

TURNING POINT 2014

celebrating 20 years

TREATMENT • RESEARCH • EDUCATION

2014 Snapshot

Contributed to more than

180

PUBLICATIONS

Recorded over

87,000

CONTACTS

with our telephone and
online counselling services

Delivered courses to more than

1100

STUDENTS across Australia

Collaborated with over

170

ORGANISATIONS

across Australia and internationally

98%

POSITIVE EXPERIENCE

reported by surveyed callers

Worked on

50

RESEARCH PROJECTS

Worked with more than

2500

PEOPLE in our clinical services

Our websites recorded over

1 MILLION

PAGE VIEWS

Media coverage reached a potential broadcast and print audience of more than

5 MILLION

PEOPLE

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Welcome

It gives us great pleasure to present Turning Point 2014, which features some of the exceptional work undertaken by the team at Turning Point over the past 12 months.

During the past 20 years, Turning Point has built an outstanding reputation, locally, across Victoria, nationally and abroad.

Led by Professor Dan Lubman and Barbara Kelly, Turning Point has a vital role in treating and supporting people with addiction issues as well as better informing the community about alcohol, drugs and gambling matters.

Its commitment to quality treatment, education and innovative research, which helps to shape government policy, are just some of the reasons why Turning Point is held in such high regard by those within the alcohol, drug and gambling sectors, and beyond.

As an important member of Eastern Health's Statewide Services Program, Turning Point plays a significant role in ensuring clients and their families receive the best possible care. It also enjoys a strong partnership with our other statewide service, Spectrum, allowing Eastern Health to provide a comprehensive level of support.

We hope you enjoy *Turning Point 2014* and that it provides you with some insight into the organisation's key achievements this year.

We would like to congratulate the Turning Point team for their professionalism and hard work, and trust their commitment to ongoing improvement will continue in 2015.

We are pleased to welcome you to Turning Point 2014, which gives you an insight into the achievements and outstanding work of the dedicated staff of Turning Point.

Monash University is proud to be a key partner with Turning Point. As one of the world's top 100 universities, Monash University enjoys a strong relationship with many key institutions that have forged a strong reputation both locally and abroad. Turning Point is an excellent example.

Turning Point's efforts across research, treatment and education in the field of addictive behaviours continue to be crucial, as our community works hard to tackle the challenges associated with alcohol, drugs and gambling.

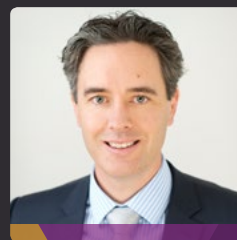
This year, Turning Point celebrates its 20th anniversary and Monash University is delighted to continue its relationship as a major partner. This collaboration has been further strengthened in recent times by the introduction of a new Masters of Addictive Behaviours course (see story, page 31). This course is a partnership between Turning Point and Monash University, and provides students with a comprehensive overview of addiction science, policy and practice.

It is only through an all-community approach that we will find solutions to the issues we are facing when it comes to addictive behaviours. The partnership between Monash University and Turning Point demonstrates the power and value of this academic and clinical collaboration and highlights its positive approach.



Alan Lilly

Chief Executive
Eastern Health



Matt Sharp

Executive Director
Continuing Care, Ambulatory, Mental
Health & Statewide Services
Eastern Health



Prof Christina Mitchell

Dean of Medicine, Nursing
and Health Sciences
Monash University



Prof Ian Davis

Professor of Medicine
Monash University and
Eastern Health

Head, Eastern Health
Clinical School

Introduction

Welcome to Turning Point 2014, an annual review which showcases local, national and international activities undertaken by our treatment, research and education teams over the past 12 months.

This year is special as it commemorates Turning Point's 20th anniversary. In 1994, led by Professor Margaret Hamilton, Turning Point was opened as a centre of excellence for alcohol and drug treatment, research and education.

Over the next decade, Turning Point grew across many fronts and included the operation of a 24/7 free confidential helpline (Directline), pioneering the introduction of buprenorphine for opiate addiction across Victoria, developing core competency courses for the alcohol and drug workforce, and the development of a world-first surveillance system using paramedic records.

The last 10 years have seen considerable innovation, including the expansion of telephone services for alcohol, drugs and gambling across multiple Australian jurisdictions, as well as the introduction of two national online counselling services. Research activities have also flourished, particularly in terms of a national agenda, with the development of interventions and training for a range of emerging issues, such as managing co-morbid mental health problems and methamphetamine use.

In 2005, Professor Robin Room joined Turning Point to establish a centre for alcohol policy research, with the support of the Victorian Government and the Foundation for Alcohol Research and Education, Robin's work has gone on to be celebrated internationally.

Turning Point joined Eastern Health and Monash University in 2009, and has gone from strength to strength. Its clinical work now incorporates alcohol and drug service delivery across the Eastern region, as well as a broad range of treatment initiatives that support individuals to seek help and link with appropriate care. Its training capacity has expanded to include a Masters of Addictive Behaviours offered through Monash University, leadership networks and capacity building across multiple cultural and linguistically diverse communities.

Finally, in terms of research, our ambulance work has grown to include a national analysis of mental health, substance use and suicidal behaviour, while our treatment and system teams have contributed enormously to improving alcohol and drug service

provision across Victoria.

With 20 years of experience, Turning Point has demonstrated its ability to continually evolve and innovate, and remain a leader in the field, locally and at the national and international level. Our key values remain unchanged as we strive to ensure the community is well supported to effectively deal with the broad spectrum of harms associated with alcohol, drugs and gambling.

Turning Point 2014 showcases the ongoing dedication, 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. There is still much to do but together, we can achieve great things.

