



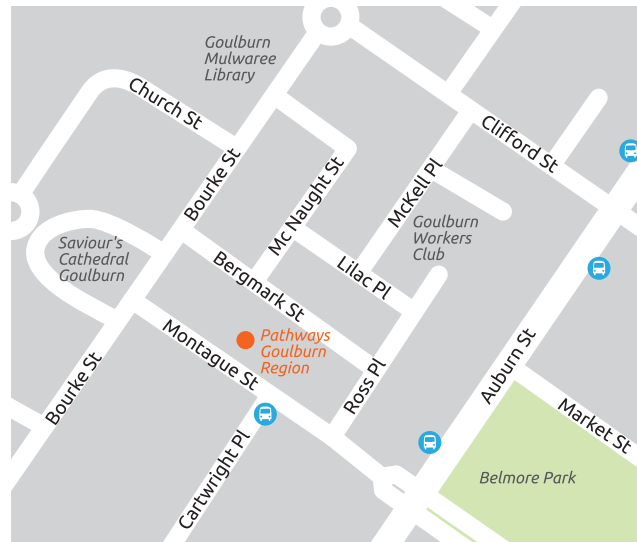
Directions

Directions Health Services is a not-for-profit organisations that provides a range of integrated services and programs for people affected by alcohol and other drug issues, their families and the wider community

Directions Health Services acknowledge the traditional owners of the region, upon whose land we walk, their ancestors and elders both past and present. We also value the contribution diverse cultures, identities and lifestyles make to our region and the richness of our society.

Pathways Goulburn Region

23–25 Montague Street
Access via Marima Medical Clinic
Goulburn NSW 2580
(02) 4855 0559
pathwaysgr@directionshealth.com
directionshealth.com/pathwaysgr



Directions Health Services

(02) 6132 4800
directionshealth.com
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Pathways

GOULBURN REGION

Specialist Treatment and Support Services

For people impacted by methamphetamine (Ice) and other drug use



Pathways Goulburn Region

Treatment and Support Service (TSS)

The Pathways program is delivered by Directions Health Services and is open to people of all ages.

Pathways Goulburn Region TSS is based on harm minimisation. Services are provided in a non-judgemental and respectful manner that recognises:

- > different stages of recovery
- > individual goals regarding substance use
- > impacts of substance use on friends and family

Our therapeutic approach is person centred, holistic and strengths based.

Counselling and Case Management

We provide counselling and case management for people wanting to stop or reduce their methamphetamine and other drug use.

A Case Manager will help the person to consider a range of treatment pathways and lifestyle changes. Our evidence based approaches include Motivational Interviewing and Cognitive Behaviour Therapy (CBT).

Case Managers can also work with other services on someone's behalf with their consent. For example, we can support people to address housing, relationship, education, employment, child protection, legal, financial issues or other health concerns.

People who have ceased their substance use can also access the service for ongoing support and relapse prevention strategies.

Family Support

Support and counselling are available to help family members and other people impacted by someone else's substance use. We can work with family members to develop strategies to cope with the issues they are experiencing.

Therapeutic and Support Groups

Groups will be facilitated for people impacted by methamphetamine use, as well as for family and friends.

For more information on groups, please contact the Goulburn office on **(02) 4855 0559** or www.directionshealth.com/pathwaysgr

Referral and Assessment

People can enter the Pathways program in several ways. They can:

- > Talk to us directly
- > Talk to us with or on behalf of a family member or friend
- > Be referred by other services

Each person will complete an initial assessment to identify their needs and develop a plan to achieve their goals. Pathways can also support people during times of crisis.

Appointments

Individual appointments are available 9am–5pm, Monday to Friday at our Goulburn office or a mutually agreed location.

Pathways' staff will visit Yass, Braidwood, Crookwell, Gunning and Collector. Appointments after hours may also be available.

Between visits, support is available via phone, video conference or social media.

Please contact **(02) 4855 0559** to make an appointment.

Feedback and Complaints

What you think about our services matters. We welcome your feedback and suggestions about how we may improve our services at any time.

You have a right to:

- > Make comments or complaints.
- > Have grievances resolved fairly, promptly, confidentially and without retribution.
- > Be treated with respect, listened to and taken seriously.

If you have a complaint, ask to speak with the Team Leader, or you may contact the Chief Operating Officer on **(02) 6132 4800**.

