

DRUGS, ALCOHOL & MENTAL HEALTH, HOW THEY CONNECT

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Types of treatment available include:

- Withdrawal management/detoxification programs
- Chronic disease management
- Psychological Therapies
- Residential rehabilitation
- Online and phone counselling (24 hours)
- Youth specific services (outreach)
- Aboriginal specific AOD services
- Multicultural services (DAMAC)
- Self-help/peer support (AA, or SMART programs)
- Family support/therapy
- NSP/Harm Reduction

DRUG HEALTH SERVICES

WSLHD

Drug Health Overview

- Drug Health is built on the principle of “no wrong door”.
- Patients with substance use disorders can be complex with multiple associated comorbid conditions and complications include psychiatric illness, liver disease, hepatitis C infection and cognitive impairment.
- Services are structured to provide an integrated model of care – a “one stop shop” approach.



Drug Health Hubs

- Drug Health is a multi-hub service, in providing inpatient and outpatient services.
- Inpatient care is available at Westmead Hospital and Blacktown Hospital.
- Consultation liaison and outpatient clinics are based on the two hubs below:

Westmead service hub	Blacktown Mount Druitt service hub
• Westmead Hospital • Fleet Street Clinic, Parramatta • Centre for Addiction Medicine on Cumberland Campus • Community health centres at Auburn and Merrylands	• Blacktown Hospital • Mount Druitt Hospital • Centre for Addiction Medicine at Mount Druitt Town Centre • Drug Health Ambulatory Treatment Unit, Mount Druitt Hospital • Community health centres at Doonside, Hills, and Blacktown

Drug Health Services

(1) Inpatient management of substance use disorders:

- (i) Intoxicated patient via ED
- (ii) Elective withdrawal (potential to bypass ED, subacute admission)
- (iii) Care of complex patients with comorbidities arising from substance use (liver disease, falls and ataxia, malnutrition, cognitive impairment, disability)

(2) Consultation liaison

- (i) Medical/ surgical
- (ii) Mental health
- (iii) Outpatient

(3) Outpatient & community clinics (next slide)

(4) Partnership with private service provider

- (i) Private party on site (Drug Health ambulatory treatment unit Mt Druitt Hospital)
- (ii) External private prescribers
- (iii) Primary care/ Medicare Local
- (iv) Aboriginal Medical Services

(5) Complex care

- (i) Hepatitis C screening and treatment
- (ii) Liver disease complications
- (iii) Comorbid psychiatric illness
- (iv) Comorbid chronic pain
- (v) Cognitive impairment
- (vi) Homelessness/ disability
- (vii) Substance use in pregnancy

(6) Youth

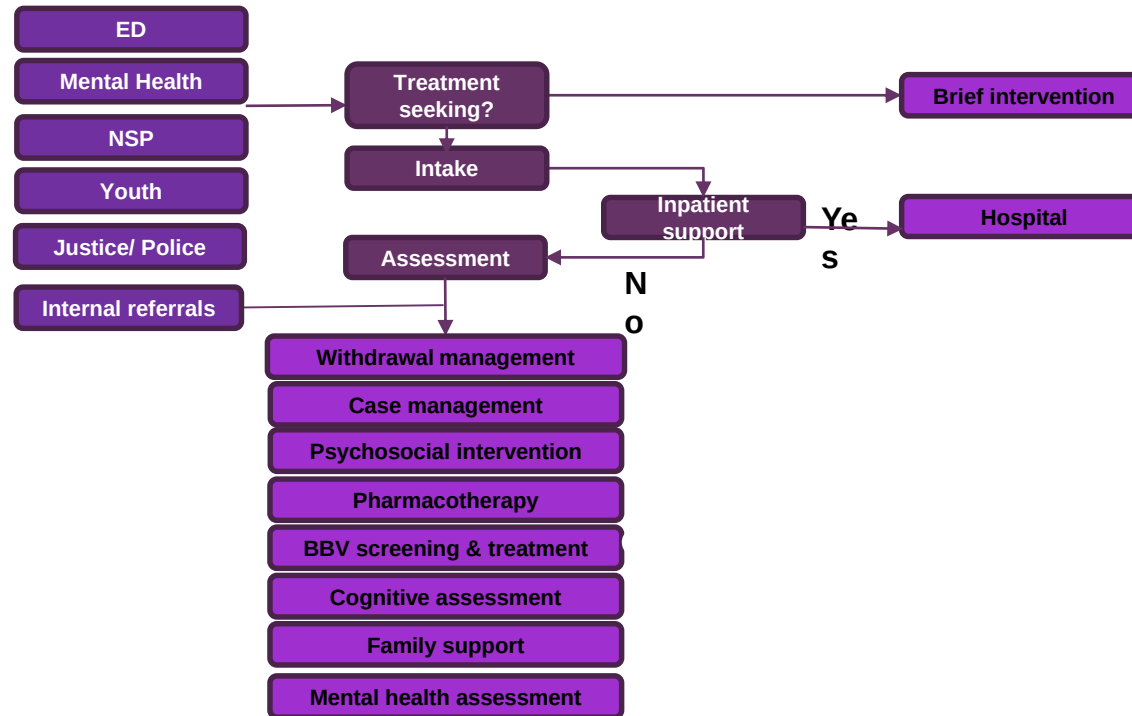
- (i) Those with substance use issues
- (ii) Those without substance use issues but born to parents who do

