



Directions
Health Services

Directions Health Services is a not-for-profit organisation that provides a range of integrated treatment and harm reduction services for people impacted by alcohol, tobacco and other drug use, mental health and other complex health and wellbeing issues.

Services are based on a harm minimisation approach and are provided in a non-judgemental and respectful manner. Our client-centred programs recognise the different goals people have regarding their substance use and other health and wellbeing issues, as well as the impacts on families, friends and communities.

Directions' programs hold accreditation against QIC Health and Community Services Standards, National Standards for Mental Health Services, Standard for Therapeutic Communities and Residential Rehabilitation Services and RACGP Standards.

Pathways Murrumbidgee's programs are funded by NSW Health and Murrumbidgee Primary Health Network.

Cover image: Sunset over Murrumbidgee River, Wagga NSW



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Directions Health Services acknowledges the traditional custodians of the lands upon which we live and work, their ancestors and elders both past and present, and other represented Aboriginal and Torres Strait Islander communities. We are committed to actions that promote reconciliation and a positive future for all Aboriginal and Torres Strait Islander communities.

Directions also acknowledges the valuable contributions people with lived experience and other diverse cultures, identities and lifestyles make to our services and our communities.



Pathways
MURRUMBIDGEE

Specialist Treatment and Support Services

For people impacted by alcohol
and other drug issues



Pathways Murrumbidgee Programs

Pathways Murrumbidgee is based on a harm minimisation approach. Services are provided in a non-judgemental and respectful manner that recognises different stages of recovery; the individual goals people may have regarding their substance use; and the impact of substance on friends and family.

Our therapeutic approach is person centred, holistic and strengths based. We will work with you using evidence based treatment approaches that may include motivational interviewing, cognitive behaviour therapy and other therapeutic treatments.

Methamphetamine program: this program is available for people of all ages impacted by methamphetamine.

Pre and Post rehabilitation support: for people who are awaiting or have recently completed withdrawal, residential or day rehabilitation programs for any alcohol or drug concern.

headspace Griffith: specialist alcohol and other drug services are provided to young people in the headspace Griffith office and in the community.

Work it Out: support for young Aboriginal and Torres Strait Islander individuals whose work or education is impacted by alcohol and other drug use.

Referral and Assessment

Clients and family members can self-refer by contacting us directly. Referrals will be accepted from all agencies servicing the Murrumbidgee region, including but not limited to health and community services, justice, legal, housing, education and employment services.

Specialist Treatment and Support Services

We will undertake a comprehensive assessment and work with you to identify your goals and develop an individual treatment and support plan.

This may include:

Counselling and case management:

Pathways services provide specialist counselling and case management for people who are seeking to be substance free or reduce their substance use, would like to explore their treatment options or considering making changes to their lives.

For individuals with complex needs we will work closely with other organisations to assist you to meet your needs, achieve your goals and ensure holistic care. This may include referral to withdrawal and/or residential rehabilitation services, with your consent.

Family support:

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

Crisis support:

Urgent support is available for people in crisis. Please phone the Murrumbidgee offices and staff will endeavour to make telephone contact the same day or within an optimal time frame.

Therapeutic and support groups:

A range of groups are facilitated to meet the needs of clients, including peer and family/friends support group. Please contact the Murrumbidgee office for the groups timetable.

Appointments

Individual appointments are available Monday to Friday 9am to 5pm at our Wagga Wagga and Griffith offices, with some after hours appointments available. We can also see you at another mutually agreed place if this is more convenient for you. We will provide regular visiting services to Leeton, Narrandera, Young, Tumut and other communities on an as needed basis.

Contact us to make an appointment. We will endeavour to see you next time we visit and can provide support via phone or video in the interim.

Feedback and Complaints

What you think about our service matters and we appreciate your feedback.

If you have a complaint, ask to speak with a Team Leader. Alternatively, you can contact the Chief Operating Officer or Chief Executive Officer on 02 6132 4800.

Anonymous feedback can be provided by using the Contact Us page at www.directionshealth.com

You are also welcome to provide any feedback through our Community Advisory Group by emailing cag@directionshealth.com



'River Dreaming' by Karen Lee