited to): education and training; visual or performing arts; sport; trade skills; and music.

The wide-ranging goals pursued by the scholarship recipients will encourage other disadvantaged young people to follow their dreams.

Youth Off the Streets will match each scholarship recipient with a mentor. This relationship will provide ongoing guidance and support for the duration of their scholarship, encouraging adults from a wide variety of backgrounds to become engaged and take responsibility for young people in Australia. Those recipients in the Sydney area will be matched with a face to face mentor through the Youth off The Streets Mentoring Program. Those young people who are from other locations throughout Australia will be matched with an 'e-mentor'. This innovative program matches young people with a mentor who they are in contact with online through a secure and monitored chat room. For those young people living in rural or remote locations, or those who lack traditional support networks, this mentoring involvement offers them additional support and encouragement for their scholarship period.

[Download Nomination Form here](#)

[Download Scholarship Program Information here](#)

[Download Terms and Conditions here](#)

### TRICKY Grants Program

A grants program, averaging from \$500 to \$3500, to young people to support and implement programs or activities to improve their community.

Apply now through the TRICKY Grants Program.

Grants - Open 9th March 2009, Close 24th April 2009.

If you are interested, please contact Cass Langdon at the 3219 Office of Youth Foundations Victoria on 0430211423 or 52218933 for further details.



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## Professional Development Opportunities

New entries are in **BLUE**

Training held in the region are **BOXED**

### Motivational Interviewing

PCMC is pleased to announce an exciting training schedule for New Zealand and Australia. Dr Joel Porter will provide Introductory, Intermediate, Advanced, as well as MI and Clinical Supervision workshops in Auckland, Wellington, Sydney, Adelaide and Melbourne throughout the year.

**Introduction to MI** Melbourne: 11-12 May

**Intermediate MI** Melbourne: 17-18 August

**Advanced MI** Melbourne: 19-20 October

**MI & Clinical Supervision** Melbourne: 23-24 November

To register please contact us: [workshops@pacificcmc.com](mailto:workshops@pacificcmc.com).

### Online Training:

PCMC also offers on-line training in Motivational Interviewing. For more information, please visit our website at [www.pacificcmc.com](http://www.pacificcmc.com) or contact Dr Suzanne Habib via e-mail at [suzanne.habib@pacificcmc.com](mailto:suzanne.habib@pacificcmc.com). Over the years, PCMC has provided MI training to a wide range of mental health, addiction, behavioural health, corrections and educational organisations around the world. If your organisation is seeking systematic and cost effective MI, Relapse Prevention, or professional ethics training, please let us know. We are delighted to tailor training to your organisations' particular needs and culture.

### Graduate Certificate of Social Science(Community Engagement)

A new course at Swinburne, Graduate Certificate of Social Science (Community Engagement). More information call Sharon Templeman on 92146848 or [STempleman@groupwise.swin.edu.au](mailto:STempleman@groupwise.swin.edu.au)

### Reconnexion's Education & Training Calendar

- Cognitive Behaviour Therapy for anxiety and depression
- Diabetes, anxiety and depression (with DAV)
- Cognitive behavioural & solution focussed approaches to working with anxious and depressed young people and their families
- Mindfulness CBT
- Alleviating anxiety and depression-substance using clients.

If you would like more information on the above programs or are interested in having a program developed for your organisation please email [janet@reconnexion.org.au](mailto:janet@reconnexion.org.au)  
222 Burke Road, Glen Iris [info@reconnexion.org.au](mailto:info@reconnexion.org.au)  
T:1300 273 266 [www.reconnexion.org.au](http://www.reconnexion.org.au)

### Mind Matters Free Training for 2009

MindMatters will be providing free Professional Development in Geelong and Warrnambool to schools and community workers working with schools in 2009

Register: [www.mindmatters.edu.au](http://www.mindmatters.edu.au)

### The Bouverie Centre training Calender – Out Now!!

The Bouverie Centre has a long history of providing training to professionals working with families. Bouverie has a specialised academic unit, and all centre staff are involved in teaching. The Bouverie Centre offers both Award courses and professional Continuing Education Courses, which are run by the academic and community services teams. For information about the courses on offer in 2009 go to:

<http://www.bouverie.org.au/category/8/25>

**April 2009**

### 2<sup>nd</sup> April

#### YSAS Critical Thinking Seminar

##### Ice: beyond the hype

This seminar aims to:

- Clarify the differing effects of speed (amphetamine) and ice (methamphetamine) on the central nervous system through an exploration of their differing pharmacodynamics and pharmacokinetics.
- Examine potential harms.
- Review the changing construction of stimulants from their early origins in Chinese medicine to their everyday use as a decongestant of choice in the 1930's, to post-war weight loss panaceas and antidepressants through to current controversies regarding their use in children.

