



UnitingCare Wesley Adelaide

2 TO 1 PROJECT

Based at Byron Place Community Centre

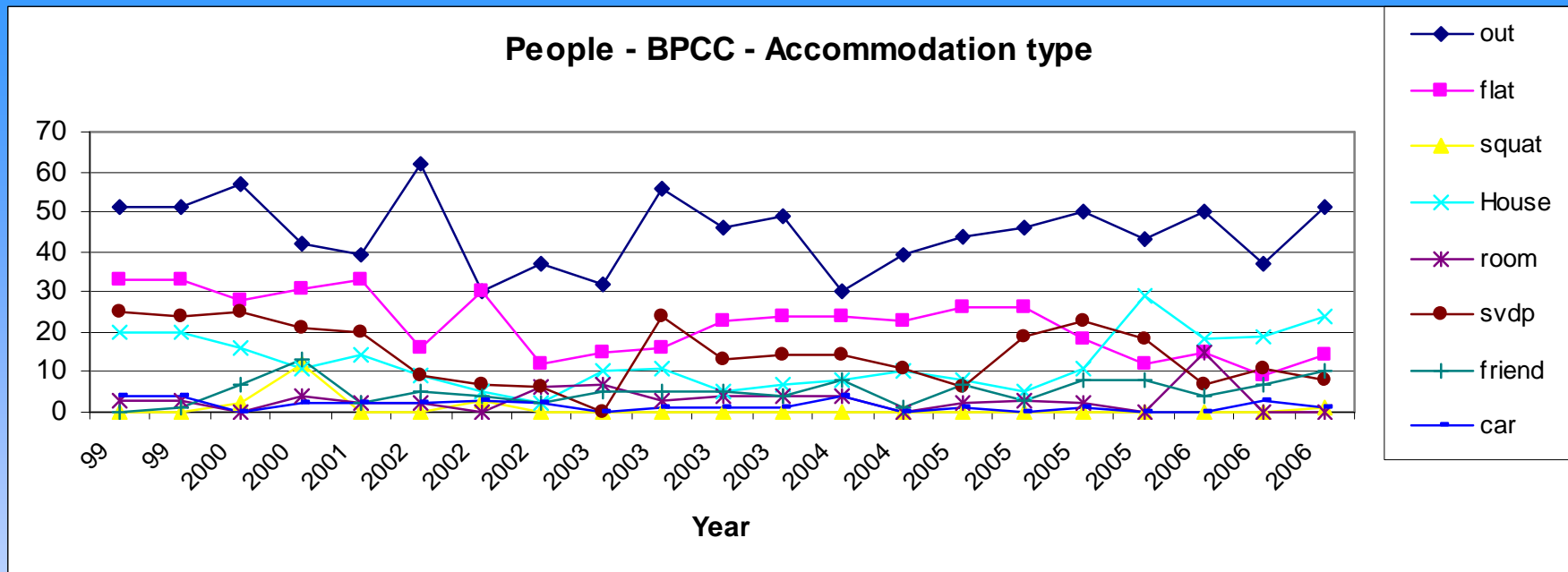


Australian Government

Attorney-General's Department

History

- Team Manager at Byron Place and the Team Manager at Kuitpo Community investigated available programmes- Northern NSW and WA
- A failed NGOTGP-NIDS application (for a 3 Year programme)
- Federal Government AG's department funded for approx 20 months (less when contracts & recruiting commenced)
- Project has now stopped



Byron Place Community Centre

Average age- (latest) 40 years

DSP- 55.2% (Any Pension- 63.2%)

High rate of harmful A&OD use

*58% disclosed M/H contact

*36% suspected undiagnosed

*(2003 organizational survey)

Kuitpo Community

Average age (latest) 38 years

All A&OD use- severe

*58% disclosed M/H contact

*16% suspected undiagnosed

2 TO 1 PROJECT

The Federal Attorney-General approved funding for the following Activity:

A group and individual treatment approach that integrates substance abuse treatment with mental health treatment.

Through psycho-education, goal setting, relapse prevention, psychiatric support and a tolerance of non-abstinence, the group members will receive support to set substance use goals that will address substance use doses and patterns resulting in asymptomatic use.

This treatment model will suit the needs of individuals who do not see abstinence as a valid goal for treatment.

AIMS & OBJECTIVES

Quite often people with Drug and Mental Health issues find it very difficult to access the services they need. They can fall between the cracks.

The 2 to 1 Project integrated a harm minimization approach which addressed the multidimensional needs of the homeless and vulnerable population.

We did this by:

- Providing clients with current information about drug use.
- Exploring the reasons for drug & alcohol use.
- Increasing awareness of the impact of drug use on lifestyles.
- Helping clients understand and manage mental health.
- Helping clients make better decisions through free choice and goal setting.

SERVICES

The groups were designed for people at all stages of development whether they were contemplating some changes or not at all.

In a group setting, individuals were able to draw on each other's different experiences.

One-on-one counseling was available. Our team was able to formulate comprehensive mental health and drug & alcohol assessments.

Service locations

The service was also able to operate from other locations.

- Byron Place Community centre
- Hutt Street Centre
- Westcare (Karpandi)- for Women only
- Kuitpo Community Residential A&OD service

Some of the Topics covered in group work include...

- What are the pros and cons of changing my drug use?
- What are the alternative options if I still want to use?
- What might happen to me if I lower my drug use?
- How do drugs effect my mental health?
- What does it mean to have a mental health issue?
- How do my mental health medications work?

