

# Alcohol and Other Drug (AOD) Services for families affected by substance use

## **Web-based and telephone support for families.**

**DirectLine (Victoria) - 1800 888 236:** a 24-hour telephone counselling, information and referral service for people of all ages and backgrounds, including family and friends. DirectLine counsellors assist callers with drug information and the types of services and support options available in their local community.

**Drugs: How and where to get help:** A directory of drug information and treatment services covering the needs of many different groups - drug users, parents and family members. An electronic version is available at [www.health.vic.gov.au/drugservices/downloads/druginf\\_dir.pdf](http://www.health.vic.gov.au/drugservices/downloads/druginf_dir.pdf)

**DrugInfo Clearinghouse 1300 85 85 84 [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au):** The clearinghouse offers a range of information services, including fact sheets on various alcohol and drug-related topics for clinicians and the community, including *Hosting teenage parties* and *'Family Intervention*.

**Family Drug Help - 1300 660 068 [www.familydrughelp.org.au](http://www.familydrughelp.org.au).** This service provides support and information for parents, other family members and significant others of someone with problematic alcohol or other drug use. People with personal experience of the effects of alcohol or other drug use within their family or friendship group are involved at all levels of the service.

**CounsellingOnline [www.counsellingonline.org.au](http://www.counsellingonline.org.au).** CounsellingOnline is a service where people can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction. This service is free and available 24 hours a day, 7 days a week. People can access the service anonymously or register for ongoing assistance.

**Sibling Support [www.siblingsupport.com.au](http://www.siblingsupport.com.au).** This website offers help and advice for siblings of people with drug, alcohol and mental health problems. The site contains fact sheets, a discussion board, personal stories and links.

**Koori DrugInfo [www.kooridruginfo.adf.org.au](http://www.kooridruginfo.adf.org.au).** The Koori DrugInfo website provides a range of drug-related information for the Koori community.

**Multicultural DrugInfo [www.druginfo.adf.org.au/multicultural](http://www.druginfo.adf.org.au/multicultural).** Multicultural DrugInfo provides access to alcohol and drug information in 50 community languages. This website also links to research, a multicultural service directory and training and professional development opportunities in cultural competency.

## **Support services for families.**

There are a wide range of agencies across the State available to support families affected by substance use. Listed below are the types of support available. If you are wanting to refer a client to any of these services below, the easiest way is to contact DirectLine on **1800 888 236**

**ABCD Program for parents of young adolescents:** This is a State wide parent drug education program targeted to parents of young people in years 7 & 8. Parents can learn to enhance their communication skills, parenting practices and knowledge.

**Counselling, consultancy and continuing care (CCCC) services** provide a range of supports for clients who have alcohol and drug use problems. Services may include assessment, treatment and consultancy, referral and ongoing case management. There are youth-specific CCCC services tailored specifically to the needs of young people and working closely with the young person's family where appropriate.

**Alcohol and drug supported accommodation** provides short term support in a safe, drug-free environment to clients who require assistance in controlling their alcohol and drug use. Clients who have undergone an AOD withdrawal program or who require assistance in controlling their AOD use and need a period of three to twelve months to support their transition to independent, addiction-free living. These clients may have dependent children who can also access accommodation and support from the service.

**Parenting Support Services (PSS)** provide families with support with parenting skills, coping strategies, routines and access to other support services including connection to mainstream family support agencies and services. The program targets parents who have participated in an alcohol and drug withdrawal program or who are living in Alcohol and Drug Supported Accommodation.

**Family Counselling Program (Drug & Alcohol):** These services are provided to families who seek assistance, counselling and support to their family member who has a drug problem.

**Parent Support program:** An 8 week structured, confidential group program that aims to support parents of people with problematic substance abuse, increase both their confidence and effectiveness and knowledge of drugs and alcohol.

**Family to Family Link Up (F2F):** For families and carers (including extended family and significant support people) who would benefit from meeting other families experiencing similar substance abuse issues that impact on their family well being.

### **Support for pregnant women**

**ADAPT (Alcohol and Drugs Pregnancy Team), Monash Medical Centre (Southern Health)**

**Angliss Maternity Drug and Alcohol Service (AMDAS)**

**Chemical Dependency Unit Maternity Services (Geelong)**

**Women's Alcohol and Drug Services (WADS):** Antenatal and postnatal care for pregnant women and new mothers

**Royal Women's Hospital Drug Information Centre:** Information on drugs and pregnancy

### **Residential Rehabilitation**

**Family Residential Rehabilitation – Odyssey House Victoria:** Residential treatment for parents and their children (0-12 years) in a Therapeutic Community in Lower Plenty. They also provide parenting and children support.

**Bridgehaven - Salvation Army:** Residential program for mothers and their young children located in Preston

### **Support for Substance Dependent Parents and their children**

**Substance Abuse Family Support (SAFS) - MacKillop Family Services – Western:** program for substance dependent parents and their children

**Daisy Program – DASWest, Western Health:** support for substance dependent mothers and their children

**Safe at Home Parenting Program – Windana:** Family support program and parenting support group for parents with drug or alcohol problems.

**Mary of the Cross:** Parenting support and family counselling including children

**Share Care program – City of Yarra:** A tailored foster care program that supports parents with drug or alcohol problems to look after their children

**Family Eclipse Program - Odyssey House Victoria:** For young people aged 16-24 and their families who have both a substance and mental health issue. Young people and their family members are involved in family sessions and multi-family groups.

**First Response Forums - EDAS (Eastern Drug and Alcohol Service):** For families who may not be ready for therapy, these forums provide information about alcohol and drugs, available support services and navigating the service system.

**Moreland Hall Intensive Playgroup:** This program provides an intensive support service for parents alongside a playgroup. The support for parents includes a family support service to enable supervised access to take place and provides opportunistic alcohol and other drug treatment and support for parents.

**The Mirabel Foundation:** Support for carers and children who have been orphaned or abandoned due to parental illicit drug use

**Parenting Under Pressure (PUP):** Aims to improve child behaviour (aged 3-6 years), decrease parental stress and improve family functioning by targeting affect regulation, mood, views of self as a parent, drug use and parenting skills.

**LYFT - Linking Youth and Families Together - Anglicare Victoria:** Family therapeutic interventions to address problematic alcohol use by a young person (12-21 years) operating in the Knox, Yarra Ranges, Gippsland, Frankston and Mornington Peninsula areas