

Goulburn Valley Alcohol and Other Drugs Services Plan 2015-2018

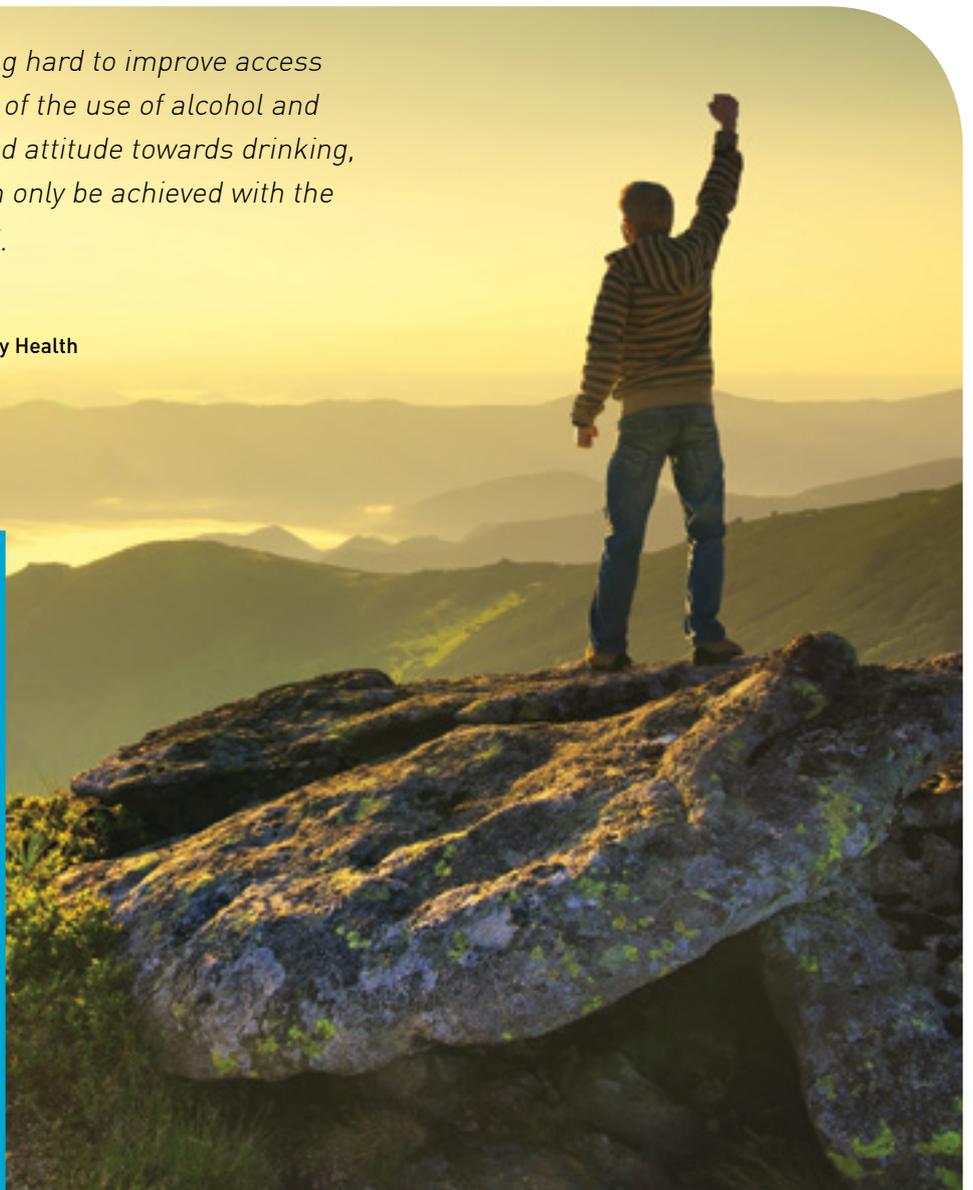


Goulburn Valley Alcohol and Other Drugs Advisory Network Newsletter

November 2016

"While service providers are working hard to improve access to services and address the impact of the use of alcohol and other drugs, a change in culture and attitude towards drinking, smoking and using other drugs can only be achieved with the support of the broader community".

Leigh Rhode
Executive Director
Community and Integrated Care Goulburn Valley Health



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Goulburn Valley Alcohol and Drug Services Plan

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Our Shared Vision

Residents, workers and visitors to the Goulburn Valley have a responsible attitude to alcohol and other drugs and individuals, families and communities affected by the use of drugs and alcohol are able to reach their potential and lead safer, healthier and happier lives.

