



...Footsteps...

road to recovery

NEWLETTER

Welcome!

The aim of our newsletter is to keep people who are interested in our AOD residential rehabilitation service (Footsteps) - informed and connected. We will also keep you updated on what is happening in the region, as well as provide the latest info on alcohol and drugs and programs. To ensure everyone is kept informed please distribute this newsletter through your networks.

If you have anything that you would like to share with others in the region, want to subscribe or have any suggestions on how we can improve our services, contact Footsteps P: 08 8351 9031 E: footsteps@adac.org.au

For those of you who aren't familiar with the history of the rehabilitation service visit www.footsteps.adac.org.au or www.adac.org.au for more information.

NEWS UPDATE

Although Footsteps isn't opened yet, any referrals will be put on our waiting list for contacting when the facility opens. The Stepping Stones Drug and Alcohol Day Centres are available to provide support to clients wanting to access Footsteps to help them address their harmful alcohol and drug use, prior to entry.

Infrastructure

Building and construction work for the Footsteps road to recovery facility is approx. 80% complete, with works to Administration, common laundry, storage and Kitchen / common area remaining. Rain continues to hamper progress, however it's a bonus for the newly seeded lawns and grounds!

McMahons Building Services received building and works compliance approval on 14th August 2015. Unfortunately this was wrongly reported in the media as the opening of the facility.

Footsteps staff

Footsteps staff visited the Woolshed – a therapeutic community residential rehabilitation facility to learn how a therapeutic community operates and have been adapting these principles, policies and procedures to suit the Footsteps model. Tony Carroll, our Senior AOD Worker is visiting Rick Hammersley therapeutic community in WA and will be talking to Aboriginal staff and residents about various therapies used to address alcohol and drug addiction.

Some staff are still waiting on their vulnerable person's check clearance before they can commence work. All staff are required to have a vulnerable person's check clearance before clients can be admitted to Footsteps. This includes casual and part-time staff for after hours shifts.

Those interested in casual after hours work at footsteps are invited to provide an expression of interest to the Aboriginal Drug and Alcohol Council. For more information contact jas@adac.org.au or phone (08) 8351 9031.

The Aboriginal Drug and Alcohol Council remains committed to investing in training and providing Aboriginal people with the best opportunities to improve their skills in the alcohol and drug field.

Working partnerships

Aboriginal health services in Port Lincoln, Port Augusta, Coober Pedy and Ceduna have agreed to formally collaborate with ADAC through a Memorandum of Understanding to provide health services and support to clients wanting to access Footsteps – road to recovery.

The Drug and Alcohol Services SA have generously provided ADAC with their

policies and procedures and forms for adaptation to the Stepping Stones services. Red Cross Australia will be providing well being and nutrition, budgeting workshops to Footsteps residents to improve their life and coping skills.

The Drug and Alcohol Day Centres (now called Stepping Stones) will also work with these services to provide a continuum of care for clients entering and exiting Footsteps.

Cyrenian House (WA), Milliya Rumurra (WA) and the Woolshed (SA) have agreed to allow new staff to visit their facilities and gain work experience as part of staff training.

To find out more about Footsteps and the referral process, contact us via our website www.footsteps.adac.org.au or P: 08 8641 2116.

EVENTS

ADAC held forums for service providers and stakeholders on 14th August at Bungala Meeting Room, Port Augusta.

Attendees were brought up to date on progress and taken through the referral process, relevant forms and assessments, eligibility criteria, what is a therapeutic community and community /visitors information as well as Footsteps rules and guidelines.

Over 20 people participated in the presentation and discussions afterwards. A copy of the presentation is available on the Footsteps website.

RESEARCH AND RESOURCES

The Aboriginal Drug and Alcohol Council are currently developing a comic book resource on withdrawal and alcohol and drug rehabilitation to dispel some of the myths which sometimes can be a barrier for people wanting to seek help for their alcohol or drug problem.

They also have recently published comic book resources on methamphetamine and natrexone. For more information and free copies, contact Geoff@adac.org.au or phone 08 8351 9031.

For drug and alcohol information :
Library and Resource Centre
Drug and Alcohol Services South Australia
161 Greenhill Road Parkside 5063
Ph. 8274 3318
The library is a free service and open to the public.