

# Integrated AOD Care at Leichhardt Women's Community Health Centre

## Background

Leichhardt Women's Community Health Centre (LWCHC) is a multi-disciplinary women's health centre providing preventative health, treatment and health education services with a focus on women experiencing disadvantage who are at risk of poor health or do not access the mainstream health system.

## Delivery

Integrated services include:

- General Practitioner and women's health nurse clinics
- Allied health care and complementary therapies
- Counselling – drug and alcohol, general/relationships, domestic violence
- Health education
- NSW Women Partners of Bisexual Men Service
- In-house partnerships include Medicare-registered psychology, legal advice clinics, support for Aboriginal women and children experiencing domestic violence and counselling for adult survivors of childhood sexual abuse.
- Over 200 partners and referral pathways

### AOD Services

- Individual counselling
- Health education
- Community outreach and referral

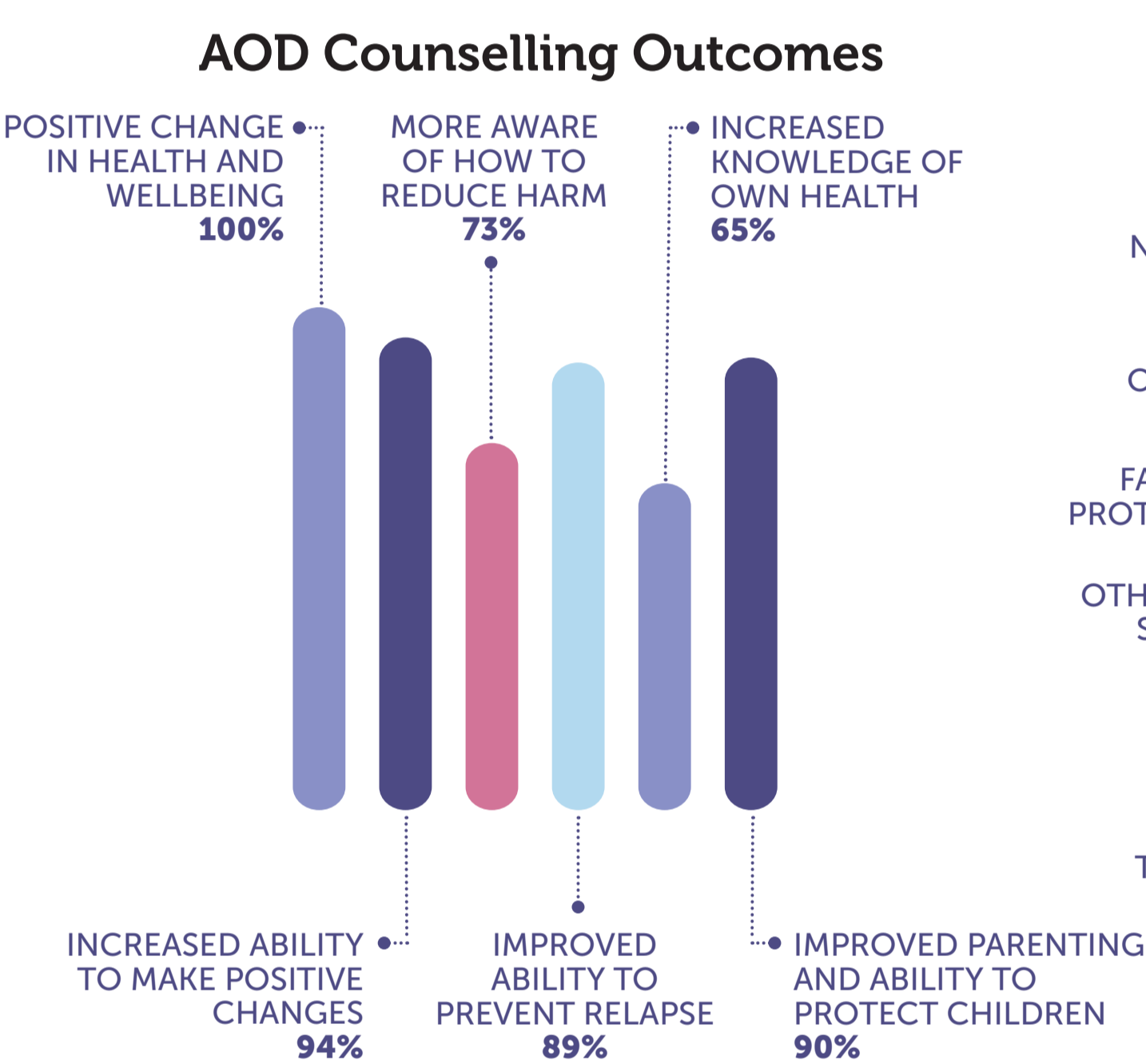
## Collaborations

Healthy Relationships and Movement Personal Safety  
 Manage your Moods  
 Communication Skills Kathleen York House  
 WHO's Detour House Guthrie House Marrickville  
 Drug Action Team The Girls' Refuge Rozelle  
 Neighbourhood Centre

