

## Service Practice Enhancement Seeding Grant Program Recipients

### **ADFACT – Karralika Programs Inc., Australian Capital Territory**

**Contact:** Dawn Bainbridge

#### **Seeding Grant Project Overview**

Karralika Programs Inc. delivers a range of alcohol and other drug treatment programs and services to the ACT region, their vision is for the re integration of individuals and families into the community through alcohol and other drug treatments, rehabilitation and transition programs.

This project seeks to increase access to and retention in residential treatment within a therapeutic community environment for clients with complex issues specifically related to acquired brain injury, fetal alcohol syndrome and intellectual disability. This will be achieved through:

- Improved identification of clients with the specified conditions
- Updated policy to reflect the commitment of the agency to treatment for clients with the specified conditions
- Staff training and development
- Improved service/program delivery mechanisms for clients with the specified conditions

### **Drug and Alcohol Multicultural Education Centre (DAMEC), Sydney**

**Contact:** Helen Sowe

#### **Seeding Grant Project Overview**

DAMEC's primary purpose is to reduce the harm associated with the use of alcohol and other drugs within culturally and linguistically diverse (CALD) communities in NSW. The seeding grant project will support this aim by producing a Vietnamese language, culturally appropriate version of the SMART Recovery Program. Two pilot SMART Recovery groups will be run in Vietnamese with clients involved in the criminal justice system – one group will run in a custodial setting, and one in the community.

SMART Recovery is a group-based program designed to address addictive behaviours. SMART Recovery groups are currently running in the NSW Corrective Services system, however these are not accessible for people with limited English proficiency.

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### **Freeman House, St Vincent de Paul, Armidale**

**Contact:** Jocelyn Sullivan

#### **Seeding Grant Project Overview**

Freeman House specialises in the provision of residential and community based rehabilitation services for people with severe alcohol and drug problems, co-morbid disorders and /or are homeless /at risk of homelessness. Freeman's Service Practice Enhancement Seeding Grant will employ dedicate a position to focus on service review and adaptation considering intake and admission procedures in order to promote access to people with complex needs. In addition they will investigate and establish local partnership networks with key stakeholders to collaboratively work toward providing high quality services to people with complex needs. This may include sharing of practices, referral pathways, developing memorandums of understanding and skills.

### **Kamira Alcohol and Other Drug Treatment Services, Wyong**

**Contact:** Kate Hewett

#### **Seeding Grant Project Overview**

Kamira began providing residential treatment to women and their accompanying children in 1982. Residential treatment is offered to women 18 years and above, with or without children in their care. Kamira accommodates co-morbid mental health presentations, complex physical health, criminal justice clients and currently trialling clients on pharmacotherapy. In addition to the residential program, Kamira provides a comprehensive family program and parent effectiveness training. The residential program is offered over a 6 – 9 month period based on clients needs. This service is offered to women across the state of NSW.

Kamira also provides an outreach service for local women residing in Wyong Shire. This program offers individual counselling and group therapy focussing on relapse prevention skills development.

The project will have three main components:

- Improving the competency and confidence of staff when providing treatment to cognitively impaired clients.
- Develop an appropriate cognitive impairment assessment tool that then assists in effective treatment planning.

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- Policy and Procedure Development which further develops the above into the core practices of Kamira.
- A Clinical Psychologist will be contracted to achieve the listed intended outcome.

### **Kedesh Rehabilitation Services (KRS), Wollongong & Sydney**

**Contact:** Mark Buckingham

#### **Seeding Grant Project Overview**

KRS consists of 3 integrated treatment programs an adult program, an adolescent Programme (KAP) providing an inpatient / outpatient drug, alcohol and gambling rehabilitation service. As well as the Kedesh Holistic Treatment/Family Programmes – provides counselling, group work and education for families who are affected by drug and alcohol misuse.

The provision of information to family and clients is an important part of the rehabilitation process as such, Ponds & Hendricks (2006) have recommended incorporating psycho education regarding cognitive function, as well as addressing issues of self-awareness and mood, into memory interventions. Whilst education alone is unlikely to benefit memory, it will have an indirect affect on everyday function through improvement in self-awareness & self-efficacy. A key principal in compensatory memory strategies involves helping an individual recognise their difficulties and capitalise on personal strengths or other resources such as memory aids that will be developed to support clients whilst in program, but more importantly post program.

In developing this program, KRS will be guided by several key themes:

- Functional Memory Processes: attention/encoding, storage & retrieval.
- Compensatory memory strategies: internal/mental strategies & external aids.
- Everyday memory situations, including prospective memory.

KRS aims to reduce barriers for clients who may have an acquired brain injury (ABI) accessing service, increase organisational knowledge, capacity & confidence to assist clients with an ABI, improve engagement and retention of client group in residential D&A setting, as well as the development of group and external aids that can be applied to the broader D&A sector.

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### Lyndon Community Services, Central and Greater Western NSW

**Contact:** Dr Julaine Allan

The Lyndon Community provides alcohol and other drug treatment in residential and non residential programs, administered from Orange/ Canowindra. The seeding grant project will develop the capacity of the Lyndon Community to work effectively with people in substance treatment who have acquired brain injury or intellectual disability (ABI/ID).