Prof Dan Lubman

Director
Turning Point

Barbara Kelly

Program Director
Statewide Services
Eastern Health

Senior staff

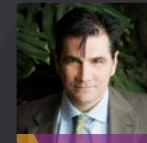


Professor Dan Lubman
Director



Barbara Kelly
Program Director

TREATMENT SERVICES



Dr Matthew Frei
Clinical Director
Treatment Services



Anthony Denham
Deputy Director
Treatment Services

Gavin Foster

Manager, Eastern Treatment Services

Karyn Cook

Manager, Fitzroy Clinic and Telephone and Online Services

Marlyn Gavaghan

Operations Manager, Telephone and Online Services

Juliette Hammond

Acting Senior Clinician, Telephone and Online Services

Rick Loos

Acting Gambling Services Coordinator, Telephone and Online Services

Melissa Elliott

Associate Director, Quality, Planning and Innovation

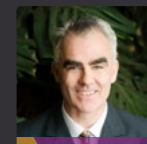
RESEARCH AND WORKFORCE DEVELOPMENT



Associate Professor David Best
Head of Research and Workforce Development



Professor Robin Room
Director, Centre for Alcohol Policy and Research



Dr Kieran Connolly
Deputy Director
Research and Workforce Development

Dr Naomi Crafti

Strategic Lead, Workforce Development

Dr Barbara Hunter

Strategic Lead, Treatment and Systems

Dr Anne-Marie Laslett

Acting Strategic Lead, Centre for Alcohol Policy Research

Dr Belinda Lloyd

Strategic Lead, Population Health Research

Dr Victoria Manning

Strategic Lead, Treatment and Systems

TREATMENT

Inside the clinic

Turning Point continues to play a lead role in treatment services, providing a range of support for people with alcohol, drug and gambling issues.

Clinical Director Dr Matthew Frei said the Fitzroy clinic worked hard to meet a strong and sustained demand for its specialist medical services.

“Our medical clinics provide a key support for GPs across Victoria, including assessment of individuals with drug dependence and co-morbid pain and pharmaceutical opioid use, as well as those with complex alcohol presentations, providing specialist opioid maintenance treatment and support for those with complex mental health and addiction concerns,” Dr Frei said.

“Our medical assessments provide advice to referrers regarding multi-disciplinary approaches to a range of substance use disorders, including problematic alcohol, psychostimulant, benzodiazepine and cannabis use.”

Turning Point’s alcohol consultancy

clinic accepts referrals from metropolitan, regional and rural GPs, as well as other doctors, including psychiatrists and hospital-based medical officers. Following face-to-face assessment of patients, the clinic offers treatment planning, facilitation of detoxification, initiation and monitoring of relapse prevention pharmacotherapies and psychological interventions.

Its dual diagnosis clinic continues to provide a dedicated service to support GPs and other medical practitioners managing co-occurring mental illness and alcohol and other drug use. Referrals for the dual diagnosis clinic are accepted from primary care, mental health services and hospital-based medical officers.



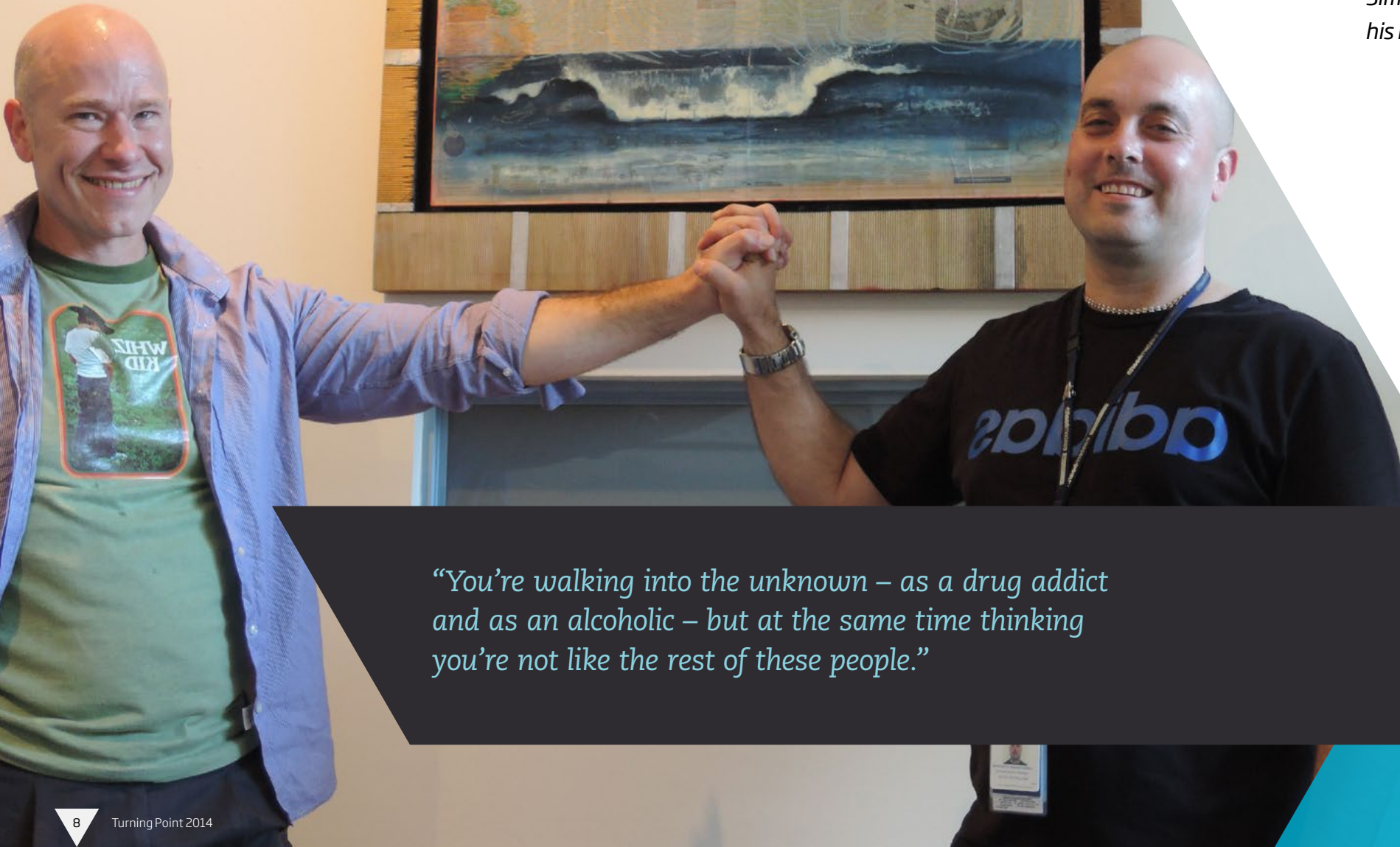
Behnam Bastami is a member of the clinical team at Turning Point.

