

Support for people with Alcohol and Other Drug Concerns

Many people have alcohol and other drug (AOD) dependencies as a result of personal experiences or underlying conditions.

Alcohol and other drugs often start as an escapism for many people, yet addiction can create more problems than the ones they are covering up. The damage caused by addiction can affect the individual, their family, friends and the wider community.

The Western Sydney Primary Health Network supports service providers in Western Sydney to make sure that AOD services are accessible to as many people as possible, paying special attention to vulnerable and marginalised groups.

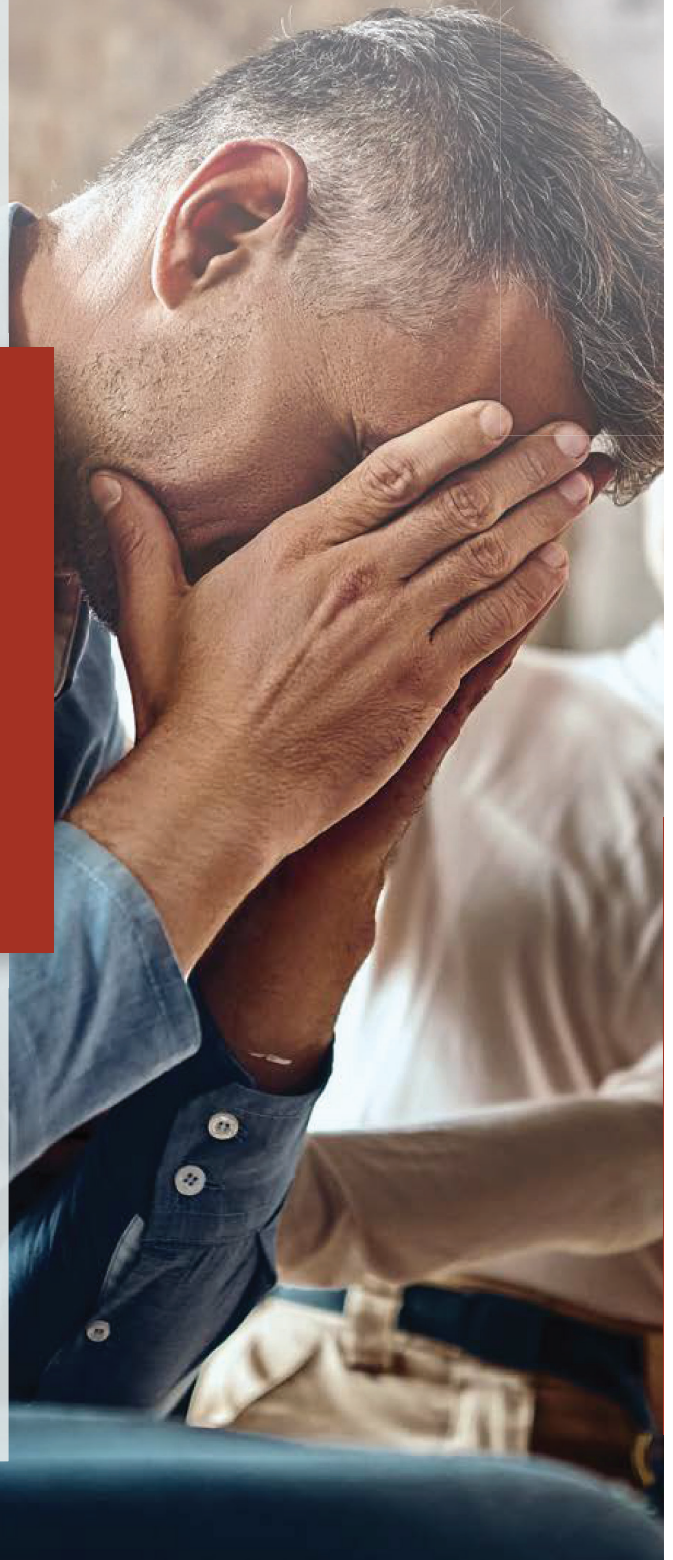
AOD Support Services Available in Western Sydney

- ✓ **Odyssey House:** Culturally and Linguistically Diverse (CALD) AOD Care and Support Services
- ✓ **Salvation Army:** headfyrst
- ✓ **Ted Noffs Foundation:** Enhanced Rehabilitation Capacity
- ✓ **We Help Ourselves:** Co-occurring Mental Health and AOD Residential Rehabilitation
- ✓ **Youth Off The Streets:** Dunlea Alcohol and Other Drugs Youth Service

Further information about these services can be found on the WentWest website, wentwest.com.au/aod

AOD Videos

- ✓ **Living with Alcohol Dependency** is a series of videos featuring Western Sydney community members sharing their experiences about receiving AOD treatment, lifestyle changes and advice on staying alcohol-free. These videos are available on YouTube at bit.ly/AODvideos
- ✓ **Getting Help with Alcohol and Other Drug Dependence** is an animated video designed to help community members find their way from AOD dependence towards a happy and healthy future. The video is available in English, Arabic, Dari, Farsi and Tamil at bit.ly/gettinghelpAOD



Youth Off The Streets

Young people with alcohol and drug concerns are often alienated from their community and family, and without support and guidance, it can be even harder for them to reach out and get help. Youth Off The Streets (YOTS) is a community organisation that supports young people dealing with alcohol and other drug dependencies, trauma or homelessness.

The YOTS team encourage young people to talk about what they are experiencing, set personal goals, and realise that they deserve a better, AOD-free future. After the initial assessment, the team work with each young person on the root causes of their AOD use, including any previous trauma. They then connect the young person with other providers to ensure they have ongoing support.

“ Young people are open to change and possibilities. The work we do with them is hard because they make positive gains and then often have to go home to challenges. It's about helping them understand that their past doesn't define where they're going. ”

- AOD Counsellor for Youth Off The Streets.

We Help Ourselves - Eli's Story

We Help Ourselves (WHOS) run therapeutic programs for those recovering from alcohol and other drug dependencies.

The Opioid Substitution To Abstinence Residential (OSTAR) program is a live-in program designed to help people reduce their drug use using a Therapeutic Community model. Clients receive drug reduction treatment and counselling and attend workshops to develop the skills needed to live a drug-free life.

Eli* is a 66-year-old man with a history of drug and alcohol misuse which was impacting his health and wellbeing. Eli was living with depression and was also struggling to master the three flights of stairs out of his apartment.

Eli participated in the Therapeutic Community program and received treatment to help with his alcohol, cannabis and heroin addictions. Since joining OSTAR, a multi-disciplinary team of staff have supported Eli, including social workers who advocated for him to apply for a housing transfer to a ground floor flat. The team have connected Eli to other support services and helped him rebuild a relationship with his mum and other family members to expand his social network. He has had access to other allied health professionals, and there has been a marked improvement in his physical and mental health. Eli's positive attitude and commitment to the program have helped him to achieve a better quality of life for himself.

*Name has been changed to protect the identity of this client