



November 2007



UnitingCare Moreland Hall

Moreland Hall Community News



Moreland Hall



An Alcohol & Other Drug Treatment & Education Service

Chief Executive Officer's Column

Welcome to the November 2007 Moreland Hall Newsletter.

The time since our last newsletter has flown, with a number of exciting developments in a number of programs.

We were delighted to receive confirmation from Community Services Minister Lisa Neville that recurrent funding for the Intensive Supported Playgroup would be provided, commencing in 2007/08. The Intensive Playgroup began in September 2004 with generous support from the William Buckland Foundation. The Intensive Playgroup has filled an important gap in service provision for parents with an addiction who have young children. It has enabled us to support parents who have addiction issues, but also has enabled us to provide a learning and supportive environment for their children. The Playgroup is operating at our Jessie Street site and we are very excited that with the assistance of Orana Family Services, we have begun to operate the program in Roxburgh Park on a Monday.

In the last newsletter I told you about our nominations as one of three finalists in two categories for the 2007 National Drug & Alcohol Awards. We didn't win either of the awards, but the fact that Moreland Hall was the only agency nominated in more than one category and that we were amongst the top twenty programs in seven award categories across Australia was a fantastic outcome!

I congratulate both the Lesley-Anne Curran Place (LACP) team and Shannon and the Art Therapy programs for their

nomination as finalists for the 2007 National Drug & Alcohol Awards.

The open day we held to celebrate Drug Action Week in June was a huge success, with planning already starting for a similar event next year.

Thanks again to all the staff and services that made such an effort to put on this great event.

The Governance Board held a strategic planning session in March, where as part of its discussions considered actions to ensure a sound financial base for the future of Moreland Hall. From these discussions the Governance Board resolved to invest part of its reserve funds in the employment of a Manager Communication and Fundraising.

The major role of this position will be the attraction of further funds to Moreland Hall from sources other than Government, which will allow us to further build the resource base of Moreland Hall. The Board has agreed to



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commit funding to this position for a period of two years, in which time the Board would expect the position to not only cover its own expenditure, but also add further resources to Moreland Hall which can then be used for various other Alcohol and Other Drug services and/ or for use in capital projects.

Andrew Milnes was appointed as the Manager of Communication and Fundraising in October 2007. You can read more about Andrew's background further on in this newsletter.

We have been delighted to receive funding for a number of new projects in the last few months.

We have been funded by the Federal Government under the Co-morbidity funding, to ensure our staff, as well as a small number of staff in the community are trained in competencies for dual diagnosis (Alcohol and other Drugs and Mental Health). The funding of just over \$460,000 is for three years and commences from January 2008.

We were also delighted to receive funding from Ansvr Insurance for \$20,000 to undertake a Drugs and Driving School Program and will be undertaking a Drug and Alcohol awareness program with students from Northcote High School, which was funded as part of the School Focused Youth Service.

It was great to see so many of our supporters at our Annual General Meeting earlier in the month. The Child Safety Commissioner, Mr Bernie Geary OAM, was the guest speaker and reminded us of the rewards of working at the front line and how important it is in healing people's lives.

Finally I would like to wish you all a very happy Christmas and prosperous 2008 and we look forward to working with you in 2008, "to build a community where people reach their full potential and are not disadvantaged by alcohol and other drug issues."

Laurence Alvis, CEO

Staff Quotations throughout this report also appear in the 2006/07 Annual Report

"I continue this work because I enjoy helping people make changes in their lives and being able to see people making those changes and emerging 'out of the other side'"

Dorothy Minca, Counselling & Support

Welcome

It is with much pleasure that we welcome to Moreland Hall Andy Brigham. Andy will be taking over the KADW Koori Alcohol and Drug Worker position and working with Education and Training as a Training Officer.



We also welcome Yvette Hunt who has been successful in her application for the playgroup position. Yvette has a social work background and commenced at Moreland Hall on 8th of October 2007.

UnitingCare Moreland Hall Board of Governance—

Introducing Lyndie Spurr



Lyndie has an extensive background in health and general management, drawing on both areas of expertise in her current role as General Manager – Community Services with ParaQuad Victoria.

ParaQuad Victoria employs approximately 800 support workers (carers) and is a leading organisation in the provision of high quality community based supports that are responsive to the changing needs and aspirations of people with a disability.

Lyndie's current role has full responsibility and accountability for all aspects of client service delivery, including residential based care, in-home care, case management, recreation and volunteer programs, psychology services, information services and community development work (polio). The role is a member of the Executive Team and contributes to the strategic direction of the organisation.

Lyndie is a qualified nurse with more than twenty years experience in community nursing, and has tertiary

qualifications in computing and information management. Lyndie is also a Fellow of the Williamson Community Leadership Program, Leadership Victoria.

Prior to joining ParaQuad Victoria in June 2007, Lyndie had extensive experience with Royal District Nursing Service (RDNS). In her role at RDNS, she had experience at an executive level in most areas of the business, including six years as the General Manager for Information Services.