Priority Areas and Key Actions: Year 1 and 2

- **Prevention**

- ⇒ Work with local government to support the inclusion of evidenced based prevention strategies

- **Service Development**

- ⇒ Work to extend the Goulburn Valley Alcohol and Drug Service therapeutic day rehabilitation program across the Goulburn Valley
- ⇒ Increase access to residential withdrawal by working with GP's and rural and regional hospitals
- ⇒ Develop a family based model of withdrawal and rehabilitation which addresses Aboriginal and Torres Strait Islander community needs
- ⇒ Develop a residential rehabilitation model for the Goulburn Valley

- **Family Centred Practice**

- ⇒ Develop and implement a family inclusive model of service delivery
- ⇒ Work to extend the Primary Care Connect family support initiative
- ⇒ AOD service providers will annually review their family inclusive practice

- **Quality and Safety**

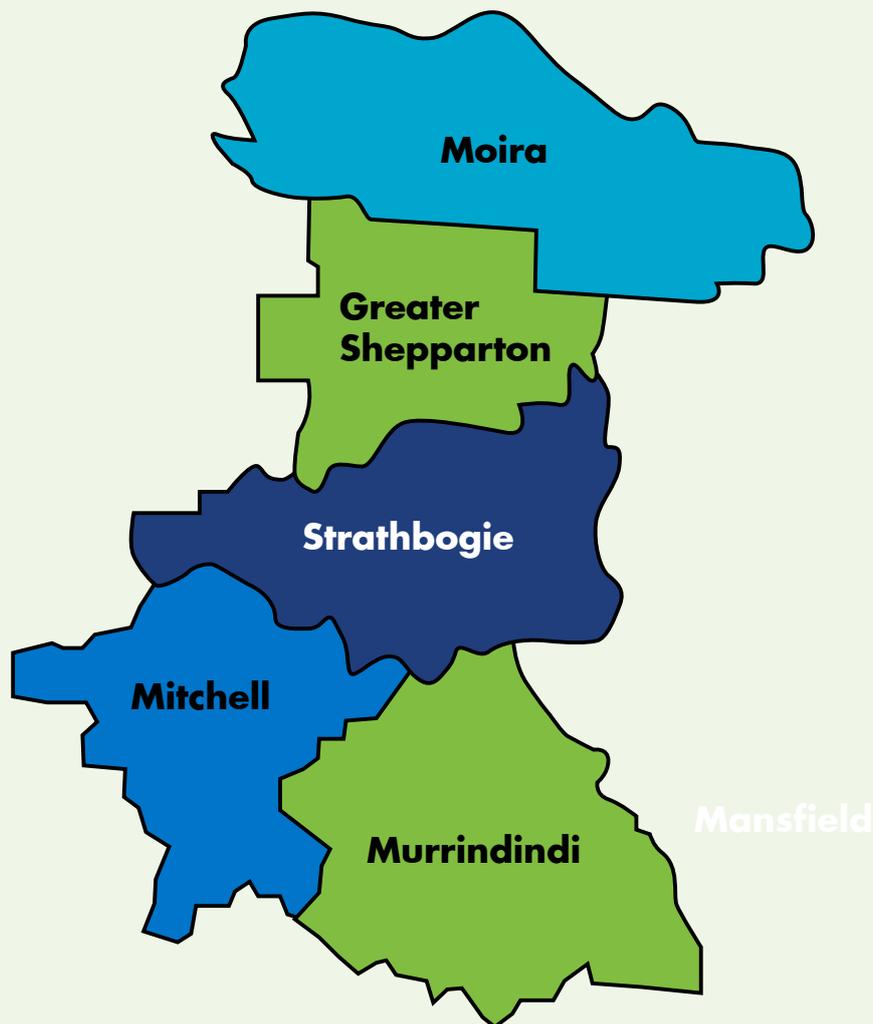
- ⇒ Determine the most appropriate model of providing specialist addiction medicine support to general practitioners and other AOD workers and increase access to prescribers and dispensers
- ⇒ Ensure people with a dual diagnosis and their families, carers and significant others receive appropriate support and care.

- **Workforce development**

- ⇒ Utilise the catchment planning process to strengthen service partnerships and planning

How the plan was developed

An Advisory Network was formed to guide development of the plan. A series of background papers were prepared to ensure the Advisory Network had sufficient information to be able to make recommendations that reflected the quantitative data available at a local, state and national level, the consultation and planning information available from other organisations such as local governments and Primary Care Partnerships and the views and opinions of service providers and community members.



What is driving the plan...?

The following facts are key reasons why organisations have come together to develop the Goulburn Valley Alcohol and other Drugs Services Plan 2015-2018. Refer to Background Paper No 4: About the Catchment, to obtain a copy contact the Catchment Planner

About the Goulburn Valley

- Population of 150,365.
- More youthful populations in Greater Shepparton and Mitchell.
- ATSI population in GV (0.8%) higher than Victoria with Shepparton 4.4% or >2,700 people.
- Greater Shepparton received the highest number of new arrivals 2006-11, 2,158 or 3.6% of all municipalities in the Goulburn Valley.
- People receiving unemployment benefits in all municipalities higher than Victoria (4.9%).

