



Rural and Regional and Youth Service System Reviews

VAADA has tended its draft report following its consultations with the sector on the Rural and Regional Service System Review (RRSSR) and the Youth Service System Review (YSSR) to the Department of Human Services (DHS).

VAADA was engaged by DHS late in 2004, to consult with the AOD sector during the months of December and January (2004/05) on the Nurse Practitioner Model for the RRSSR and Indicated Prevention for the YSSR from the final reports developed by Turning Point Alcohol and Drug Centre.

As part of this consultation process, VAADA conducted three rural facilitated consultations with approximately 44 representatives in the Gippsland, Grampians and Loddon Mallee regions, asking for sector views on the nurse practitioner model. This was followed by seven key informant interviews on the nurse practitioner model, and five for Indicated Prevention, from both metropolitan and rural regions, with particular inclusion of regions that had not been involved in the facilitated consultations, in order to obtain a more thorough sample.

VAADA further attended two established network meetings, primarily to seek views on Indicated Prevention, in the East (Eastern Metropolitan Region AOD Network), and the North West metropolitan areas (Yarra Drug and Health Forum) to briefly present the project, describe aims, and invite sector representatives to provide independent written submissions. A number of sector representatives were present and several individuals provided direct and substantial feedback regarding both reviews.

VAADA has based its draft reports on the consultations with non-government AOD service providers throughout Victoria.

At a conservative estimate, over 725 people were contacted, and 65 provided direct feedback. It is important to note that due to time constraints and the engagement of VAADA so close to the end of year's holiday period, many sector representatives were unable to provide their individual and organisational insight into this report.

Additionally, VAADA utilised its already existing *ENEWS* list-serv, to invite other sector representatives to provide written submissions.

Both reports have made 13 recommendations which draw upon the key issues and concerns of non-government AOD service providers which were consulted in the development of these reports.

Each of the reports recommended that a definition of Indicated Prevention and Nurse Practitioner be developed. In the case of Indicated Prevention draft recommendations include:

- Increase outreach and out posting services
- Promoting community education
- Broader health sector education for prevention and;
- Better linkages, particularly in schools.

In the case of the Nurse Practitioner model draft recommendations include:

- Flexibility of the model varying according to each region
- Nurse Partitioner certification
- Regional needs analysis be undertaken
- Nurse Practitioner training and;
- Supervision.

VAADA expects the draft reports back from DHS by mid February with the final report being presented to DHS by the 28 February. The final report will also be made available to the sector via *ENEWS* and the VAADA website at this time.

YOUR SAY

“A History of Depaul House”

Ms Jackie Shaw, Manager of Clinical Services, Depaul House

Depaul House is located at 38 Fitzroy Street, and on the corner of Fitzroy Street and an un-named lane.

It is a building of historical significance, as it was erected in 1843 by Francis Clarke, a prominent local businessman, land speculator and Melbourne City Councillor, and is the oldest surviving Melbourne hotel. It is a rare remnant of the social fabric and the environment of early Melbourne and Fitzroy. Historical records show that the hotel is located in the earliest subdivision of the then district of Collingwood, and received its licence in 1843.

The name chosen was The Devonshire Arms and this name was a marketing device to attract the many people in the 1840's pre-gold rush to Fitzroy who hailed from the West of England, and reflects the social function of hotels as gathering places. Francis Clarke owned the hotel for about 50 years, and died a wealthy man through land and building speculation in Ivanhoe and Fitzroy. The Hotel was delicensed in the early 1920's; it was not 'Squizzly Taylors' local, as far as we know, contrary to urban mythology.

Some time between the 1920's and 1980's it was believe to be used as a school, and came into ownership of the Sisters of Charity of St Vincent's Hospital. As they also ran schools, the Sisters may have purchased it for that purpose. By the 1980's it was no longer in use for anything but storage of old hospital equipment, and a tale is told of some locals breaking in and being scared off by finding anatomical specimens (like livers) in glass cases among the furniture and trolleys.

Around 1980 the St Vincent's Hospital Alcoholism Clinic proposed the idea of a non-medical detoxification unit. These units were often called 'sobering-up units' and a needs analysis was conducted to assess the likely demand. The Hospital administration accepted the proposal and decided the old Devonshire Arms Hotel would be a suitable premises.

The sisters of Charity agreed to make the building available, and thanks to the inception of the National Campaign Against Drug Abuse in 1985, funds were obtained from both Commonwealth and State Governments to set up a new initiative in the alcohol and drug field and funding was finally approved in June 1986. So... in 1987 staff were employed and trained, and in January 1988 Depaul house was opened in the old hotel.

