



TURNING POINT 2013

TREATMENT • RESEARCH • EDUCATION

2013 SNAPSHOT

CONTENTS

Contributed to more than
150
PUBLICATIONS*

Collaborated with over
180
ORGANISATIONS
across Australia and internationally

Worked with more than
2000
PEOPLE
in our clinical services

Our websites recorded over
440,000
VISITS

Recorded over
85,000
CONTACTS
to our telephone and online counselling services

More than
98%
POSITIVE
EXPERIENCE
reported by surveyed callers

More than
530
MEDIA
INQUIRIES
from state and national media

Delivered courses to more than
750
STUDENTS
across Australia

Worked on
40 RESEARCH
PROJECTS

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WITH EXPERTISE ACROSS TREATMENT, RESEARCH AND EDUCATION, TURNING POINT IS UNIQUELY PLACED TO INFLUENCE POLICY AND ENHANCE PRACTICE.

* For a complete list of Turning Point publications and presentations go to www.turningpoint.org.au

WELCOME



It is a pleasure to launch *Turning Point 2013*, which highlights some of the outstanding achievements at Turning Point Alcohol & Drug Centre over the past year.

Turning Point is an integral service within Eastern Health. It is part of our Statewide Services Program, with the support it provides reaching far beyond Melbourne's eastern region.

Indeed, Turning Point is recognised and respected at a state, national and international level and is a true leader across the alcohol, drug and gambling fields.

With expertise across treatment, research and education, Turning Point is uniquely placed to influence policy and enhance practice.

As one of Melbourne's biggest health services, Eastern Health appreciates how Turning Point's innovative and leading role in improving outcomes for people with addiction issues can also mean improved learnings across our health service as a whole.

From internationally-recognised researchers through to clinical staff providing high-quality treatment services, the Turning Point team members should be proud of the work they do and the impact they have, both in Victoria and beyond.

We commend the team at Turning Point for the 2013 edition of their annual review. This publication provides us with an excellent opportunity to reflect on the achievements of the past 12 months, as well as offering an excellent springboard to ongoing innovation in the year ahead.

Alan Lilly
Chief Executive, Eastern Health

Neth Hinton
Executive Director, Continuing Care, Community and Mental Health



Problem drinking and gambling, and the misuse of prescribed and illicit drugs are issues that visibly permeate contemporary culture in Australia.

The economic and social costs of these addictive behaviours are well documented, and their prevalence means that many of our nation's people have personal experience associated with these problems, particularly in already marginalised elements of our society.

Turning Point is at the forefront of innovative research and education that influences and informs policies and practices for the prevention and minimisation of harm, while equipping future researchers and clinicians with the knowledge and skills required to achieve positive outcomes in our community.

In an era when alcohol and gambling are glamorised to an unprecedented degree, the work of Turning Point led by Professor Dan Lubman has never been more critical.

I am proud to commend this Turning Point 2013 report reflecting the expertise and commitment of our combined staff to research and education, ultimately translating into improved community wellbeing.

Professor Christina Mitchell
Dean, Faculty of Medicine, Nursing and Health Sciences
Monash University

INTRODUCTION



› **BY PROFESSOR
DAN LUBMAN**
DIRECTOR, TURNING POINT

Welcome to *Turning Point 2013*, an annual review which showcases local, national and international activities undertaken by our clinical, research and workforce development teams over the past 12 months.

As a research organisation that focuses on policy and practice innovation, implementation and dissemination, Turning Point's work continues to be acknowledged on both the national and international stage. Research examining the impact of alcohol's harm to others has been adopted by the World Health Organisation, and we are leading an international consortium that is progressing this work across 10 countries.

Given the overlap between alcohol, drugs and mental health, we are working with the Commonwealth and state governments as well as ambulance services across Australia to develop the world's first national surveillance system for overdose and suicidal behaviour. This incredible national resource builds on our existing monitoring and surveillance work, which has highlighted increasing community harms related to alcohol, methamphetamine and prescription medications over recent years.

Our work with the Victorian Department of Health has played an important role in their reform of the Alcohol and Other Drug (AOD) treatment sector, with the recent launch of a new state-wide screening and assessment tool and bed register, as well as the development of online screening and a range of telephone-based interventions that increase the level of community access and support.

This work complements our existing suite of clinical services, with our national network of phone and online support offering access to professional counsellors 24 hours a day, seven days a week for a range of alcohol, drug and gambling issues. Recent enhancements to these services include the development of online moderated forums, self-help modules, facilitated referrals and closer linkages with other parts of the health and welfare sector, as well as an increasing focus on improving indigenous engagement and carer and consumer participation. As such, our comprehensive suite of services facilitates greater access to evidence-based help for affected individuals and their families, as well as providing a unique opportunity to rapidly identify key community concerns and test new models of care.

In the area of workforce development, we continue to work with a broad range of professionals from a variety of disciplines, as well as local culturally and linguistically diverse communities. Our work in helping to establish a Change Agent Network is central to the Victorian Government's commitment to building the next generation of leaders and complements the development of our Master of Addictive Behaviours course through Monash University, which will be an important step in growing the addiction field nationally, as well as further enhancing the delivery of evidence-based care.

Turning Point 2013 is a testament to the hard work and commitment of our staff, as well as the importance of the collaborative partnerships we have built with governments, research colleagues and local and national agencies. Together, we are working towards ensuring that the community is well supported to effectively deal with the broad spectrum of harms associated with alcohol, drugs and gambling in our society and that Australia remains a leader in the addiction field.