Drug Health Outpatient Clinics

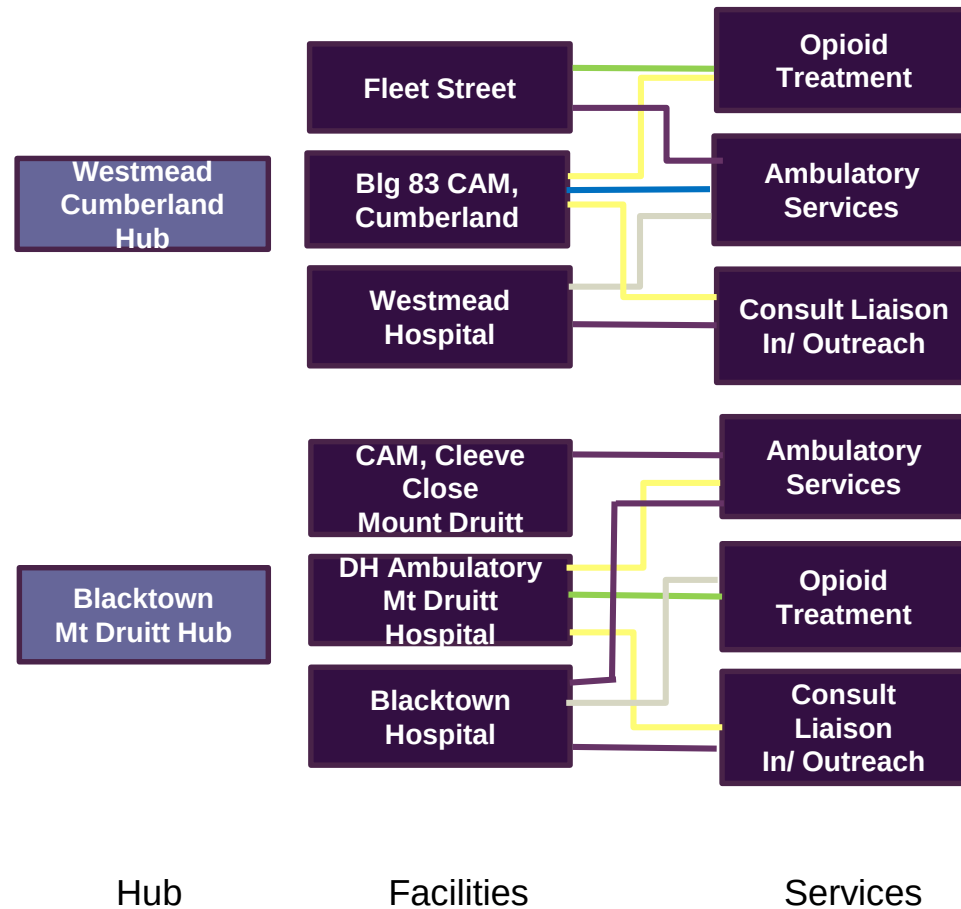
Drug Health provides a range of outpatient clinics. These include:

- Ambulatory services
 - Withdrawal management
 - Abstinence maintenance programs, individual and groups
 - Blood borne viral infection screening and vaccination
 - Fibroscan assessment and hepatitis C treatment
 - General medicine and psychiatry clinics for comorbid medical and mental health conditions
- Opioid treatment program
- Psychology
 - Specialist psychology services
 - Cognitive screening and neuropsychology testing
- Forensic programs including Adult Drug Court and MERIT
- Child and family