Recognising the high prevalence of acquired brain injuries in clients accessing alcohol and drug treatment, Dr Frei said Turning Point continued to build a specialist service model for a statewide neuropsychology program.

“Based in Fitzroy, our neuropsychology team provides direct assessment and secondary consultation, as well as capacity-building initiatives, across Victoria,” he said. “A key focus are clients involved in the forensic system where cognitive problems affect their ongoing management.”

Dr Frei said Turning Point had a key role in providing clinical training opportunities to a range of clinical practitioners, including medical students and doctors in training, trainee psychologists and social workers, and postgraduate and graduate nurses. Turning Point also conducted training for doctors requiring more skills in providing care to patients with pharmaceutical and other drug use disorders, using a mentorship model that included observation of clinical consultations.

Simon (left) in front of his artwork "Hidden Sobriety".



"You're walking into the unknown – as a drug addict and as an alcoholic – but at the same time thinking you're not like the rest of these people."

On the path to a brighter future

Wellington House's Chris Stassinis is proud of the path Simon Macaulay has taken on his recovery journey.

For Simon Macaulay, staying at Turning Point's Wellington House put him on the path to recovery.

He said it was a profound experience and while life since then has not always been easy, he certainly has a more positive outlook on life.

Simon, who is aged in his 40s, came to Wellington House after his family became concerned about his substance use.

He admits to having a lifelong struggle with addiction issues, including alcohol and other substances. However, Wellington House was the first time he had sought help.

"It was a culmination of things. Their intervention allowed it to happen," he said.

Simon described going to Wellington House as "the hardest thing I've had to do".

"You're walking into the unknown – as a drug addict and as an alcoholic – but at the same time thinking you're not like the rest of these people," he said.

Fortunately, as soon as he stepped inside Wellington House, Simon was made to feel comfortable.

"There was this almost instant settling in, they made me feel at home," he said.

Simon shared his experience with people who, although facing similar addiction issues, came from a range of backgrounds.

"They were nothing like me but their story was exactly the same," he said.

Simon is extremely grateful to the staff. Walking in the park, cooking and even yoga were some of the activities they organised during his week at Wellington House.

"There was no judgment at all from them," he said.

As a thank you present, Simon painted the beach at Torquay. Titled "Hidden Sobriety", the painting now hangs in the foyer of Wellington House.

Things are going well for Simon. His family continues to support him and he hosted his own art exhibition in Torquay in October 2014.

And he is extremely grateful to the team at Wellington House.

"They changed my life."

Feedback helps to shape us

Turning Point is dedicated to meeting the needs of clients and their families. Our hard-working staff are passionate about delivering quality care.

It is extremely rewarding when our team receives positive feedback from people who have taken the time to let us know about their experience. Here are some of the thoughts of clients who have written to say “thank you”.



Melanie Dutton is part of the dedicated Administration team at Turning Point.

Clinic, Fitzroy

Just wanting to acknowledge the reception staff. Walked in feeling terribly ashamed and at my lowest point, having relapsed after seven years... Never been this rock bottom. Was afraid and surprised to be treated so kindly and without judgment. Especially Carolyn - what a gem! So obviously a genuine, beautiful asset to Turning Point. Thank you for your help at the front clinic reception desk.

Eastern Treatment Services, Box Hill

My partner came in for an assessment and the receptionist was fantastic. All our questions were answered thoroughly and we didn't have to wait long to be seen. All the people we spoke to were non-judgmental.

Wellington House, Box Hill

10/10 enjoyed my stay. Words cannot describe how grateful I am for the staff's generosity and attention to detail. Comforting people when they arrive scared and not quite sure what they have got themselves into. It has been an absolute privilege to be here at Wellington House, with so many wonderful people. They have all been so helpful. I will miss you all very much.

Maryanne Singh is an Administration Assistant at Eastern Treatment Services in Box Hill.



Deidre Ryan has found *Ready to Change* to be an effective treatment intervention for clients experiencing a range of substance use difficulties.

“Offering treatment over the telephone provides great flexibility to our clients, as well as great outcomes. The feedback has been extremely positive.”

Ready to Change

Following positive evaluation outcomes, Turning Point has launched its revamped short-term structured telephone intervention for people experiencing difficulties with alcohol, cannabis and amphetamines. Ready to Change is an evidence-based program that runs over six sessions, targeting individuals with identified problems who have difficulties accessing services due to geography or issues of stigma.

Structured Programs Senior Clinician Juliette Hammond said the program, which was developed in consultation with Monash University and Deakin University, was highly accessible and had been designed to address some of the barriers to treatment that clients had traditionally faced.

“Ready to Change targets individuals who are 18 years and over, geographically isolated or do not want to access face-to-face services,” Juliette said. *“It is a motivational enhancement and skills training intervention that aims to help clients build new skills to replace harmful patterns.”*

Juliette said research indicated that people with alcohol issues who participated in the pilot program demonstrated a significant reduction in their drinking and related harms, as well as reduced levels of psychological distress.