SENIOR STAFF



DIRECTOR

Professor Dan Lubman

PROGRAM DIRECTOR

Barbara Kelly

TREATMENT SERVICES

Dr Matthew Frei Clinical Director,
Treatment Services

Anthony Denham Deputy Director,
Treatment Services

Gavin Foster Manager,
Eastern Metropolitan Regional Services

Steve Leicester Team Leader,
Fitzroy Clinical Services

Marlyn Gavaghan Operations Manager,
Telephone and Online Services

Moses Abbantangelo Senior Clinician,
Telephone and Online Services

Jay Jaggard Gambling Services Co-ordinator

Melissa Elliott Associate Director,
Quality, Planning and Innovation

RESEARCH AND WORKFORCE DEVELOPMENT

Associate Professor David Best Head,
Research and Workforce Development

Dr Kieran Connolly Deputy Director,
Research and Workforce Development

Professor Robin Room Director,
Centre for Alcohol Policy Research

Dr Belinda Lloyd Strategic Lead,
Population Health Research

Dr Amy Pennay Strategic Lead,
Centre for Alcohol Policy Research

Dr Naomi Crafti Strategic Lead,
Workforce Development

> Senior Leadership Team (from left):
Prof Dan Lubman, Prof Robin Room,
Dr Matthew Frei, Assoc Prof
David Best, Anthony Denham,
Dr Kieran Connolly, Barbara Kelly.

TREATMENT

TREATMENT SERVICES

Turning Point's broad range of treatment and support for substance use and gambling disorders includes residential detoxification, outpatient medical clinics, psychosocial therapies and telephone and web-based services.

Our specialist medical services include statewide and eastern metropolitan region clinics linked to Eastern Health's hospitals and the Wellington House residential detoxification unit in Box Hill. Our suite of telephone and online counselling programs provide 24-hour support to people across Australia for substance use and gambling-related issues.

See page 36 for a full list of helpline and online services.

"The counsellor I spoke to at 2.30am this morning did a great job listening to my issues. I appreciated their non-judgmental attitude, listening ear and helpful information and referrals that they gave me."

> Clinic receptionist Kathryn Kretzschmar provides a warm welcome at Turning Point



BRIAN'S STORY: IF AT FIRST YOU DON'T SUCCEED, TRY AND TRY AGAIN

For more than 20 years, Brian battled addiction. However, his story shows there is light at the end of the tunnel.

How did you come into contact with Turning Point?

I drank out the front for years and years, and the staff never judged or looked down on me. My best friend and I used their needle exchange program and my friend was involved in some counselling with Turning Point. This seemed to be helping him with his addiction problem, so I decided to have a look.

What are some of the addiction challenges you have faced?

After I started drinking it wasn't long before the smoking of pot started. Then came the pills, amphetamines and heroin. This caused many problems with my physical and mental health. I also went through homelessness and unemployment. This all went on for over 20 years.

How has Turning Point provided assistance and support?

When I was using, their needle program gave me access to clean syringes. When I made the decision to try and stop, they were there to help and support me in my attempt to do this. The staff were always there to have a chat, from the front desk workers to the counselling staff. To have access to counselling at no cost to me made it possible to connect with a fantastic service, as well as many other activities be they social, educational, surveys and other things.

What advice do you have for other people facing addiction issues?

I believe there are many things that help with addiction, such as counselling, 12-step programs, self-help groups, even volunteering. It's a very individual thing. Try everything and if you don't succeed, try and try again.

What positive steps have you taken to overcome your addiction?

I work with a counsellor on a regular basis. I also attend a 12-step program and take part in volunteer work which I believe helps fill a void that we have when we're not active. This keeps me happy and if I feel happy with a bit of work on my inner self and a bit of support, I don't feel the need to use or drink.

What tips do you have for recovery?

Give everything a shot. After all, we would go to the extreme to access our drug of choice, so why not go to the extreme to get clean and sober? If we put in half the effort to get clean, compared to the effort we put in to use, we can beat our addiction. And always remember, it's your recovery and your life can get better.



“Always remember, it’s your recovery and your life can get better.”

SAM'S STORY: ONLINE HELP JUST A CLICK AWAY

Sam started gambling “for fun”. However, it soon became a habit she found difficult to control. Today, she is working hard to get the help she needs to break her addiction.

How did your issues with gambling start?

I always loved the tables at the casino and hated pokies but friends got me hooked on the machines. My initial reason for gambling was simply for fun. The casino had opened, nightclubs were there, you could get drinks at the bar and there was gambling - it all went hand in hand. It was under control for many years. It was the excitement of the win and the pokies was a place I could go on my own and relax. A death in the family years later really escalated my gambling.

How hard was it to ask for help?

It was difficult, especially the self-exclusion from the casino. It was embarrassing and humiliating but once I did ask, they made me feel at ease.

Where did you go for support and how helpful has it been?

Gambling Help Online and the forum that is part of the site have been wonderful. I also did a bit of email counselling here.

How good has it been to speak to people who have gone through similar experiences via the *Gambling Help Online* community forums?

It's been great. It makes you realise so many other people are suffering and in the same situation as you.

Are you starting to make positive progress with your gambling issues?

Yes, I have stopped for nearly six months now. However, I have had urges lately.

Do you have any advice for people who are nervous about asking for help?

