

You can use the following services immediately:

### Needle and Syringe Program

If you are injecting drugs or other substances, you can access free and clean needles and syringes at Traralgon, Churchill, Moe and Morwell.

If you need clean needles and it's outside of business hours, you can visit our Morwell site to collect these from our Secure Dispensing Unit (5pm – 8am weekdays and 24 hours a day on weekends), or from the Moe After Hours Medical Service.

**Morwell:** 81-87 Buckley St, Morwell

**Moe:** 42-44 Fowler St, Moe

### LiverWise Program

The LiverWise Program aims to increase access to Hepatitis C treatment. The LiverWise Program Nurse coordinates services and consultations between clients, specialist doctors and general practitioners (GP) during all phases of the Hepatitis C treatment process.

# Alcohol and Other Drugs (AOD)

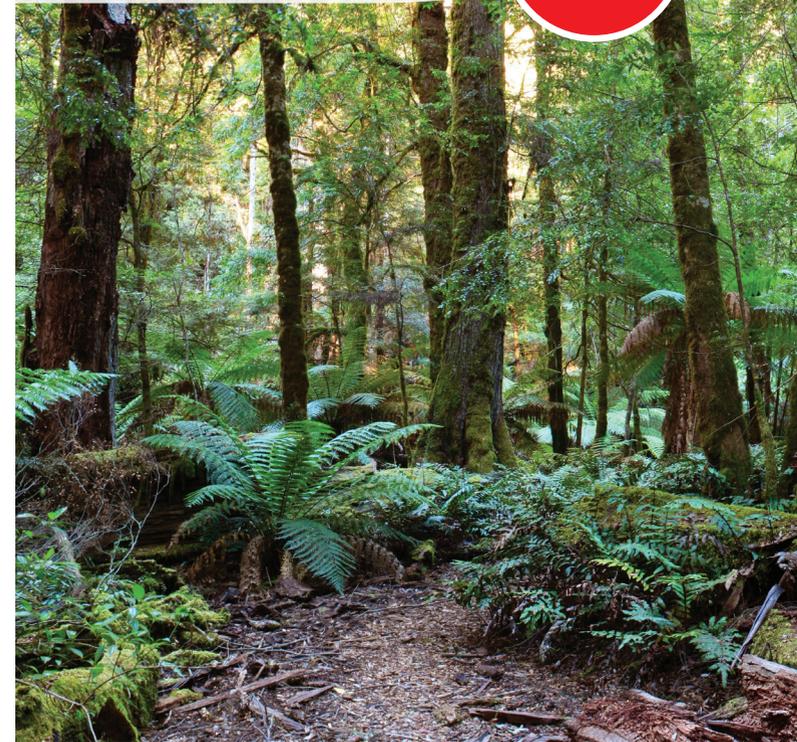
A community guide

FREE  
TREATMENT  
SERVICE

### For more information

If you live in Gippsland and you're an adult, the Australian Community Support Organisation (ACSO) runs the intake service.

You can phone ACSO on 1300 022 760 or drop into a Latrobe Community Health Service site in Gippsland to organise an assessment.



**Latrobe Community Health Service provides a range of treatment options to help people reduce, stop or change the way they use alcohol and other drugs. These services are free and are offered across Warragul, Moe, Morwell, Churchill, Traralgon, Sale, Yarram and surrounding areas.**

Seeking help for drug or alcohol use can seem confronting. There are a lot of different services and options to understand, but Latrobe Community Health Service can help.

When you first ask about drug treatment services in Gippsland, a support worker will speak with you to understand your background and your treatment needs. This is called 'intake and assessment'.

You can phone ACSO on 1300 022 760 or drop into a Latrobe Community Health Service site in Gippsland to organise an assessment.



ACSO will then refer you to the right services for more thorough assessment and treatment. Latrobe Community Health Service provides many of these services in Gippsland.

Once you receive a referral, we complete a detailed assessment either in person or over the phone, so we know how best to help you.

This can include any of the following services:

#### **Pharmacotherapy Support Program**

If you are using opioids (such as heroin) or prescription pain-relieving medication (such as morphine, oxycodone or codeine), you're concerned about your use and you'd like to stop, we can help.

We have nurses who can help you recover from these substances through a treatment program called pharmacotherapy. We can also refer you to a specialist if you require more help.

#### **Non-Residential Withdrawal Services**

If you want to stop or reduce your use of alcohol and/or other drugs, our nurses offer safe and confidential treatment.

Our non-residential withdrawal team consists of registered nurses who provide community-based support and care, and can help you access a supervised, short-stay facility.

Our nurses link you with doctors to check your physical health, and they may recommend prescription medication that can help you reduce or stop your substance use.

#### **Care and Recovery - coordinating your treatment plan**

Our care and recovery team coordinates your treatment plan and care in line with your recovery goals. We support you to access other health, human and support services.



We also involve you and your support network (friends, loved ones, other organisations) in the process. This means your loved ones can be there every step of the way while you work towards reconnecting to your community.

#### **Alcohol and Other Drug Counselling**

Our counsellors are here to help you reduce or stop using alcohol and other drugs. We can teach you new ways to manage life's challenges and cope with past, present or future experiences.

#### **Therapeutic Day Rehabilitation Program**

It can feel isolating getting your life back on track after withdrawing from alcohol and other drugs. If you want continued and guided support during your recovery, we offer a therapeutic day rehabilitation program.

This program is based in Moe and is a free, six-week course that runs four days a week. You'll learn recovery skills while being able to stay at home, surrounded by your support networks.