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Alcohol, Tobacco & other
Drugs Council Tas Inc.

Latest news from the ATDC

20 June 2013

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Congratulations to the Four Recipients of the 2013 Alcohol, Tobacco and other Drugs Awards presented at Parliament House, Hobart

Recipients of the 2013 Alcohol, Tobacco and other Drugs Awards

The

ATDC congratulates the four recipients of the 2013 Tasmanian Alcohol, Tobacco and Other Drugs Awards, which were presented by Minister Michelle O'Byrne at an afternoon tea at Parliament House on Monday, 17 June 2013.

The Awards, in their second year, recognise individuals who have made outstanding contributions to improving the outcomes for people affected by alcohol and other drugs, to reducing harm and developing the profession.

Between 40 and 50 members of the sector took the opportunity to celebrate excellence in our sector and show their support for the award recipients.

Award recipients received an engraved trophy and \$500 to be spent on professional development.

[Click here to read more >](#)

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Consumer Engagement Survey Report Available

A report for the Consumer Engagement Survey has been finalised and can be viewed in the Latest News section of the [ATI website](#).

The survey revealed the Annual Forum as the number one useful tool provided by the Consumer Engagement Program and supporting the development of Tasmanian consumer organisations ranked highly as an important task for the program. This year we will be combining the two program priorities by focusing our annual forum on consumer organisation models. Key stakeholders, including consumers have been invited to join the discussion which is expected to establish the way forward for the Tasmanian Alcohol, Tobacco and Other Drug Sector.

Alcohol and Drug Services (ADS) are seeking consumer input to complete the Future Directions Analysis of Performance and have developed a questionnaire for the purpose. ATI were consulted in the development of the survey which will be anonymous and confidential for respondents. ADS are asking service providers to assist with the distribution of the questionnaire and ATI would like to encourage all those involved to support the process by providing their clients with this important opportunity to have a say.

Drug Action Week brought many consumer focused activities and I would like to encourage anyone wanting to share successes of the week to consider publishing an article in this space.

Please contact Tanya on 03 6224 2240 or email t.zollner@advocacytasmania.org.au if you would like to do so. Sharing successes is a great way for service providers to assist consumer engagement to gain momentum and consistency across the sector.

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Member Update

New Private Community Mental Health Clinic opening in Hobart

Hobart Clinic Association



A new specialist private community mental health clinic will open its doors in Hobart on 1 July 2013.

The Clinic specialises in supporting and treating people who are struggling with mental health issues such as depression, anxiety, alcohol and drug addiction.

The Clinic located at Level 8, 39 Murray Street, Hobart offers:

- Community therapy programs
- Outpatient consulting psychiatrists and psychologists
- Specialist alcohol and drug clinic

The Murray Street practice is a new branch of the Hobart Clinic Association and is accessed **by appointment only**. Private health insurance covers the costs of most services. Out of pocket costs for non-insured or Medicare clients are negotiable.

[Click here to download the Murray Street flyer >](#)

[Click here to download the Anxiety flyer >](#)

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New Karinya Web Site

Karinya is pleased to announce the release of its new website at www.kyws.org.au

The new website features information about service including:

- Referral process
- House rules
- Karinya **young mums 'n' bubs** program
- Photos of Karinya
- And much more.

Please check it out and give them any feedback.

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Sector Update

New Opening Hours for Hobart NSP, Starting in July!

The Anglicare Hobart NSP at 18 Watchorn Street, Hobart will have different opening hours, commencing Monday, 1 July 2013.

The opening hours for the Hobart NSP will change to: 12:30pm - 5:00pm weekdays.

Anglicare have not made the decision to reduce opening hours lightly. The changes are due to resourcing challenges. The decision to reduce the opening hours of the Hobart NSP was because there is a 24 hour vending machine onsite that can be accessed when the outlet is closed.

These changes will not affect the Glenorchy NSP at 2 Terry Street. The opening hours will remain 10:00am - 5:00pm Monday, Tuesday, Thursday and Friday. Wednesdays will retain the hours of 12:30pm - 5:00pm.