To them, I would say get online and post on the forum. Get a counsellor, do self-exclusion and limit access to cash.

Go to www.gamblinghelponline.org.au

“Gambling Help Online and the forum have been wonderful. I also did a bit of email counselling here.”

THE CONSUMER VOICE

Turning Point's Eastern Dual Diagnosis Service has supported the development of a unique group that gives consumers and carers a voice in the system.

The Eastern Metropolitan Region Dual Diagnosis Consumer and Carer Advisory Council aims to empower consumers and carers, with the opportunity to actively take part in service system change by working closely with senior clinicians in the mental health, alcohol and other drug sector.

The group formed in October 2010 initially as a consumer advisory group.

Gavin Foster, who is the manager of Turning Point's eastern region services, said that although the group was still relatively young, it had already accomplished a number of significant achievements.

In 2011, the council was recognised at the International College of Mental Health Nurses Conference and its innovative program received an Australian College of Mental Health Nurses' Partnerships in Wellness Award.

“By working together, we are providing consumers and carers with an important say on how the health sector can best meet their needs and ensure the system is as accessible as possible.”



› Manager of Turning Point's eastern region services, Gavin Foster, with members of the Eastern Metropolitan Region Dual Diagnosis Consumer and Carer Advisory Council

CLOSING THE GAP



In 2013, Turning Point celebrated NAIDOC Week with a special event at Wellington House in Box Hill that provided an opportunity to acknowledge the history, culture and achievements of Aboriginal and Torres Strait Islander people.

Manager of Turning Point's eastern region services, Gavin Foster, said it was an important occasion and one that acknowledged the crucial role Eastern Health can play in closing the health gap between indigenous and non-indigenous Australians.

"Eastern Health understands indigenous healthcare is an important issue for people in our community and we are keen to play our part," Mr Foster said.

Turning Point Aboriginal Alcohol and Drug Worker Michael Honeysett was a guest speaker at the event, with Wurrundjeri elder Colin Hunter performing a smoking ceremony.

Mr Honeysett said NAIDOC Week was an excellent opportunity to highlight some of the key health issues facing Aboriginal and Torres Strait Islanders.

"It's important to encourage indigenous people to seek the assistance of mainstream support providers, such as those offered by Turning Point and Eastern Health's other services," he said.

Artwork by indigenous artist Mandy Nicholson was unveiled at the event and will remain on display at Wellington House as a source of inspiration for clients and staff.

The artwork is across three panels and depicts a person's journey through life - the ups and downs represented by footprints, with flowing water consistent throughout all the panels showing how life moves on. Flowing water also represents renewal, the washing away of pain and new beginnings.

Mr Foster said Eastern Health and Turning Point had a strong commitment to delivering better healthcare to the indigenous community.

Wellington House is a residential community withdrawal unit that provides support to people with addiction issues in Melbourne's east.



"It's important to encourage indigenous people to seek the assistance of mainstream support providers, such as those offered by Turning Point and Eastern Health's other services."

> Let's celebrate: Turning Point's Michael Honeysett and indigenous artist Mandy Nicholson celebrate NAIDOC Week at Box Hill Hospital's Wellington House

> Wurrundjeri elder Colin Hunter performs a smoking ceremony.

NEW DRUG DIVERSION PROGRAM

A Turning Point trial has provided more options in the delivery of counselling for drug use offences.

Drug diversion is an alternative to the justice system for people apprehended by police for minor drug offences. Rather than appearing in court, counselling sessions may be offered instead.

Deputy Director of Treatment Services Anthony Denham said Turning Point trialed telephone-based drug diversion sessions in Victoria to ease pressure on the treatment system and provide greater choices for people diverted to counselling

for substance-related offences. It also provided another option for individuals who resided in other states but were visiting Victoria at the time of the offence.

The pilot program from January 2013 to May 2013 coincided with the Big Day Out music festival, as well as other major events.

"While Turning Point has previously had staff on-site at these events working with police to process drug diversions, telephone-based

delivery provides an equally accessible platform regardless of where the person is physically located," Mr Denham said.

"Due to the 24-hour model we provide, we also have scope to offer appointments outside regular business hours."

"Our evaluation showed that not only did clients engage well with the telephone intervention, their satisfaction increased over the two sessions of telephone support."

WHY TELEPHONE SUPPORT?

The telephone-based option provides more appropriate systems for:

- > **Interstate clients** who do not have to return to Victoria to attend the two drug diversion appointments
- > **Clients living in regional areas** where face-to-face counselling services are limited
- > **Clients who live in metropolitan areas where face-to-face appointments are not available or a telephone-based option is preferred.** This relieves pressure on the system as the requirement is to complete the sessions within 10 days of referral.
- > **Clients who are genuinely disadvantaged by work, study or family commitments** benefit from the provision of more flexible appointment times and easier access.

Evaluation of the trial found very high levels of satisfaction with the two-session intervention.

- > Turning Point counsellor Ronan Walsh worked on the trial.

THE VALUE OF COLLABORATION

Collaboration between Turning Point, the Department of Health and residential alcohol and other drug treatment providers across Victoria has led to the development of an online register of bed availability.

The Bed Vacancy Register is based on a consultative and participatory approach, with Turning Point acting as a central hub for all adult residential alcohol and other drug providers in Victoria.

A simple reporting schedule has been developed which all agencies can complete on a daily basis. This schedule has been tested in both paper and electronic versions and is now reported through a web portal.