In this role, her major interest involved the transformation of data into useful information and how this can best be achieved from the operational level through to the strategic. Lyndie has been involved in the implementation of many technological initiatives, including the piloting and subsequent roll-out of mobile computers and mobile phones for all clinical staff at RDNS.

Introducing Andrew Milnes—

Manager, Communications and Fundraising



Hello there all, my name is Andrew Milnes and I've just started at Moreland Hall as the new Fundraising and Communications Manager, which I've started just a month ago. I'm still getting my head around the extent of the role but one part of it as my communications brief is helping put together the document you're reading now, the Moreland Hall Community News.

I've come to Moreland Hall from a background in both media and not-for-profit marketing and fundraising. My studies were a Degree in Journalism and Communications at the University of South Australia, and Diploma in Public Relations – since then I've had some experience working in community radio and as news editor of the Melbourne Community Voice newspaper. As well as that, I've worked for about nine years in the not-for-profit field in various marketing roles: for Oxfam, CARE Australia, the Victorian Deaf Society and most recently, in Papua New Guinea for a year working as a volunteer for the PNG National Volunteer Service in Port Moresby.

Aside from work, I tend to have a pretty busy life with interests in music (I'm a pianist/songwriter), freelance

writing, political activism of various types, cinema, learning languages and travel. I'm originally from Adelaide (but don't hold that against me), but after having lived in Melbourne for about nearly ten years now I think I'm pretty acclimatised to the place. Although I haven't entirely lost the accent!

I find this position at Moreland Hall quite exciting in potential, because there's so many things we are doing that are groundbreaking in the sector, and because we are doing a lot of positive work (and have for a long time) with people that really changes people's lives for the better. So I'm looking forward to the challenge of getting the name and awareness of Moreland Hall's work further out into the community, building further networks, developing ways of marketing what we do more effectively, and of course, one of the most important – chasing those dollars that help us run! - as well as finding more ways that individuals in the community can support the work we do.

Moreland Hall participation— National Ride to work day 2007—17th October 2007



Wednesday 17 October
www.ride2work.com.au

On 17 October this year, regular and first-time riders from all states and territories joined the inaugural National Ride to Work Day. It's been dubbed "Australia's biggest ever cycling event", the "largest active transport event" and a "new favourite on the annual workplace calendar."

Participation this year exceeded all expectations. Preliminary data indicates:

- # 29,000 registrations
- # 26% of registered riders were "having a go" for the first time
- # Estimated 90,000 participants in total
- # Almost 3000 registered workplaces, many hosting their own breakfasts
- # More than 80 community breakfast events in CBDs and town centres, catering for 15,500 participants
- # Largest breakfast was at Federation Square in Melbourne where 6000 riders gathered.

T

hanks to everyone at Moreland

Hall who participated today, I think a few more people have been inspired to make their own attempts at getting to work by bicycle!

A huge thank you also to Nessa who organised a fantastic breakfast, and made the effort to get out to LACP and Port Phillip Prison to ensure they were included in the breakfast celebrations.

Kerstin,

17th October 2007

Moreland Hall staff enjoy a hearty breakfast on Ride to Work Day



Green fact: Bicycles outsold cars for the fifth year in a row, reaching a record of 1.3 million in 2006, while motor vehicles declined.

34% of those who took up riding in the Victorian event in 2006 were still regularly riding to work five months later.

Green fact: Cycling just 10km each way to work instead of driving saves 1.3 tonnes of greenhouse gas emissions each year; that's equal to 26,000 black balloons

UnitingCare SHARE Christmas Appeal 2007

Christmas – A time to Share

Every year at Christmas time, the UnitingCare Share Christmas Gift Appeal helps spread a little Christmas cheer to many thousands of people in the community who are disadvantaged, finding things difficult, or just need a little support. The Appeal last year collected 116,196 Christmas gifts, and \$78,000 worth in gift vouchers, for agencies like Moreland Hall to distribute to clients 'doing it tough' or those who would have otherwise gone without.

Moreland Hall will again be involved in the Christmas Gift Appeal this year, with support coming from many in the community. Moreland Hall would particularly like to thank those in the public who have given before and placed gifts under its trees at Target Airport West, Target Watergardens and the Medicare Office at Airport West. We would also like to encourage people to consider giving a gift again this year – it doesn't have to be big, the average cost of gifts last year was just \$15 per gift. All those toys and gifts Moreland Hall collects will go to help our clients in need at Christmas time.



A Moreland Hall staff member with donated goods that are distributed to needy clients at Christmas



Moreland Hall Christmas cards— featuring artwork created by youth clients

These cards feature mosaic artwork designed and created by clients of the Youth Community Residential Drug Withdrawal (Gwenyth Williams House). The message inside each card reads "Wishing you the joys of Christmas." Cards cost \$1.00 each + P&H, and this includes GST.

PROCEEDS OF SALES WILL ASSIST IN THE PROVISION OF PROGRAMS AND SERVICES OFFERED BY MORELAND HALL TO OUR CLIENTS AND THEIR FAMILIES.