At the end of the program, clients reported they had made significant changes in a number of areas, including the development of useful coping strategies, identification of strengths, improved capacity to overcome challenges, improvement in physical and emotional wellbeing, and a reduction in alcohol consumption.

Turning Point will also offer a version of the *Ready to Change* program for people experiencing gambling problems.

“Following positive client feedback about the updated AOD program, we are developing a new telephone-based, structured program for people with gambling issues,” Juliette said.

“Ready to Change telephone-based programs provide an excellent and flexible alternative to face-to-face treatment, with very positive client feedback.”

Calculating the cost of gambling

New features have given Turning Point's Gambling Help Online (GHO) website a welcome boost.

A "Gambling Calculator" that uses data from the Australian Bureau of Statistics, Productivity Commission and other studies to compare users' gambling habits to Australian averages was launched on the GHO website in early 2014.

The tool gives users a visual representation of their gambling habits using graphs and imagery that have the potential to really hit home for people affected by gambling.

By entering details such as how much you gamble and how often, you can find out how much you are spending over a year and what else this could be used for - such as travel, important purchases, paying your mortgage or investing in education.

Motivational feedback is also provided in the form of alternative activities to gambling, as well as tips to cut down or stop gambling.

A moderated forum on *Gambling Help Online*, which began in late 2012, has exceeded 2000 members from across Australia and has become a key support for many registered users.



The team has consistently received positive feedback from forum users and counsellors who use the website to gain further insight into the issues faced by people affected by gambling.

To visit *Gambling Help Online*, go to www.gamblinghelponline.org.au

Briony MacKenzie and Scott McLachlan were members of the team behind the new gambling calculator and the online forum.

Making Waves

Making Waves is a specialist treatment program for people with co-existing alcohol and other drug issues and borderline personality disorder. The program is funded by the Commonwealth Department of Health and has been running for over three years.

Senior Clinical Psychologist Jean Popomilkov said clients received 12 treatment sessions based on Acceptance and Commitment Therapy.

"It is designed for clients presenting with alcohol and drug issues, interpersonal difficulties and problems regulating emotions," Dr Popomilkov said.

"The treatment sessions focus on building skills to tolerate emotional stress, improving interpersonal relationships and learning new strategies for making alternative choices, particularly around substance use."

Client outcomes have been measured to assess the treatment's effectiveness and to further contribute to an understanding of best-practice models of treatment.

"The results indicated a reduction in substance use, a decrease in behaviours that interfere with receiving treatment, improvements in self-reported physical health, psychological health and quality of life, improvements in coping with

distressing thoughts and feelings, and improvements in managing distressing emotions," Dr Popomilkov said.

Making Waves has also focused on increasing the capacity of the AOD sector to work with these clients by training clinicians. A student training program for postgraduate psychology interns has been established and is maintained through a formal partnership between Turning Point, Deakin University and Monash University, and their postgraduate psychology training programs.

Making Waves has also disseminated resources to the wider AOD sector through online and printed materials, and presentations at conferences, including the World Congress for Acceptance and Commitment Therapy in 2013 and the National Addiction Recovery Conference in Singapore in June 2014.



Senior Clinical Psychologist Jean Popomilkov sees great value in the Making Waves program.

Collaborating for better care

Turning Point's Addiction Medicine Consultation Liaison Service aims to improve healthcare responses for people experiencing alcohol and drug problems who present within mainstream hospital settings.

With increased funding from the Victorian Department of Health, three new alcohol and drug clinical nurse consultants have been integrated into the existing Addiction Medicine Consultation Liaison Service to create an enhanced clinical response for Eastern Health's extensive hospital network.

Gavin Foster, who is the Manager of Turning Point's Eastern Treatment Services, said that through an increased clinical presence in Eastern Health's

three emergency departments and inpatient wards at Box Hill, Maroondah and Angliss hospitals, the service provided specialist advice that helped to reduce hospital stays and improved linkages to appropriate care.

"The primary focus of activity will be on people presenting to the Maroondah, Box Hill and Angliss hospital emergency departments with problematic and complex substance use concerns," Gavin said.

Pauline Drake, who is Team Leader for the Consultation Liaison Service, said the service would work closely with ED staff on the timely identification and delivery of interventions for people presenting with alcohol and drug problems.

Between April and June 2014 the service saw over 200 people and expects these numbers to increase as the profile of the service builds.

Gavin Foster believes Turning Point's Addiction Medicine Consultation Liaison Service can play an important role in supporting emergency departments.

Key aims:

- Responding earlier to alcohol and drug problems through brief interventions and referral options
- Providing healthcare for alcohol and drug issues that is consistent with best-practice clinical guidelines
- Supporting the capacity of ED and ward staff to manage alcohol and drug concerns.

Koolin Balit training grant helps close the health gap

Darren Wilson hasn't looked back since he made the decision to leave his job as a warehouse manager and pursue his passion in alcohol and drug work.

The 30-year-old father of four admits it was a big leap however, he is confident it was the right decision for him and his young family.

"I'm so happy to have been given a great opportunity to follow my interests and start a rewarding career in health," Darren said.

Currently studying his Certificate IV in Drug and Alcohol Work, Darren successfully applied for a traineeship at Eastern Health as a community development officer.

"Alcohol and drug-related harm is something that I've experienced first-hand. I'm really passionate about helping people to stop the cycle, particularly within the Aboriginal community," Darren said.

Darren's position is partly funded by the Victorian Department of Health's *Koolin Balit (Healthy People)* training grants program which aims to assist

health services to increase their capacity to provide training and workforce opportunities for Aboriginal people.

Eastern Health has recently applied for a range of grants to maximise the opportunities for staff and potential staff, as part of its Aboriginal Employment Plan.