Drug Health WSLHD Clinical Flowchart



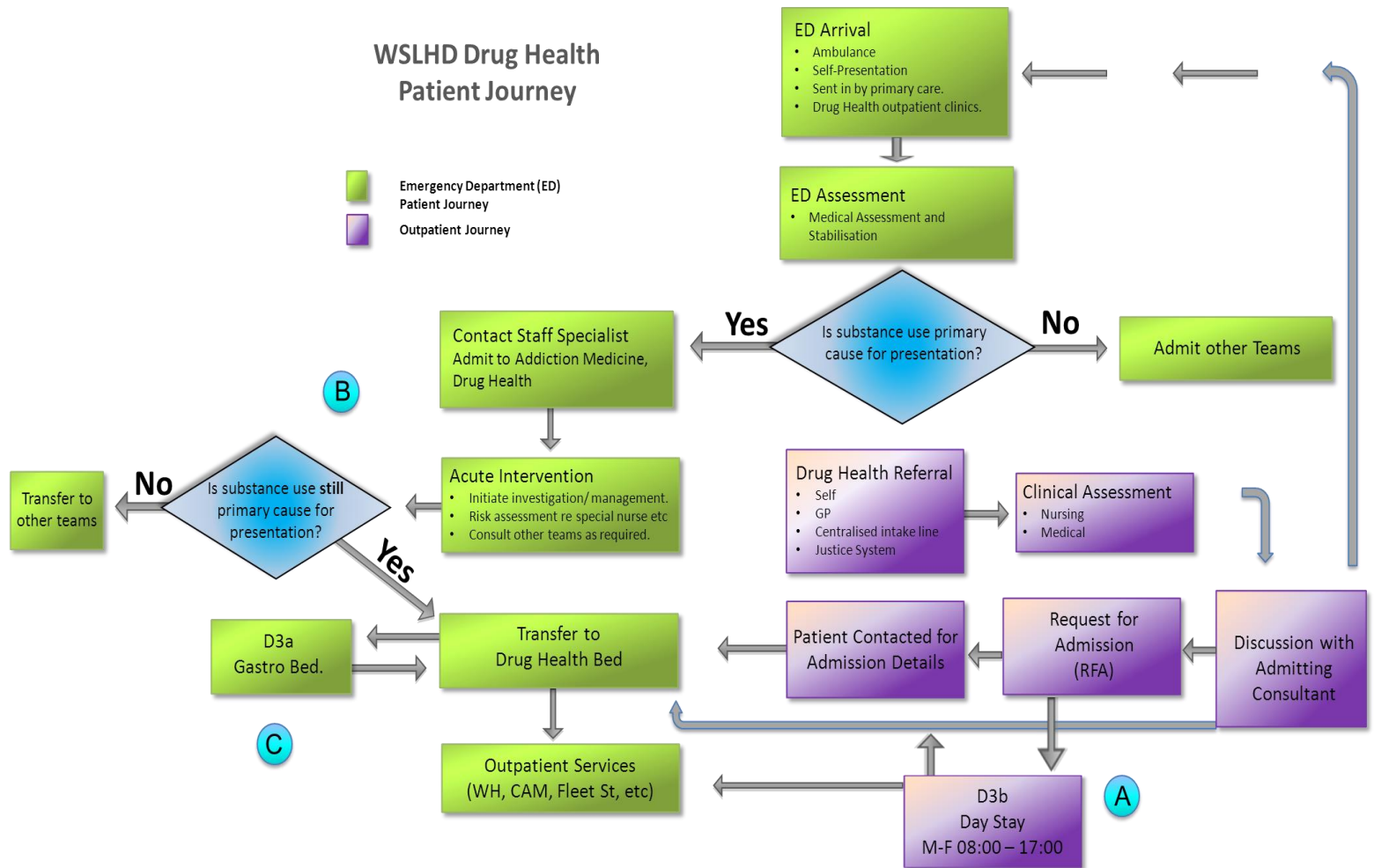
Drug Health
Hubs & facilities for
ambulatory
(outpatient &
outreach services)



Drug Health - Inpatient model of care

- Drug Health inpatient model of care has been redesigned for greater ownership of individuals affected by substance use by admitting under the Department of Addiction Medicine, Drug Health, to reflect the maturation in the specialty.
- Patients with the following conditions are expected to be the main users of the service presenting either through the Emergency Department (ED) or electively as self-referred or referred through primary care and outpatient clinics:
 1. Intoxication
 2. Withdrawal
 3. Substance use associated medical complications, such as malnutrition, electrolyte imbalance, ataxia, Wernicke's encephalopathy, withdrawal seizures, falls, cognitive impairment, liver disease and opioid treatment complications
 4. Substance related behavioural disturbance such as psychosis, confusion, suicidal ideation
 5. Stabilisation on opioid treatment for complex patients requiring close monitoring and multidisciplinary input.

WSLHD Drug Health Patient Journey



Whole Family Teams

- Provide family assessment and in-home interventions.
- To families where children are at Risk of Significant Harm and there are parental mental health and/or drug and alcohol problems.
- Demonstrated improvements in:
 - mental health and parental drug and alcohol outcomes.
 - family functioning (parenting, family relationships and child wellbeing).
 - child safety 58% reduction in Risk of Significant Harm (ROSH) reports
- Local Health District Locations:
 - Lismore
 - Nowra
 - Central Coast
 - Newcastle
 - Western Sydney (new)
 - Nepean Blue Mountains (new)



Research

- SATIVEX
- AMLC: Alcohol, Metabolism, Liver Disease and Cognitive Impairment
- Take home Naloxone
- COQI: Outcome measures
- LiMA: Lisdexamfetamine for the treatment of methamphetamine dependence
- Translational research at Westmead millennium Institute

Locations of WSLHD Services

Blacktown Drug Health Clinic

Unit 7, 1 Marcel Close, Blacktown 2160

Telephone 02 8670 0200

Cumberland Centre for Addiction Medicine

Bdg 83, Cumberland Campus, Parramatta N 2151

Telephone 02 8860 2560

Fleet Street Drug Health Clinic

4A Fleet Street, Parramatta North 2151

Telephone 02 9840 3888

Mt Druitt Centre for Addiction Medicine

F1, 15 Cleeve Close, Mt Druitt 2770

Telephone 02 8887 5800

Mt Druitt Hospital Opioid Treatment Clinic

Bdg N, 75 Railway Street, Mt Druitt 2770

Telephone 02 9881 1073

General inpatient beds

Westmead Hospital

Blacktown Hospital

Community Health Centres

Auburn Community Health Centre

Blacktown Community Health Centre

Doonside Community Health Centre

Merrylands Community Health Centre

The Hills Community Health centre

Whether problems are due to alcohol, cannabis, heroin, amphetamines & other stimulants, other illicit drugs, prescription or 'over the counter' medications or a combination of these...

