

Media Release

28 August 2018

SERVICES IMPROVING QUALITY OF LIFE IN EUROBODALLA

New community-based drug and alcohol treatment services are having significant positive impacts on people living in the Eurobodalla Shire who reach out for support.

Data captured by Directions Health Services, who manage the Pathways Eurobodalla Region Treatment and Support Services, found that as people moved through their treatment journey they reported an average improvement of 79 per cent in psychological health, 45 per cent improvement in physical health, and a doubling in their overall quality of life.

“Pathways has only been running in Eurobodalla for a little over 12 months, and the early results are very encouraging,” Directions Health Services Acting CEO, Stephanie Stephens revealed.

Alcohol and cannabis are the main substances of concern for Eurobodalla clients seeking support, followed by amphetamine type substances.

Since its inception in Eurobodalla, nearly 200 people have sought Pathways’ help to address their long-term dependence on alcohol or other drugs.

“The people we are supporting in Eurobodalla are telling us they have been affected by alcohol or drugs for a long time,” Ms Stephens said. “The average duration of use for those with concerns around their alcohol consumption is in excess of six years, with 50 per cent of respondents indicating a severity of dependence in excess of 10 years.”

People seeking support regarding their cannabis use indicated an average 6.5-year dependence, with 50 per cent of respondents citing dependence exceeding 10 years. People using amphetamine type substances indicated 4 years of consistent consumption.

Of Pathways Eurobodalla’s active clients, sixty percent (60%) have almost halved their substance use.

“We commend all of those who are striving to minimise harm related to their drug or alcohol use. Directions is pleased to know our evidence-based services are helping make a real difference in people’s lives,” Ms Stephens said.

“Directions Health has worked hard, with the support of Coordinare, to develop and establish services that best meet the needs of the local community.”

“For those people seeking support, whether for their own substance use or a family members’, we are only a phone call away.”

Directions Health Services (Directions) is a not-for-profit organisation that provides a range of integrated services and programs in the ACT and regional NSW for people affected by alcohol, tobacco and other drug issues, their families and the wider community. Directions’ services are underpinned by a harm minimisation approach provided in a non-judgemental and respectful manner that recognises the continuum of stages of recovery.

Media Contact: Stephanie Stephens 0401 065 115