**Geelong Conference Centre, Adams Court, Eastern Park.**

**Time 2pm -4pm Cost: Free** To book contact Lou Vaughn 94158860 or [www.ysas.org.au](http://www.ysas.org.au)

2nd April 2009

### Dialectical Behaviour Therapy (DBT)

#### An Effective Treatment for Borderline Personality Disorder

Rendezvous Hotel (Melbourne)

Dialectical Behaviour Therapy (DBT), developed by Marsha M. Linehan, Ph.D., ABPP, at the University of Washington, is a systematic cognitive-behavioural treatment for borderline personality disorder (BPD) especially for individuals with chronic patterns of suicidal or other severe dysfunctional behaviours. Since its inception, DBT has been adapted as a



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treatment for other complex, difficult-to-treat disorders including occurring conditions. Balancing acceptance and change strategies, DBT calls on the patient and the therapist to accept reality while maintaining a strong and conscious commitment to change. Research has shown DBT to effectively reduce suicidal behaviour, dropout from treatment, psychiatric hospitalization, anger, and interpersonal difficulties. DBT also has been adapted to treating substance-abusing individuals with BPD and shown to be effective for this population.

**TOPICS-** General Overview of BPD and DBT  
Structure, goals, and stages of DBT treatment  
DBT treatment strategies ,Identify and apply pre-treatment commitment strategies, DBT treatment team, Identify and apply pre-treatment commitment strategies, Getting Started with DBT in your workplace or private practice.

**Workshop Leader-Peter King, Unity Foundation**

Having previously worked for over 10 years in the public mental health system, Peter King spent the past 3 years developing the Centre for Evidence Based Mental Health and working as CEO of Unity Foundation.

*Early Bird Rate \$499 (Prior to 6/3/09) \$599 after*

**PH: 02 6628 2901 [www.ppled.com.au](http://www.ppled.com.au)**

**3rd April (or 20th April)**

**Barwon Youth presents...“Supporting young people to quit smoking”.**

Quit Victoria has a goal to reduce the rate of smoking among young people. Because school nurses, youth counsellors, community health nurses and student welfare staff can play an important role in achieving this goal, Quit has developed a one-day smoking cessation seminar for professionals who work with young people.

Quit together with Barwon Youth, is hosting this seminar in Geelong. The seminar will focus on ways in which young people who smoke can be encouraged and supported to quit. Quit believes that running these seminars will assist professionals who work with young people to access relevant support from Quit staff and updated information on best practice delivery of smoking cessation techniques.

**Supporting young people to quit smoking**

Based on the effectiveness of previous youth smoking cessation, interventions, it is recommended professionals provide support in a one-on-one setting, where a young person is less likely to feel anxious in disclosing concerns about quitting in the presence of peers. To support this one-on-one approach the full-day training seminar will cover: understanding the process of how a young person takes up smoking

health effects of smoking  
smoking cessation theory  
brief smoking cessation intervention (including aspects of motivational interviewing)  
effective strategies to motivate young people to not smoke  
Quit support resources and services  
The training includes practical exercises with reflection and feedback. Participant notes and handouts are provided.  
Why apply? Who should train?  
Training is designed for professionals wishing to provide support to young dependent smokers and to develop their knowledge in the area of smoking cessation intervention skills. Relevant experience with young people, for example in an education, counselling or health related setting is an important requirement for undertaking the training.  
All professionals who work with young people are invited to attend training, both those who smoke and do not smoke. However it is important for applicants to share a commitment to the same health promotion goals and values of Quit Victoria and be able to reflect those values and goals. The focus of the day is about providing information for you to assist and support a young person to move through the quitting process, irrespective of your own smoking status.

When: Friday, 3rd April (Limited places)

Monday 20th April, 9 am—4 pm

Where: Barwon Youth, 25 Gordon Ave, Geelong West  
Barwon Youth, 25 Gordon Avenue, Geelong West.