To order, please complete the order form enclosed in this newsletter and mail to Moreland Hall, 26 Jessie Street, Moreland, 3058. Or fax to (03) 9384 8891 to Moreland Hall. Moreland Hall will issue a tax invoice with the goods. Payment by Money order, cheque, or cash (pickup) are accepted. Please phone (03) 9386 2876 for further information, or email accounts@morelandhall.org



Dual Diagnosis—

What are we doing about it?



In May 2007, the Victorian Government Department of Human Services released its report: “Dual Diagnosis, Key directions and priorities for service development”. The report outlined plans to integrate treatment for people with co occurring mental illness and substance abuse in order to improve outcomes.

Like many Alcohol and Other Drug (AOD) and mental health services, Moreland Hall has been working with people with a dual diagnosis for many years. However, the policy shift outlined in the report means that a systematic approach to integrated assessment, treatment and care in both mental health and AOD services will be developed. The term, “No Wrong Door” used in the report means that clients with dual diagnosis will be supported to get the help they need regardless of which service system they initially present to. Obviously some people who present to AOD services will be more appropriately treated by mental health services and if so, they will be actively assisted to access that treatment. However, at Moreland Hall we have come to realise that for many people with a dual diagnosis, AOD services are in the best position to meet their needs by providing an integrated treatment response. Integrated treatment is about recognising that both issues are present, that there is a relationship between the two and that treatment that addresses both diagnoses together has better outcomes for clients.

Whilst there are always concerns about the resource implications of new initiatives, here at Moreland Hall we have made a commitment to embrace these new directions.

So we are embarking on a range of activities to improve our dual diagnosis capacity, including:

- €# Collaboration with Substance Use and Mental Illness Treatment Team (SUMITT) including the recent access to the psychiatric registrar for client assessment, medication review, treatment planning and secondary consultation.
- €# Participation with Northern Nexus Dual Diagnosis Service in the Drug and Alcohol Linkages and Mental Health Inpatient Program network.
- €# Participation in North Western Youth Dual Diagnosis Network
- €# Auditing our services in collaboration with SUMITT to assist us to develop a 12 month plan to increase dual diagnosis capability
- €# Supporting staff training initiatives including the current post graduate courses in mental health and

- €# dual diagnosis through Turning Point
- €# Hosting mental health workers on reciprocal rotations and planning for the first rotation from Moreland Hall to mental health services in February 2008
- €# Trialling a mental health screening tool in our youth services in collaboration with Orygen Research Centre
- €# Successfully submitting for a 3 year funded Dual Diagnosis Clinical Consultant position as part of our Education and Training team to train and mentor staff in dual diagnosis
- €# Reviewing our assessment processes and introducing a Client Information System (CIS) that better captures client information including mental health risk assessment
- €# Reviewing client charter and feedback mechanisms to increase client participation in treatment and service development.

The measure of success in achieving the reforms outlined in the Dual Diagnosis report lies not only in achieving structural reform but in improving the treatment experiences for people living with mental health problems and substance abuse and their families.

Donna Ribton-Turner
Manager Withdrawal Services
Deputy Chief Executive Officer



Client artwork

Moreland Hall Intensive Playgroup gains ongoing support

In the last edition of Moreland Hall News in June, we did a story on our award-winning Intensive Playgroup program and how we were concerned about whether the program would be able to continue operating.

The innovative project, a playgroup for parents with Alcohol and Other Drug (AOD) issues and their children, was initially supported by the William Buckland Foundation as a pilot, but was facing a lack of funding when the original grant of \$300,000 over three years ran out in July this year.

But following pleas to the then State Minister for Community Development Gavin Jennings and State Minister for Mental Health Lisa Neville, the program has now garnered funding from the Department of Human Services (DHS) of \$90,000 annually.

This means that the Playgroup will be able to continue operating from Jessie Street, running now for four times a week. These sessions will be run by new Playgroup worker Yvette Hunt with help from current worker Lis Steen. As well as this, Moreland Hall are looking to expand the program. We have just started an Intensive Playgroup running one afternoon a week in the Orana services office in Roxburgh Park, and are looking at other locations to run further groups in future.

The background for the Intensive Playgroup has been the increased focus of Moreland Hall and the AOD sector on families and the effects on them of AOD use, and ensuring greater involvement and connection with families as part of our services.

Current figures suggest that those children in the community with some of the highest likelihood of being 'at risk' of neglect or abuse are children in families where AOD use and/or mental health problems are factors. Often these parents feel stigmatised when trying to access mainstream child services; do not have their children taken into account when accessing AOD services; and are anxious about the repercussions of their AOD use in terms of Child Protection authorities, having fear of children being taken away.

The Playgroup model is unique, and designed to address these issues. Intensive Playgroup's aims are to help build and strengthen the relationships between children and their parents in this group, as well as help educate parents on parenting skills, link them in with other services and help reduce the stigma they feel when accessing other services. By doing this, Moreland Hall has assisted parents in working

on their substance dependency issues, and helped improve the safety and development of their children.