Debbie Becker, Nurse Unit Manager at Turning Point's Wellington House, said while Darren worked with clients from different cultural backgrounds, his presence was likely to make a significant difference within the Aboriginal client group.

Darren said Eastern Health's commitment to closing the health gap was enticing when looking for a potential employer.

"There are so many great initiatives in this area. All the staff are fantastic and they have been so supportive of my learning and development."

For more information about Eastern Health's career opportunities and Aboriginal Employment Plan, visit www.easternhealth.org.au/careers

Darren Wilson is playing his part to close the health gap between Aboriginal and non-Aboriginal Australians.



Research reveals alcohol's burden

A Turning Point project has revealed for the first time, data on differences in alcohol consumption and alcohol-related harms across all Australian states and territories.

The *Burden of Disease* study found alcohol caused 5554 deaths and 157,132 hospitalisations in 2010, with the number of deaths increasing by 62 per cent since the study was last undertaken a decade ago.

For men, injuries accounted for more than one in three (36 per cent) alcohol-related deaths, while cancer and digestive diseases caused 25 and 16 per cent respectively. For women, one in three alcohol-related deaths were due to heart disease (34 per cent), followed by cancers (31 per cent) and injuries (12 per cent).

Senior researcher Dr Belinda Lloyd said *Burden of Disease* estimates based on current health and alcohol consumption data were integral to conceptualising the impact of alcohol on the Australian community.

"Such estimates are needed to assess changing trends in harm in the community related to drinking and enable comparison of the burden of alcohol across different diseases and injuries," Dr Lloyd said.

This project provides evidence of the burden of disease and injury on Australia in 2010. Future research plans include assessing how funding is allocated to tackle alcohol-related burden on the Australian healthcare system.

To read the full report, visit www.turningpoint.org.au

Website to provide insight into Victorian alcohol statistics

A new website developed by Turning Point will provide comprehensive information about alcohol-related statistics across Victoria.

AODstats will focus on harms related to alcohol, illicit and pharmaceutical drug use.

Since 1999, the Victorian Department of Health has funded Turning Point to deliver annual editions of the *Victorian Alcohol Statistics Series and Victorian Drug Statistics Handbook*. The aim of these comprehensive publications was to describe major patterns of alcohol and drug use, as well as associated harms in Victoria.

In 2014, these publications were redeveloped into an online interactive map in order to improve community access to the data.

Research Fellow Jessica Killian said the data was obtained from numerous sources, ranging from government departments to alcohol and drug treatment agencies.

"This information provides a convenient statistical and epidemiological resource for policy planners, drug service providers, health professionals and other key stakeholders," Jessica said.

"The data and maps build on and update information previously provided in text format. They deliver the most recent data available and provide a monitoring tool for alcohol and drug trends."

AODstats brings together results from alcohol and drug-related primary and secondary data sources available in Victoria. Statistics include ambulance attendances, emergency department presentations, hospital admissions, deaths, alcohol and drug treatment episodes, telephone and online counselling contacts, serious road injuries, assaults and domestic violence incidents.

For more information, visit www.aodstats.org.au



Turning Point researchers Belinda Lloyd, Sharon Matthews, Cherie Heilbronn and Jessica Killian are behind a website which will add greater depth to research on alcohol-related statistics.

On the road to recovery

A Turning Point project has investigated the pathways of alcohol and other drug clients in their journey towards recovery.

Patient Pathways is a collaborative effort between Turning Point, Monash University and the National Drug Research Institute at Curtin University in Western Australia.

The study recruited almost 800 AOD clients from various residential and community-based alcohol and drug services across Victoria and WA to complete a baseline interview examining their use of health and welfare services.

Around 70 per cent of participants were re-interviewed 12 months later to explore subsequent treatment pathways and related outcomes.

Senior Research Fellow and Treatment and Systems Strategic Lead Dr Victoria Manning said results indicated that more than half the sample were "treatment successes" (either abstinent or had at least halved their frequency of use), 38 per cent were abstinent from their primary drug of concern and significant improvements in quality of life were also observed.

Outcomes were greatest for methamphetamine clients but poorest among alcohol clients where more

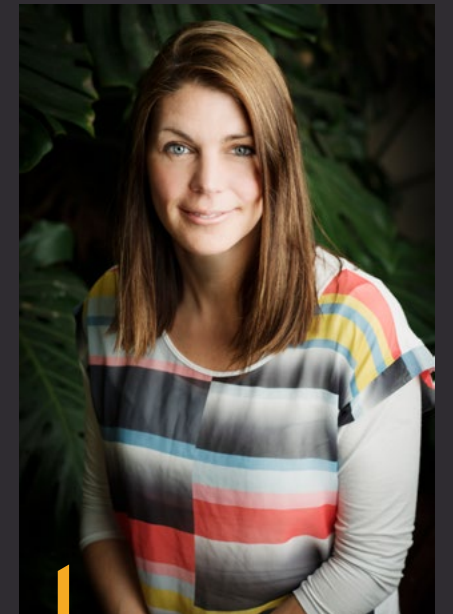
intensive and extensive treatment pathways were required, comprising both specialist AOD and non-AOD community services.

"The findings have clear implications for service and system design, such as enhancing the promotion and completion of treatment episodes, increasing access to residential rehabilitation and providing opportunities for assertive linkage to mutual aid," Dr Manning said.

"They are of significant national importance, being the first in Australia to report treatment outcomes of alcohol and cannabis dependent clients who together represent the vast majority of treatment seekers."

Dr Manning said the findings provide the basis for a number of recommendations on care pathway configuration, service delivery and integration activities that improve outcomes for the AOD user, their families and the community.

"Our data also shows that engaging in AOD treatment reduces the burden on acute and costly services as clients attain stability and improved functioning."