Please find attached information about the one-day training provided by QUT. Free training

Contact Salli Hickford [shickford@barwonyouth.org](mailto:shickford@barwonyouth.org)

**20<sup>th</sup> April**

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- understanding the process of how a young person takes up smoking
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- smoking cessation theory
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Contact Salli Hickford [shickford@barwonyouth.org](mailto:shickford@barwonyouth.org)

**May**

**6-8 May 2009**

**NADA and MHCC Conference - Outside In: Community Responses to Complex and Diverse Needs**

**Dockside, Darling Harbour, Sydney**

**Registration forms and an indicative conference program are now available [here](#).**

Keynote presentations include John Mendoza, Chair of the National Advisory Council on Mental Health, Tania Major,

Young Australian of the Year 2007 and Professor Margaret Hamilton, Chair of the Multiple and Complex Needs Panel in Victoria

This year's conference will:

Explore innovative and creative ways to engage and assist people with complex and diverse needs.

Highlight different community sector approaches, challenges and areas for development.

Create a space to network with a diverse range of providers, policy makers, researchers, service users and carers.

Celebrate community sector achievements and leadership in working with people who have complex and diverse needs

Inspire by exposing delegates to speakers and workshop presenters who will provoke and motivate with challenges, brainstorming opportunities, new thinking and strategies

Inform with the latest on policy directions and new approaches at state and national level.

Symposiums on current, innovative and controversial topics will be a feature of the conference including

- Iatrogenic Effects – what happens matters
- Exploring criminal justice issues
- Progress in the Improved Services Initiative
- The road to better data use
- Social and emotional health and wellbeing:

Aboriginal issues

- Leadership and organisational development
- Where's the commitment? Consumer participation in mental health and drug and alcohol
- Researching community based approaches
- Pathways out of homelessness
- Lived experience and peer support

This conference is supported by NSW Health and sponsored by the Community Services and Health Industry Skills Council.

**6-7<sup>th</sup> April 2009**

**PHAA Conference - Justice Health in Australia: Beyond the Convict Era**

The Public Health Association of Australia's (PHAA) upcoming conference on Justice Health will be held in Melbourne on 6-7 April 2009. The conference program has been designed to facilitate involvement from a broad range of people with different perspectives on justice health within the Australian community. The main theme for the conference is Justice Health in Australia: Beyond the Convict Era. The first day of the conference will focus on the sub-theme Putting Families and Communities First, while the sub-theme for the second day will be Beyond the Revolving Door. Day One Theme: Putting Families and Communities First Concurrent Session



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Titles: Morning: 1. Transition to community and continuity of care; 2. Blood borne viruses, tobacco and other drugs; and 3. Industry, economic and employment imperatives. Afternoon: 4. Advocacy, health services and planning; 5. Blood borne viruses and lifestyle diseases; and 6. Transition to community, Indigenous Australians and stories to be told. Day Two Theme: Beyond the Revolving Door Concurrent Session Titles: 1. Prevention, early intervention and sexual health; 2. Mental health and comorbidity issues; and 3. Indigenous Australians and targeted interventions for at-risk groups. The conference will be attended by a very broad cross section of individuals and organisations with an interest in justice health including: health and related service providers; policy makers from within the health and justice sectors; representatives from the policing and criminal justice sectors; prisons management; unions representing those working within the sector; employer and business groups providing transitional employment opportunities; a range of community organisations and advocates as well as representatives of prisoners and their families. Hilton on the Park, Melbourne <http://www.phaa.net.au/JusticeHealthConference.php>

**Tuesday 7<sup>th</sup> April,**

### **Grief & Bereavement Seminar**

Geelong Hospital, Ryrie Street, Geelong.

Half day forum is aimed at those people who work within the Human Services field and their experience of Grief & Bereavement when working across the life span.

Registrations close: 21st March. T: 03 5226 7525

\$50.00/ \$40.00 Barwon Health staff

[jacinta.bourke@barwonhealth.org.au](mailto:jacinta.bourke@barwonhealth.org.au)

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Contact Salli Hickford [shickford@barwonyouth.org](mailto:shickford@barwonyouth.org)

**20-23<sup>rd</sup> April**

Harm Reduction 2009 – Thailand The conference will be held at the Imperial Queen’s Park Hotel over four full days - Monday 20th April –Thursday 23rd April.

Please visit [www.ihra.net/Thailand/News](http://www.ihra.net/Thailand/News) to view the open letter from Professor Gerry Stimson.