This is the first stage in developing a site that will provide key information to community agencies and their clients about what beds are available and which clients are best suited for admission to specific services.

Early success

The first two phases of the project have been completed and the program has highlighted the commitment of the residential alcohol and other drug sector to work together to improve information and consistency in access to treatment.

The project has developed a reporting mechanism that creates minimal burden for provider agencies and offers real-time information on bed availability across Victoria.

- > Associate Professor of Addiction Studies at Monash University and Turning Point David Best



GUIDE PROVIDES VITAL UPDATE

A revised edition of a Turning Point publication is giving health professionals the vital information they need to provide quality care to their clients.

Alcohol and other Drug Withdrawal: Practice Guidelines is a comprehensive guide for anyone involved in the care of clients experiencing substance withdrawal, including nursing and medical staff, alcohol and drug clinicians, and other health professionals.

As well as a detailed description of withdrawal principles and pathways for clients in drug treatment, the guidelines describe approaches to withdrawal from alcohol, benzodiazepines, opioids, cannabis, psychostimulants and tobacco.

Special needs client groups are covered in detail, including a chapter on the management of addiction for people with co-occurring mental illness.

Turning Point Clinical Director Dr Matthew Frei said the book would inform best-practice drug withdrawal care and provide an overview for those clinicians interested in understanding and structuring effective alcohol and drug treatment models.

“This easy-to-read publication is an important tool in ensuring the best path forward for clients,” Dr Frei said. “It provides clinicians with up-to-date information and strategies to deliver better healthcare outcomes.”

Turning Point has a number of publications that provide information, advice and support for a range of drug issues. To view the catalogue, visit www.turningpoint.org.au



“It provides clinicians with up-to-date information and strategies to deliver better healthcare outcomes.”

> Head of Clinical Services Dr Matthew Frei with the revised guide

RESEARCH

ROUTINE SCREENING AND ASSESSMENT

Funded by the Victorian Department of Health and developed by Turning Point, the Screening and Assessment Tool provides an evidence-based approach to determining the most appropriate treatment response for people with alcohol and drug problems. The project was supported by a process of actively engaging services in the development and piloting of the tool.

The Screening and Assessment Tool is supplemented by a workers' guide, training pack, online training support materials and an implementation checklist.

As well as the adult tool, youth and dedicated criminal justice versions (in partnership with the Australian Community Support Organisation and the Community Offenders' Advice and Treatment Service) have been developed while a trial of an online screen has also been a success.

This project has demonstrated the importance of partnerships and consultation, with widespread adoption of the screening and assessment package. Clinician ratings of both the tools and training have been high.

During the pilot phase, Turning Point identified that client motivation was not adversely affected by screening and that among the most complex clients, there was evidence that screening helped motivate them to engage in treatment.

Development of the online screen has resulted in more than 1300 completed screens within the first six months of testing. The online version provides feedback and links to further support and an opportunity for the broader population to gain immediate feedback on their drinking and drug use.

The online version provides feedback and links to further support and an opportunity for the broader population to gain immediate feedback on their drinking and drug use.



> Pictured: The Screening and Assessment Tool

HELP THROUGH ONLINE COUNSELLING

Online counselling is proving to be a more attractive way for people to seek support for problem gambling.

Research by Turning Point's Simone Rodda found that for highly-stigmatised disorders such as problem gambling, web-based counselling had the potential to address common barriers to treatment, including issues of shame and stigma.

The study involved 233 Australian participants who identified as problem gamblers and had completed an online counselling session through the Gambling Help Online website between November 2010 and February 2012.

Its aim was to determine motivations for choosing and recommending web-based counselling over telephone or face-to-face services.

When asked why they had decided to use online counselling, 51 per cent of participants highlighted convenience and accessibility,

34 per cent reported it was a useful access point into the service system, 27 per cent identified confidentiality and anonymity and 26 per cent reported a preference for the online environment.

The study also found that those involved in electronic gaming machines were more likely to access online counselling as an entry point into treatment than those engaged in betting on cards and sports.

Ms Rodda said many clients indicated that online counselling was a very significant step in changing their behaviour.