Dr Victoria Manning is part of the Patient Pathways team.

Understanding the key to better treatment services

In a system that is decentralised, diverse and deregulated, there is significant variation between standards of practice and understanding about what constitutes specialist alcohol and drug treatment across Australian services.

Associate Professor David Best said Turning Point was commissioned by the Commonwealth Department of Health, as part of a consortium of key clinicians and researchers, to develop a model for quality assurance across agencies funded under two initiatives, the Non-Governmental Organisations Treatment Grants Program and the Substance Misuse Services Development Grant Fund.

The project explored international quality framework models within AOD and related fields; mapped current quality assurance and quality standards practices; and examined candidate mechanisms that ensure high-quality service delivery.

"Extensive consultation with relevant services and peak bodies captured information regarding current accreditation practices and the reconciliation of existing standards used in the field; and informed the development of recommendations for new AOD-specific standards and their implementation," Prof Best said.

The team visited agencies across Australia over two consultation periods. Of the 104 agencies participating in the initial phase of the project, 76.9 per cent had undertaken (or were working towards) accreditation with a range of organisations.

In the second phase of consultation, 124 individuals across 83 agencies and peak bodies raised important concerns regarding factors that may influence implementation, such as geography, avoiding duplication of effort in meeting existing quality assurance activities and considering the current political context of the jurisdictions (for example, sector change or reform activities).

The project received positive feedback from participating agencies across Australia and would not have been possible without the full support of all the state and territory peak bodies.

Alcohol and public health

Stemming the Tide of Alcohol: Liquor Licensing and the Public Interest, a new book co-edited by Dr Elizabeth Manton and Professor Robin Room from the Centre for Alcohol Policy Research (CAPR) at Turning Point reflects on and brings together a new wave of concern and scholarship about ways to limit harms from drinking through licensing and other regulation. The book also has 11 chapters authored or co-authored by CAPR staff.

The book takes the public interest perspective of preserving public health and safety, with attention also to broader issues of community amenity.

Besides liquor licensing, the book also looks at other laws and regulations that can reduce rates of alcohol problems, such as community planning laws, criminal laws and sanitary and noise regulations.

The aim is to provide policy-makers, public health advocates, researchers and community groups and members with a handbook that is informative about historical and current trends – how we got here, the current situation and where things are going – and the state of research evidence on what is effective in which circumstances for public health purposes.

A major strength of the book is the Australia-wide range of contributors. The broad perspectives include sociology, medical anthropology, policing, criminology, epidemiology, marketing, indigenous health, mental health, alcohol-related violence and liquor legislation, as well as perspectives from public health practitioners, policy developers, lawyers, community advocates, urban planners, social planners, an economist and an auditor-general.

The book, published by the Foundation for Alcohol Research and Education (FARE) in collaboration with The University of Melbourne, was launched in Melbourne in August 2014. Along with Dr Manton and Prof Room, the book was co-edited by FARE's Caterina Giorgi and Michael Thorn.

To order a copy of the book, go to www.fare.org.au/fare-online-shop/



Professor Robin Room and Dr Elizabeth Manton are co-editors of a book that investigates ways to limit harms from drinking through licensing and regulation.

Alcohol has been widely used in Australia for over 200 years and causes many social and health problems. Recognising this, governments have long controlled its availability and promotion, although the controls were weakened in the late 20th century.

Project to track recovery journey

A group of researchers at Turning Point is advancing new ways of understanding how people recover from alcohol and other drug problems. Led by Associate Professor David Best, they are testing a theory that recovery involves a social identity transition, in which people begin to identify less with groups that support their substance use while increasing their identification with groups that support their recovery.

Several studies have shown the importance of social identity transition in recovering from adverse life events. Early pilot work conducted by members of the group shows that people who increase their identity with other recovering peers in the first two weeks of treatment are much more likely to do better in treatment. Other pilot work indicates that greater identification with non-using groups is associated with a better quality of life.

Following on from this initial pilot work, Turning Point is about to embark on a world-first study.

The project, which is being conducted in collaboration with Monash University, University of Queensland and Deakin University, will examine how someone's social networks and social identity might change as they progress through treatment and how this may affect their recovery.

The project is funded by the Australian Research Council.

Treatment and Systems Research Fellow Dr Michael Savic said the project aimed to develop a better understanding of how individuals recovered from addiction, as well as inform treatment approaches.

"It is clear that people can and do recover from addiction but while relapse rates are high, little is known about the factors that promote long-term recovery," Dr Savic said.

"However, belonging to a social network that is supportive of recovery is thought to be an important factor."

Dr Savic said the study would recruit 300 individuals who had been accepted into treatment at residential rehabilitation treatment agencies - known as Therapeutic Communities - and follow them for one year as they moved through treatment and into the community.

The project itself will run for three years, with participants taking part in a series of interviews. Five Therapeutic Communities across Victoria and Queensland will participate.



Dr Michael Savic is researching social identity and recovery from alcohol and other drug issues.

Online hand for problem gambling

Research into online counselling for problem gambling has taken a closer look at who is accessing it and why, as well as associated benefits.

Turning Point's Dr Simone Rodda said help was increasingly being delivered online for highly stigmatised disorders including problem gambling.

"Although popular in terms of rate of uptake, there has been very limited investigation into who uses online services or why, and also limited knowledge of the mechanisms of this modality," Dr Rodda said.

Through five studies using a mix of quantitative and qualitative approaches, Dr Rodda completed a thesis which investigated the characteristics, readiness to change and motivations for choosing online over other options.

It also explored the mechanisms of online counselling in terms of what clients want and their experience of a single online session.

According to Dr Rodda's research, online counselling participants are younger, more often male and gamble online. It also reported a high readiness

to change but low confidence to manage a gambling urge. About half the participants sought a non-crisis intervention.