Alcohol

- In all GV municipalities the rate of alcohol consumption with high risk to health within the last 7 days, is above rural Victoria (3.2%) approx > 4,800 people.
- People with the highest socio-economic status are more likely to drink and consume alcohol in quantities that place them at risk of an alcohol-related disease, illness or injury.

Smoking

- GV men (27.7%) and women (20.8%) are in the highest group of smokers nationally (20.3% and 15.7%).
- The rate of GV women who smoke during pregnancy (23.1%) is more than double Victoria (11.4%).

Other Drugs

- Cannabis is the most commonly used illicit drug.
- 2013-14 it was estimated that 2.09% of the population were regular users of methamphetamine and 1.24% were dependent users. In the GV this means there are some 3,140 regular users and 1,865 dependent users.
- People aged 20-29 were the most likely age group to use an illicit drug in the past 12 months in Victoria (27.4%) followed by those 30-39 years.
- Recent illicit drug use is more prevalent among ATSI (24.1%), GLBTI (38.6%) and those treated for a mental illness (24.2%).

What is driving the plan...?

About the Goulburn Valley

- Alcohol and illicit drug use are significant contributors to family violence increasing both the likelihood of violence occurring and the severity of harms experienced.
- Heavy patterns of alcohol and other drug use result in adolescent and young adult populations engaging in risky sexual behaviour.
- Alcohol and other drugs are consistently identified as a significant contributor to child protection cases.

Alcohol

- Excessive alcohol intake is a major risk factor for morbidity and mortality.
- Short episodes of heavy alcohol consumption are a major cause of road and other accidents, domestic and public violence, and crime.
- Long-term heavy drinking also has a major link with chronic disease, including liver disease, brain damage, injury and premature death and is related to the causes of more than 60 different medical conditions.
- Alcohol contributes to family breakdown and broader social dysfunction.
- Alcohol use during pregnancy is linked to a spectrum of adverse outcomes ranging from brain damage and poor growth to birth defects and learning problems.
- Alcohol is responsible for the most ambulance call-outs related to drug use.