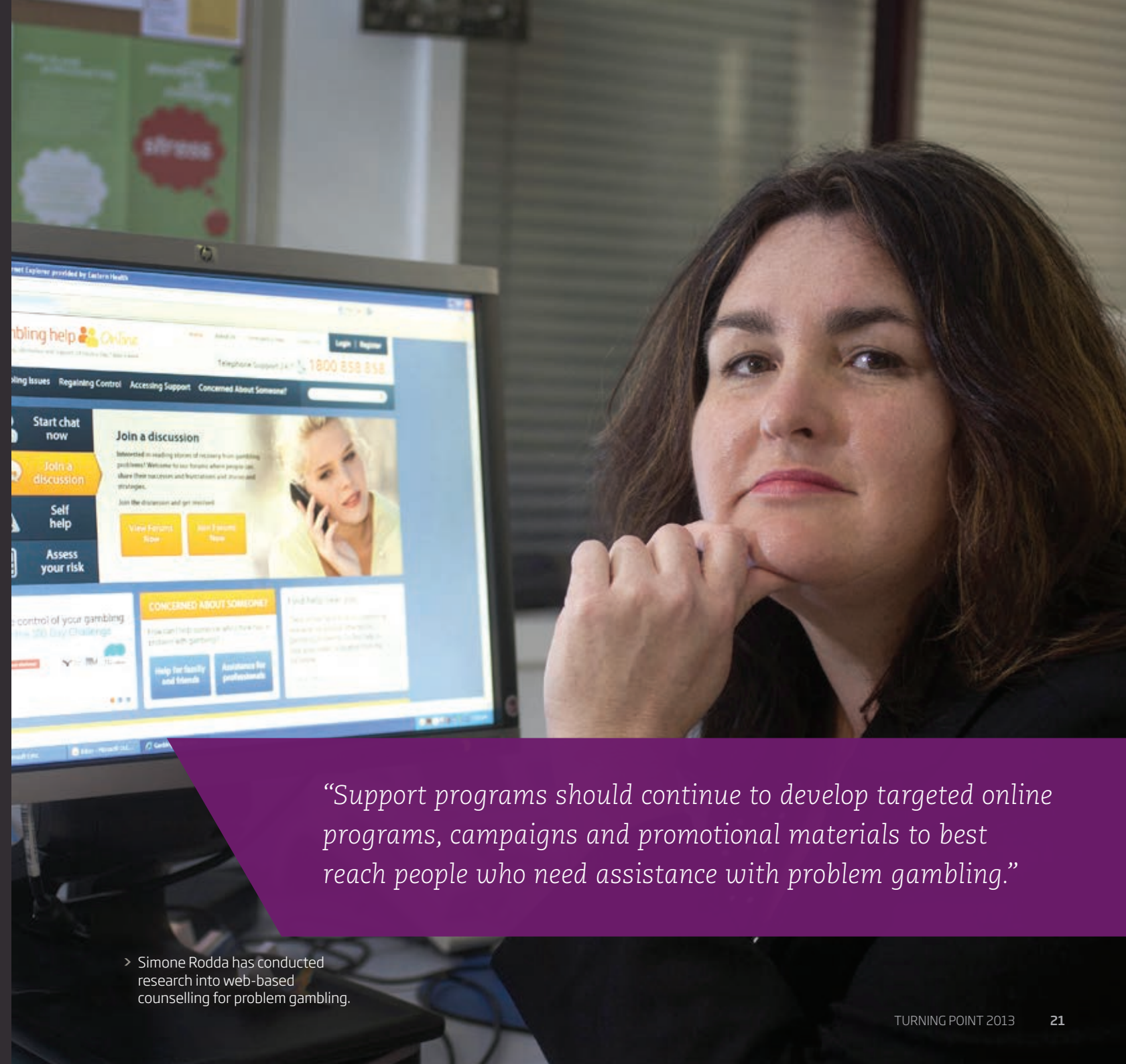
"Support programs should continue to develop targeted online programs, campaigns and promotional materials to best reach people who need assistance with problem gambling."

51%

of participants highlighted convenience and accessibility

34%

reported it was a useful access point into the service system



"Support programs should continue to develop targeted online programs, campaigns and promotional materials to best reach people who need assistance with problem gambling."

> Simone Rodda has conducted research into web-based counselling for problem gambling.

ALCOHOL INSIGHT AFTER HOURS

New research co-authored by Turning Point has found energy drink use and illicit drugs both contribute significantly to harm and offences that occur after hours. However, alcohol intoxication and pre-drinking remain the major predictors of offending and harm.

The findings are revealed in the *Patron Offending and Intoxication in Night Time Entertainment Districts (POINTED)* report, which ventured into places such as nightclubs and hotels to find out what the significant contributors are to patrons who offend in entertainment precincts after hours.

The report's authors included researchers from Deakin University, Turning Point, the National Drug Research Institute, University of Western Sydney, the Burnet Institute and University of Wollongong. It was funded by the National Drug Law Enforcement Research Fund, an initiative of the National Drug Strategy.

Turning Point researcher Dr Amy Pennay said the study provided unprecedented insight into the nightlife of five Australian cities, including Melbourne, and allowed substantial analysis of the alcohol consumption patterns of people in night-time entertainment districts across Australia.

She said the study revealed that drug use significantly predicted people experiencing greater violence and injury. Dr Pennay said the report calls for greater implementation of harm reduction measures.

Key points:

- > Levels of intoxication increased throughout the night across the five sites, especially after 1am when 30 per cent of people interviewed had a blood alcohol concentration above 0.1.
- > The research identified pre-drinking as a significant predictor of alcohol-related harm and a major impediment to responsible service of alcohol.
- > As part of the pre-drinking culture, people were often observed consuming alcohol near licensed venues just prior to entering.
- > Energy drink use was found to be associated with increased experience of harm and alcohol consumption.

SOCIAL CONNECTIONS

With our colleagues at the University of Queensland, Turning Point has undertaken research that focuses on understanding the social connections of individuals entering treatment and how they change over time.

Underpinning this research are two key predictors of long-term recovery - connecting with other people in recovery and moving from a social network that supports ongoing substance misuse to one that supports recovery.

This program involves retrospective analyses of existing datasets as well as new and innovative work with a number of community and residential treatment providers.

Research following a cohort of young people in drug treatment has shown that those who successfully reduce the proportion of substance users in their social networks have the best outcomes and improvements in wellbeing.

This work has also led to significant methodological innovation in the development of a new social mapping tool for use by clients and family members.





UNDERSTANDING MENTAL HEALTH AND OVERDOSE

Turning Point is conducting ground-breaking research into emerging trends surrounding overdose, suicidal behaviour and mental health.

