

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Introduction

This directory has been compiled by the Youth Alcohol & Other Drug Group to provide information about organisations in the Perth Metropolitan area that specifically provide alcohol and other drug services for young people. These organisations are organised alphabetically and each entry provides the following information about each organisation;

- Address and contact details
- Information and services available
- Age limits
- Cost of services [if any]
- Area services are provided within
- How to refer to or access services

The aim of this directory is to assist individuals working with young people to make an informed choice about the youth drug and alcohol service that best suits their needs and the young persons goals.

For rural and remote services, and when seeking other service options with a young person please consider looking at the:

- **WANADA Directory of Western Australian Community Alcohol and Other Drug Agencies**
- **Samaritans Youth Directory**

Information contained in this directory is accurate as of May 2010. Each agency has provided information about the services they offer. If you would like your agency to be included or to provide feedback please contact Andy Fowler andrea.fowler@sjog.org.au or Andy Kazim kazima@missionaustralia.com.au

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

What types of services are there?

COUNSELLING

Youth friendly drug and alcohol counselling is provided by a range of different services and staff from different professional backgrounds. Services provided generally involve assessment and then one to one counselling aimed at supporting the young person to achieve their drug using goals.

DAYS, DrugARM, WASUA, Holyoake , Community Drug Services

GROUP PROGRAMS

Small groups of young people who are facing similar issues meet with an alcohol & drug worker. The program usually runs over several sessions covering drug information, relationships, decision-making, stress and anger, self-esteem, substance use reduction and relapse prevention. The interactions among the members are considered to be therapeutic. Group programs are offered within both community and residential settings.

*Holyoake Adolescent Program, DAYS (Residential),
Teen Challenge (Residential)*

OUTREACH SUPPORT

Outreach services provide assessment, support and case co-ordination for young people in their own environment or at other services. These services are delivered in a flexible way and often target young people who are high risk and who might have barriers to accessing treatment because of their circumstances or past experiences.

DAYS, DAWN, PICYS, WASUA

CLINICAL PSYCHOLOGY SERVICES

Clinical psychologists work with young people who identify underlying mental health issues that may be related to their substance use. This may include areas such as depression, anxiety, grief, trauma, or relationship difficulties, etc.

*DAYS, Community Drug Services
(limited)*

PEER SUPPORT

Provides support and information by individuals who have a personal experience of alcohol and drug use. Peer support groups or activities are usually established by current or past alcohol and drug users and are from a harm minimisation approach.

WASUA

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What types of services are there?

WITHDRAWAL SERVICES [Detoxification]

Residential Withdrawal

A short [usually 2 week] stay in a residential setting for young people wishing to cease or timeout from their drug use in a supported and drug free environment. The young person's withdrawals are medically managed and they are provided with 24hr support. Residential withdrawal usually includes preadmission support and post-withdrawal aftercare in the community.

DAYS

Home based Withdrawal

This service is provided by an experienced nurse and a medical practitioner where the withdrawal is of mild to moderate severity and support is available from a family member or friend in the home.

DAWN

Outpatient Withdrawal

A supported withdrawal regime offered to people whose withdrawals can be appropriately managed without admission to a residential service and who may not meet the criteria for Home Based Withdrawal. This involves a series of intensive individual consultations over a short period. This is followed by referral and support to engage in ongoing counselling through an appropriate counselling service.

DAWN, DAYS

METHADONE AND OTHER PHARMACOTHERAPIES

Pharmacotherapy is a term to describe the use of medication to assist the treatment of addiction (i.e. Methadone and buprenorphine for opiate dependence, acamprosate for alcohol dependence) Pharmacotherapies are usually administered through general practitioners who have been trained to prescribe them, and are dispensed by a range of community pharmacists throughout WA.

Young people aged under 18 would be required to go through a thorough assessment process through the DAYS program prior to being commenced on a pharmacotherapy.

DAYS

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What types of services are there?