**23 April 2009**

### **Understanding MOOD DISORDERS Workshop**

MELBOURNE (Rendezvous Hotel)

This workshop describes mood disorders and the impact that they can have on a person’s day to day life. It outlines risk factors, warning signs and advises people of possible referral paths. It also provides participants with practical strategies that can be used to assist people who are struggling with mood disorders.

**TOPICS-** The Alarming Rise of Mood Disorders -What are the Current Trends Here and Overseas?

What is the Impact of a Mood Disorder?

Psychological Interventions ,Self Medicating

**Workshop Leader -Jane Sleeman** is a Registered Psychologist in a Private Practice that specialises in depression, anxiety and chronic illness. She is the Founder of Hollyhox Positive Resources and Director of

Inside Out Psychology and also works as a Facilitator for the Black Dog Institute.

*Early Bird Rate* \$499 (Prior to 6/3/09) \$599 after

**PH: 02 6628 2901 [www.ppledication.com.au](http://www.ppledication.com.au)**

**27th April 2009**

### **Amphetamine Type Stimulants (ATS) - Annex**

Does your work involve contact with people who use Amphetamine Type Stimulants such as speed?

Amphetamine Type Stimulants (ATS) are amongst the most commonly used illicit drugs and their impact can be significant.

Do you work in the Health or Community sector or services such as:

- Needle & Syringe Programs
- Alcohol & Other Drug Services
- Mental Health Services
- Social Work
- Youth Services
- Indigenous Organisations
- Housing or emergency accommodation
- Or any other services that work with this client group.

Then this training is for you!

If you want to:

Build and improve your knowledge and confidence in relation to ATS

- Improve your brief intervention and referral skills to work effectively with people who use ATS
- Improve your knowledge and understanding of the potential harms associated with ATS use
- Improve your knowledge regarding strategies to work effectively with clients to prevent and reduce harms



# Newsletter

**April Newsletter  
2009**

Anex is a Registered Training Organisation (RTO) and our Vocational Education and Training activities are delivered in accordance with the Australian Quality Training Framework. Funding from the Australian Government Department of Health and Ageing Amphetamine Type Stimulants (ATS) Grants Program has enabled this national training to be delivered free of charge.

Training is free, however bookings are essential.

For further information or to register go to [www.amphetamines.org.au](http://www.amphetamines.org.au) or phone Anex on 03 9486 6399 or email [info@amphetamines.org.au](mailto:info@amphetamines.org.au)

Venue: City of Greater Geelong, City Hall, 30 Gheringham St, Geelong 3220

- identify practical strategies for applying a pathways approach in working with young people in the homelessness service system.

Training based in Colac and are free. (2 further sessions 31/3 - 15/6)

For more information EMAIL: [lvaughan@ysas.org.au](mailto:lvaughan@ysas.org.au) FAX: on (03) 9415 8279 or go to [www.ysas.org.au](http://www.ysas.org.au)

**May**

**1st, 8th & 15th May**

### **Skills-Based Counseling Training for AOD Workers**

This three-day skills based training is designed to offer workers the opportunity to refresh and/or build on the skills-based counselling training held in February 2009. This training will continue to make use of clinical maps that allow for the integration of interventions derived from Motivational Interviewing and Cognitive Behavioural Therapy. New developments and case studies will be included. Issues related to psychodynamic or other insight-oriented frameworks will NOT be addressed.

Workers will have the opportunity to practice and develop skills in advanced interventions.

**Target Group and Eligibility:** This training targets alcohol and drug workers with a willingness to engage in a skills-based learning environment. It assumes previous training and practice in Motivational Interviewing and Cognitive Behavioural Therapy as well as 12 months counselling experience in the AOD sector (eligibility includes clinicians who have completed the minimum qualifications, the skills-based counselling training held in February 2009 and those who wish to update and refresh their skills).

Enquiries can be directed to Shirley Gill on 8413 8720 or [shirleyg@turningpoint.org.au](mailto:shirleyg@turningpoint.org.au) or Register [http://www.turningpoint.org.au/e&t/education\\_profdev2009.html](http://www.turningpoint.org.au/e&t/education_profdev2009.html)

**6-8 May 2009**

**NADA CXonference – Community Responses to Complex and Diverse needs'** at Dockside, Darling Harbour, Sydney. The conference is co hosted by the Mental Health Coordinating Council (MHCC) and the Network of Alcohol and Other Drug Agencies (NADA). Community service providers today acknowledge the existence of coexisting problems for many people

accessing services and are looking for a paradigm shift in service delivery approaches that will provide meaningful responses to people's diverse needs.