The irony was not lost on the media who variously reported a 'sober ending for the old hotel' (unknown clipping 1987) and 'States first hotel now it's first drying out centre.' (Ibid.) The congregation of the Sisters of Charity, through the Mother Superior in Sydney, chose the name of Depaul House, which relates in some way to an Irish Foundation of the same name, and to St. Vincent de Paul after whom the hospitals around the Eastern seaboard are named.

The program was staffed by Welfare workers, had 21 beds, for males only originally, but this was changed to 18 for males and 3 for females, and provided a friendly non-judgemental environment, good nutrition, close supervision, and a warm, quiet, calm place for residents to withdraw from alcohol, without medication, over 3 to 5 days. Actual 'Cold Turkey' withdrawal.

Admissions were open 24 hours per day, providing there was an empty bed. Staff were a mix of recovering alcoholics with lengthy sober time and other health workers, all employed as welfare workers. Many residents were detoxed and sent on to rehabilitation, and as there was no medication provided some were sent to acute medical detox services such as Pleasant View if they became too sick to stay.

A good two way relationship with the Emergency Care Centre of St. Vincent's Hospital was essential as seizures were a normal feature of withdrawal and many residents had other medical conditions that required treatment. Resident's went to Emergency if necessary, and Emergency sent patients to Depaul House to sober up or detox. It was common to have residents in Delirium Tremens, often delusional, and the staff were skilled at 'talking them down' and staying with them until, as time elapsed, the D.T's. subsided. Occasionally the patient would be taken to Emergency and return untreated having convinced the doctors that they were ok, usually because the stories they told, although fictitious, were so convincing. Being delusional and confabulating produces wonderful yarns.

A good two-way relationship existed with the police as it was not unusual for people to arrive at Depaul in the police van in the middle of the night, to avoid placing them in the cells to sober up: there was also a good relationship with the local Koori community.

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Month in Review

VAADA Executive Officer

The VAADA Board undertook the second round of its intensive recruitment for a new Executive Officer over the Christmas period and is pleased to announce that Ms Janine Bush will be joining the VAADA team as VAADA's new Executive Officer. Janine has extensive management experience within community services and most recently has been the Executive Officer for Domestic Violence Victoria. Janine will commence at VAADA in mid February.

VAADA Staff Changes

Sadly, VAADA will be losing its Acting Executive Officer Ms Litsa Kane.

Litsa is leaving VAADA to take up a position as Executive Officer of the National Rural Health Network (NRHN) and will be finishing on the 18 of February allowing for a handover period with incoming Executive Officer, Janine Bush.

Many of you would know Litsa, either through VAADA events, or from her attendance at various meetings within the AOD sector.

The VAADA Board and staff would like to thank Litsa for all her hard work for VAADA and continual good cheer and support for those who she worked with. The VAADA Board and staff wish Litsa all the best in her new position.

VAADA Deductible Gift Recipient Status

Following a lengthy process VAADA has been endorsed as a Deductible Gift Recipient commencing July 1 2005.

VAADA has been pursuing DGR status for some time with a lot of hard work within VAADA and a lot of assistance from Freehills and Associates lawyers.

Gaining DGR status presents opportunities for VAADA to seek more funding opportunities for the organisation, in order to be able to provide better service to VAADA members and the broader AOD sector.

Strategic Planning

The VAADA Board and staff will be undertaking a strategic planning session during February. The Board and staff are looking forward to setting the strategic direction for VAADA, particularly with a new Executive Officer on board. Details of VAADA's plans and directions for 2005 will be available in the coming months.

Your Say "A history of Depaul House"

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In 1994 the State Government commenced redeveloping the specialist drug treatment services, starting with the closure of the large government institutions. Knowing the need for change, nursing care and medical support became part of the program in 1995, and people needing to withdraw from substances other than alcohol were gradually added to the patient profile. Withdrawal medications became the norm over the next year and more complex withdrawals were treated. Now Depaul House assists people to withdraw from all licit and illicit substances and is based on a medical model. Since 1997 bed numbers have been reduced from 21 to 13 and admission times are strictly daytime / weekdays.

Depaul House, which had formerly serviced the whole State without discrimination, in line with St. Vincent's Hospital acute services, tendered in 1997 to provide withdrawal services to all nine regions. They were successful in being awarded 6 of the 9 regions. That meant a limit to admissions and a limit to the regions that residents could be accepted from. This was pretty hard on the workers who had to direct longstanding clients to other detoxes that were no longer in our catchment area, and to those clients who simply did not want to go elsewhere. The only consolation was that everyone else was in the same situation.

Now, due to the proximity to St Vincent's Hospital and Turning Point, the clients have good support from hospital medical officers, addiction medicine registrars, addiction medicine consultant specialists, and psychiatry. Research is a constant fact, often in conjunction with Turning Point, and the needs of the residents and staff plus all of this activity have just about come to the limit of what can be done in the old hotel.

