

Media Release

28 August 2018

AOD SERVICES AIDING MONARO COMMUNITY

New community-based alcohol and other drugs (AOD) services are having significant positive impacts on people living in the Monaro region who reach out for support.

Data captured by Directions Health Services, who manage the Pathways Monaro Treatment and Support Services, found that as people moved through their treatment journey they reported significant improvements in their psychological health, as well as their physical health, and their overall quality of life.

Psychological health outcomes improved more than 600% over six months, whilst improvements in physical health and overall quality of life doubled during the same period. These positive outcomes mirrored a significant reduction in substance use, and increased stability in life circumstances, supported by counselling and case management from the Monaro staff.

“Pathways has only been running in the Monaro region for less than 12 months, and the early results are very encouraging,” Directions Health Services Acting CEO, Stephanie Stephens revealed.

“Our clients have also found that seeking treatment helps them make gains in areas such as relationships, housing, safety and legal circumstances.”

In the Monaro region, alcohol use is most commonly the focus of treatment for clients.

“Sixty percent of clients have named alcohol dependence as their greatest concern, with 20 per cent indicating that amphetamines are their primary issue, and 13 per cent noting issues with cannabis,” Ms Stephens explained.

“One key way in which the Monaro differs from some other regions where Directions provide services, is that our clients here are generally single drug users, with 75 per cent reporting no other substance use apart from the primary substance for which treatment was sought.

“People have often struggled with substance use for many years by the time they’ve accessed support. Cannabis has been used for an average of seven years, alcohol for six and a half years, and amphetamines for three. It is hoped that the local presence of Pathways Monaro will allow people to access support locally, when they are ready.

“Treatment and support services can help address drug and alcohol dependence, even for those with a long history of use,” Ms Stephens said. “One hundred per cent of clients surveyed reported making positive changes around their substance use since engaging with Pathways.

“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.

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

Media Release

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