"Primary motivations for using online counselling were related to anonymity, convenience, ease of access and a preference for writing over talking," Dr Rodda said.

"Participants reported immediate improvement in confidence and distress following an online session."

Dr Rodda said that to further advance research, the effectiveness of online single session interventions delivered in community settings and the mechanisms of online counselling needed to be further understood.

"Targeted online interventions that are delivered by a clinician have the potential to make a major contribution towards reducing the impact of problem gambling," she said.

Dr Rodda suggested future online counselling enhancements could include interventions matched to client motivations for help-seeking as well as effective single session online interventions that responded to a high readiness to change.



EDUCATION

Cannabis education program a success

Turning Point, in collaboration with the National Cannabis Prevention and Information Centre (NCPIC), is continuing to connect with schools across Australia, with Cannabis & Consequences II winning the support of staff and students.

The *Cannabis and Consequences II* package was developed to include:

- Information for curriculum co-ordinators about cannabis education and prevention in schools
- Information for teachers, including models for understanding use, risk and protective factors and prevention models
- A range of activities for students, including interactive classroom activities, self-facilitated learning activities and booster activities for older year levels
- Specified resources and links that can be used to support information contained in the package
- Information for parents.

A substantial face-to-face and online training program has just been completed. It was aimed at secondary school communities – government, Catholic and independent – across all states and territories in Australia.

An evaluation of the program conducted by researcher Fiona Blee revealed some positive results. According to a survey of people who viewed the package, of which the majority were high school teachers, 93 per cent of respondents said they found the package either “useful” or “very useful” and 91 per cent plan to use the package with their students.



Sandra Roeg is a member of the Cannabis and Consequences II team, which has achieved great success in schools.

The majority of respondents also agreed with the statement “teaching students about cannabis is important” (92 per cent). Additionally, teachers agreed they had a responsibility to speak to their students about cannabis (88 per cent) and assist students who are having issues with cannabis (89 per cent).

Educator Sandra Roeg said she hoped ongoing promotion of *Cannabis and Consequences II* was maintained to ensure teachers and others in school settings were aware of the tools and resources they could use to inform students about cannabis issues.

“Consideration may also be given to a further roll-out of training to support those teachers and allied staff who need additional help to implement *Cannabis and Consequences II* in school settings.”

The Cannabis and Consequences II package can be downloaded from the NCPIC website (www.ncpic.org.au)

Project co-ordinator Bonnie Wells is promoting leadership in the alcohol and other drug sector through the Change Agent Network.

Developing leadership

Funded by the Victorian Department of Health, and a first for Australia, a Change Agent Network has been developed to support long-term workforce development initiatives in the Victorian AOD sector.

The group is designed to develop and empower leaders in the alcohol and drug treatment field to drive culture and practise change.

Project co-ordinator Bonnie Wells said the Change Agent Network was central to the emergence of a new, recovery-oriented and outcomes-focused treatment system in Victoria.

“It is an innovative group that builds on emerging knowledge about Communities of Practice and links this to innovations in the workforce area around evidence-based practice and implementation,” Bonnie said.

“This group will also provide an expert body that can support and develop workforce practices and it will have a significant role to play in the implementation of the *Reducing the Toll* strategy and the reformed AOD treatment system in Victoria.”

Members of the Change Agent Network are established or emerging leaders in the Victorian AOD sector, who have completed an intensive training program delivered by Leadership Victoria and Turning Point, and are now overseeing the establishment of an Advanced Practitioner Network to further enhance the adoption of evidence-based practice.

The Change Agent Network has been developed by Turning Point in partnership with the Victorian Department of Health, Victorian Alcohol & Drug Association, the Bouverie Centre, Bendigo Community Health and Leadership Victoria.



Masters online

A partnership between Turning Point and Monash University is reaping benefits, with a new Masters of Addictive Behaviours course providing a valuable insight for students.

The course provides students with a comprehensive overview of addiction science, policy and practice. Topics include neurobiology and addiction, Australian and international drug policy, clinical and population health approaches, gambling and other process addictions, recovery principles and drug issues in the gay, lesbian, bisexual, transsexual and inter-gender community.

Although the course is offered exclusively online, it retains a strong interactive and dynamic focus, including online forum discussions and exercises to cement the core material learnt in lectures.

Dr Victoria Manning, unit co-ordinator of the subject *Addiction Science: A biopsychosocial overview*, said the course covered conceptual and research topics with considerable applied relevance beyond the alcohol and other drug field.

“Students from a range of fields, including psychology, criminology, nursing, medicine and social work, have taken up the opportunity to be part of the course,” she said.

Despite the course being in its first year, Senior Education and Training Officer and Masters Course Administrator Dimitra Petroulias said students had already received positive feedback.

Dimitra said the course’s current students had been fortunate to have some of the world’s leading addiction clinicians, researchers and policy-makers contribute as lecturers and to set discussion topics and assignments. Guest lecturers have included Professor Emeritus David Pennington, Professor John Toumbourou and Professor Ann Roche.

Dr Manning said as well as lectures, students were expected to participate in online discussion forums where they could share ideas and observations; challenge theories or post articles and media clips.



Senior Education and Training Officer and Masters Course Administrator Dimitra Petroulias believes there have been great benefits with a new Masters of Addictive Behaviours course offered by Turning Point and Monash University.

For more information go to:

www.turningpoint.org.au/education/Graduate-Programs

Events on the agenda

Turning Point hosts a range of events throughout the year that provide a valuable insight into current addiction issues.

They are also an opportunity for our colleagues in the AOD sector to come together and discuss contemporary matters across treatment, research and education.

And they provide people outside the sector, including the broader healthcare community, academia, government and the public, with an opportunity to better understand alcohol, drug and gambling issues.