This time next year the program should have moved to the new building, being built by the Department of Human Services, at 9 Brunswick Street, Fitzroy. Residents will have single rooms, more bathrooms, a waiting room, an assessment room, etc. none of which is available now. Best of all it backs onto the campus of St. Vincent's Hospital and so is still a part of the Hospital with all its amenities.

Ironically the site for the new building is part of what was once the grounds of Dodgshun House, now Mary of The Cross Centre, and was the birthplace of Mary MacKillop. So we move from the profane premises of the historic hotel to the potentially blessed historic site of Australia's (almost) saint.

Calendar of Events

February 11	<p><i>An Ounce Of Prevention Is Worth A Pound Of Cure: The Case For A ‘Newer’ Public Health- Turning Point Talking Point Seminar Series</i> Presented by Dr Rob Moodie, CEO VicHealth and Chair Premier’s Drug Prevention Council. To be Held at 142 Gertrude Street Fitzroy. Bookings essential – call Turning Point on 8413 8413 to register.</p>
Call for abstracts. Closing Date: 14 February.	<p><i>fadnet Conference - Forgotten Families (Family Inclusive Practice in Alcohol and other Drug Services).</i> The Family Alcohol and Drug Network is running this one-day conference at La Trobe University in Bundoora to engage with a broad range of community workers who are, or have the potential to work with and support people who are concerned about the alcohol and drug use of a family member. A Call for Abstracts to give a presentation or run a workshop is available from jcain@maryofthecross.org.au.</p>
21-23 February	<p><i>Thinking Drinking -Achieving Cultural Change By 2020 an International conference –ADF/CAAN sponsored by AERF.</i> Thinking Drinking 2020 will bring together expert generalists and futurists with alcohol experts to analyse social trends that will shape our future and explore the implications for alcohol policy and practice. Enquiries regarding the conference should be directed to the Conference Secretariat Australian Drug Foundation PO Box 818 North Melbourne Vic 3051 Ph 9278 8137 or E: thinking.drinking@adf.org.au or W: www.adf.org.au</p>
February 25	<p><i>Depression: Understanding and treatment (including CBT) – TRANX/PADA</i> To be held between 9.30am-4.00pm at the Darebin Arts and Entertainment Centre. Costs for workshops are: \$88 inc GST for a half day workshops; full day workshops \$192.50 inc GST. Workshops will include morning tea, lunch and afternoon tea. TRANX/PADA members will receive a 10% discount as will agencies enrolling more than three staff members. For further information call TRANX on 9886 0955</p>
March 9	<p><i>Counselling skills using Cognitive Behavioural Therapy (CBT) for anxiety and depression: Difficulties and solutions.– TRANX/PADA</i> To be held between 9.30am-4.00pm at Darebin Arts and Entertainment Centre. Costs for workshops are: \$88 inc GST for a half day workshops; full day workshops \$192.50 inc GST. Workshops will include morning tea, lunch and afternoon tea. TRANX/PADA members will receive a 10% discount as will agencies enrolling more than three staff members. For further information call TRANX on 9886 0955</p>
March 11	<p><i>Pre-Treatment Works! Family Structured Intervention- Turning Point Talking Point Seminar Series</i> Presented by Deborah Dupre, Executive Director Duprevent International. Held at 142 Gertrude Street Fitzroy. Bookings essential – call Turning Point on 8413 8413 to register.</p>
March 16	<p><i>Relaxation Training: Theory and Practice TRANX/PADA</i> To be held between 9.30am-4.00pm at Darebin Arts and Entertainment Centre. Costs for workshops are: \$88 inc GST for a half day workshops; full day workshops \$192.50 inc GST. Workshops will include morning tea, lunch and afternoon tea. TRANX/PADA members will receive a 10% discount as will agencies enrolling more than three staff members. For further information call TRANX on 9886 0955</p>
March 19	<p><i>What is Therapeutic Jurisprudence and How Can It Be Applied In The Criminal Justice System - Moreland Hall Lunchtime Seminar Series</i> Presented by Astrid Birgden Forensic/Psychologist, Manager Clinical Services Development, Corrections Victoria. Held from 12.30-1.30pm at Moreland Hall. For information or to register to attend please phone 9386 2876</p>
March 22	<p><i>Engaging & Assessing Women with Drug & Alcohol Use in Pregnancy – Women’s Alcohol & Drug Service</i> Presented at the Royal Women’s Hospital Supper Room, Basement. For all bookings and enquiries contact: Tony – Ph 03 9344 3631 or Email:womens.ads@wh.org.au</p>