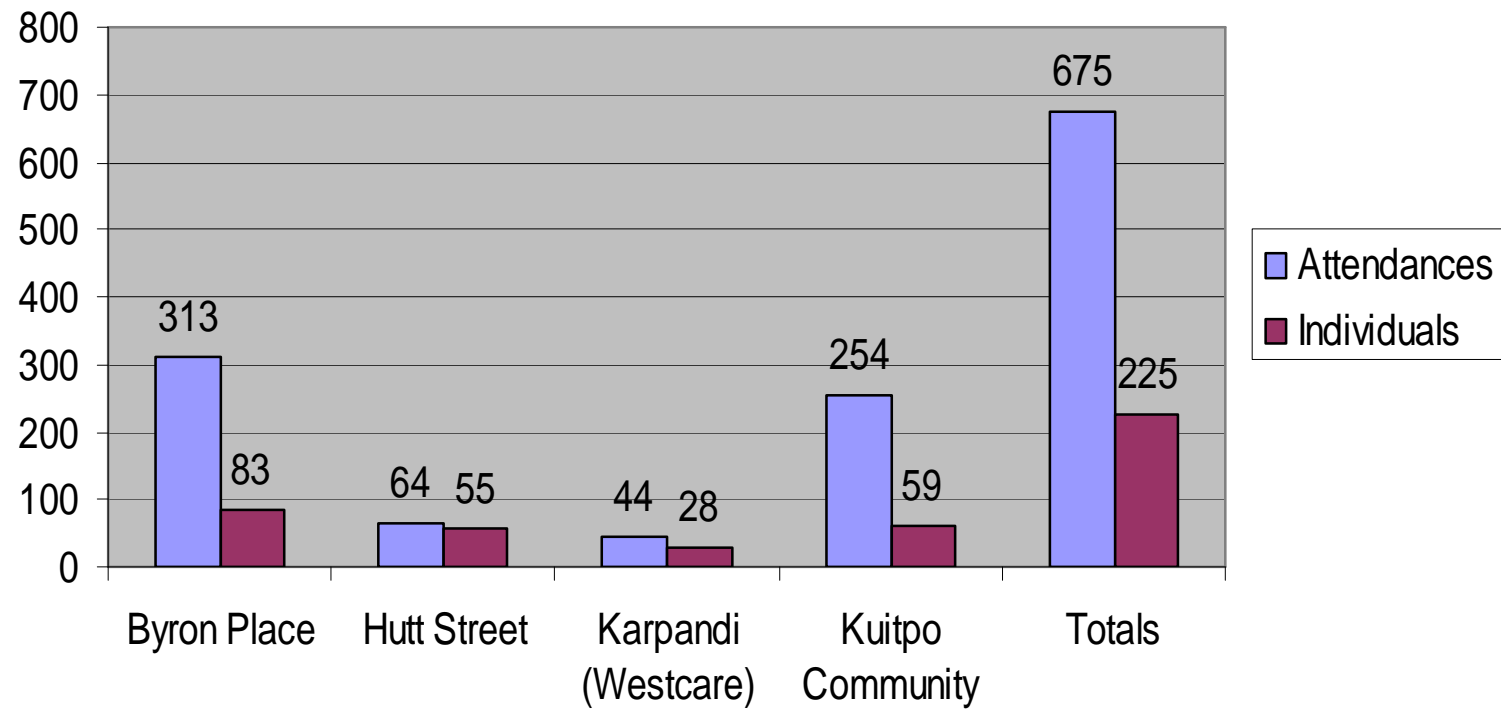
Community Centre: Session Presentations & Programs

May 2005 to May 2006

Program Session	No. of Sessions Held	Byron Place Attendance	Hutt Street Attendance	Women's Group (Westcare) Attendance	Session Attendance
Alcohol & Mental Health	5	13	10		23
Anger Management	4	9	4		13
Cannabis & Mental Health	3	6	4	3	13
Cigarettes & Tobacco	2	7	3		10
Cocaine	1		2		2
Coping Strategies	1	6			6
Domestic Violence	3			12	12
Drugs & Depression	8	19	7	2	28
Gambling & Addiction	9	35	8		43
Grief & Loss	6	11	20	9	40
Heroin, Methadone & Morphine	2	5			5
How to Quit Smoking	2	9	2	3	14
Relaxation Techniques	3	8			8
Safer Methods of Taking Drugs	2	3	4		7
Schizophrenia & Major Mental Illness	1	4			4
Self Esteem & Confidence	3	3		2	5
Speed & Psychosis	7	17	11		28
Strategies on Cutting Down & Quitting	7	12	5	4	21
Stress & Anxiety	5	16		1	17
Testimonials	4	12	7		19
Total Attendance/ Groups:	78	195	87	36	318

Statistics

2 to 1 Client Numbers- over total programme time



What worked

Allowing staff to build relationships with individuals

Being consistent and there – being seen to be there

Information/ content was good

Nursing staff and social worker mix

Supporting other workers- link to Mental Health system

Group work in the residential A&OD programme

What did not work so well

Group format was difficult in some ways

Operating in sites that were not managed by
UnitingCare Wesley Adelaide

Other issues

Initial Recruitment of staff

Short term nature of the project

One off funds only

Staff both went to Government co-morbidity positions – permanent jobs with better money

Project has since “ground to a halt”