REHABILITATION

Residential Rehabilitation

Residential rehabilitation is a long term program [usually minimum 3 months] that provides a range of interventions which aim to ensure lasting change and to assist reintegration into community living. Residential rehabilitation services are provided from a community-based setting, such as a house or houses located in a residential area.

DAYS, Teen Challenge

SERVICES FOR ABORIGINAL PEOPLE

Aboriginal specific alcohol and drug treatment services are available through AADS, the Aboriginal Alcohol and Drug Service Inc. These services are provided to Aboriginal people who are affected (either directly or indirectly) or who are at risk of being affected by alcohol and/or other drugs.

Aboriginal Youth Mentor at DAYS

An Aboriginal Youth Mentor is employed by DAYS and is able to provide culturally appropriate services to young Aboriginal people who access programs at DAYS. Services include consultation for DAYS staff, assessment, counselling and case management.

SERVICES FOR FAMILIES

Most services will provide some support for the families of young people accessing their service. The Parent Drug Information Service is a good first point of contact for parents concerned about their child's drug and alcohol use, or who want more information.

Parent and Drug Information Service (PDIS)

The Parent Drug Information Service (PDIS) is a 24-hour, confidential telephone service for parents and families in Western Australia. Located within the [Alcohol and Drug Information Service \(ADIS\)](#), professional counsellors and trained parent volunteers offer support, information and referral to parents and families across WA. PDIS is the first place for parents and families to call.

PDIS - (08) 9442 5050

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Aboriginal Alcohol And Drug Service

211 Royal Street, East Perth

Phone: (08) 92211411

Fax: (08) 92211585

How to Refer: Phone us on (08) 92211411

Email: info@aads.org.au

Web: www.aads.org.au

What services are available?

Individual and family counselling provided to

- Aboriginal people experiencing difficulties with their use of alcohol and/ or other drug use, their families and other relatives.
- Schools
- Community groups

Services Include:

- Assessment
- Referrals
- AOD education & therapeutic programs for schools, prisons & community groups
- Prevention through community development activities
- Men's, women's & youth camps
- Cultural consultancy & advise to mainstream service providers working with Aboriginal clients
- Anger management and Parenting support

Age Limit:

No Age Limit

Cost:

No cost

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Drug and Alcohol Withdrawal Network (DAWN) & the DAWN

Youth Project

DAWN Office

177-179 Cambridge Street

Wembley WA 6014

Phone: (08) 9382 6049

DAWN is a service of St John of God Hospital Subiaco

DAWN Youth Project co-located @ headspace Fremantle

235 High Street

Fremantle 6160

(08) 9335 6333

The Youth Project is funded by the Department of Health & Aging

What services are available?

DAWN Youth Project

- Comprehensive Assessment
- Assertive Outreach
- Home-Based and/or Outpatient Withdrawal (including reduction or stabilisation of substance use)
- Brief Intervention

Important aspects of what we do are:

- Care-planning in collaboration with young person and significant others
- Collaborative partnerships with other relevant services
- Psycho-education
- Facilitated referral for ongoing care

DAWN Mainstream Service

- Comprehensive Assessment, Planning, Treatment and Support for Home Based Withdrawal
 - Liaison with GP's
 - Education and support for individuals, families and GP's
- Referral to appropriate services for ongoing support

Age limit:

DAWN Youth Project – 12-25

DAWN Mainstream Service – 12+

Cost: No cost

Area/Location:

DAWN Youth Project – City of Fremantle, Melville, Cockburn

DAWN Mainstream Service – Metro-wide

How to Refer:

Anyone can refer, by phoning main DAWN Office between

8.00am and 4.30pm Monday to Friday (08) 9382 6049

Or by asking for DAWN Nurse @ headspace (08) 9335 6333

We are happy to discuss any referrals with you regarding possible engagement with the service.

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Drug and Alcohol Youth Service (DAYS)

129 Hill Street, East Perth WA 6005

Telephone: 1300 651 6374

Fax: (08) 9222 6374

What services are available:

DAYS offers a comprehensive range of services in three different settings; community, withdrawal and respite, and residential rehabilitation (formerly Yirra).