Moreland Hall's Playgroup has received accolades for its development from people such as Child Safety Commissioner Bernie Geary, who spoke recently at Moreland Hall's AGM, as well as being nominated as a finalist in the DHS Early

Years Awards in 2006. The project is one that not only Moreland Hall wants to expand on and develop further, but other agencies have expressed their interest in as a model as Moreland Hall has publicised its success and achievements in the group.

The group can cater for up to eight families per session, with the time spent in a mixture of structured and unstructured activities. Playgroup worker Lis Steen said that the group had "absolutely" improved the relationships between participants and their children. "They're starting to reconnect with the community again as well, with kinders and child health organisations," she said.

"The group makes them feel valued as parents, and because of that, they try harder at parenting," Lis said. "It also helps them with dealing with their AOD problems, sometimes it is a good informal introduction to counselling or other services here at Moreland Hall."

Some quotes from participants include:

"I wouldn't have gone anywhere else."

"Playgroup made me realise I wasn't alone."

"I didn't have to pretend I was something I wasn't there."

"I feel more confident now as a parent, I can spend quality time with my child."

"I needed people who understood me, I wouldn't have found it anywhere else."

Moreland Hall would like to thank the Department of Human Services for its ongoing commitment to the program, as well as the William Buckland Foundation for its support, for which we are very grateful.



Source: Microsoft Clipart gallery

Cautious with Cannabis— Demand for Program growing in Community



UnitingCare Moreland Hall's **Cautious with Cannabis** program has kept increasing its education to the community, with numbers of attendees of the training nearly doubling in the last few months.

The Cautious With Cannabis program is a 2 hour training sessions produced by Moreland Hall designed to help people address their concerns about their cannabis use. It is provided by Moreland Hall and our approved training providers in over 20 locations throughout Victoria, and is free of charge to all participants.

Participants come to the program on diversion (after police cautions for an offense or a court order), and the program is also open to individuals (and their family and friends) who are concerned about their cannabis use.

Moreland Hall wants to increase awareness in the community that a program like Cautious With Cannabis exists, according to Moreland Hall Chief Executive Officer Laurence Alvis. Since revising the program last year, the organisation has embarked on increased promotion of the program, including launching a website www.cautiouswithcannabis.com.au

CEO, Laurence Alvis said *"the program basically informs people of the risks and possible health consequences to them of significant cannabis use". "There's a significant body of research that links regular cannabis use with a risk of depression, higher anxiety levels, motivational problems and sometimes to psychotic episodes in some individuals". "We let people know what the latest research says, and strategies by which they can reduce their use."*

The program also runs through issues like short and long-term effects of cannabis, its illegal status and what that means for users, as well as a number of strategies to help those who wish to give it up or cut down their use.

Cautious With Cannabis was set up in 2001, with the aim of preventing individuals with an addiction to cannabis from ending up in the criminal justice system. The program assists them to cut down or eliminate their cannabis use. Since its inception, the program has educated over a thousand participants throughout Victoria.

Cautious With Cannabis is just one of a number of education and training programs and services that Moreland Hall provides. Other programs include the Drug Drive program, which looks at issues surrounding drug usage and driving; the Big Book series of resources on drug and alcohol usage; and groups like Keeping Going, a

weekly group for six weeks supporting those who have recently completed drug and alcohol withdrawal.

Some comments from recent participants include:

"It was a benefit to me and my partner as some things we were not aware of, and was an eye opener."

"The speaker was very helpful, he made me see the ability to quit was not as impossible as I thought."

"It had a focus on information, not on preaching."

"I learnt about the damage I was doing to myself."

"The presenter was not judgemental."

Cautious With Cannabis programs at Moreland Hall are held on the first Wednesday monthly from 2-4.30pm and third Wednesdays, monthly from 6-8.30pm (excluding January).

To register to attend Cautious with Cannabis ring Moreland Hall on 9386 2876 or Directline on 1 800 888 236.

For further information on Cautious with Cannabis, go to the website www.cautiouswithcannabis.com.au.



Cartoon—From the Cautious with Cannabis website



In the news.....

News

More drug, alcohol users seeking help

By Sonja Viduka

THERE has been a marked increase in the number of people using the services of Moreland Hall drug treatment agency over the past year.

Moreland Hall chief executive Laurence Alvis said recent figures showed the amount of people using the United Church-backed agency had risen significantly across all services.

For 2006-07, almost 1600 people accessed services — 300 more than for the previous year.

Drug withdrawal treatments and counselling had also risen from 2500 to 3000 in the past 12 months.

