

HOW DO I KNOW IF I NEED AN ALCOHOL AND OTHER DRUGS SERVICE?

Ask yourself these questions:

Is my substance use negatively affecting my life? For example, health, finances or relationships.

Is the substance abuse of others negatively affecting my life?

Am I having trouble in dealing with it by myself?

If yes, then there is a good chance that an AOD worker may be of assistance.

Our Service provides Counselling, case coordination, advocacy, withdrawal support and supervision and referral to the most appropriate options. We also work in co-operation with other service providers where required, such as GP's, Castlemaine Health, Community Mental Health Service, and many others, to give you the best possible chance of overcoming whatever problems you are facing.

AOD IS A COST FREE SERVICE

Castlemaine District
Community Health
13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000
Fax: 03 5472 3221
email@cdch.com.au

Hours

Monday to Thursday 9.00am—5.00pm
Friday 9.00am—4.30pm



Castlemaine District
Community Health

COMMUNITY HEALTH
Information Resources Promotion

CONFIDENTIALITY

All sessions are confidential and private. In your first meeting you will be informed about your rights and responsibilities.

As a consumer of this service, you will have the opportunity to discuss any concerns you may have regarding confidentiality.

We recognise that Castlemaine is a small town, and will ensure that your information is safe.

*Your Health
Your Community
Your Community Health Centre*

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AOD Services
(Alcohol and
Other Drugs)

*Facilitating
Better Health*

Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These may be conducted on an individual or group basis.

CDCH is part of your community

AOD Services cover a spectrum of issues confronting people affected by substance abuse. The service offers advocacy, personal support, strategies for change, someone to trust with the more difficult issues and hope for a more positive future.

AOD workers at CDCH are able to provide assessments and letters of support to someone facing court on AOD related matters. Prior notice and attendance is required for this support.

AOD Services at CDCH

Counselling, Consultancy and Continuing Care is available to anyone affected by substance use. If you want to discuss or make change to your substance use, our counsellors are there to support and assist. This service also supports and counsels individuals affected by the substance use of others.

The **AOD Youth Outreach Service** is generally targeted towards young people who are at risk of becoming involved in the criminal justice system. The service recognises and assists with the complexity of issues facing young people. Issues such as homelessness, vocational assistance and health considerations are some of the many concerns that may need exploring.

YOUTHINC

Education and support sessions are provided to underage young people who are found by police drinking alcohol in a public place. Parent support is also provided.

The **Rural Withdrawal Service** offers assistance to people of any age needing information, support and supervision to withdraw from substance abuse. The service is available from Monday to Friday.

At the assessment, the options available can be explored and may include withdrawal at home or in a detox unit. The suitability of other services for detox rehabilitation can also be discussed.

Needle & Syringe Program

*We provide a service for **needle and syringe exchange**, stocking a large range of needles and syringes as well as iv water, swabs, filters and disposal units. Ask for this service at Reception, or pick up an **NSEP** card which you can show to indicate that you require this service.*

TO ARRANGE AN APPOINTMENT

- Phone our reception desk between 1 and 3 pm and ask to speak to a Duty worker.
- The Duty worker will go through an assessment which may take up to half an hour.
- You will be allocated to a worker and given a date and time for your appointment.
- The length of time before you can be seen is dependent upon demand for the service. Generally an appointment can be available between one to two weeks.
- Please contact us as soon as possible if you are unable to keep a scheduled appointment.

To access any of these services you can contact CDCH by phone or in person between 1—3 pm Monday to Friday and speak to one of our Duty workers.

Please call Reception on 5479 1000