The conference will:

**30<sup>th</sup> April 2009**

### **Creating Connections: Practice Development Workshop Series -Workshop 2 Pathways Approach**

The Council to Homeless Persons in conjunction with the Youth Substance Abuse Service Education and Research Unit, Melbourne Citymission and the Salvation Army have developed a comprehensive Practice Development Workshop Series for practitioners within the youth homelessness service sector. Funded by the Department of Human Services (DHS), this integrated Practice Development Workshop Series is a key component of the Creating Connections Youth Homelessness Action Plan Stage 2: 2006-2010 and comprise 3 one-day workshops delivered in each DHS region The interactive workshops are designed to have practical application for front line youth homelessness practitioners and build on existing professional skills and knowledge. Practitioners in generalist homelessness services working with young people are also encouraged to attend.

#### **Pathways Approach**

One way to better understand young people's experience of homelessness is to adopt a pathways approach. Examining the pathways into and out of homelessness, in order to understand the triggers and impacts of homelessness, can shed light on the long term effectiveness or otherwise of practice interventions. This one-day workshop offers youth homelessness practitioners the opportunity to:

- critically examine the key concepts underpinning the pathways approach;
- reflect on the Australian and international use of pathways models across different service sectors;
- explore how a pathways approach is applied as a conceptual framework to young people's movement into, through and out of homelessness; and,

- Explore innovative and creative ways to engage and assist people with complex and diverse needs.
- Highlight different community sector approaches, challenges and areas for development.
- Create a space to network with a diverse range of providers, policy makers, researchers, service users and carers.
- Celebrate community sector achievements and leadership in working with people who have complex and diverse needs
- Inspire by exposing delegates to speakers and workshop presenters who will provoke and motivate with challenges, brainstorming opportunities, new thinking and strategies
- Inform with the latest on policy directions and new approaches at state and national level.

For more info <http://www.nada.org.au>

**7<sup>th</sup> May**

**YSAS Critical Thinking Seminar**

**journeys in inner space: ketamine and the NMDA antagonists**

'I was no longer in my New York apartment. I was in Egypt, inside a pyramid lying inside an open sarcophagus..... I felt that this light which moved through me and radiated from me, connected me with everything else through space and time...'

This seminar will provide an overview of recently synthesized compounds that seldom come to the attention of AOD workers and as a result retain an air of mystery.

- Phenethylamines, tryptamines, piperazines and dissociatives
- The NMDA receptor
- Pharmacology and pharmacokinetics
- Down the K-hole: The Near Death Experience
- Minimising the risks associated with these drugs

**Geelong Conference Centre, Adams Court, Eastern Park. Time 2pm - 4pm Cost: Free** To book contact Lou Vaughn 94158860 or [www.ysas.org.au](http://www.ysas.org.au)

**7<sup>th</sup> May 2009**

**Occupational Health & Safety (OHS) – An Introduction for Committees of Management and Board Members - Geelong**

This three hour session will provide a basic overview of OHS aimed at committees of management and board members in the community sector.

This session is designed to assist committees of management and board members to understand their OHS responsibilities

and the role they can play in facilitating good OHS practices at their organisation.

<http://www.vcross.org.au/clearinghouse/vv/events.php>

**14, 15 & 22 May.**

**Train The Trainer – The Training Team**

A practical three-day program oriented for human services to address planning, delivering and reviewing training.

- Program Design • Modes of Learning • Processes and Activities • Group Dynamics • Presentation Skills •

Assessment and Evaluation. With opportunity for practice and feedback. Cost: \$530

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

Venue: Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn Phone: (03) 9817 4094

**17 May 2009**

**MINDFULNESS-BASED COGNITIVE THERAPY TRAINING RETREAT FOR CLINICIANS**

**Professional Training program**

It is rare and rich opportunity to experience two such excellent, teachers. NB this course can be taken alone, and also as a part of MBCT teacher certification in SA and around the world

**Cost:** \$1400 (early bird before 31/3/09) \$1600 (after 31/3/09)

**Registration:** [For flyer click here](#)

[For registration form click here](#)

Email to [clementine.sicolo@health.sa.gov.au](mailto:clementine.sicolo@health.sa.gov.au)

**Further information:** Ph: 08 8222 8100

For more information on mindfulness based therapies go to: [www.mindfulness.org.au](http://www.mindfulness.org.au)

**17-19 May 2009**

**Interagency National Conference Alcohol and Other Drugs - Alice Springs**

A national conference in the Northern Territory to showcase practice innovation, evolving evidence, challenges and opportunities.