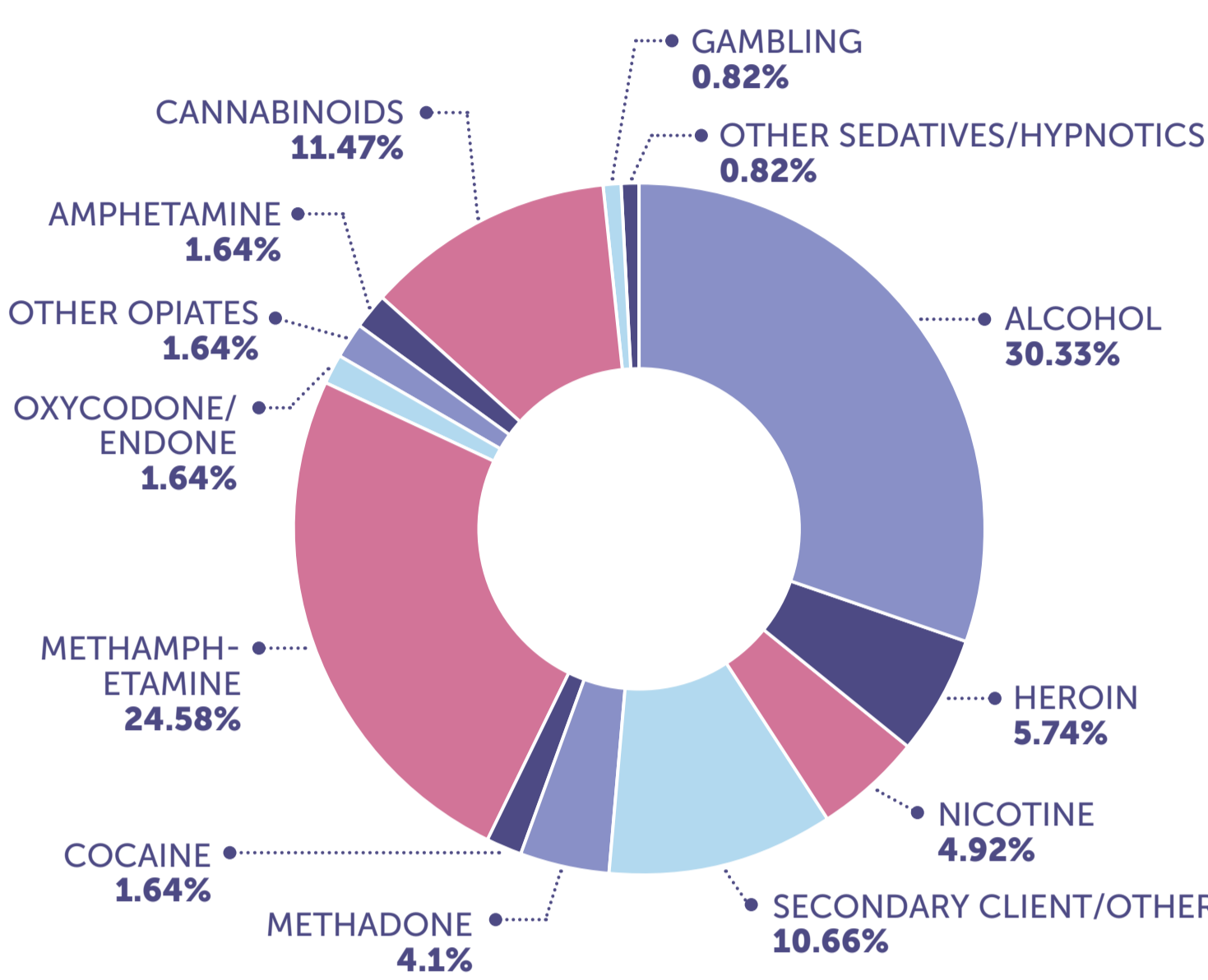
## Data & Demography

GRAPHS RELATE TO YEARS 2013-2015  