Drug Health provides a wide range of expert clinical services to people seeking help with problem substance use and dependence.

Our multi-disciplinary clinics provide prompt assessment and rapid entry into treatment.



Blacktown Clinic
Unit 7, 1 Marcel Close BLACKTOWN
Telephone 02 9851 6200
Fax 02 9622 6265

Cumberland Centre for Addiction Medicine
Building 83, Cumberland Hospital
5 Fleet Street NORTH PARRAMATTA
Telephone 02 8860 2565
Reception 02 8860 2560
Fax 02 9840 3869

Fleet Street Opioid Treatment Unit
4B Fleet Street NORTH PARRAMATTA
Telephone 02 9840 3888
Fax 02 9840 3936

Mt Druitt Centre for Addiction Medicine
1st Floor 15 Cleve Close MT DRUITT
(entry via Dawson Mall)
Telephone 02 8887 5800
Fax 02 8887 5822

All clinics are accessible by public transport

- *please ask our staff for directions.*

WSP-328

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Problems with alcohol, drugs or other substance use?

Call the Drug Health
CENTRAL INTAKE LINE

8860 2565

for information, advice or to
book a confidential
assessment.

Drug Health

"Serving the people of Western Sydney"

Forensic Service

If a drug problem has sent you to court, you may be eligible to participate in the Adult Drug Court Program or MERIT. The forensic team provide individual counselling and case management, and are also to refer clients to Drug Health medical services.

Psychology Services

A team of experienced psychologists offer individualised evidence-based treatment programs. Patients receive counselling over several weeks to address substance use and underlying mental health problems, such as anxiety, depression and stress. Treatment is based on cognitive behavioural therapy (CBT), including relapse prevention and mindfulness based interventions.

Community & General Practice Liaison

An experienced clinical nurse specialist is available to provide clinical liaison, education & support, particularly to GPs and other community opioid substitution treatment prescribers.

Youth Service

We provide assessment & support to young people aged 8–16 with a substance using parent. If you have a child or adolescent who needs support, discuss referral with Drug Health staff.

Drug Health WSLHD services include

- *confidential assessment*
- *individual case manager*
- *comprehensive medical assessment*
- *withdrawal management – inpatient & outpatient*
- *opioid substitution treatment (methadone & buprenorphine/naloxone)*
- *counselling*
- *drug use in pregnancy service*
- *GP & community liaison*
- *alcohol clinic*
- *viral hepatitis clinic*
- *anti-craving therapy*
- *group programs*



Individual Case Management

From the beginning of each person's involvement with Drug Health, a case manager will be their main point of contact. They provide one-on-one support to assist in determining treatment goals and working towards them.

Opioid Substitution Treatment

Drug Health operates dosing clinics at Cumberland CAM, Blacktown and Fleet Street which dispense methadone & buprenorphine/naloxone at no cost to patients.

Alcohol Clinic

A specialist Alcohol Clinic provides ongoing medical management following detoxification from alcohol, including anti-craving medication & management of alcoholic-related health problems.

Viral Hepatitis Clinic

The rate of hepatitis C (HCV) infection among Australian intravenous drug users is estimated to be as high as 80%. The multi-disciplinary team provides a "one-stop shop", where patients are screened & treated for viral hepatitis in tandem with their substance use treatment.