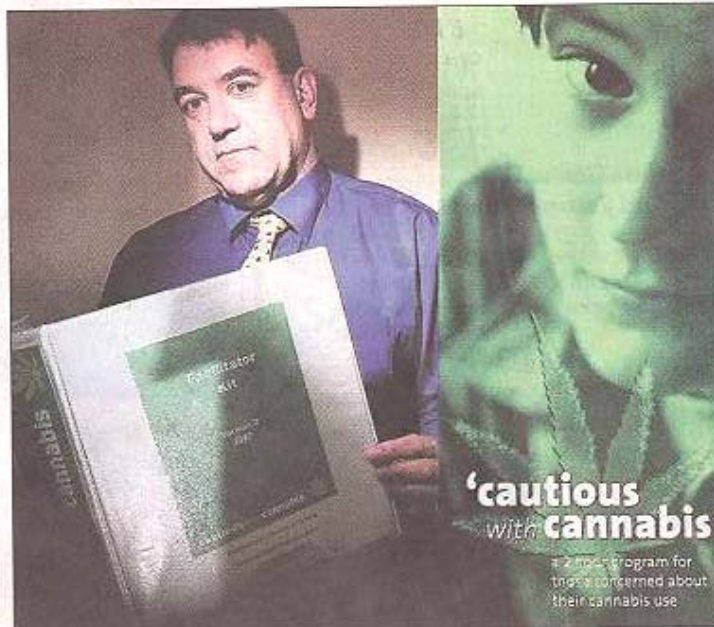
Mr Alvis said there had been a 10 per cent increase in those taking part in a Caution with Cannabis education program.

He stressed that although the demand for counselling meant extra pressure on resources, it was important that those accessing the service were seen to as soon as possible.

"We try not to have waiting lists. We try to see people as soon as we can because with the way drug and alcohol use is, we might lose our window of opportunity to see those clients.

"There seems to be more people seeking assistance. We only see people who want to do something about their drug and alcohol use and there does seem to be a higher number coming through the door."

Despite this, the type of drugs being taken had not changed substantially. The agency's client figures showing that alcohol and



Be cautious: Laurence Alvis.

Picture: Scott McNaughton

'There seems to be more people seeking assistance.'

Laurence Alvis

cannabis were still causing more addictions than any other drug.

■ Mr Alvis said Moreland Hall had recently expanded its Cautious With Cannabis program so it could be completed online, allowing clients to remain anonymous.

The sessions follow harm-minimisation principles aimed at reducing drug-related injury.

Caution With Cannabis is aimed at helping to identify and reduce drug-related harms, reduce and stop drug use, and provide access to ongoing treatment and support.

The sessions are offered twice a month: on the first Wednesday of the month from 2-4.30pm and on the third Wednesday from 6-8.30pm.

For more information on Cautious With Cannabis, phone the direct line on 1800888236.

"More drug, alcohol users seeking help"

Moreland Community News—Fairfax Community Network, Tuesday October 30, 2007

Overdose Awareness Day Ceremony— 31st August 2007

On the 31st of August this year, Moreland Hall held a remembrance ceremony under the coordination of Chaplain Reverend Rosemary Carter, to acknowledge Overdose Awareness Day.

Overdose Awareness Day, held on the final day of winter, originates from the Salvation Army and is held to acknowledge those who have either died from or been affected by overdose and to remember them, acknowledging the sadness members of the community feel in their passing or in their suffering.

This year, Reverend Rosemary inaugurated a tree-planting, symbolising new hope and growth, with a young sapling being planted in the Moreland Hall grounds. Sand, coloured sticks and candles were also used as symbols to remember those whom we have lost or have suffered through the experience of an overdose.

“Today we make space and take time to remember people whose lives have been utterly altered through overdose,” said Reverend Carter at the worship. “We have lit candles, remembered and named people and planted a sign of hope for the future.”

The event was attended by the CEO of Moreland Council, Mr Peter Brown, with attendees having the opportunity to wear an Overdose Awareness Day badge (a metal ribbon), and give a donation should they wish to the Mirabel Foundation, an organisation set up to support the child victims of parental suicide or overdose.

Ceremony symbols

Sand: the grittiness of sand suggests that hard times are a part of life; sand gets into everything, and in a very real sense, the hard experiences of life, the sadnesses and the struggle get into the fabric of our lives. It takes the imprints and shapes of what is placed in it. This may remind us of the ways in which experiences imprint and shape our lives.

Coloured sticks: represent ourselves and the people we seek to remember—multicoloured, many-faceted people with joys and struggles, mistakes and successes.

Candle: candles are often a symbol of hope, comfort, prayer, forgiveness—of letting go of hurtful words or deeds done to us or by us. They may suggest the comfort of healing old wounds. They give fragile, war... flicker of light that helps us see the way in a dark space and image the possibility of a future.

Tree planting: a symbol of hope—a suggestion of a new beginning—for ourselves, the ones we remember, the earth, and all the experiences of life. Planting in the .. grounds us, and can remind us of what matters most in life. Plants growing remind us that we can grow through all the events and relationships, the experiences of life.



Symbols



Tree planting

Healing through Story—Steps to reconciliation

1. **Explore, understand and accept history and experience:** how might you hear the ways in which actions have been interpreted? If you feel injured how would you want to be heard?
2. **Acknowledge injustices of the past and present:** how might you discern and accept the meanings attributed to your own actions? How would you want to be acknowledged?
3. **Discover common shared heritage, respecting culture and identity:** what's shared? Where can you find meeting points?
4. **Participate in acts of reconciliation:** what symbolic things would help you? The other?
5. **Revalue unity and harmony:** how would this become clear in what you say and do?