Researcher Dr Belinda Lloyd said the development of a surveillance system to report these harms through the use of ambulance records was addressing a significant gap in evidence and providing the basis for a world-leading system that has the capacity to inform and evaluate prevention, intervention and education strategies at national, state and local levels.

Victoria has been the subject of initial research, with about 100,000 records per year alone received for coding purposes. It is expected that nearly 500,000 cases across Victoria, Queensland, NSW, ACT and Tasmania will be coded on an annual basis.

Dr Lloyd said the figures were “striking in terms of the magnitude of burden of suicidal behaviour and overdose on the population and health services”.

> Researchers Dr Caroline Gao, Dr Belinda Lloyd and Dr Cherie Heilbronn have studied drug-related ambulance figures

From June 2012 to May 2013, Victorian data identified:

- > Almost 200 fatal cases
- > Over 6000 suicide attempts
- > Almost 7000 cases of suicidal ideation where there was no actual suicide attempt
- > Over 2000 cases of self-harm
- > Nearly 2000 accidental overdoses, with almost 3000 additional overdoses where intent could not be determined.

Dr Lloyd said the figures were “striking in terms of the magnitude of burden of suicidal behaviour and overdose on the population and health services”.

Funded by the Drug Strategy Branch of the Commonwealth Department of Health and Ageing, Dr Lloyd said the research would inform both prevention and treatment responses, as well as act as a potential evidence base to support evaluation of policy initiatives and intervention effectiveness.

Turning Point Director Professor Dan Lubman said a strong evidence base supported targeted prevention, early intervention and effective policy responses.

ALCOHOL'S HARM TO OTHERS

Since 2008, research into alcohol's harm to others has been underway at the Centre for Alcohol Policy Research (CAPR), which is based at Turning Point.

As well as analyses of existing data, CAPR's work has included a general population survey with reassessment of respondents after three years. The work done in Australia is now being replicated in nine low and middle-income countries with CAPR leading the cross-national comparative analyses.

The study found that a majority of Australians experienced at least some harm from other people's drinking in the previous year.

Young adults were more likely than older adults to experience harm; women were more likely to experience harm from family members and men were more likely to experience harm from friends and workmates. How many heavy drinkers were among relatives and friends was a strong predictor of harm and of the recurrence of harm from others' drinking.

The World Health Organization (WHO) featured results from the Australian study in its *Global Status Report on Alcohol*. Turning Point staff who led this study were also the principal advisers on a resulting WHO project. The Australian project, which received the Excellence in Research award at the 2011 National Drug and Alcohol Awards, has contributed substantially to changing how alcohol problems are defined and policies developed, underlining that these problems not only affect the drinker but also those around them.

> Research fellow Dr Anne-Marie Laslett has researched alcohol's harm to others



EDUCATION



LESSONS ON ADDICTION

Turning Point has developed a Masters of Addictive Behaviours course in conjunction with Monash University, that will be available across Australia as well as internationally.

The course will provide students with a comprehensive overview of addiction science and theory, policy and practice. To be introduced in 2014, the course is a multi-disciplinary, post-graduate degree that will be delivered online with a strong interactive and dynamic focus.

It will be offered over 18 months for full-time students and three years for part-time students and delivered by a team of national and international experts.

Built on a solid conceptual and evidence-based foundation, the course will cover research methods and key contemporary issues, such as problem drinking and gambling, misuse of prescribed and illicit drugs, as well as topics centred on epidemiology, public health, policy, prevention and treatment.

The course is aimed at graduates in nursing, medicine, criminology and psychology, as well as those people already working in areas such as alcohol and other drugs, criminal justice, mental health, community health and public policy.

The course will provide students with a comprehensive overview of addiction science and theory, policy and practice.

> Stark image of graduation

CULTURAL CONNECTION

Turning Point and the Multicultural Centre for Women's Health (MCWH) are playing a lead role in alcohol and other drug education for Victoria's multicultural community.

The Polish Community Council of Victoria, Arabic Welfare Incorporation, Spanish Latin America Welfare Centre and Australian Vietnamese Women's Association are among the organisations working closely with Turning Point.

Turning Point and MCWH have also joined forces with the New Hope Foundation, Australian Federation of International Students and Southern Ethnic Advisory Council to use innovative and effective ways to better inform the young communities they work with about alcohol and other drugs.

Turning Point Deputy Director of Research and Workforce Development Kieran Connolly said alcohol and other drug workers needed to be more responsive to the needs of the culturally and linguistically diverse (CALD) community.

Dr Connolly said as well as training alcohol and other drug workers on CALD issues, Turning Point was also trying to increase awareness of alcohol and drug issues with selected CALD communities.

"There may be limited knowledge in some communities about alcohol and other drug issues, especially for those newly arrived and young people who have settled with their families in areas with poor infrastructure," Dr Connolly said. "Turning Point can play an important role in educating people about the best way to get help."

To meet these objectives, Turning Point, MCWH and their partner agencies are involved in numerous community development activities, including delivering education sessions in different languages, promoting project activities on ethnic community radio and television, and developing resources in community languages. Dr Connolly said there was stigma around alcohol and other drug use in some communities, which needed to be addressed.

Turning Point and MCWH expect to have a number of culturally-specific visual education resources available in the coming months, which will address the large gap in resources that are available for multicultural communities, especially young people.