If you would like any further information on these changes please contact the Anglicare Hobart NSP on 1800 243 232

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Workforce Development

"Hep In Tas" Small Grants

The *Hep in Tas* program will be providing small grants of between \$100 to \$500, and two grants of \$1,000.00 to Tasmanian community organisations and health agencies to run activities during hepatitis awareness week, aimed at groups most affected by viral hepatitis.

Hepatitis Awareness Week runs from 21 - 28 of July 2013, culminating in World Hepatitis Day held on July 28 2013.

Final date for grant applications is 5:00pm, Friday 28 June, 2013.

[Please click here to download the Grants flyer.](#)

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Upcoming Training, Events & Conferences

ATDC Training - Reflective Practice

26 June 2013 Hobart

Expand your knowledge and skills to better evaluate your own work, continue self development and participate in effective supervision within your ethical frameworks.

[Click here for more information](#)

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ATDC Training & Information Session

The Drugs/Crime cycle: Insights from Research and Practice

Date: 26 July 2013

Time: 11:00 - 1:00pm.

Location: Hobart, with videoconference links

Cost: Free

This presentation aims to:

- increase understanding of best practice collaboration in working with offenders with substance misuse issues
- increase understanding of justice programs and the role of community organisations
- increase knowledge of the requirements of working with the justice system
- explore some of the boundaries of the worker / client relationship when working with offenders with substance misuse issues

For more information and registration [click here](#).

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ATDC/TSI Professional Development Opportunity: ATOD Promotion and Prevention Hobart and Devonport

ATDC and the Skills Institute are pleased to offer limited places in ATOD Promotion and Prevention commencing in July.

This training and assessment is heavily subsidised as a Skill Set by the Skills Fund and covers the skills and knowledge defined in the nationally recognised unit of competence CHCPROM503A: Provide community focused promotion and prevention strategies.

Promotion, prevention and early intervention was identified in the 2012 ATDC stakeholder survey as a high priority for the sector, so seize this opportunity to upskill in the areas of promotion and prevention.

Devonport: 24 July 2013

Hobart: 14 August 2013

Please see the web posts for [Devonport](#) or [Hobart](#) for full details, including registration forms.

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Acquired Brain Injury Workshops - Hobart and Launceston

Workshop will be held in the north and south of the state during July.

Module 1: Introduction to Acquired Brain Injury for Services working with people living with ABI - Causes, Effects and Resources will be held in:

- **Hobart on Thursday 18 July 2013 from 9:30am - 1:30pm** at Sport and Recreation House, Selfs Point Road, CORNELIAN BAY
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Module 1: Introduction to Acquired Brain Injury for Families, Carers and Friends - Causes, Effects and Resources will be held in:

- **Hobart on Tuesday 16 July 2013 from 9:30am - 1:30pm** at Sport and Recreation House, Selfs Point Road, CORNELIAN BAY.
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Module 1: Introduction to Acquired Brain Injury for People living with ABI - Causes, Effects and Resources will be held in:

- **Launceston on Monday 8 July 2013 from 9:30am - 1:30pm** at Tasmanian Acquired Brain Injury Services,

288 Invermay Road MOWBRAY (entrance of Beatty Street).

- **Hobart on Tuesday 23 July 2013 from 9:00am - 1:00pm** at Headway Rebuilding Lives, 26-32 Wellington Street, NORTH HOBART.

There is no cost to attend the workshops for people living with ABI, families friends and carers.

For service providers there will be no cost to attend the Introduction to ABI workshop in Hobart on 18 July 2013.

[Click here](#) to download registration form: [Introduction to Acquired Brain Injury - Causes, Effects and Resources](#).

[Click here](#) to download brochure and registration form: [Synapse Training for Families, Carers & Friends and People living with Acquired Brain Injury](#).

[Click here](#) to download the brochure: [Acquired Brain Injury Training in Tasmania](#).

[Click here](#) to download the [Expressions of Interest form for other workshops](#).

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Book Review

Book review by Sharmaine Hudson, Recipient of the 2012 Excellence in Alcohol, Tobacco and other Drug Work Award

Marlatt, G.A. and Donovan, D.M., 2007, *Relapse Prevention, maintenance strategies in the treatment of addictive behaviours*

This book is a well written and interesting book that I would recommend for everyone who works with clients who have an AOD issue or co-morbidity issue and who want to address it whether it be with the goal of abstinence or moderation.