The annual Turning Point Symposium showcases current research and innovations in treatment, training and policy. It is a one-day seminar that features the work of Turning Point staff, as well as other experts from across the AOD field.

The 2014 symposium focused on building an effective, evidence-informed and responsive treatment system, and our capacity to monitor and measure community impacts effectively.

Topics covered included online screening, social determinants of alcohol-related chronic conditions and culturally and linguistically diverse initiatives and innovations.

Turning Point's regular lunchtime seminar series, known as *Talking Point*, also continued in 2014. Held once a month, the program features a range of eminent thinkers and researchers, presenting on a range of topics.

Topics in 2014 included drug misuse and suicide by Dr Jeremy Dwyer from the Victorian Coroners' Court; Dr David Jacka from Monash Health discussing harm reduction, HIV and methadone in Vietnam, and the Swedish alcohol and drug treatment system by Associate Professor Jessica Storjork from Stockholm University.

The Turning Point Oration features a guest speaker who talks in-depth about their expertise and experiences. Held in November each year, it attracts a broad audience from within and outside the alcohol and other drug sector.

In 2013, the Oration's guest speaker was Professor John Cunningham, Deputy Director of the Centre for Mental Health at the Australian National University, who asked the question: "How do people change from addictive behaviours?"

Other guest speakers in previous years have included Adjunct Professor of Epidemiology at Columbia University's Mailman School of Public Health Ernest Druker, former Victorian Minister for Gaming Michael O'Brien, former Victorian Police Commissioner Simon Overland and Australian of the Year, Professor Patrick McGorry.

Turning Point's Travelling Scholarship awards are also presented at the Oration.



Professor John Cunningham was the guest speaker at the 2013 Turning Point Oration.

Partnerships

Each year, Turning Point works with a range of organisations across the alcohol, drug and gambling sectors, the broader healthcare community and academia.

The collaborative relationships we share with our partners is invaluable and we are extremely grateful to them for their assistance, whether it is through funding, project participation, advice or support.

Below is a list of organisations that Turning Point has been fortunate enough to work with in 2014.

- ACSO-COATS
- ACT Ambulance Service
- ACT Health
- Addiction-info, Lausanne, Switzerland
- Alcohol and Other Drugs Council of Australia
- Alcohol Office, NSW Health
- Alcohol Research Group, Emeryville, California, USA
- Ambulance Service of New South Wales
- Ambulance Tasmania
- Ambulance Victoria
- Amity Services Northern Territory
- Arabic Welfare Incorporation
- Association of Participating Service Users

- Australian Community Support Organisation
- Australian Drug Foundation
- Australian Federation of International Students
- Australian Institute of Family Studies
- Australian Multicultural Community Services Inc
- Australian National Preventative Health Agency
- Australian National University
- Australian Rechabite Foundation
- Australian Research Council
- Australian Vietnamese Women's Association
- Ballarat Community Health Centre
- Banyule Community Health Service
- Barwon Health
- Barwon Youth
- beyondblue
- Brimbank City Council
- Burnet Institute
- Cancer Council Victoria
- Caraniche
- Catholic Care

- Centre for Culture, Ethnicity and Health
- 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 Women's Association
- Ballarat Community Health Centre
- Banyule Community Health Service
- Barwon Health
- Barwon Youth
- beyondblue
- Brimbank City Council
- Burnet Institute
- Cancer Council Victoria
- Caraniche
- Catholic Care

- 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
- Department of Justice, Victoria
- Drummond Street Services
- Eastern Access Community Health
- Eastern Melbourne Medicare Local
- Eastern Region Mental Health Association
- Foundation for Alcohol Research and Education
- Gambling Research Australia
- 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 Service
- Inner East Melbourne Medicare Local
- Inspiro Community Health Service
- 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)
- Lundbeck
- Mental Health Professionals Network
- Menzies Institute
- Melbourne School of Population and Global Health, University of Melbourne
- Monash University
- MonashLink Community Health Service
- Movember
- 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 Health and Medical Research Council
- National Institute of Mental Health and Neurosciences, Bangalore, India
- National Institute of Public Health, Ministry of Health, Lao PDR
- Neami
- Networking Health Victoria
- New Hope Foundation
- Ngwala
- Northern Division of General Practice
- Norwegian Drug Research Institute
- Odyssey House
- Orygen Youth Health
- Penington Institute
- Peninsula Drug and Alcohol Program
- Peninsula Health
- Polish Community Services
- Prevention and Recovery Care Service
- Queensland Ambulance Service
- Queensland University of Technology
- Salvation Army EastCare
- Self Help Addiction Resource Centre
- Social and Health Research (SHORE) and Whariki Research Centre, Massey University, New Zealand

- South Australian Ambulance Service
- 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
- Southern Health
- Spanish Latin American Welfare Centre Incorporation
- St John's Ambulance, Northern Territory
- St Vincent's Hospital, Melbourne
- Stepping Up
- Stockholm Prevents Alcohol and Drug Problems, Stockholm County Council, Sweden
- Social Research on Alcohol and Drugs (SORAD), Stockholm University
- Taskforce
- Thai Health Promotion Foundation
- Thanyarak Institute, Thailand
- 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 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 Coroners' Court
- Victorian Responsible Gambling Foundation
- Voyage Alcohol and Other Drug Service
- Western Health
- Western Region Alcohol & Drug Centre
- Windana
- Women's Alcohol and Drug Services
- World Health Organisation
- Youth and Wellbeing CRC
- Youth Support and Advocacy Service

Helpline services

Telephone and online services provided by Turning Point.

Alcohol and Drug Helpline 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 Advice Line
03 9418 1030

Victorian Disposal Helpline
1300 365 482

Family Drug Helpline
1300 660 068 (after hours)

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 (after hours)

Gambling Helpline South Australia
1800 858 858

Gambler's 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

DirectLine
www.directline.org.au

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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