"Turning Point can play an important role in educating people about the best way to get help."

> Turning Point's Dr Kieran Connolly with Media Idriess, Megan Wong and Maria Hach from the Multicultural Centre for Women's Health



A FRESH LOOK AT CANNABIS

Launched in 2003, Cannabis & Consequences was a well developed and widely used package in secondary schools across Australia.

Turning Point has redeveloped this resource with funding from the National Cannabis Prevention and Information Centre (NCPIC). The new *Cannabis & Consequences* package provides updated information and effective school-based activities and lesson plans that work well within school settings.

A national reference group has overseen the development of this resource, with links to the new Australian Curriculum and applicability across all states and territories.

Activities included a literature review, consultation with teachers, drug education experts and young people, content development, inclusion of multimedia activities and information for parents.

The revised package has been piloted in secondary schools and is being made available via the NCPIC website at www.ncpic.org.au.



The revised package has been piloted in secondary schools and is being made available via the NCPIC website at www.ncpic.org.au.

NATIONAL DIRECTORY OF DRUG AND ALCOHOL SERVICES

Turning Point and Monash University are collaborating on a national project to map alcohol and other drug services across Australia.

Funded by the Commonwealth Department of Health and Ageing, the National Drug and Alcohol Mapping Project (NDAMP) will examine what services are available, where they are, what they offer and how to make a referral.

A National Drug and Alcohol Services website and smart phone application will be developed using the information gathered. A prototype of the website using Victorian mapping data was released in July 2013. Importantly, the website will complement current service directories and allow clinicians and community members the opportunity to match the needs of an individual with available services in their area.

Monash University principal researcher Dr Jade Sheen said there had been an excellent response rate so far, demonstrating a commitment by services to improve patient access and planning.

Turning Point's Deputy Director of Treatment Services Anthony Denham said the resource would be highly accessible and a very useful point of referral information for identifying alcohol and other drug services across Australia, which in turn would help clients find the best service for them.

> Marlyn Gavaghan and Julie Wallis are working on the mapping project.



AN INSIGHTFUL VOICE

Turning Point provides a stage for experts in the sector to give their perspective on contemporary addiction issues.

Turning Point has a number of public events each year that provide a valuable insight into current issues and trends in the alcohol and drug sector. These events attract a wide audience from within the sector, the wider healthcare community, government, academia, and the general public.

Held annually, the Turning Point symposium is a one-day seminar that features a range of presentations covering current research and innovations in the areas of treatment, training and policy. This year's symposium focused on partnership as its central theme to illustrate the breadth and depth of Turning Point's work and the dynamic and far-reaching activities this has generated. The symposium involves presentations from Turning Point staff and many of our key partners to illustrate our achievements and our ongoing areas of development and exploration.

For more than a decade, *Talking Point* has provided a forum for discussion on current issues in the alcohol and other drug sector.

The free lunchtime seminar series has featured a diverse range of topics, including Dr Belinda Lloyd on drug-related ambulance attendances, Michael Livingston talking about recent trends in alcohol consumption and harm in Australia, and Magistrate David Fanning presenting on the Neighbourhood Justice Centre.

In November each year, the Turning Point oration features a guest speaker who talks in-depth about their expertise and experiences. In 2012, Ernest Drucker, who is Adjunct Professor of Epidemiology at Columbia University's Mailman School of Public Health, discussed the Epidemiology of mass incarceration in America. Previous speakers have included Victorian Minister for Gaming Michael O'Brien, Victorian Police Commissioner Simon Overland and Australian of the Year Professor Patrick McGorry.

The event also includes the presentation of Turning Point's Scholarship awards.

> Ernest Drucker from Columbia University with Dan Lubman at last year's Turning Point oration.



PARTNERSHIPS

Turning Point is fortunate to work with a broad range of experts across academia, the alcohol and other drug sector, and the wider healthcare community.

Below is a list of the organisations Turning Point has worked with in 2013 and who we are most grateful to for their assistance, be it through funding, project participation, advice or support.

