



## Executive Director's Column

Welcome to the January 2006 Moreland Hall Newsletter! I would like to begin by thanking you all for your support during 2005 and I look forward to continuing and building the important relationship that you have with us in 2006.

Whereas for a number of Agencies the year finishes with the great demand of Christmas on many of their families, at Moreland Hall our work begins with the aftermath of Christmas and New Year. This is where family breakdown often occurs as a direct result of alcohol and other drugs issues. New Year is also the opportunity for a fresh start where many of our clients try to conquer their various addictions.

The last three months have seen lots of action at Moreland Hall. A couple of the highlights have been:

- On Tuesday the 15th of November, we launched the 2004-2005 Annual Report, which is titled Innovation – Our Foundation for the Future. This was a significant occasion and wonderful celebration of the successful implementation of many innovative projects and the development of a firm direction for the future of Moreland Hall. The Annual Report highlights the work that has been undertaken by staff from all programs over the last 12 months. Sheridan and Catriona provided a fantastic presentation on the great work that is being undertaken as part of the Intensive Supported Playgroup.
- It is with regret that we say goodbye to some long serving Board Members, Dr Hugh Mackinnon OAM (6 years) and Heather Beanland (10 years). Hugh and Heather have both made very significant contributions to Moreland Hall during their time on the Board of Governance. They have both been involved in program and governance committees. Hugh will be missed from Jessie St, where he has been a regular fixture around the Oxford Houses office. We wish them well in their “retirement”.

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**INSIDE:**  
The new Moreland Hall  
Drugs & Driving DVD!  
Upcoming free  
Professional Development  
Workshops!

## Executive Director's Column

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- On Wednesday the 7th of December, Reverend Rosemary Carter was inducted as the new Chaplain of Moreland Hall. This was a much anticipated event and was made even more special with the Reverend Graham Morris (the previous Chaplain) overseeing the official ceremony of induction. It was great to see so many of the extended Moreland Hall community joining us for the induction of our new Chaplain. Rosemary is a full time placement and has a key role in looking after the clients and staff of Moreland Hall.
- We also had another reason to celebrate in December with the annual staff lunch. We had the opportunity at this gathering to recognise 35 of our staff that had completed various levels of new or updated external qualifications. Celebrating success of our staff achievements is very important and continues to recognise Moreland Hall as a growing and learning organisation.

Finally, I would like to wish all you a very happy and prosperous 2006 and we look forward to working with you “to build a community where people reach their full potential and are not disadvantaged by alcohol and other drug issues.”

*Laurence Alvis - Executive Director*



## DRUGS & DRIVING - The new Moreland Hall DVD

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2000 the police have been conducting roadside drug testing on drivers whose driving seems to be impaired but who blow under .05 for alcohol. If convicted they lose their licence and are subject to other penalties. Part of the process of regaining their licence is to undergo a Drug Driving education program.

Victoria is leading the world in confronting the issue of drugs and driving. Most Victorians are now aware of the new random roadside drug testing which Victoria Police have been conducting since 2004. However, far fewer are aware that since

In 2000, Moreland Hall was selected by the DHS to design the mandatory Drug Driving education program and has been delivering it to drug driving offenders since 2001. Now Moreland Hall has produced an invaluable resource to help prevent the

harm which results from using drugs and driving.

Through the media we have been alerted to the fact that the random roadside saliva testing has been turning up far more positives than was anticipated. Of the 10,500 who had been tested by July 2005, 1 in 50 produced a positive result – compared to 1 in 230 who show a positive reading for alcohol in random ‘booze bus’ testing. And when you combine this with the fact that in 2003 of the drivers killed in Victoria, 31% tested positive to drugs other than alcohol, clearly this is an issue we should be concerned about.

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## DRUGS & DRIVING - The new Moreland Hall DVD

The message that drugs and driving do not mix needs to be heard in the community just as 'If you drink and drive you're a bloody idiot', has been. The Moreland Hall DVD, 'Drugs and Driving' will assist in this process.

Funded by the Federal Government Drug Diversion initiative, the DVD provides information on the effects of drug use on driving; the random roadside drug testing process; what to do if one loses one's licence and answers frequently asked questions about drugs and driving.

This information is conveyed via interviews with expert commentators as well as

through acted segments, each featuring one person's experience of using drugs, driving and losing a licence. Each acted segment is based on actual case studies and the scenarios cover a wide range of situations with central characters from diverse backgrounds and with varying drug using experiences.

The DVD is the first to be produced on this subject and we believe it will have wide applications – to support existing drug education programs, to provide information to young people on the point of getting their drivers' licences, to assist work place health and safety

education programs and as a general prevention initiative for community groups. Part of Moreland Hall's mission is to 'build a deeper understanding in the community about how to respond to alcohol and other drug issues' – we believe the Drugs and Driving DVD will play an important role in achieving this goal.