Community clients generally attend appointments at Hill St., but there is limited capacity for outreach appointments.

The withdrawal and respite service [residential detoxification] is a two to three week residential program.

The residential rehabilitation service is a 12 week residential program.

Treatment services offered within these programs include:

- Comprehensive assessment
- Case Management
- Individual counselling
- Medical assessment and review
- Clinical Psychology services
- Group programs
- Mentoring and outreach (including Aboriginal mentor)
- Opiate and alcohol pharmacotherapy
- Parent and Family counselling
- Complimentary therapies (including music and reiki)

Age Limit:

Young people between the ages of 12 and 21.

Clients aged between 19 and 21 will be considered, depending on their developmental level, treatment required and ability to access service.

Cost:

Services to clients in the community and in the withdrawal and respite service are free.

There is a cost to attending the residential rehabilitation program, which is generally taken from a person's Centrelink payment.

Areas:

Community clients are seen metro wide depending on their ability to attend appointments in East Perth. There is some capacity for outreach work, but this is usually limited to the engagement phase of treatment.

Both residential services (Youth Withdrawal and Respite and Residential Rehabilitation) are state wide services.

How to Refer:

Referrals can be made by contacting the DAYS Duty Officer Monday- Friday, 12.30pm- 4.00pm

Agencies are encouraged to complete an Integrated Community Drug Service Fax Referral Form

Where possible the Duty Officer will contact the young person prior to booking the assessment

Assessments are generally conducted at 129 Hill Street, East Perth but there is limited capacity for community or phone assessments

If deemed appropriate for DAYS, the young person will be allocated a case manager at the daily allocation meetings

Admission into any of the residential programs will depend on the current waitlist

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

DrugARM WA
1st Floor 56 Fourth Rd
Armadale 6112
Phone: (08) 9497 9498

What services are available?

- **Counselling:** Professional and Confidential counselling for people who are concerned about their own or some-one else's drug and/ or alcohol use.
- **Rosella House:** Adult residential treatment and rehabilitation centre in Geraldton
- **Short Term Accommodation:** Young people are accommodated while they are on supervised bail and have no responsible adult to supervise them. They engage in a fun and educational day program learning skills in metal and wood work, numeracy and literacy, art, drumming, personal hygiene, positive behaviour and life skills.
- **Street Van:** Street based outreach providing information support and referrals. A team of volunteers led by a Youth Worker. Operating on a Friday and Saturday night.
- **School Leavers:** Recovery Tent (Sobering up facility), Roving patrols and water distribution at key leavers hot spots during Leavers weeks.
- **Education Seminars:** AOD seminars for Parents, school students and other members of the community. General AOD seminars as well as seminars specifically for parents of students or students planning to attend leavers celebration

Age limit:

| | |
|----------------------|---|
| Counselling - | No age limit |
| Rosella House - | Participants in the residential rehabilitation program must be 18 or over |
| Street Van - | Targeted at Young people |
| School Leavers - | Targeted at School Leavers |
| Education Seminars - | No age limit |

Cost:

Counselling has the fee of:

\$5 for unemployed

\$20 for employed

Rosella House:

Cost for the residential rehabilitation is structured according to income. This can be discussed at the assessment process.

Areas:

Counselling - Upstairs at the address 1st Floor 56 Fourth Road Armadale

Rosella House - Rosella House is located in Geraldton. Assessments in the Perth area are conducted at the Armadale Office. Assessments for country areas can be arranged by ringing Rosella House on 99217409.

Street Vans - Are currently running in Perth, Joondalup and Kalgoorlie

School Leavers - Runs a Dunsborough and Rottnest Island during Leavers week.

Education Seminars - Available through out the metro area.

How to Refer:

Counselling

To receive counselling people can refer for their own counselling, family and friends can refer for some-one, or other agencies can refer.

To refer contact Xanthe on 94979498.