Healing Through Story

Parts of this reflection were developed following NAIDOC week and so draw particularly on the concern of enabling the stories of Indigenous people to be heard and our relationships healed. However, the principles may be important whenever people are troubled, experience injustice or relationships are strained. They seem to be particularly relevant to ponder in the current political climate.



Most of us enjoy a good story. In many families and cultures the passing on of important meanings have occurred through story – whether they be Aesop’s fables, legends, mythical heroes, family meanings or the great spiritual stories that have shaped and sustained people and cultures for many generations.

More recently the significance of disconnection from cultural ‘story’ has been identified as problematic. For Indigenous cultures (and, I believe, for all people) we are increasingly aware of the importance of these stories for developing strong identity – both personal and cultural.

In the middle of a political election campaign people’s real life struggles become political footballs – never more so this year than with interventions to address Alcohol and other drug concerns in Indigenous communities!

However, for developing an Australian identity with enduring values that will shape not only the whole community but ourselves and the work that we do, it is imperative that we hear story properly.

Many of us are familiar with ‘Narrative Therapy’ as a counselling or healing tool. Through recognising that the narratives or stories shape our self-understanding and identity it becomes possible for us to explore these stories externally. We may be able to recognise where problems develop through the ways we have absorbed ‘story’. We can explore the influences of the story on our ‘intentions, values, hopes and commitments’, and have the opportunity to ‘re-author’ or ‘re-story’ experiences that have created problems for our values and hopes.

Story can be a powerful healing tool.

The black – white story in Australia is troubled, and relationships are in need of healing. It’s not easy. In bringing black and white culture into deeper connection and understanding, telling story is very important – not least because it bypasses some of the disputed interpretations of ‘facts’ and enables people to discover and understand the meanings that have been attached to the story.

‘Reconciliation’ involves attention to story. The work that we do, with Indigenous and non-indigenous people, involves us in this process. Hearing and listening to the

ways in which history and experience have shaped identity enables an objectivity which gets past personal feelings and enables a genuine recognition and acknowledgement of injustices, both past and present. It does take time and courage to genuinely engage in these processes. But when that happens we can discover the common shared heritage, values, hopes and commitments, rebuilding respect and identity. When respect and identity are rebuilt it is possible to identify ways in which people can act toward one another that restore unity and relationship.

Symbolic acts can convey a deep and enduring commitment. For example, the repeated acknowledgement of prior connection and care for ‘country’ can seep into the culture of this land and re-author our story. It takes time - but eventually the symbolic act may shape genuine acts of unity and relationship.

Reflecting

There are symbols and pictures and colours that link with Aboriginal story: rocks, water, art work – dot paintings and symbolic work, stories – written and oral, picture or word. You may like to reflect on and explore the symbols. This process is also helpful in healing other stories including the personal ones that have shaped our own lives.

You may like to reflect on a situation in your own life you may have felt (or are) estranged from someone - and to reflect on the steps of reconciliation

For me, the discovering of the importance of Christian texts as ‘story’ enabled a significant shift in my understanding of the place of both personal experience and cultural story. The life-meanings told through the ‘story of the beginning of a people in Biblical story’ and the richness of ‘Dreaming’ in the Aboriginal tradition has been rekindled. For example: the ‘creation myths’ of Biblical story, the Rainbow Serpent and the human spirit in creation give an imperative for care of both earth and creature. The importance of journey found in stories of ‘wilderness’, and ‘walkabout’ can be symbols of the spiritual quest. The importance of human integrity found in stories of ‘moral endeavour’, the Christ story and others find parallels in the great world stories that shape our sense of self.

Reverend Rosemary Carter

Reviewing the year at Moreland Hall

2006/07 Annual General Meeting



Laurence Alvis, CEO

UnitingCare Moreland Hall held its Annual General Meeting for the financial year 2006/07 on Thursday 8th November at Jessie Street. The event was attended by notable guests including Kelvin Thompson MP for Wills, and the Mayors of Hume, Mr Gary Jungworth and Moreland, Mr Mark O'Brien, as well as managers, Board members, staff, and

others from the sector, and the public. Keynote speaker Mr Bernie Geary, the Child Safety Commissioner, gave a speech highlighting the importance of the work Moreland Hall does, particularly the achievements of our Intensive Playgroup for parents with alcohol and other drug issues and their children (which has just received recurrent funding – see the corresponding article in this edition of the newsletter).

The AGM also featured Reverend Ray Gorman doing the reflection, and Chief Executive Officer Laurence Alvis giving a presentation as CEO and also read the Chairwoman's report and Treasurer's report (whom were unable to attend the meeting).

The event was a good opportunity, as

Laurence pointed out, for people to take stock of all that Moreland Hall had achieved through the last year, its



Reverend Ray Gorman

successes and highlights, and to celebrate the hard work that everyone had put in.