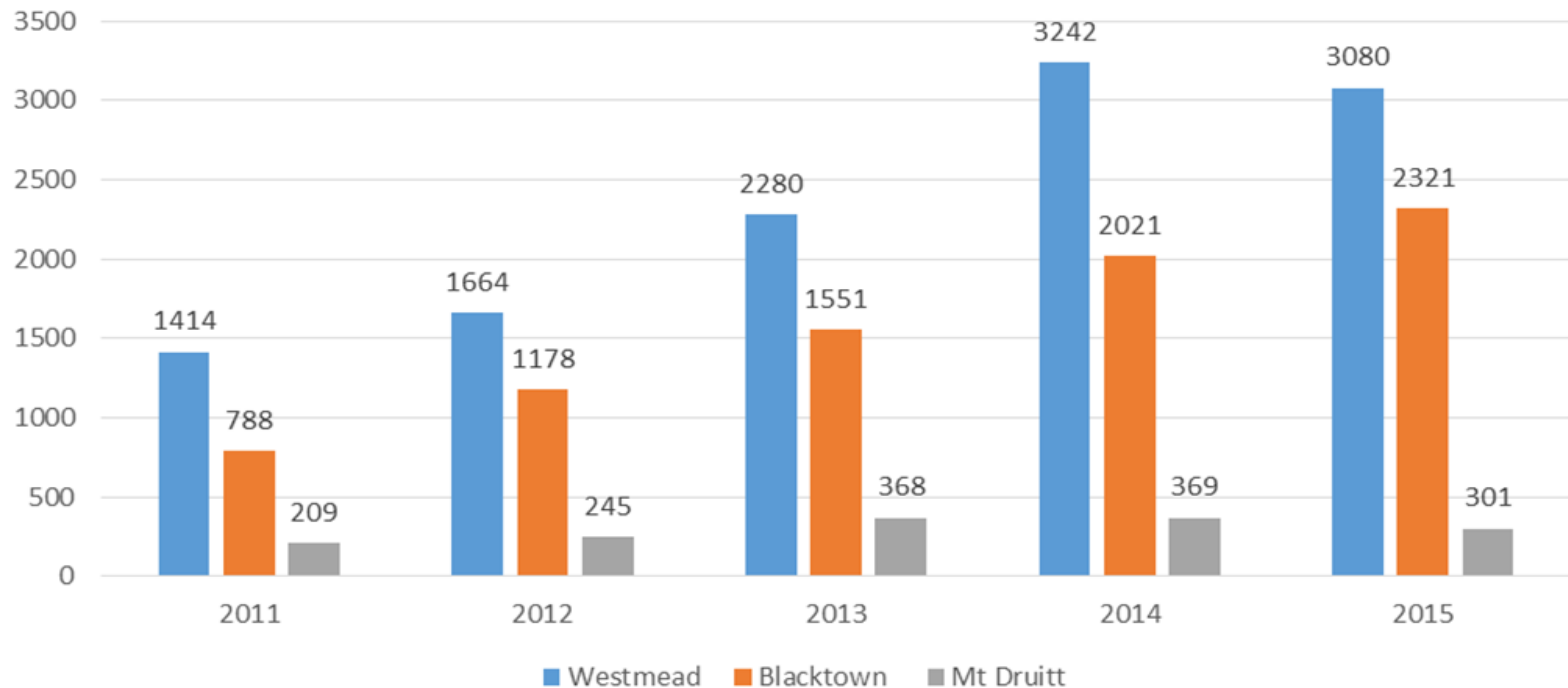
Community Counselling

Drug Health Community Counsellors provide a range of counselling services to people with problems related to alcohol or other drug use at various community health centres across WSLHD.

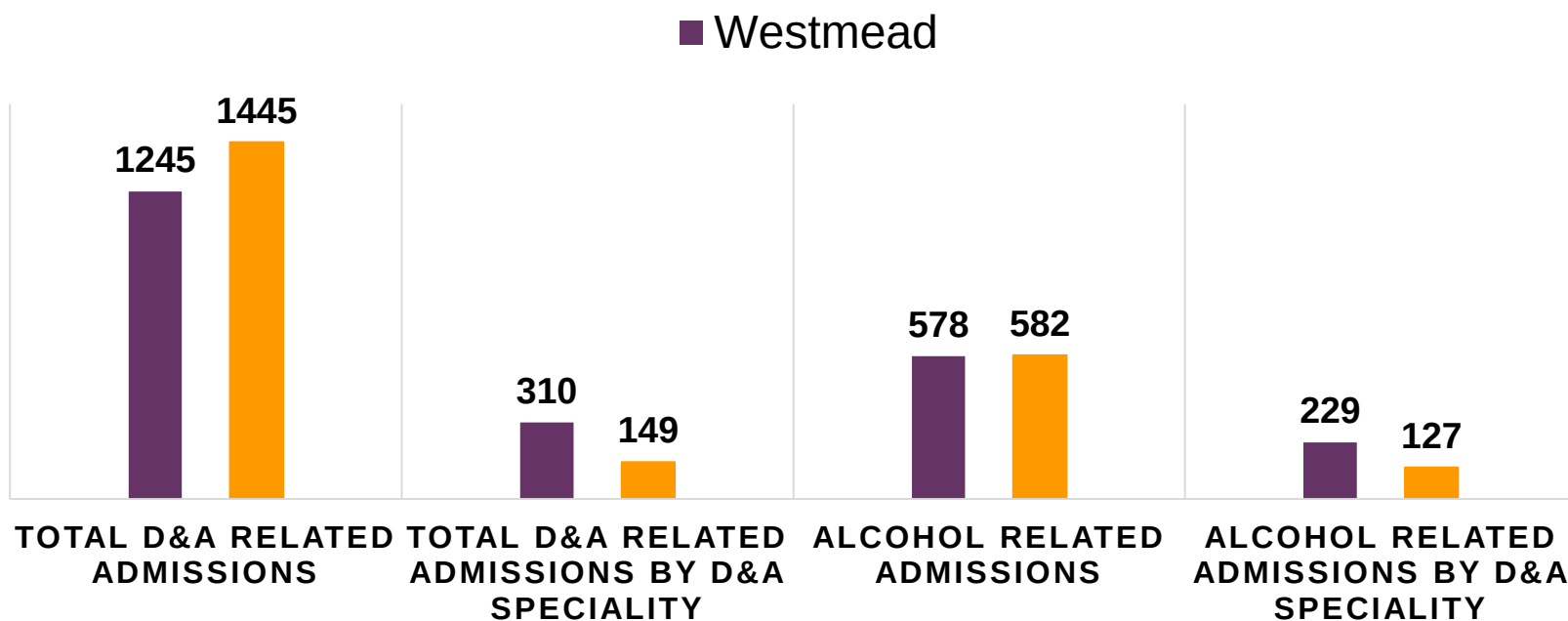
Drug and Alcohol Treatment

- Psychological Treatment is effective:
- There is good evidence for:
- Brief therapy: 1 session, 2-4 sessions reduces drug use (Smout 2015 Baker 2009)
- Standard therapy: 10 sessions CBT, ACT, mindfulness reduce drug use (Ross 2016, Smout 2015)
- Longer term treatment for a complex minority (developing evidence eg DBT)