 \*Source: WHNSW Database † Source: NADAbase

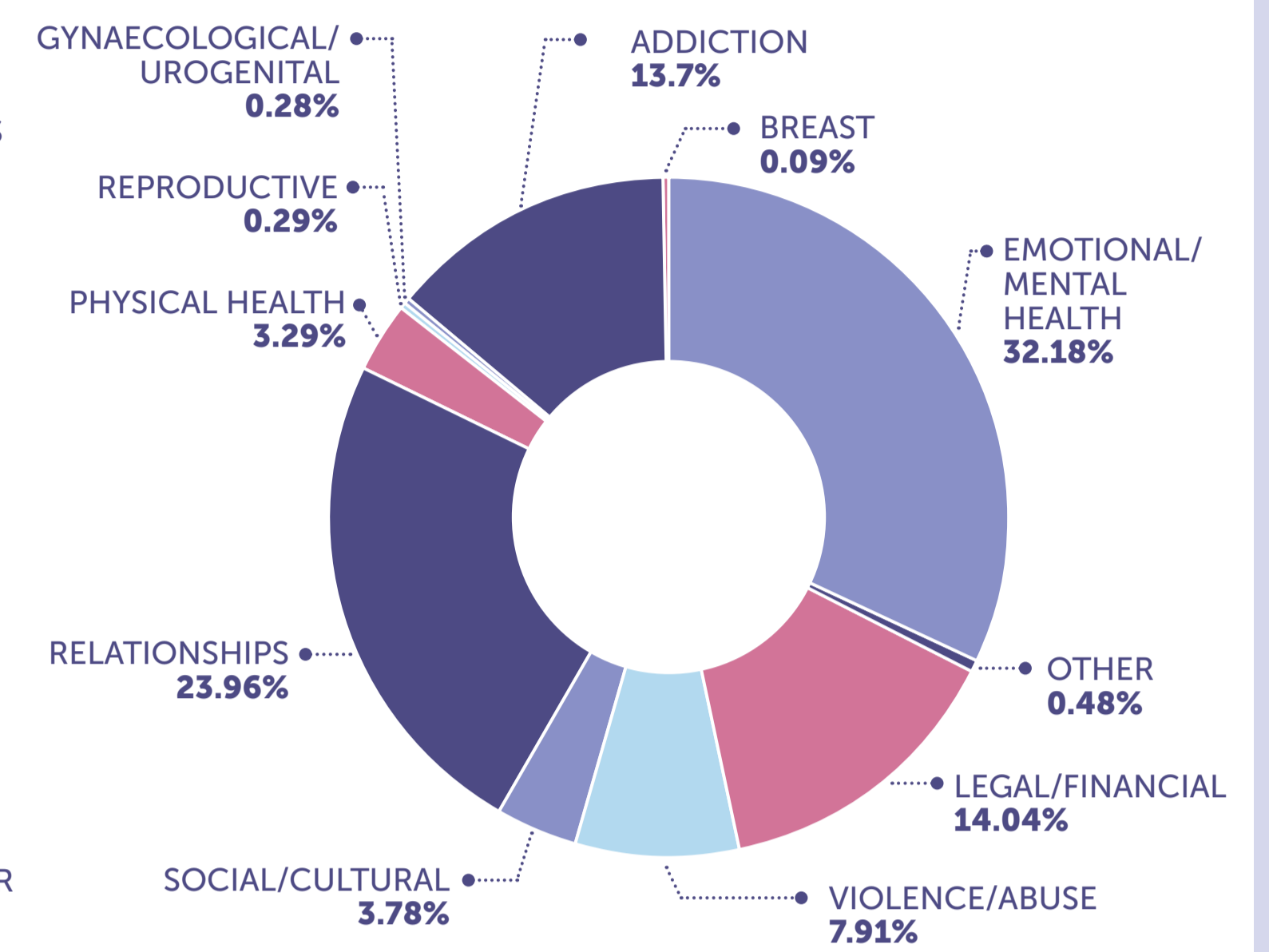
### Facts & Figures\*



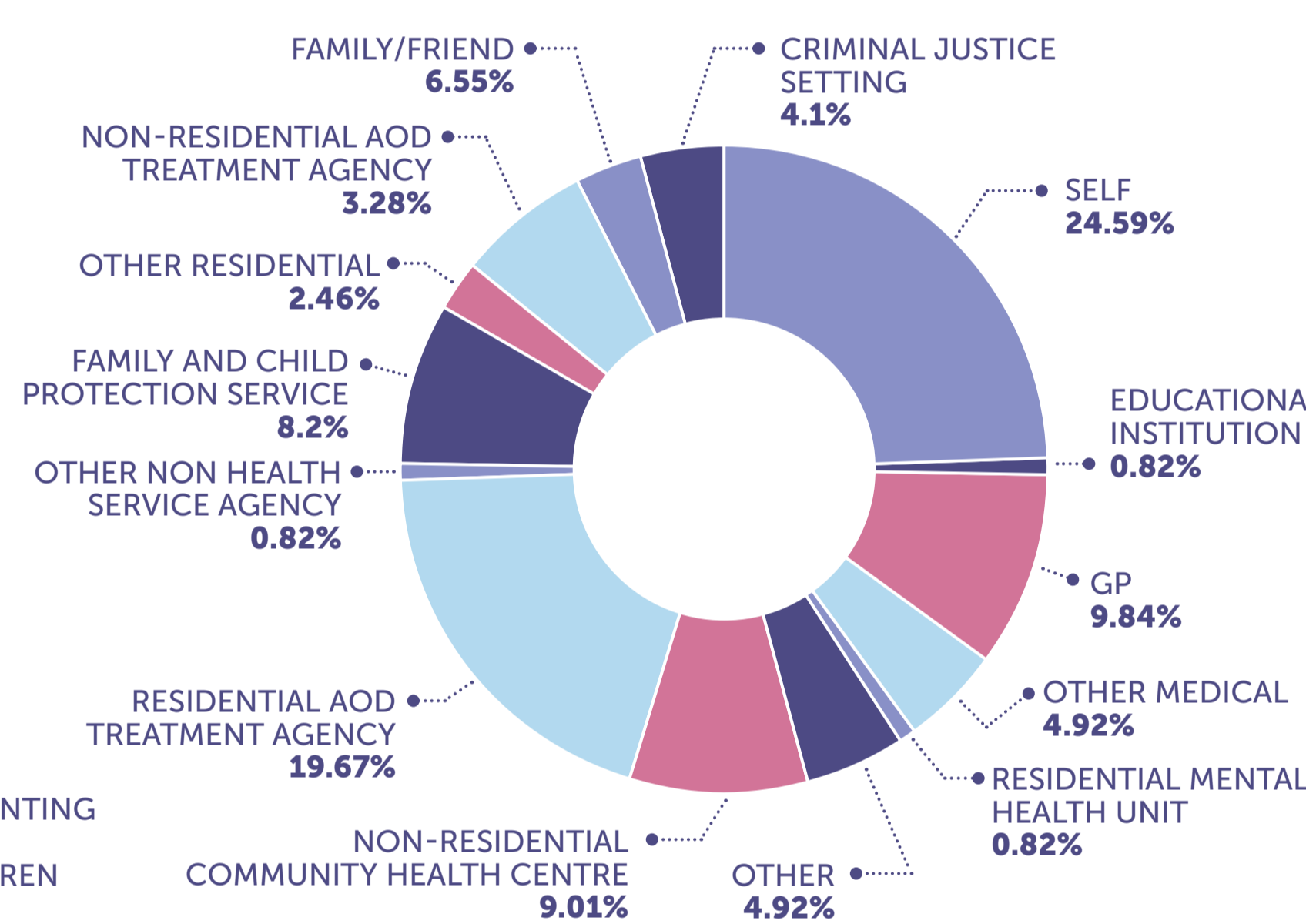
### Principal Drug Used LWCHC AOD Counselling†