Some of the significant highlights of the last year included:

- €# The Art Therapy project (which exhibited as part of the Linking Glenroy Exhibition) and our adult withdrawal service Lesley-Anne Curran Place were shortlisted as finalists for the 2007 National Drug and Alcohol Awards. Moreland Hall was the only agency to have two shortlisted programs as finalists.
- €# The Intensive Playgroup was nominated as finalist for the DHS Early Years Awards in 2006 and received recurrent funding from the DHS in 2007.
- €# Funding was extended for innovative projects like our Intensive Support Service and Hume Youth and Parents Drug Service.
- €# Moreland Hall AOD workers were placed at PANCH Health Services and Dianella Community Health Service.
- €# A Drug Drive Program was launched jointly with VicRoads.
- €# A Cautious With Cannabis interactive website was launched and a Yarndi (Koori Cautious With Cannabis) pilot project started.
- €# Moreland Hall has treated 1557 clients in 2006/2007, providing 843 assessments, 788 counselling and support sessions, 1087 withdrawal episodes and 3035 episodes of care in general.
- €# Moreland Hall met 100% of leading practices standards under the review of the Quality Improvement and Community Services Accreditation.

Moreland Hall operated with a total budget of \$4,968,308 in revenue, \$4,930,947 in expenditure and a small surplus of \$37,361 in the year 2005/2006.

"It never ceases to amaze me how humans can struggle to overcome adversity and become victorious. Witnessing this in my work is truly a gift".

Maree Beaney, Forensic Services





Invited guests, Moreland Hall Board members (both past and present), managers and staff mingled after the AGM meeting.



"My opportunity to contribute in a small way can create life changing events in the lives of our clients: to change a frown or tears into a smile".

Gaye Trainer, Administration



"I feel that I am part of a team that is working, in diverse ways, towards a common goal".

Paul Aiken,
Education &
Training



"Moreland Hall is where I listen and learn. It is where I work and live".

Patrick Morahan, Counselling & Support

"I am respectful and awestruck and endlessly curious about the ongoing struggle of the human spirit to be healthy. To witness that struggle in any capacity is truly a privilege"

Venetia Brissenden, Education & Training



Moreland Hall Awards on display at AGM

Funding for new initiatives for Moreland Hall

Moreland Hall has received just recently a number of grants providing funding support for a range of different innovative programs we are planning to implement.



Ansvar Insurance have provided \$20,000 to go towards the development of our Drugs and Driving Schools Program. This project will assist with the development and distribution of training resources, such as teacher's kits, designed around educating upper secondary students about the risks and hazards of drug use and driving. With research showing that 20-40% of drivers killed or injured in accidents are drug affected



(excluding alcohol), and research showing nearly 20% of Victorian drivers between 16 and 24 have driven while affected by illicit drugs, the development of such an awareness pro-

gram is very much needed. The program will work with educators, teachers and researchers to develop the materials, and aims to have the training module rolled out to over 25 schools in Victoria by the end of the project.

Moreland Hall has also been awarded funding of \$15,000 from the School Focussed Youth Service for a new Drug and Alcohol Awareness program based at Northcote High School. The program will involve employing a Moreland Hall Drug and Alcohol worker to take part in the education of students on AOD issues through the Personal Development curriculum, hold forums for parents on AOD risks and challenges, and do counselling and support of students where needed, as well as some training and support to school staff. The project will benefit not only the 200 Year 10 students taking part through education, but their parents and teachers as well, through broadening their awareness of AOD issues. It will run for two terms in 2008 and then be evaluated in terms of its success and learnings.

As well as this, Moreland Hall have also been granted \$452,000 from the Federal Government's Department of Health and Ageing for capacity building, specifically looking at the issue of Dual Diagnosis and the capacity of Moreland Hall to deal with clients exhibiting both AOD issues and mental health problems. The money will be used to facilitate training, undertaken by our Education and Training section, for relevant clinical staff at Moreland Hall as well as relevant other clinical staff in some of the smaller organisations we work in partnership with. Education and Training will hire a Dual Diagnosis trainer and consultant who will both offer the training (30 placements a year for staff, and 10 outside workers), and ongoing clinical support for staff. It is expected that at the completion of the program in three years the capacity of Moreland Hall clinical staff to deal with Dual Diagnosis clients will be increased, that there will be agency wide policies and procedures on working with such clients and that other service providers will be able to refer such clients to Moreland Hall with confidence knowing that all their conditions will be looked at. This will mean less clients 'falling through the cracks' between the mental health and AOD systems, as well as more effective outcomes for our clients.

"I love what I do as I get the opportunity to present options and opportunities to a client group who are generally keen to change".

Peter Winnell, Adult Community Withdrawal Unit

"My passion for working with those less fortunate comes from the belief that if you have enough resources to share then you should do so".

Katy Grimes, Counselling & Support

Christmas Hampers—spreading some Christmas cheer

Each Christmas Moreland Hall distributes a number of Christmas hampers to those of our clients in special need over the holiday season, with our Chaplain Rev Rosemary Carter organising the collection and distribution of the hampers. Last year we were able to give over 40 hampers and other gifts to various clients and their families, materials donated by church congregations and others in the community, and we are hoping to give away more this year to those in need.