- > ACOS-COATS
- > ACT Ambulance Service
- > ACT Health
- > Alcohol and other Drugs Council of Australia (ACDA)
- > Addiction-info, Lausanne, Switzerland
- > Alcohol and Other Drugs Council of Australia
- > Alcohol Research Group, Emeryville, California, USA
- > Ambulance Service
- > Ambulance Tasmania
- > Ambulance Victoria
- > Amity Services Northern Territory
- > Anex Australia
- > Arabic Welfare Incorporation
- > Association of Participating Service Users
- > Australian Community Support Organisation
- > Australian Drug Foundation
- > Australian Federation of International Students (AFIS)
- > Australian Multicultural Community Services Inc
- > Australian National Preventative Health Agency
- > Australian National University (ANU)
- > Australian Rechabite Foundation
- > Australian Vietnamese Women's Association
- > Ballarat Community Health Centre
- > Banyule Community Health Service
- > Barwon Health
- > Barwon Youth
- > beyondblue
- > Brimbank City Council
- > Burnet Institute
- > Caraniche
- > Catholic Care
- > Centre for Culture, Ethnicity and Health (CEH)
- > Centre for Addiction and Mental Health, Toronto, Canada
- > Centre for Alcohol Studies, International Health Policy Program, Bangkok
- > Centre for Drug & Alcohol Research, Aarhus University, Denmark
- > Centre for Gambling Education and Research, Southern Cross University
- > Centre for Health Initiative, University of Wollongong
- > Centre for Multicultural Youth (CMY)
- > Centre for Social Research on Alcohol and Drugs, Stockholm University, Sweden
- > Centre for Youth Substance Abuse Research, University of Queensland
- > Chisholm TAFE
- > Dandenong Drug Court
- > Dandenong Magistrates Court
- > Deakin University
- > Department of Communities, Queensland
- > Department of Health and Ageing, Commonwealth
- > Department of Health and Human Services, Tasmania
- > Department of Health, Northern Territory
- > Department of Health, Victoria
- > Department of Human Services, Victoria
- > Drummond Street Services
- > Eastern Access Community Health (EACH)
- > Eastern Region Mental Health Association
- > Foundation for Alcohol Research and Education
- > Gateway Community Health
- > Gay and Lesbian Health Victoria
- > Hanover
- > Harvard University Medical School
- > Health Strategy and Policy Institute, Vietnam Ministry of Health
- > Hunter Valley Research Foundation
- > Inner East Community Health
- > Institute for Culture and Society, University of Western Sydney
- > ISIS Primary Care
- > Jesuit Social Services
- > Knox Community Health Service
- > Latrobe Valley Community Health Service
- > Logan House (Queensland)
- > Melbourne Family Court
- > Mental Health and Drug and Alcohol Office, NSW Health
- > Menzies Institute
- > Monash University
- > MonashLink Community Health
- > Multicultural Centre for women's Health
- > National Cannabis Prevention and Information Centre
- > National Drug and Alcohol Research Centre, University of New South Wales
- > National Drug Law Enforcement Research Fund
- > National Drug Research Institute, Curtin University
- > National Institute of Mental Health and Neurosciences, Bangalore, India
- > National Institute of Public Health, Ministry of Health, Lao PDR
- > Neami
- > New Hope Foundation
- > Ngwala
- > Northern Division of General Practise
- > Norwegian Drug Research Institute, Norway
- > Odyssey House
- > Orygen Youth Health
- > Peninsula Drug and Alcohol Program
- > Peninsula Health
- > Polish Community Services
- > Prevention and Recovery Care Service
- > Queensland Ambulance Service
- > Queensland University of Technology
- > ReGen, Uniting Care
- > Self Help Addiction Resource Centre
- > Social and Health Research (SHORE) and Whariki Research Centre, Massey University, New Zealand
- > South Australian Office of Problem Gambling
- > South Australian Police
- > South City Clinic
- > South East Alcohol and Drug Service
- > South Sudanese Community in Australia Inc
- > Southern Cross University
- > Southern Ethnic Advisory and Advocacy Council (SEAAC)
- > Southern Health
- > Spanish Latin American Welfare Centre Incorporation (CELAS)
- > St Vincent's Hospital, Melbourne
- > Stepping Up
- > Stockholm Prevents Alcohol and Drug Problems, Stockholm County Council, Sweden
- > Taskforce
- > The Salvation Army
- > Trinity College, Dublin, Ireland
- > University of Calgary, Canada
- > University of Colombo, Sri Lanka
- > University of Desarrollo, Chile
- > University of Manchester, UK
- > University of Maryland, USA
- > University of Melbourne
- > University of Newcastle
- > University of North Dakota, USA
- > University of Queensland
- > University of Sydney
- > University of Tasmania
- > University of Uyo, Nigeria
- > University of Waikato, NZ
- > University of Western Sydney
- > University of Wollongong
- > VicHealth
- > Victoria University
- > Victorian Aboriginal Community Controlled Health Organisation
- > Victorian Auditor General's Office
- > Victorian Responsible Gambling Foundation
- > Voyage Alcohol and Other Drug Service
- > Western Health
- > Western Region Alcohol & Drug Centre
- > Windana
- > Women's Alcohol and Drug Services
- > Youth and Wellbeing CRC
- > Youth Support and Advocacy Service

TELEPHONE AND ONLINE SERVICES

DirectLine Victoria

1800 888 236

Northern Territory Alcohol and Drug Information Service

1800 131 350

Tasmanian Alcohol and Drug Information Service

1800 811 994

Victorian Drug Diversion Appointment Line

(03) 9418 1030

Victorian Disposal Helpline

1300 365 482

Family Drug Helpline

1300 660 068

YSAS Referral Line

1800 014 446

Professional Consultation Services

Victorian Drug and Alcohol Clinical Advisory Service

1800 812 804

Tasmanian Drug and Alcohol Clinical Advisory Service

1800 630 093

Northern Territory Drug and Alcohol Clinical Advisory Service

1800 111 092

ACT Drug and Alcohol Clinical Advisory Service

(03) 9418 1082

Gambling Helpline Services

Gambler's Helpline Victoria

1800 858 858

Gambling Helpline Queensland

1800 858 858

Gambling Helpline Tasmania

1800 858 858

Gambling Helpline Northern Territory

1800 858 858

Gambling Helpline South Australia

1800 858 858

Gamblers Help Youth Line Victoria

1800 262 376

Online Counselling and Support Services

Counselling Online (National)

www.counsellingonline.org.au

Gambling Help Online (National)

www.gamblinghelponline.org.au

Information websites

Just Ask Us

www.justaskus.org.au

Drug and Alcohol Clinical Advisory Service

www.dacas.org.au

Parenting Strategies

www.parentingstrategies.net

Turning Point

www.turningpoint.org.au





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