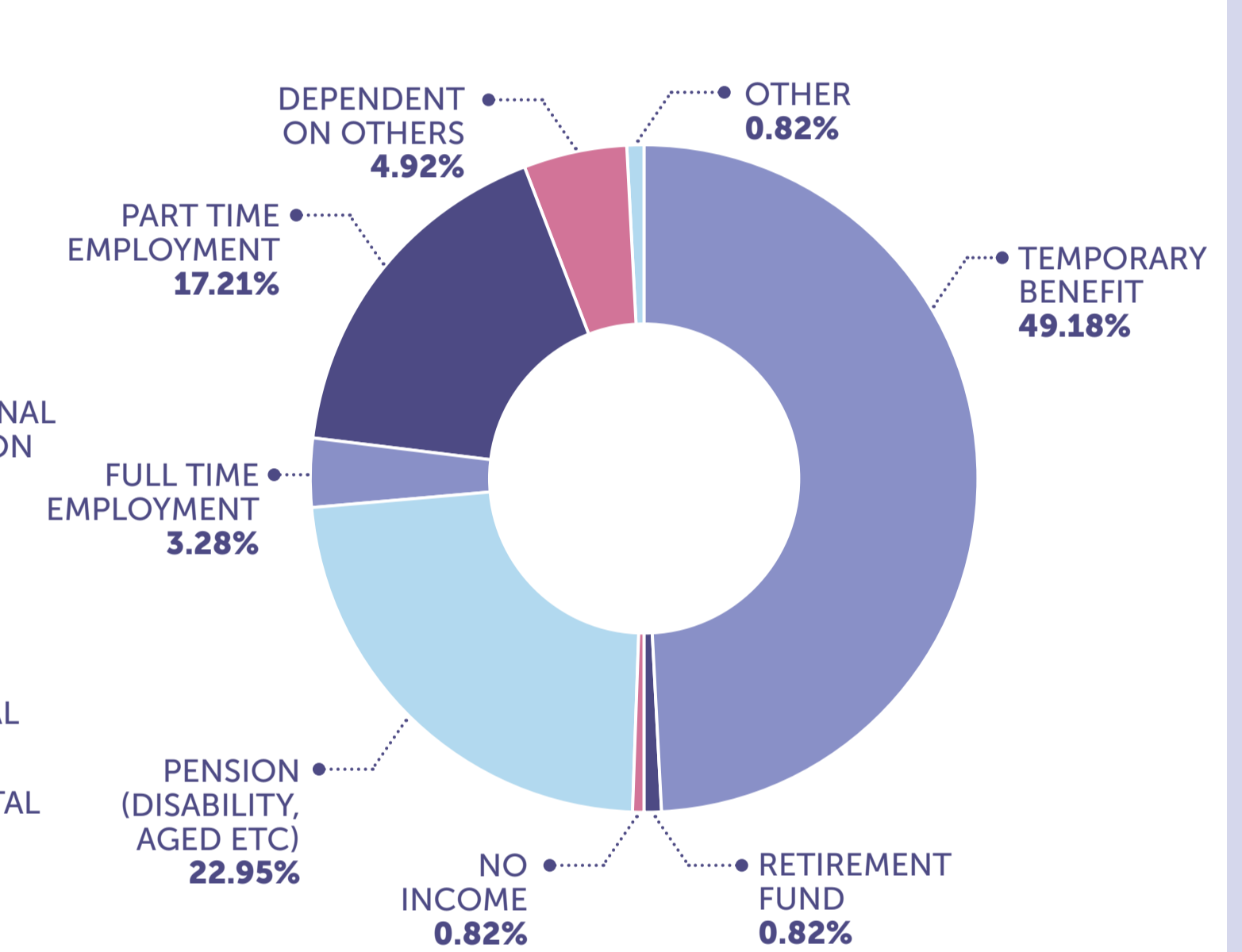
### Presenting Issues AOD Counselling†



### Referral Source into LWCHC AOD Counselling†



### AOD Counselling Clients' Income†



## Results

### Client Experience Accessing Integrated Care

When I came in, I was in insanity. The naturopath was so good to me and she spoke to the doctor at the centre because she was really worried about me. ...If it weren't for the people here especially my naturopath and doctor, who know everything that's happened to me, I wouldn't have survived. The communication here has made a big impact on my life, ...I tell a lot of people to come here, and a lot of people in AA come here and they just think the world of it too.

Pauline

Before I came to the centre I didn't know much about health and wellbeing. I had a lot of abuse, I had a lot of injuries. I was offered physiotherapy and acupuncture. ...I never ever thought about alternatives. I only knew that if you're in pain, you have a drink or you deaden the pain by taking a substance. To learn that there are techniques out there that you can use is just amazing. It's like I found this new world I didn't know about.

Rebecca

My success in recovery has been a convergence of many elements for me. Rehab was amazing, but what the women's centre gave me was a sanctuary outside of that, ...I could go as far as to say that I was able to stay in the rehab because of the centre. It kept me in a calm enough state to be able to continue persevering.

Sophie

First I did the relaxation course, then the breathing, Qi Gong and meditation courses. The GP steered me towards them, they gave me purpose and helped me settle down... I was like a sitting duck, I was using drugs and alcohol, thinking of suicide, lots of chronic illnesses, and one by one they just helped me over the next hurdle and I was able to overcome.

Lis

### Participant Experience of Outreach Courses Courses conducted by LWCHC AOD worker in partners' residential rehabilitation services

When I'm stressed at night and I can't get to sleep, I do deep breathing to calm and relax my mind and then I'm able to fall asleep. I also massage my hands and feet and make matchstick worry people and put my worries in the box.

The most beneficial information I was able to obtain was the awareness of my 'thresholds' with anger – when I'm more prone to acting out my emotions.

Learned how to cope in life and to respect ourselves openly and honestly and talk as a group.

We have a good group of girls here and we all relate to this group and have learnt a lot.

I have changed my relationship and become aware that all my past intimate relationships have been abusive in all ways on that wheel. I gained the strength to break up with my partner because he wasn't helpful to my recovery. Was really good to look at all the different relationships.