If you would like to support Moreland Hall in this, it is easy to assist by putting together a hamper for a family struggling over Christmas. The hampers normally contain an assortment of good that will last and are appropriate for Christmas (tinned goods, Christmas puddings, bonbons, biscuits, soft drinks etc), food for one simple meal (like pasta or rice) and some breakfast foods – a typical hamper's contents would cost not much over \$40. Or if you would like to help with another gift, we are always welcoming of that too. Please contact Reverend Rosemary Carter at Moreland Hall to find out more.



Reverend Rosemary Carter with gifts and hampers donated for needy clients



“Working at Moreland Hall reinforces my belief that all people want to be appreciated, listened to and valued. My job allows me to offer support, not just as a staff member but also as another human being trying to get through this journey we call life”.

Tony Landall, Home-Based Withdrawal

“I am drawn to my work due to my passion to work with victims/survivors and offenders of crime. Considering the direct correlation between offending and substance abuse, my work provides an opportunity to contribute to rehabilitation and therefore assist the community as a whole and victims/survivors directly”.

Suzanne Vidler, Forensic Services

“During the depression in Australia (in the 1930s) an art movement emerged. They called themselves the ‘Angry Penguins’. This group of painters, writers and others were outraged at the disparities between the well-off and those struggling to survive. Their art reflected this anger, underpinned by a sense of social justice. I sometimes like to think that I’m acting in the spirit of the Angry Penguins”.

John Quiroga, Education & Training

Moreland Hall Resources



Listing of products developed by the Education and Training Unit at UnitingCare Moreland Hall
Updated June 2007

Publications, Manuals, Videos, DVDs

BOOKLETS

The Big Book Series \$ as below + P&H

Designed specifically for young people, particularly those who would be described as 'pre-contemplators' and those who may be involved in experimental drug use. These booklets have a harm minimisation focus and present drug information in an interesting way with eye-catching cartoon illustrations throughout.



\$2.50

\$3.50

\$3.50

\$3.50

Take it Away Handbook \$2.00 ea + P&H

For many, giving up something they once enjoyed is not easy. This handbook is designed to help. It is an interactive 32-page guide for those who have undertaken a 'detox' program. It looks at how a person may feel after the first few days of withdrawal and provides tips and strategies that may assist in relapse prevention. This handbook is suitable for people trying to reduce their dependency on any substance.

This guide also provides some tips for family and friends supporting those withdrawing.

Manual for Health and Other Professionals \$22 + P&H

Written for people whose work involves assisting clients to change some aspect of their alcohol or other drug behaviour? The manual acts as a reference guide by indicating the most appropriate assessment and interventions for alcohol and other drug problems, including withdrawal, and the use of local resources (Victoria based).

DVD - Driving Straight \$100 + P&H

Drugs & Driving Educational DVD & Resource Booklet. Developed in line with the Victorian Government's (world first) Drugs & Driving Legislation for random roadside drug testing implemented in 2006. Includes FAQs answered by experts in the field and has a selection of 5 different 'real life' drug driving scenarios. Testing process; Regaining your licence; Assessment & drug education process; Methadone & driving. 'Driving Straight' is the first educational resource on this subject with wide educational applications.



VIDEOS—\$35 + P&H

These videos are not intended for stand-alone viewing. They have been designed for use as part of a guided discussion so there are short pauses between segments. All videos come with a set of notes to aid the group discussion. The videos were designed for use in prison drug education programs, however their potential for use extends far beyond the prison setting.

Scorched

Using documentary footage and dramatic recreation, "Scorched" is a hard-hitting look at heroin overdose. An Intergraph operator assists a distraught caller whose husband has overdosed. On the other side of the city a man lapses into unconsciousness after refusing Narcan. By delving into some of the facts and fiction surrounding heroin overdose, "Scorched" assists viewers to explore a variety of issues about heroin use; its impact on themselves and others and how to stay alive.

Hanging Out

Designed to help people explore relapse prevention and to see that there are a range of strategies that people have used, some of which may work for them.

What's Wrong with this Picture?

A video about a soap opera on its last legs, set in a Juvenile Justice detention centre. One of the leading characters, Todd, is going on his first unescorted leave and he intends to go wild and have fun. This video is a semi-serious look at survival issues facing young people in the Juvenile Justice system. It is designed to help the group explore issues around drug use, harm minimisation and how to manage unescorted leave.

Down the Drayne

A lighthearted look at a serious subject – hepatitis C. 'Drayne' is a late night radio show host. Each night he deals with subjects that reflect the strange grab bag of listeners who make up his late night listening audience. Tonight's subject is hepatitis C. The show sheds some light on the facts, myths and misconceptions about the virus as well as exploring issues around infection control and health.

TO ORDER, or for further information

Please phone Moreland Hall, Education & Training Unit on 03 9386 2876.

Or fax details to UnitingCare Moreland Hall Fax 03 9384 8891 or email education&training@morelandhall.org.

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