

MANAGING ALCOHOL AND DRUG RELATED ISSUES IN GENERAL PRACTICE

The issue:

- 32.4% of adults in Southern NSW consume alcohol at high risk levels¹
- one third of people with alcohol and other drug use disorder have at least one mental health disorder²
- people with substance use disorders may have complex physical health needs²
- increasing rates of pharmaceutical misuse¹.

Screening:

The Smoking, Nutrition, Alcohol and Physical Nutrition (SNAP) guidelines & 5As framework are useful tools for preventative health care. **Alcohol screening** should be done opportunistically for all patients aged 15 years over³ or you may choose a more targeted approach, including:

- new patients
- pregnant women
- people with mental health concerns
- tobacco smokers
- during health assessments and chronic disease care planning.

Screening for other drug use can also be done opportunistically.

Tools: AUDIT- C; CAGE questionnaire (dependence)

Consider BBV serology (Hep B,C & HIV), sexual health screen and urine drug screen.

Need help immediately? Call 1800 023 687

Drug & Alcohol Specialist Advisory Service (DASAS)

The DASAS is for health professionals only (GPs, nurses)

- FREE 24 hour / 7 days support line
- managed by St Vincent's Hospital Alcohol and Drug Service
- specialist consultants advice on diagnosis and management of patients
- clinicians can also be advised on drug effects, withdrawal symptoms, referral options, therapeutic and counselling techniques.

More information:

Opioid Treatment Line -

1800 642 428 (Monday - Friday, 9:30am - 5pm)

RACGP AOD GP education program -

racgp.org.au/education/professional-development/courses/aod

ACRRM Drug and Alcohol Addiction Education (DAAE) -

acrmm.org.au/campaigns/drug-alcohol

Comorbidity guidelines online training -

comorbidityguidelines.org.au/guidelines

HealthPathways:

For more information on management and referral pathways, go to:

Southern NSW & ACT: actsnsw.communityhealthpathways.org

¹ [Population health profile and needs assessment](#)

² [Comorbidity Guidelines](#)

³ [RACGP SNAP guide](#)

Alcohol and drug treatment (AOD) and support services (Southern NSW)



COORDINARE Commissioned AOD services

Directions Health Service: Pathways Bega, Eurobodalla, Goulburn and Monaro

Treatment and support including; counselling and case management, family support and therapeutic and support groups. Access to residential rehabilitation at Arcadia House in Canberra.

Call (02) 6132 4800 or visit directionshealth.com.

Marathon Health: Yass Linked program

Care coordination service for young Aboriginal and Torres Strait Islander young peoples who are at risk of harm from drug or alcohol misuse. The service supports wellbeing planning and encourages engagement with treatment services.

Call 1300 402 585.

Lives Lived Well—Mudjilali Men's Group Bega, Wallaga Lake and Eden

Peer-led drug and alcohol information, group support and community development for local Aboriginal men.

Call 6492 0011.

Waminda South Coast Women's Health & Wellbeing Aboriginal Corporation (partnering with Katungul Aboriginal Corporation): Community Brokerage

Assistance for Aboriginal women and their families to access relevant services and supports as they seek treatment for alcohol and drug-related issues.

Call Waminda (02) 4421 7400 or Katungul (see below).

Directions Health Service: Mobile day rehabilitation (Bega Valley)

Call Directions Health Service on (02) 6132 4800.

Other AOD treatment and support services in and around Southern NSW

Southern NSW Local Health District (SNSWLHD) Mental Health and Drug and Alcohol Service

Information, support and treatment for people affected by alcohol and drug use issues. Some treatment options available include: withdrawal management, counselling, opioid treatment program and court diversion programs.

Call 1800 011 511 (24 hours / 7 days) or visit snswlhd.health.nsw.gov.au/our-services/drug-and-alcohol-services.

Katungul Aboriginal Corporation

Counselling and support in recovery, transport to rehab / detox and family support.

Call Batemans Bay on (02) 4488 4050, Narooma on (02) 4476 2155 and Bega on (02) 6492 0532, or visit katungul.com.au.

Karralika Child and Youth Support

Community support service for children and young people aged 10 to 19 years who have alcohol and other drug-related issues.

Call the main office in Moruya on (02) 6185 1300 or visit karalika.org.au.

Hope House: Batemans Bay

Accommodation, education, assistance and support for men experiencing homelessness who have addictions, mental health or other issues.

Call (02) 4472 2981 or visit communitylifebb.org.au/hope-house.

headspace Goulburn, Queanbeyan, Bega and Batemans Bay

One-stop-shop supporting young people with mental health, physical health, alcohol and other drugs, work or study issues.

Visit headspace.org.au and search for a local service.

Smart Recovery groups

Visit smartrecoveryaustralia.com.au to find a local meeting.

Alcoholics Anonymous

Call 1300 222 222 or visit aa.org.au to find a local meeting.

Patient resources:

Alcohol and Drug
Information Service
(ADIS) –
1800 422 599

NSW Health's Your Room
website –
yourroom.health.nsw.gov.au

Hello Sunday Morning
free self-help app –
hellosundaymorning.org

Get Healthy Service:
Alcohol Program –
1300 806 258

Lifeline –
13 11 14
lifeline.org.au