Rosella House

Referrals for Rosella House are received from a person themselves, family or friends or other agencies. An assessment and detox are required prior to admission.

Metro area referrals are received by calling 94979498, and country referrals by calling 99217409.

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Holyoake Adolescent Program
75 Canning Highway, Victoria Park 6100
Telephone: (08) 9416 4444
Fax: (08) 9416 4443
www.holyoake.org.au

What is available?

Individual counselling

Provides:

Adolescents with a safe place to talk about what is happening for them
Information about the effects of alcohol and drugs
Strategies for how to quit, cut down and reduce harm of alcohol/drug use
Information & skills on reduction of stress related issues in their life/
relationships

Age Limit: 12-18 (some flexibility to over 18's)

Cost: Fees apply

Areas:

Victoria Park at Holyoake

Daytime appointments Tuesday – Friday

Evening appointments Tuesday, Wednesday & Thursday

Services also provided in Midland, Northam and Narrogin.

How to Refer:

All initial appointments are to be made by contacting the Adolescent Program Team Leader, (08) 9416 4444

Written referrals are required for DoCS, and preferred for other agencies

Self referrals or referrals from within a family are welcome

Parents Program is available for the parents of adolescents

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

North East Metro Community Drug Service
Holyoake Oake House, 14 Sayer St Midland
Telephone (08) 9274 7055
Fax (08) 9274 7066

What is available?

A comprehensive range of alcohol and other drug services to individuals (including young people) and their families:

- Assessment and referral
- Counselling
- Groups
- Diversion programs
- Case management and shared care
- Medical Assessment and Review

Age limit:

None

Cost:

No cost

Areas:

North East Metropolitan

How to refer:

Contact us on (08) 9274 7055

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

North Metropolitan Community Drug Service

Youth Counsellor-Educator

Telephone: (08) 9246 6767

Administration Email: receptwk@health.wa.gov.au

At the following venues:

Cyrenian House: 318 Fitzgerald Street, North Perth 6000

North Metropolitan Community Drug Service: 26 Dugdale Street, Warwick
6024

Lotteries House: 70 Davdison Terrace, Joondalup, 6027

What is available?

Individual counselling with Youth Counsellor- Educator
Can provide counselling sessions around own drug use or
another's drug use.

Age limit:

Youth Specific Counselling - 17 years and under

Young people aged over 18 can also link in with an adult counsellor at the
North Metropolitan Community Drug Service (08) 92466767

Cost:

Free

Area:

Cottesloe to Yanchep & as far east as Alexander Drive. Can see clients at
Cyrenian House, North Metropolitan Community Drug Service or at Lotteries
House

How to refer:

Please complete a Fax Referral Form, available by phoning NMCDS Reception

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Perth Inner City Youth Service [PICYS]

Youth Supported Accommodation

Telephone: (08) 9388 2792

Email: info@picys.org.au

At the following venue:

22 Blencowe Street, West Leederville 6007

Area:

Metropolitan

How to refer?

Please complete a fax referral form, available by contacting PICYS

What is available?

Medium to long term supported accommodation offers:

Individual focused support around psychosocial needs

Key worker support

Some drug support work on individual drug use

Education on youth interpersonal violence and domestic violence

PICYS “Green Out” Nutrition program offers young people:

Individual focused nutrition plans

Education on good nutrition and its effects on recovery

Food preparation and cooking skills

Age limit:

16 – 25 years

Cost:

Accommodation - \$170 per fortnight

Go Green Nutrition Program - \$3 for lunch (currently this program is only available to young people using PICYS services)

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

South East Metro Community Drug Service
Mission Australia
Telephone: 9358 4011
Suite 4, 1 Hamilton St, Cannington, WA, 6107

How to Refer:

Contact us on 93584011

What is available?

Counselling to individuals with substance use concerns and support and counselling to families with a substance using family member.