Interagency National Conference

Alcohol and Other drugs 17-19 May

[d cem@desliens.com.au](mailto:d cem@desliens.com.au)

**18th and 19th May 2009 (or 17th and 18th Aug, 29th Oct and 5th Nov)**



# Newsletter

**April Newsletter  
2009**

## **SINGLE SESSION WORK (SSW): Making the most of every encounter – The Bourvie Centre**

To introduce the aims, practice principles, techniques and strategies of SSW. Learn the 'nuts and bolts' of SSW practice and explore implementation strategies for various service settings.

### **Learning Outcomes:**

- Describe the history and philosophy of a SSW approach
- Describe what SSW is and what it is not
- Discuss indications and contra-indications for SSW
- Identify and practise particular skills associated with SSW
- Practice via role play intake, session and follow-up phone call, including the micro skills of SSW paperwork
- Describe various applications of the SSW ideas
- Outline a process for implementing SSW in a service setting
- Develop an implementation plan.

### **Who Should Attend:**

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in understanding and / or applying a SSW approach either in their individual clinical practice or as a treatment modality within their agency. Cost:

<http://www.bouvierie.org.au/category/8/25/48/231#SINGLESESSIONWORKSSWMakingthemostofeveryencounter>

### **21 May 2009**

#### **Training For Alcohol & Other Drug Workers - Withdrawal Guidelines**

Turning Point Alcohol and Drug Centre has been contracted by the Department of Human Services to provide professional development training to disseminate the newly developed withdrawal guidelines for AOD workers in Victoria.

#### **Overview**

This training will update participants on the latest developments in the management of withdrawal. Content on alcohol, opioids, benzodiazepines, amphetamine type substances (ATS), cannabis and nicotine is included. Core content is detailed below.

- Definitions of dependence and withdrawal,
- Principles of AOD withdrawal care
- Features of AOD withdrawal
- Withdrawal complications
- Symptomatic medications
- Special needs groups including dual diagnosis clients, polydrug clients, young people, rural and regional clients,

Aboriginal and Torres Strait Islander (ATSI) clients, and Culturally and Linguistically Diverse (CALD) clients

- Presentation to AOD withdrawal
- AOD withdrawal settings including residential withdrawal, home based withdrawal and outpatient withdrawal
- Assessment tools
- Pre-admission planning
- Planning for post-withdrawal support
- Adjunct therapy and natural supplements
- Intoxication at assessment

WARRNAMBOOL

Country Comfort, 525 Raglan Pde, Warrnambool. Tel: 5562 3866 <http://www.turningpoint.org.au/>

### **25-27 May 2009**

#### **The Australian Winter School**

Research Policy Practice

The Australian Winter School 2009, held over three days, has been divided into separate themes for each of the three days, they are:

Monday: National Best Practice – Alcohol and Tobacco

Tuesday: National Best Practice – Challenges

Wednesday: National Best Practice – Illicit Drugs

Look at the Plenary Speakers page in the top menu to see confirmed plenary speakers for the conference.

Confirmed presenters for the 2009 conference include Mel Miller who will be presenting the Opening Day Oration [www.winterschool.info](http://www.winterschool.info)

### **27 – 28<sup>th</sup> May**

#### **4<sup>th</sup> National Conference on Anxiety & Depression – Reconnexion**

The Melbourne Exhibition and Convention Centre

The conference format will remain the same as in 2008 with keynote, plenary and concurrent sessions allowing participants to attend sessions in specific areas of interest. Cost of registration will remain at an achievable \$440 with a reduction for early bird registration; our wish is to ensure the price doesn't exclude people from attending.

Who Should Attend drug and alcohol counsellors, private psychologists, psychologists working in public health settings, general practitioners, psychiatrists, social workers, counsellors, nurses, teachers and university educators.