The project will:

- Research best practice in substance treatment for the client group.
- Identify the number of people within Lyndon programs who have ABI/ID and their treatment outcomes to date (2008-2011)
- Conduct a review of all the education programs/resources used at the Lyndon Community Services and assess their suitability for individuals with ABI/ID.
- Where required, modify or develop alternate resources to increase the capacity of the organisation to assist clients with ABI/ID to achieve better outcomes.
- Develop a local network of expert advisors to support staff and program development /change.
- Identify local expertise in the field of learning disabilities for functional assessments and provision of supervision for staff when working with clients with complex needs.
- Train staff in working effectively with ABI/ID clients
- Develop networks for ongoing client support/aftercare and discharge planning.
- Evaluate the impact of the PEP grant activities on treatment cessation.

### Salvation Army - Youthlink, Greater Western Sydney

**Contact:** John Drew

The Salvation Army Youthlink is a specialised youth service working with young people across Greater Western Sydney. It's programs include drug and alcohol case management and treatment programs, early intervention programs and vocational and life skills training programs.

The Service Practice Enhancement Seeding Grant Project aims to pilot the PRO-FILE group program with clients from the Youth Drug and Alcohol Court (YDAC) in partnership with Juvenile Justice. The PRO-FILE program is an evidence based program designed for pre-contemplative and treatment resistant juvenile offenders to motivate offenders into treatment readiness and identify treatment needs.

In addition Youthlink will pilot the Positive Lifestyles Program for Youth (PLP4YOU) individualised program with YDAC and FYRST case managed clients. PLP4YOU encourages the development of life enhancing skills in a positive reinforcing manner. It has been developed from the Positive Lifestyle Program (PLP) which has proved successful with adult populations, and will be trialled with 10 young people over the funding period.

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### **The Glen, Ngaimpe Aboriginal Corporation, Chittaway Point**

**Contact:** Vince Coyte

The Glen provides a holistic drug and alcohol rehabilitation program for indigenous and non indigenous men. It is a program designed to break the cycle of men going to and from gaol through a drug or alcohol problem by addressing the causes of offending and therefore preventing re-offending.

The practice enhancement seeding grant aims to increase staff knowledge of the justice system and how that can affect our clients thinking and behaviours in addition The Glen aims to develop better relationships between the justice systems workers and main referral pathways (gaols, parole officers, merit etc) to help place clients in the most suitable rehabilitation program for them.

A video and print material advertising 'The Glen' and exactly what they do will be produced for use by referral sources. This is to give referrers and potential clients a better understanding of what 'The Glen' is and if it is right for them. This video will be a useful tool to inform the Drug and Alcohol Sector workers in Goals, current prisoners as well as the broader legal professions - magistrates, prosecutors and lawyers especially Aboriginal legal in order to assist individuals key to referral discussions in assessing if The Glen is the right service for the client.

### **Women and Girls Emergency Centre (WAGEC), Surry Hills, Sydney**

**Contact:** Helen Williams

WAGEC provides holistic services for women with or without dependent children and transgender women who are experiencing or at risk of homelessness.

Many of the clients who access WAGEC have long term entrenched drug and alcohol issues co existing with cognitive impairment, long standing involvement with the criminal justice system and mental health issues and therefore have complex needs. These client's often encounter difficulty accessing mainstream services to meet their needs for reasons such as chaotic and/or transient lifestyle or limited functionality, illness or capacity to attend scheduled appointments, structured programs and/or mainstream services.

WAGEC aim to enhance their service provision by utilizing a Specialist Consultant to focus on building networks and partnerships with services that provide support and treatment for



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cognitive impairment, mental health, drug and alcohol and criminal justice system issues, strengthening referral pathways for client's and seek to establish partnerships to provide services for clients that will be sustainable beyond the term of the grant.

While networks, referral pathways and partnerships are being established a Specialist Consultant Counselor will provide counseling and specialist intensive support for clients with drug and alcohol issues and complex needs who are not able to access the services that they need.

### **We Help Ourselves (WHOS), Sydney & Hunter**

**Contact:** Jo Lunn

WHOS seeks to foster personal growth within alcohol and other drug therapeutic programs incorporating harm minimization and co-existing mental health initiatives. WHOS currently operates seven residential therapeutic community projects across New South Wales and Queensland. Over the last few years WHOS has increased its capacity to service clients presenting with coexisting mental health issues.

The aim of the service practice enhancement seeding grant is to expand the capacity of WHOS to manage complex clients who experience cognitive impairment (such as foetal alcohol syndrome, alcohol related brain damage, head injury, intellectual disability) and/ or complex clients who are involved with the criminal justice system.

This project aims to expand WHOS capacity to assess/manage/refer clients with cognitive impairment and/ or complex clients involved with the criminal justice system. This project will build on the current Improved Services Initiative Project's (funded by DoHA) identified service gaps as there are a significant number of clients with cognitive impairment and/ or involvement in the criminal justice system currently accessing WHOS for drug and alcohol treatment.