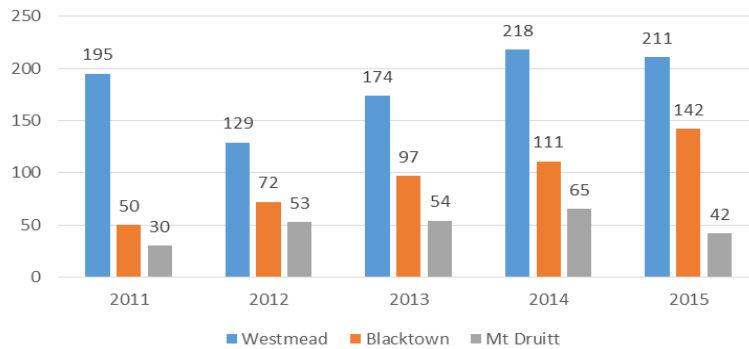
Drug and alcohol presentation



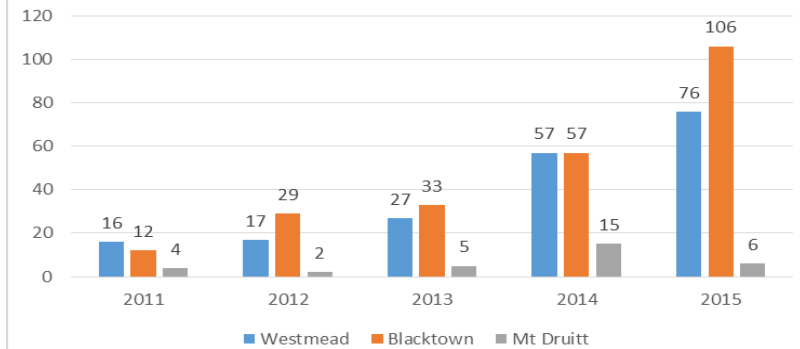
Drug and Alcohol Admissions in 2016



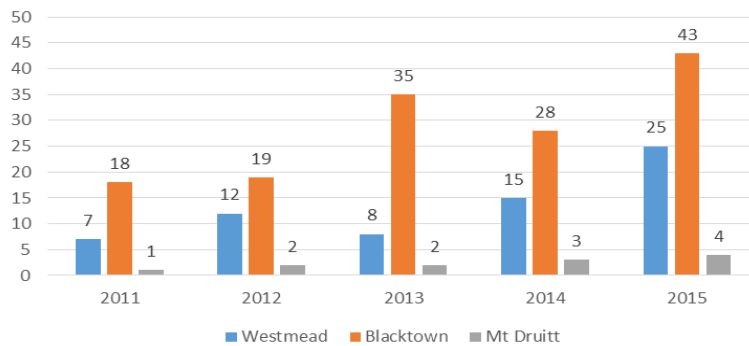
F10 - Alcohol primary diagnosis



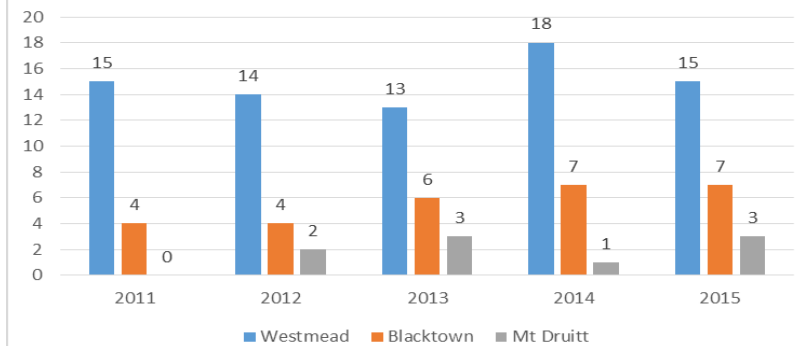
F15 - Stimulants primary diagnosis



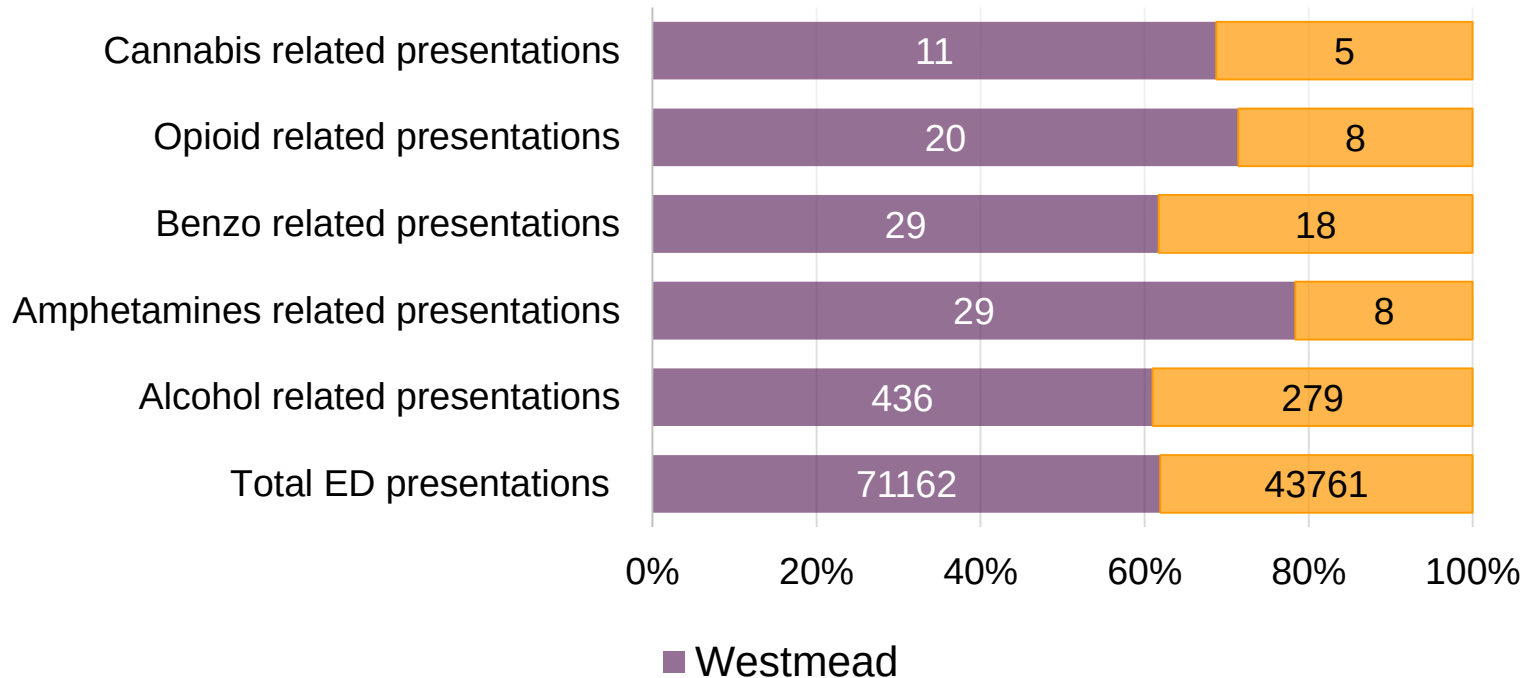
F12 - Cannabis primary diagnosis



F11 - Opioids primary diagnosis



ED Presentations in WSLHD (2016): Drug and Alcohol as Primary Diagnosis



So what about mental health (with D&A)?

- **The chicken and egg dilemma**
- **Treat one first.....or muddle our way through?**
- **Avoid fragmentation of care**
- **Drug Health has in-house psychiatric staff**
- **Their role is to assess, start treatment, liaise and refer andpractice addiction medicine**
- **The role of the GP remains central**
- **Drug Health works with the MHS at multiple levels**
 - **MH Hospital CL service**
 - **MH inpatient wards**
 - **WFT**

Models of disease/care

- **Addiction, is it a.....?**
 - Moral failing
 - Legal dilemma
 - A matter of free will
 - A brain disease
 - Complex biopsychosocial problem
- **How do these approaches affect.....?**
 - Our service
 - Other services
 - Government services
 - Societal attitudes
 - Media reporting

Drug Dependence, a Chronic Medical Illness

- The effects of drug dependence on social systems has helped shape the generally held view that drug dependence is primarily a social problem, not a health problem.
- A review compared the diagnoses, heritability, aetiology (genetic and environmental factors), pathophysiology, and response to treatments (adherence and relapse) of:
 - *Drug dependence vs type 2 diabetes mellitus, hypertension, and asthma.*
- Genetic heritability, personal choice, and environmental factors are comparably involved in the aetiology and course of all of these disorders.
- Effective medications are available for treating nicotine, alcohol, and opiate dependence
- Medication adherence and relapse rates *are similar* across these illnesses.
- Drug dependence generally has been treated as if it were an acute illness.
- Long-term care strategies of medication management and continued monitoring produce lasting benefits.
- *Drug dependence should be insured, treated, and evaluated like other chronic illnesses.*
- McLellan et al, *JAMA*. 2000;284:1689-1695