What people said about the 2008 conference: "First conference in years which has excited me with possibilities" "Great to have a practitioner focused conference" "A wonderful experience" "Thank you very much for a very rewarding and professional experience"



# Newsletter

**April Newsletter  
2009**

For more information or to register your interest please contact Education & Training Manager [janet@reconnexion.org.au](mailto:janet@reconnexion.org.au) or phone 03 9886 9400. [www.reconnexion.org.au](http://www.reconnexion.org.au)

Venue: Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn Phone: (03) 9817 4094

**28 May 2009**

## **Board Members: Roles, Responsibilities, Liabilities and Protections - Warrnambool**

What are the roles, responsibilities and proper activities of the board of directors of a Not-for-Profit organisation? What are the potential liabilities of board members? What role should the board play

<http://www.vcross.org.au/clearinghouse/vv/events.php>

**29 May**

## **Uniting Head and Heart: The Power of Behavioural Experiments in CBT - One Day Workshop**

Associate Professor James Bennett-Levy will deliver this experiential workshop which will be held at the Melbourne Convention Exhibition Centre. The workshop will give participants the opportunity to learn how to use one of the most powerful methods to bring about change. [www.reconnexion.org.au](http://www.reconnexion.org.au)

**May 29**

## **Professional Supervision Skills**

Theoretical frameworks and practical skills for health and community service professionals who are required to provide supervision of professional practice.

- What is it and why do it? • Alfred Kadushin's model explained • Six essential supervisory skills – when and how to use them • Preparing yourself and your supervisee • Establishing a supervision agreement • Giving feedback • Case studies • Dilemmas and how to deal with them • Self care Cost: \$188

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

Venue: Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn Phone: (03) 9817 4094

**June**

**June 15 (OR September 8 OR November 23.)**

## **Team Leaders Workshop - The Training Team**

A 'hands on' day for people in a team leadership role:

- Tools to assess your team's functioning • Strategies for creating effective teamwork • Leading in an environment of change • Dealing with difficulties. Cost: \$213

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

**15<sup>th</sup> June 2009**

## **Creating Connections: Practice Development Workshop Series - Workshop 3: Early Intervention**

The Council to Homeless Persons in conjunction with the Youth Substance Abuse Service Education and Research Unit, Melbourne Citymission and the Salvation Army have developed a comprehensive Practice Development Workshop Series for practitioners within the youth homelessness service sector. Funded by the Department of Human Services (DHS), this integrated Practice Development Workshop Series is a key component of the Creating Connections Youth Homelessness Action Plan Stage 2: 2006-2010 and comprise 3 one-day workshops delivered in each DHS region The interactive workshops are designed to have practical application for front line youth homelessness practitioners and build on existing professional skills and knowledge. Practitioners in generalist homelessness services working with young people are also encouraged to attend.

### **Early Intervention**

Early Intervention is being given an important new emphasis in working with young people at risk of and experiencing homelessness. The youth homelessness sector has responded in significant ways over the past decade. This one-day workshop offers youth homelessness practitioners the opportunity to:

- explore some of the recent key concepts of early intervention within the context of youth homelessness;
- define the relationship and distinctions between prevention and early intervention; and,
- build upon current knowledge and broaden their awareness of where and how the opportunity for early intervention may apply within youth homelessness practice response.

Training based in Colac and are free. (2 further sessions 31/3 - 15/6) For more information EMAIL: [lvaughan@ysas.org.au](mailto:lvaughan@ysas.org.au) FAX: on (03) 9415 8279 or go to [www.ysas.org.au](http://www.ysas.org.au)

**22 June.**

## **Time and Workload Management**

Get yourself better organized: • Understand and develop your natural style • Set and negotiate changing priorities • Deal with the unexpected • Lessen stress • Use Planning tools and strategies • Practical tips for saving time • Hints for managing Email Cost: \$188

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>



# Newsletter

## April Newsletter 2009

Venue: Hawthorn Campus, The University of Melbourne, 442  
Auburn Rd. Hawthorn Phone: (03) 9817 4094

### July

**20 July**

#### **Occupational Health & Safety (OHS) – An Introduction for Staff and Volunteers in the Community Sector - Geelong**

This one day introduction to OHS in the community sector is aimed staff and volunteers and covers areas of the OHS Act 2004, as well as regulations, compliance codes and guidelines. A good starting point, this course will enable participants to develop a good understanding of OHS and the resources available to workers and employers.

(Please note that this course is not a substitute for 5 day staff elected health and safety representative training)

<http://www.vcross.org.au/clearinghouse/vv/events.php>

**21 & 22 July 2009**

#### **Occupational Health & Safety (OHS) – An Introduction for Managers and Employers in the Community Sector**

This two day training course is designed to give managers and employers in the community sector a solid introduction to the OHS Act 2004, with additional information on regulations, compliance codes and guidelines. It will also cover hazard identification and control methods.

