



Getting Involved in Treatment

It is natural that you would want to be involved, or at least aware of, what is going on with the treatment if someone you care about has mental health and drug or alcohol problems. Sometimes family can feel left out of treatment, which can make them feel they do not make a difference to the recovery of the person they love. In fact they are often very important.

What you can expect from Odyssey House Victoria

- Odyssey staff will only be able to share information with you **if** their client (the person you care about) has agreed for them to do it, and **if** they think it is in the best interests of their client.
- If both the client and the clinician have agreed for you to be involved here are some things you can do:
 - ✧ Ask Odyssey House for resources and information around dual diagnosis, mental health, etc.
 - ✧ Ask to go along to one of the treatment sessions to meet the therapist / counsellor
 - ✧ Ask to set up an agreement (*see Odyssey's confidentiality flier*) so that you can be more informed about the treatment process.

What you CAN'T expect from a treatment service

- Even if Odyssey workers have the person's permission to share information, they may decide not to do this as they might be:
 - Wanting to be careful about how the information will be used
 - Concerned about how family will react once they know more about the person's drug use and mental health
 - Unsure who is the best person in the family to have this information
 - Wanting to support their client's independence or other therapeutic reasons

Generally if the clinician decides it is not in the best interests of their client they will not share the information with you.

Where to go for treatment

- There are different places to get treatment and where a person goes will depend on many things including their preferences, where they live, what supports they have, whether they have health insurance and their income.
- One way to access treatment is for the person with the dual diagnosis to go to their local GP and ask for a referral to Odyssey House or another drug and alcohol or mental health service.
- A person with a dual diagnosis can also call **Odyssey House Victoria** directly on (03) 9420 7600 to ask for an appointment.
- Contact an organization that can refer you to a service, e.g. for help with
 - ☎ Alcohol and other drugs call **Directline**: 1800 888 236
 - ☎ Mental health issues, call the **Mental Health Advice Line**: 1300 280 737