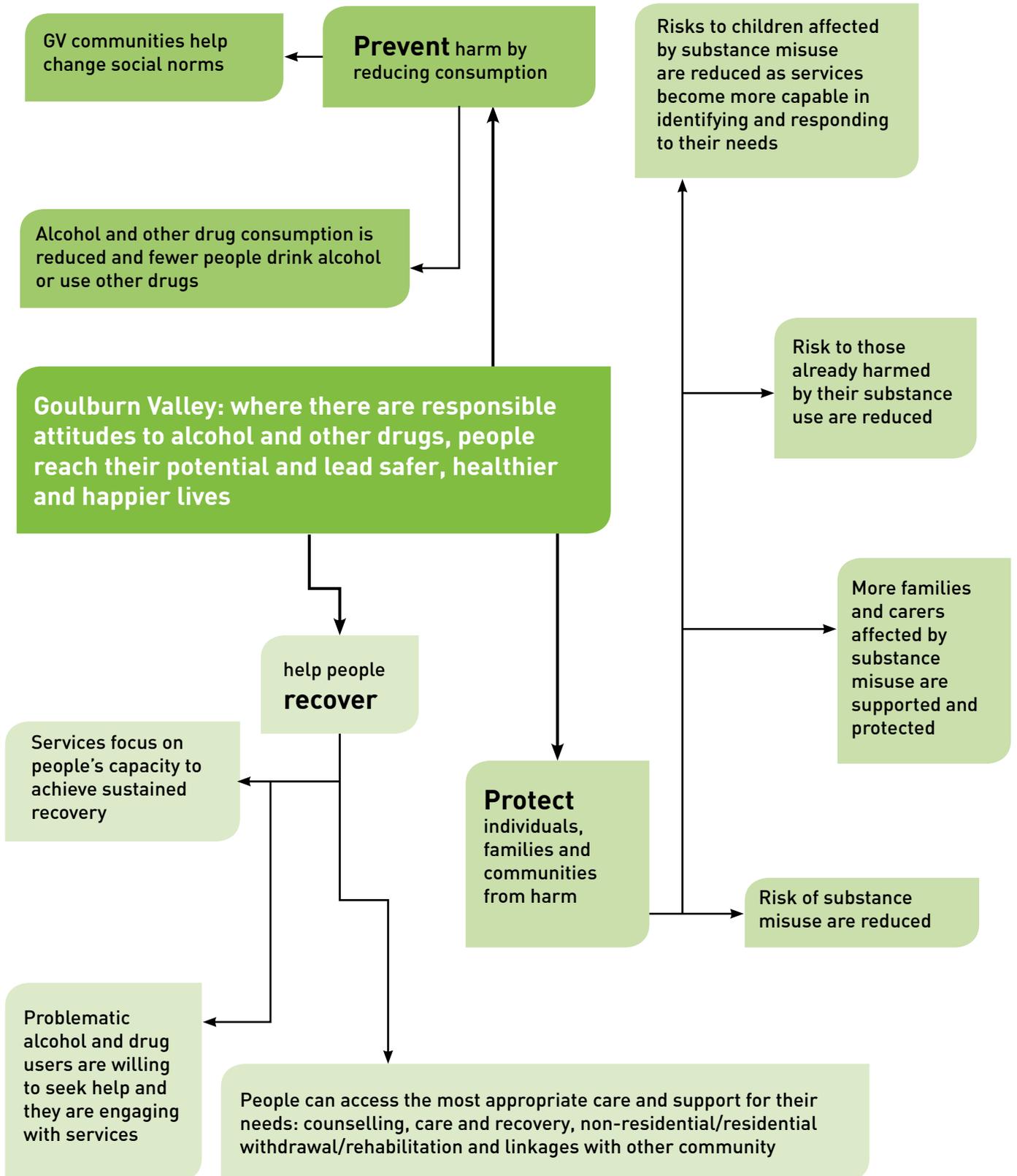
Smoking

- Tobacco smoking is the single most preventable cause of ill health and death, being a major risk factor for coronary heart disease, stroke, peripheral vascular disease, cancer and various other diseases and conditions.
- Tobacco is responsible for more drug-related hospitalisations and deaths than alcohol and illicit drugs combined.

Other Drugs

- Illicit drug use is a major risk factor for ill health and death, being linked with HIV/AIDS, hepatitis C, low birthweight, malnutrition, infective endocarditis (leading to damage to the heart valves), poisoning, mental illness, suicide, self-injury and overdose.
- Illicit drugs are a significant contributor to crime, road accidents and violent incidents, and to relationship breakdown and social dysfunction.

Together we are working to...



What we have achieved so far...

Throughout the development of the Goulburn Valley Alcohol and other Drugs Services Plan 2015-2018 alcohol and other drug service providers and other organisations have been working towards the key outcomes of prevention, protection and recovery.

- Establishment of the Goulburn Valley Alcohol and Drug Service Therapeutic Day Rehabilitation Service ~ \$170,000 per annum enabling 85 people to participate annually
- Establishment of the Primary Care Connect family support initiative ~ \$50,000 per annum providing support groups, programs, single sessions and information sessions
- Family inclusive practice training attended by 76 staff from alcohol and other drug and community mental health services
- Enhancements to the GV Needle and Syringe Program ~ \$30,000 one-off and \$26,000 per annum for three years towards training and development
- Establishment of a collaboration between mental health and alcohol and other drug service providers to ensure continuous improvement in service responses for people with a dual diagnosis
- Establishment of a residential withdrawal service utilising the regional and rural hospitals in the Goulburn Valley ~ \$680,000 per annum, enabling 192 people to access residential withdrawal

"The program is set out in such a way that when a person is ready to work on their addiction... they have no reason to fail, due to the strategies, and support given by the group facilitators"

Therapeutic Day Rehabilitation Participant

"One of the comforting thoughts — believe it or not — is we're not the only ones."

Family Support Program

How to access the plan

The plan and summary of the 30 actions, which will be undertaken during the life of the plan, are available on the Goulburn Valley Alcohol and Drug Service (GVADS) webpage www.gvhealth.org.au/services/alcohol-and-drug-service

If you are interested in reading the background papers please contact Christine Nunn, Catchment Planner. Access will be provided to the most up to date version of the background papers as these are being updated and/or created as additional information is collected.

The background papers currently include:

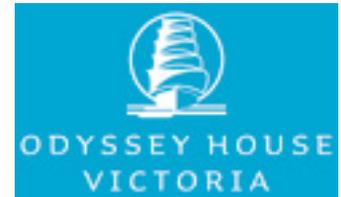
- **No 1:**
The Alcohol and other Drugs Service System in Australia
- **No 2:**
Current and Past Hume Region Plans
- **No 3:**
Goulburn Valley Profile: Data Sheet
- **No 4:**
About the Catchment
- **No 5:**
Priorities identified by service providers
- **No 6:**
AOD Services Matrix and Service Descriptions

How you can be involved

Indicate your interest in being involved by registering with the Catchment Planner so that you can be:

- Invited to participate in focus groups, community forums, surveys, implementation working groups;
- and
- Registered to receive newsletters and updates.

Services and Organisations Participating...



Contact Us

Give us a call for more information about the plan

Goulburn Valley Alcohol and Drug Service Catchment Planner

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