The aim of this two day course is to give managers and employers an overview of their roles and responsibilities in regards to OHS, enabling them to focus on the development of good OHS practices in their workplace.

<http://www.vcross.org.au/clearinghouse/vv/events.php>

### August

**17 & 18 August (OR November 17 & 18)**

#### **Group Facilitation Skills- Teamwork Training Services**

A two-day program: • Enliven and improve the effectiveness of your group programs • New ideas and activities • Four keys for effective planning • Group theory • Strategies for dealing with difficult dynamics. Cost: \$360

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

Venue: Hawthorn Campus, The University of Melbourne, 442  
Auburn Rd. Hawthorn Phone: (03) 9817 4094

**17th and 18th Aug 2009 (or 29th Oct and 5th Nov 2009)**

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Discuss indications and contra-indications for SSW

Identify and practise particular skills associated with SSW

Practice via role play intake, session and follow-up phone call, including the micro skills of SSW paperwork

Describe various applications of the SSW ideas

Outline a process for implementing SSW in a service setting

Develop an implementation plan.

#### **Who Should Attend:**

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in understanding and / or applying a SSW approach either in their individual clinical practice or as a treatment modality within their agency. Cost:

<http://www.bouverie.org.au/category/8/25/48/231#SINGLESSESSIONWORKSSWMakingthemostofeveryencounter>

**26 August**

#### **Presentation Skills**

Build your confidence and skill in making stimulating presentations. Are you daunted by the prospect of speaking in front of an audience? Few people are naturals at making presentations. Learn • Techniques to engage your audience • Structure your presentation • how to get your message across • use appropriate body language • manage 'public speaking nerves'.. Cost: \$188

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

Venue: Hawthorn Campus, The University of Melbourne, 442  
Auburn Rd. Hawthorn Phone: (03) 9817 4094

### September

**September 8 (OR November 23.)**

#### **Team Leaders Workshop - The Training Team**

A 'hands on' day for people in a team leadership role:

• Tools to assess your team's functioning • Strategies for creating effective teamwork • Leading in an environment of change • Dealing with difficulties. Cost: \$213

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

Venue: Hawthorn Campus, The University of Melbourne, 442  
Auburn Rd. Hawthorn Phone: (03) 9817 4094



# Newsletter

**April Newsletter  
2009**

## October

**29th Oct and 5th Nov 2009**

### **SINGLE SESSION WORK (SSW): Making the most of every encounter – The Bourvie Centre**

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#### **Learning Outcomes:**

- Describe the history and philosophy of a SSW approach
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## November

**17 & 18 November**

### **Group Facilitation Skills- Teamwork Training Services**

A two-day program: • Enliven and improve the effectiveness of your group programs • New ideas and activities • Four keys for effective planning • Group theory • Strategies for dealing with difficult dynamics. Cost: \$360

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

Venue: Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn Phone: (03) 9817 4094

**1 – 4 November 2009**

### **Australasian Professional Society on Alcohol and Other Drugs (APSAD) 2009 Conference**

*Darwin Convention Centre*

*Northern Territory, Australia*

*Website. [www.apsadconference.com.au](http://www.apsadconference.com.au)*

**The Australasian Professional Society on Alcohol and Other Drugs (APSAD) is pleased to announce that the [call for abstracts](#) for their 2009 conference is now open!**

This conference, being held at the Darwin Convention Centre from Sunday 1 - Wednesday 4 November 2009, will feature an exciting program which includes international and national speakers, focussing on new treatment, prevention and policy in the areas of drugs and alcohol research. The conference will include local issues and content relevant to the region, but will also offer a range of presentations and workshops that have international relevance. Featuring original work from the field, the conference program will, for the first time, encourage alternative presentation styles such as film, yarning circles and artwork whilst maintaining conventional modes of presentation such as oral and poster presentations, participatory workshops and debates/discussions.

**Information is available on the [conference website](#). Alternatively please contact the [conference manager](#).**

**23 November.**

### **Team Leaders Workshop - The Training Team**

A 'hands on' day for people in a team leadership role:

- Tools to assess your team's functioning
- Strategies for creating effective teamwork
- Leading in an environment of change
- Dealing with difficulties. Cost: \$213

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

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