This particular book is an updated version of the original edition which was published in 1985. Since then there has been a lot of new development in the relapse and prevention field that warranted the updated version. The definition of relapse prevention still remains the same which to quote is "a self management program designed to enhance the maintenance stage of the habit-change process. The goal of relapse prevention is to teach individuals who are trying to change their behaviour how to anticipate and cope with the problem of relapse. In a general sense, relapse refers to a breakdown or set back in a person's attempt to change or modify any target behaviour".

The book explains why relapse is so common for people recovering and what can be done to keep the person on track even in high risk situations and to deal effectively with set backs that occur. The Relapse prevention method recommends that relapses and slips should be viewed as a learning experience and provides an opportunity to identify trigger situations and to identify what they actually did in the high risk situation, what turned out to be helpful/not helpful and then based on that review to assist the person to formulate plans to strengthen the actions that worked and what can be done different in the areas that did not work.

This edition differs from the original in that the first edition provided a general theoretical awareness of the relapse prevention model and contained chapters focused on the relapse prevention application with alcoholism, problem drinking, smoking and weight management. The current edition still provides information regarding theoretical awareness of the relapse prevention and discusses an extensive array of studies conducted by key experts in the field. Through expert contributors the behaviours have been broadened out in this edition. These behaviours covers relapse prevention for cannabis, opioid, stimulants, club drugs, hallucinogens, inhalants and steroids, eating disorders, sexually risky behaviour, psychotic illnesses.

A new chapter also focuses on relapse prevention among the ethnic minorities. This chapter recognises that research is limited in this areas and that little is known about what kinds of determinants will predict relapse in some ethnic minority cultures. It recognises that cultural differences may influence treatment and that the majority of intervention developed and tested has been developed with majority cultures with norms and worldview and many

ethnic minority groups have different norms and worldviews. It also recognises that many ethnic-minority clients live in two and sometimes possibly more than two cultures. Therefore the clinician needs to be aware that the person may need different skills to negotiate the different cultures.

Each chapter focuses on a different behaviour and provides an overview of the management and prevention for that particular problem area. It offers clear guidelines based on extensive research and suggests techniques for improving your current technique. Each chapter looks at the intrapersonal (self efficacy, outcome expectancies, motivation, coping, emotional states and cravings) and interpersonal (social support, refusal, handling criticism and relationship problems) determinants of lapses and relapse. At the end of each chapter there is a long list of references for you to do further reading particularly on the studies that are mentioned.

Relapse prevention approach states that the manner of delivery of intervention must be adapted for each client but particularly with co-morbidity clients. A suggestion is that because of possible cognitive limitations that this can be overcome by providing simple explanations of new skills, breaking them down into smaller steps and to avoid direct confrontations with the client. Relapse prevention utilises coping skills training to develop a number of alternative responses to situations and looks at the clinician coaching the person and having greater tolerance and empathy.

Another areas that the book looks at is contingency management approach which is primarily concerned with the events that follow the behaviour; e.g. drinking behaviour is maintained by the reinforcing affects of alcohol and by the social determinants, tangible reinforcement; e.g. vouchers for goods or services, community reinforcement; e.g. electric array of interventions, behavioral marital therapy; involvement of clients spouse or partner, broad spectrum cognitive approach; e.g. Matrix model, stepped care approach; e.g. target the largest populations, skills training as mentioned before, the cycle of change in regards to motivation e.g. if the person is at the pre-contemplative stage then Motivational interviewing would be a useful tool to use and the use of pharmacotherapy.

The combination of pharmacotherapy with relapse prevention and other cognitive behaviour therapy programs is recommended and there is much discussion with the usage of methadone, buprenorphine for opioid users and nicotine replacement therapy products for smokers.

There is a lot more that I could write in this review but overall I have focused on the main points that I found of interest. I would suggest that every clinician have this book along with its companion, Assessment of Addictive Behaviours as a resource to fall back on and learn from.

Sharmaine's purchase of this book was part of her spending of her \$500 which she received as a recipient of an ATOD award. ATDC thanks her for this book review.

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