Prevention and Community Action

Kimberly midnight swimming program shelters Aboriginal teens



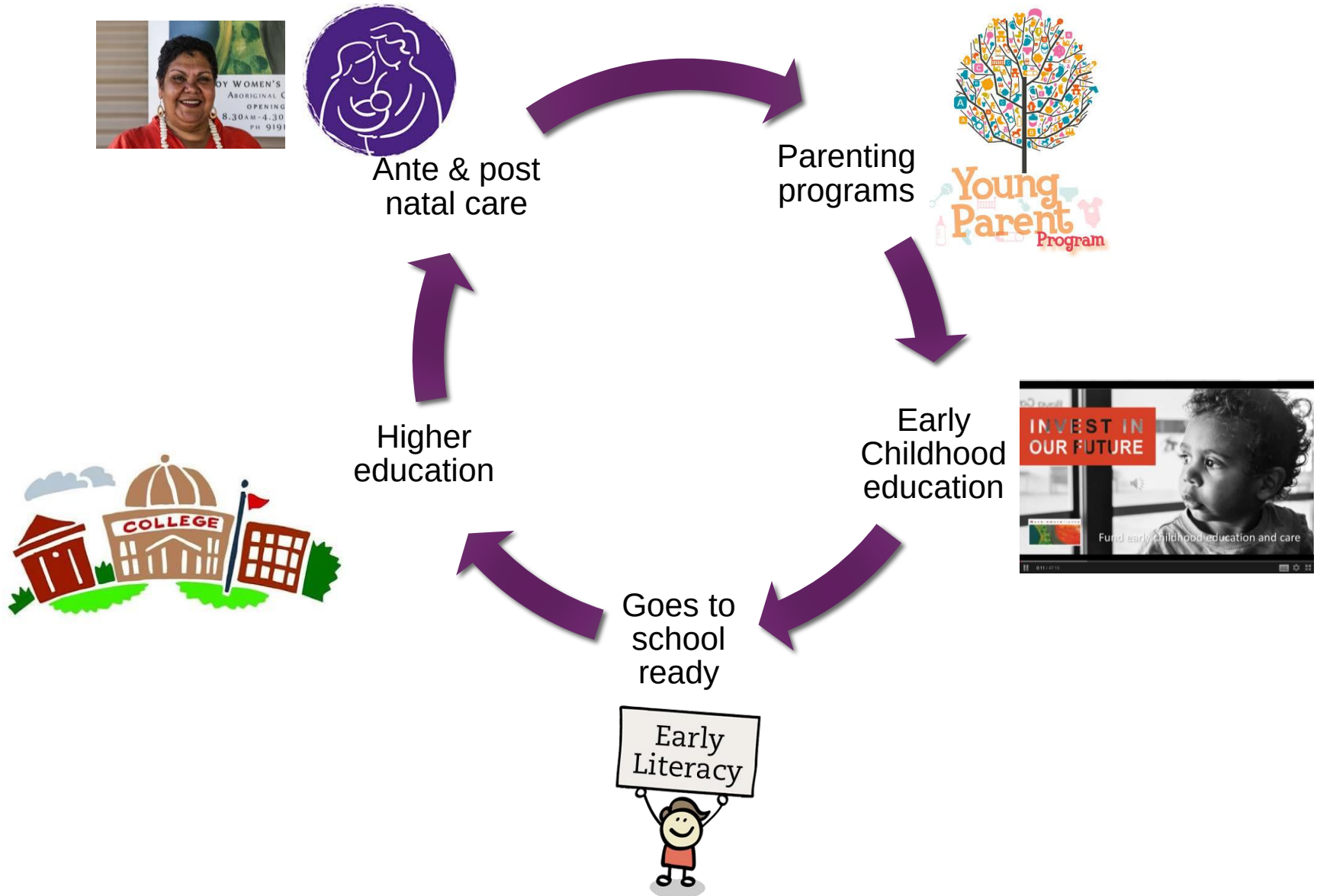
Source: <http://www.abc.net.au/news/2015-11-02/>

Midnight Basketball



- Providing healthy and positive environment at times when young people may be vulnerable to harmful and anti-social behaviour
- Combating AOD use and other physical abuse
Providing positive role models
- Raising self esteem among young people
- Diverting young people in areas of need from the risk of anti-social and criminal behaviour

Primary prevention is our best investment

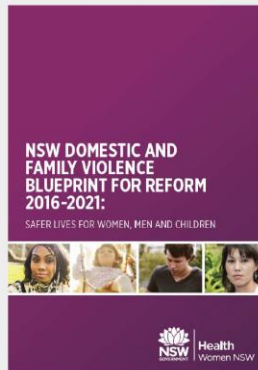


IT STOPS HERE

Standing together to end domestic and family violence in NSW
The NSW Government's Domestic and Family Violence Framework for Reform

NSW Domestic and Family Violence Blueprint

- Released September 2016
- 5 year state plan
- \$300 million over four years
- Six key priorities:
 1. Preventing domestic and family violence
 2. Intervening early with vulnerable communities
 3. Supporting victims
 4. Holding perpetrators accountable
 5. Delivering quality services
 6. Improving the system



Safety Action Meetings

- Safety Action Meetings being rolled out across the state – initially 2 launch sites – Orange and Waverly
- A further 4 sites in 2015 Parramatta; Bankstown; Broken Hill and Tweed Heads. 21 sites announced in Tranche III (November 2016/ March 2017)
- November 2016: Mt Druitt; Newtown; Coffs Harbour; Wagga Wagga; Nowra; Wyong; Blacktown; Deniliquin; Newcastle; Taree; Wollongong and Far South Coast
- March 2017: Campbelltown; Griffith; Northern Beaches; Lismore; Tamworth; Burke; Queanbeyan; Hunter Valley and St George



Where to go for more info

Alcohol & Drug Information Service (ADIS) NSW

Sydney metropolitan: 02 9361 8000

Regional & rural NSW free call: *1800 422 599 Website:
<http://yourroom.com.au/>

Stimulant Treatment Line (NSW only)

Sydney metropolitan: 02 9361 8088

Regional and rural NSW free call: *1800 10 11 88

Family Drug Support

1300 368 186 (24/7) <http://www.fds.org.au/>