

ALCOHOL AND OTHER DRUG REFERRAL GUIDE FOR YOUNG PEOPLE IN TASMANIA



Supporting good referrals for young people in Tasmania

The Statewide Youth Collaborative Group (SYC) has developed this guide to identify Tasmanian services providing support, counselling and therapeutic interventions for young people experiencing issues with Alcohol and Other Drug (AOD) use.

Tasmanian AOD services are provided in the context of harm minimisation, which is in line with the *National Drug Strategy (2016-2025)*. The guide is designed to help your agency identify the best service to support a young person seeking help.

The SYC identified the need for a resource to support referrals for young people experiencing AOD issues. With many services providing different levels of support it is often confusing for workers needing to make a referral. The SYC hopes this guide will act as a starting point and help workers assist young people to access the best service for their needs.

While all care has been taken to ensure the information in this guide is correct details may change so please contact the service directly for current information.

The SYC is a forum for cross-sector collaboration that responds to issues affecting young people's health and wellbeing in Tasmania.

Phone and web-based support services for young people to contact:

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| Kids Helpline | 1800 551 800 web and email counselling www.kidshelp.com.au/teens |
| Reachout | www.reachout.com |
| Cannabis Information and Support | www.cannabissupport.com.au |
| Family Drug Support | www.fds.org.au |
| Alcohol and Drug Information Service | 1800 811 994 (24 hour – not for emergencies) |
| International Overdose Awareness | www.overdoseday.com |

In an emergency if you are worried about the immediate safety of a young person 000

In the event of AOD overdose please be aware Ambulance Tasmania is **not obliged** to contact Tasmania Police.



A brief description, contact details, and referral process and criteria are included for each service in this guide.

Some services provide AOD support as part of a generic range of youth support. These services may act as an assessment, support and referral point for young people needing more specialist AOD intervention.

As much as possible, to avoid multiple referrals, it is best to refer directly to the most appropriate service. If in doubt, or you need further information, contact the service to clarify whether they can provide the support or help you think the young person needs.

This guide is also available on the YNOT web site www.ynot.org.au

REFERRAL POINTS



| Service | Focus | Age range | Location | Referral process |
|---|--|-----------------|--|--|
| Alcohol and Drug Service (THS) | A free and confidential AOD counselling service for young people concerned about their own AOD use. Individual counselling and group programs available as well as pharmacotherapy. | 10-25 | Launceston and Hobart | Self-referral or through a GP/other health provider. Phone 1300 139 641 |
| Anglicare Tasmania – Care Coordination | The service works alongside individuals with multiple and complex needs providing a central contact point to access all of the services the person is involved with. Together with the individual, their care is coordinated by the development of an individual care plan to ensure the most appropriate services are provided. | 16+ | Statewide | This program is for people specifically referred by the Alcohol and Drug Service (ADS) or Youth Family and Community Connections (YFCC). Phone 1800 243 232 |
| Anglicare Tasmania – Glenorchy Illicit Drug Service (GIDS) | The GIDS a free and confidential service which provides information, education and counselling to young people aged 12-25 years (and their families) who are using alcohol and other drugs. It also provides referrals to other health professionals and school education sessions. This service is for people living north of Creek Road, New Town including Derwent Valley, Bridgewater and Gagebrook. | 12-25 | Glenorchy (Southern Tasmania) | Self-referral or through a GP/other health provider. Phone 6213 3636 |
| Circular Head Aboriginal Corporation (CHAC) | This service provides support, counselling, referrals, education and resources to increase awareness of the impacts of drugs and alcohol. CHAC also facilitates the Illicit Drug Diversion Initiative (IDDI), a program where Tasmania Police have the discretion to divert minor drug offenders to counselling and treatment services. | All ages | Smithton (North-West Tasmania) | Phone 6452 1287 for referral information. |
| Cornerstone Youth Services (including headspace) | Cornerstone Youth Services Inc. (CYS) delivers a broad range of services to young people with a focus on health promotion, prevention, education, early intervention and developing help-seeking behaviours. CYS provides accessible, integrated, quality drug and alcohol related services and advice. | 12-25 | Launceston and Devonport | Self-referral or through GP/other health provider. Phone 6335 3100 or 6424 2144 |
| General practitioner/ Family doctor | Assessment of alcohol and drug issues and referral to appropriate service. | All ages | Statewide | Contact your local GP |
| Hobart Clinic | Private clinic providing inpatient care and outpatient group therapy programs for a range of alcohol and other drug issues. Outpatient group therapy programs are also offered such as mood management, anxiety, addictive behaviours. | 18+ | Hobart | Referral from a GP is needed. General enquiries can be made by calling 6247 9960 . Appropriate private health insurance generally covers the cost of treatment. |
| Holyoake Tasmania | This service offers a range of group and individual counselling programs for people affected by their own or another's addictive behaviour or substance misuse. Specific youth focussed programs are also available. | All | Hobart | Self-referral or through a GP/other health provider. Phone 6224 1777 |
| The Link Youth Health Service – Hobart | This service provides healthcare for youth with problems associated with alcohol and other drug use, prevention and early intervention services, referrals, advocacy, information and support. | 12-25 | Hobart | Self-referral. You can just drop in or phone 6231 2927 |
| Private psychologist/social workers | Counselling and therapy for young people experiencing issues with alcohol and other drugs. | All ages | Statewide | Direct referral if privately insured or self-funded. Referral through GP with a mental health plan (if eligible) provides access to Medicare rebates. |
| Salvation Army (Bridge Program) | The Bridge Program is a state wide service for help overcoming and recovering from addictions related to alcohol, tobacco and other drugs. The residential program gives people the chance to join in a range of rehabilitative programs over eight weeks. There is also a day program that gives people the chance to work through a number of their issues and get some goals in place to avoid a relapse. | 18+ | Hobart: residential and day programs Launceston and Burnie: day programs only | Self-referral or through GP/other health provider. Phone 6278 8140 |
| School psychologist/ social worker | Psychological/emotional or relationship problems associated with the school environment. | School students | Primary schools, high schools and colleges | Call the relevant school and ask to speak to the psychologist or social worker. |
| St Helens Private Hospital | A private hospital with a 31 bed inpatient unit, a general day patient program, and specialist outpatient programs and a mother baby unit. | 18+ | Hobart | Contact 6221 6444 for referral information; however, it is usually via a GP or psychologist. |
| Youth Family and Community Connections (YFCC) | This service provides a wide range of drug and alcohol services to address the needs of young people and their families whose lives are affected by alcohol, tobacco and/or other drugs, including referrals from Tasmania Police under the IDDI and Tasmanian Early Intervention Program. They also deliver health promotional activities and regular sessions to schools along the North-West coast. | 12-24 | Devonport and Burnie | Phone to make an appointment: Devonport: 6424 7353 Burnie: 6431 9552 |
| Youth Health Service (Pulse) | This service offers support for young people in relation to AOD issues and can help with access to other treatment services. Youth health workers and nurses provide assessment, brief intervention, counselling, advocacy and referral. An alcohol and drug counsellor from ADS visits weekly and a psychology clinic is also held twice a week through the University of Tasmania Psychology Clinic. | 12-24 | Glenorchy (Southern Tasmania) | Self-referral. You can just drop in or phone 6224 3090 |