

# Alcohol and other drug services quick guide for GPs

A comprehensive range of alcohol and other drug (AOD) services are available for people seeking support and treatment for their substance use concerns.

Services in the North Brisbane and Moreton Bay region include face-to-face and outreach based counselling, clinical service provision, group programs, residential and non-residential treatment options.

A summary of these services is provided below. Please note this is not an exhaustive list of services available.

## ADIS 24/7 Alcohol and Drug Support



1800 177 833

[www.adis.health.qld.gov.au](http://www.adis.health.qld.gov.au)

ADIS 24/7 Alcohol and Drug Support offers free anonymous 24-hour, 7-day telephone counselling, information and referral service for anyone in Queensland with concerns about their own or someone else's use of alcohol or other drugs.

Adis also provides consultancy for health professionals, including:

- relevant local service information
- up to date drug information and drug trends
- resources
- advice on treatment options including suitability for detox and rehab
- access to a medical addiction specialist (Alcohol and Drug Clinical Advisory Service - ADCAS) for clinical advice.

ADIS is a Queensland Health initiative delivered by Metro North Hospital and Health Service.

## Queensland Network of Alcohol and Other Drug Agencies (QNADA) service finder



<https://qnada.org.au/service-finder>

Offers service search facility to target treatment type, target group, age, medication exclusions, and other accessibility criteria.

## Lives Lived Well

1300 727 957



[www.liveslivedwell.org.au/service-provider-referral/](http://www.liveslivedwell.org.au/service-provider-referral/)

[brisbanenorth@liveslivedwell.org.au](mailto:brisbanenorth@liveslivedwell.org.au)

Offers a range of counselling and recovery services support for people who are being impacted by alcohol or drugs or problems with mental health.

### Counselling and case management

- Deception Bay, Caboolture, Redcliffe and Strathpine locations
- hub-based support plus outreach into the community
- face-to-face support and telephone counselling services (8.00 am-5.00 pm, Monday-Friday).

### Group programs

- group intervention, post rehabilitation support and relapse prevention
- group day programs: non-residential, community based treatment for those wishing to address their substance use.

#### > Life Back: Adults 18+

- » must have completed a withdrawal program (at home or in hospital)
- » motivated to maintain abstinence
- » face-to-face relapse prevention support, focused on relapse prevention, mental health, physical wellbeing, life skills and reintegration
- » once a week (4 hours) X 6 weeks + options to engage with AOD counsellors on non-program days.

#### > Life on Track: 16 – 24 years

- » provides age/culturally appropriate activities to encourage service engagement, social inclusion, interaction, self-expression and communication

- » provide education, develop coping strategies and symptom management.

## Methamphetamine Enhanced Care and Relapse Prevention

- longer term, functional recovery via a continuing care framework
- 18-24 month community based relapse prevention model including individual counselling, group CBT and care planning and follow up.

### Referral

- self-referral or health provider referral
- referrals confirmed within 24 hours.

## QuiHN (Queensland Injectors Health Network)



07 3620 8111

[www.quihn.org](http://www.quihn.org)

Offers a variety of health services to illicit drug users throughout Queensland, including individual clinical counselling, therapeutic and psychosocial groups, and a bulk billed GP primary health care service.

### Counselling

- Individual clinical counselling
  - > affected by substance use and related mental health and/or parenting and family issues
  - > can also be provided to significant others and/or carers
  - > aims to support clients in achieving their chosen goals for change
  - > crisis support
  - > referral into specialist services e.g. detoxification, rehabilitation and pharmacotherapy programs.

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## QuiHN (Queensland Injectors Health Network) continued

### Medical Services

- bulk billed General Practice (GP) at Bowen Hills
  - › Tuesday, Wednesday and Thursday
  - › available by appointment only
  - › referral to specialists is available where required.

### Alcohol and other drugs outreach program (Vulnerable Populations)

- referrals from the Hospital and Health Service area
- provides outpatient case management and counselling service
- provides limited after hour's services to those affected by alcohol and/or substance use concerns.

### Group Programs

- MudMaps
  - › Facilitated open psychosocial education group for individuals making or contemplating changes to behaviours relating to substance use (opioid, amphetamines and/or cannabis) use or the interaction of co-occurring substance and mental health (dual diagnosis).
  - › Groups run every Monday morning.
- Mental health and illicit substance education (MAISE)
  - › support, skill building and education program for anyone experiencing the negative effects of drug use and mental health problems (dual diagnosis)
  - › designed to support on-going case management or counselling
  - › requires referral from a case manager, support worker or counsellor; for those without ongoing case management/counselling, contact QuiHN to assist with access
  - › once weekly for 2.5 hours, includes lunch.

### Referral

- Self-referral to all services except MAISE
  - › MAISE: Requires case manager, support worker or counsellor referral. QuiHN can assist with referral.

## Institute of Urban Indigenous Health (IUIH)

07 3828 3600

[www.iuih.org.au](http://www.iuih.org.au)



Offers counselling, case management, support and screening for Aboriginal and Torres Strait Islander peoples.

IUIH's counselling and case management supports the individual's capacity to improve management of chronic disease/comorbidities exacerbated by drug and alcohol dependence. This includes cognitive behavioural interventions and social therapy for high risk individuals (e.g. Aboriginal and Torres Strait Islander prisoners post-release) and groups (e.g. Aboriginal and Torres Strait Islander youth and families) at high risk of drug or alcohol related harm.

IUIH provides routine alcohol and drug screening and brief intervention as well as outreach support before or after residential rehabilitation for high risk dependent individuals.

### Counselling/Case management

- Support capacity to improve management of chronic disease/comorbidities exacerbated by drug and alcohol usage dependence.
- Cognitive behavioural interventions and social therapy for high risk individuals (e.g. Aboriginal and Torres Strait Islander prisoners post-release) and groups (e.g. Aboriginal and Torres Strait Islander youth/families) at high risk of drug and/or alcohol related harm.
- Targeted, evidence based, therapeutic treatment including counselling, psychological services, human service supports and specific treatments for alcohol and other drug issues.

### Support

- Drug and alcohol outreach support before and/or after Residential Rehabilitation for high risk dependent individuals.

### Screening

- Routine alcohol and drug screening and brief intervention.

### Referral

- Morayfield 07 5429 1000
- Strathpine 07 3897 0500
- Deception Bay 07 3049 2299
- Caboolture 07 5428 5855
- Northgate 07 3240 8903

## Brisbane Youth Service (BYS)

07 3620 2400

<http://brisyouth.org/>

[bysaodreferral@brisyouth.org](mailto:bysaodreferral@brisyouth.org)

Brisbane Youth Services' alcohol and other drugs service assists young people (aged 12-25) who are making positive changes to their substance use. The service is underpinned by a harm reduction philosophy, works with people at all stages of readiness to change, and provides:

- alcohol and drug rehabilitation support and case management
- education (with a focus on health promotion, wellbeing and harm reduction)
- regular group sessions
- mobile and office based support
- counselling
- relapse prevention support
- referral to other specialist services
- needle and syringe exchange program for young people.

### Referral

- Self-referral or for AOD specific referrals, contact via email [bysaodreferral@brisyouth.org](mailto:bysaodreferral@brisyouth.org).

Additionally, BYS provides appointment based, one-to-one counselling with a registered psychologist. This service is for existing BYS clients who are experiencing co-occurring alcohol and drug and mental health issues, and is operational between February to June, and between July/August to early December. (The program is closed in June and again in December/January).

Please call for referral information. All services are free.

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YOUTH  
SERVICE