- **Support and consultation for student services and concerned parents**
- **Referral to youth support agencies and specialist services including; mental health, accommodation agencies and residential drug and alcohol agencies.**
- **Court diversion program: Assisting young people who present before a court with substance use issues.**
- **Outreach to youth accommodation agency in South East Metro corridor.**

Age limit:

Youth specific counselling up to age 18 years.

Cost:

Free service

Areas:

South East Metropolitan corridor
Cannington and Gosnells counselling locations.

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

South Metropolitan Community Drug Service

Youth Counsellor/Educator

Fremantle: 3/22 Queen St, Fremantle, WA, 6160 (Ph 9430 5966)

Rockingham: 3/3 Goddard St, Rockingham, WA, 6168 (Ph 9529 2500)

Mandurah: 22 Tuckey St, Mandurah, WA, 6210 (Ph 9581 4010)

What is available?

- Freely talk about any drug and alcohol concerns (including someone else's use) and any other issues with a youth-oriented counsellor without being judged.
 - Family counselling to support family members impacted by drug use.
 - Family support group on Monday evenings at the Rockingham office.
 - Gain more education about the effects of drugs & alcohol.
 - Learn new skills (e.g., to deal with stress; become more assertive).
 - Outreach counselling may be possible (e.g., at schools, other agencies, etc.)
 - Court diversion program (Young Person's Opportunity Program) to divert young offenders who have related drug issues to prevent further offending.
- Promotion of our service through youth-focused events in the local community.

Age limit:

Up to 21 years.

Cost:

Free

Areas:

Communities surrounding Fremantle, Rockingham and Mandurah.

How to Refer:

A young person can refer themselves by calling or walking into their nearest office. If the Youth Counsellor is not available to have a brief chat with the young person at the time, they will be contacted and offered an appointment as soon as possible. Counselling is by appointment only. Young people are a higher priority than adult clients and our aim is to provide an appointment within two weeks. A young person can also be referred from another agency with the young person's consent. Please contact the nearest office with any referral process queries.

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Teen Challenge Administration Office

23/56 Creaney Drive

Kingsley

Telephone: 9309 5255

www.teenchallengewa.org.au

Youth and Family Services

1/26 Dugdale Street

Warwick

92036984

Residential Rehabilitation Centre

P.O. Box 51

Gibson 6448

What is available?

- Residential Rehabilitation for drug and alcohol addiction
- Day program, for people on the waiting list to try and keep them focused on their goal of entering rehabilitation, and offering support and encouragement.
- Post rehabilitation support, i.e. catch ups phone contacts
- Monthly Solutions seminars for families with loved ones with drug and alcohol issues, offering strategies and support
- On going support for families who's loved ones are on the waiting list or who have left the program.

Age:

16+

How to Refer:

The individual wanting help needs to call our Warwick office (92036984) during business Hours to make an appointment for an assessment

DIRECTORY OF YOUTH ALCOHOL & OTHER DRUG SERVICES

Western Australian Substance Users Association [WASUA]

Outreach Worker With Young People

519 Murray Street, West Perth 6000

Telephone: (08) 9321 2877

What is available?

Outreach Worker with Young People

As the philosophy of WASUA is harm reduction, the outreach worker acts to provide education and support to young people around injecting drug use and associated harms e.g. BBV's, vein care, provision of clean needle equipment.

The role also encompasses general support around accommodation, advocacy, transport, relationships and general health education.

Through WASUA, the worker can also provide access to:

- Needle and Syringe Exchange Program (NSEP) Perth & South West Region
- Street based Outreach Program
- Health Clinic – Free HBV vaccinations, STI & BBV Testing (STRICTLY CONFIDENTIAL)
- Information on treatment options and supported treatment referral service
- Hepatitis education

Age:

Any age

Cost:

Free

Areas:

Metro-Wide

How to Refer?

By phone (08) 9321 2877

Fax (08) 9321 4377

Mobile 0417987901 (also contactable out of office hours)

Email outreachnids@wasua.com.au

Or young person can present to WASUA, 519 Murray Street, West Perth 6000