*Sally Laurie - Manager  
Education & Training*

For further information  
please contact Sally Laurie  
on 9384 8843

To order any of  
Moreland Hall's  
Drug & Alcohol  
resources, refer to  
the order form  
enclosed with this  
Newsletter and  
Fax to: 9384 8891

or

Send to :

Education & Training  
26 Jessie Street  
Moreland 3058



Go to [www.morelandhall.org](http://www.morelandhall.org) to print out  
more copies of the order form

# Highlights from the 2004/05 Annual Report

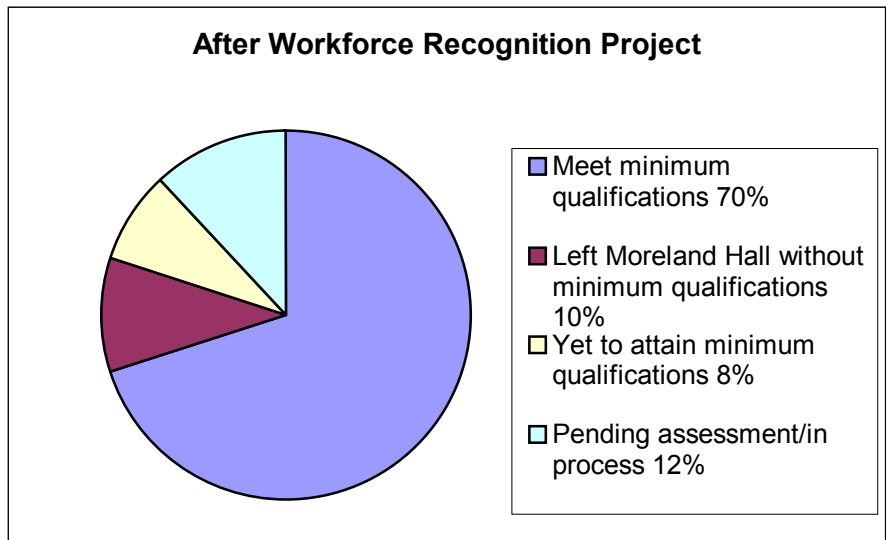
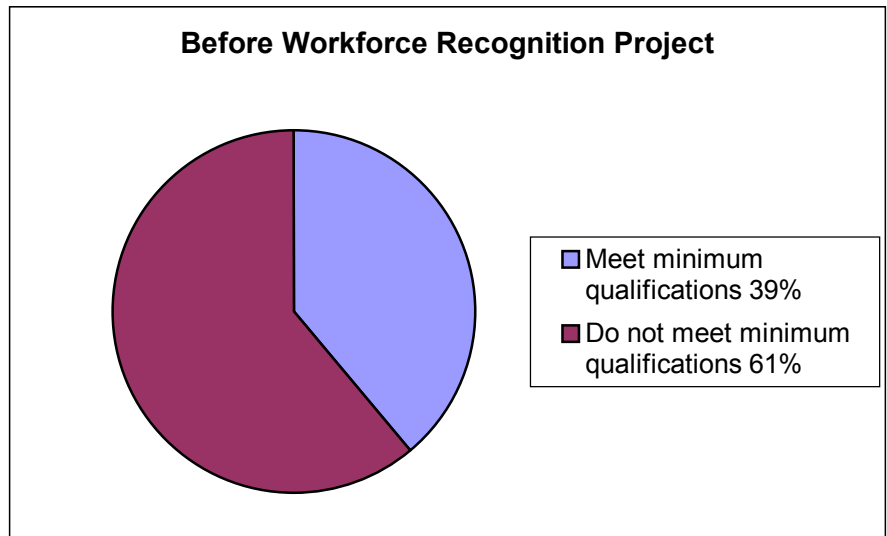
## Providing support opportunities for Staff Development

During 2004/05 Moreland Hall staff were given extensive support to meet the requirements of the Minimum Qualification Standard, through a standardised, work-based, assessment process.

The Victorian A&OD Minimum Qualification Standard will come into effect from 1 July 2006 and will apply to all A&OD workers, whose core role is to provide services to A&OD clients and are funded by the DHS Drugs Policy and Services Branch.

At the commencement of the project Moreland Hall had 23 staff that met the minimum qualifications.

At the conclusion of 2004/05 Moreland Hall had 41 of the original group of staff who met the minimum qualifications.



# Greetings from Moreland Hall's new Chaplain Reverend Rosemary Carter



violence or relationship conflicts.

I have been involved all my adult life in seeking to ensure that the church (in the first instance) stands with those who are on the edges of society. My particular concerns have been for racial justice, women, peace (world and relationships) and refugees. I am passionate about creating just, truthful and compassionate communities where people can become whole.

My name is Rosemary Carter and I am the new Chaplain to Moreland Hall.

I am a Uniting Church Minister with 9 years congregation Ministry experience. I have come to Victoria from South Australia to take up this placement. Prior to entering Ministry I have been a Registered General Nurse, a Social Worker and a parent. In the past I have worked with teenagers at risk, women in violent relationships and with children in need of care and protection and their families.

In Pastoral Ministry I have often been engaged by people who have struggled with depression, addictions,

Two key themes underlie my ministry. They are "Do justly, love mercy and work humbly with your God" (from the Bible book, Micah) echoed in the call "to heal the sick, to bring sight to the blind, to liberate the oppressed, and bring hope to the poor..." and the inherent worth of each person regardless of gender, race or creed.

I am enjoying these early days of this new role, and seek to be a support and spiritual resource to each person involved with Moreland Hall. I seek to develop opportunities for spiritual formation that are helpful to people with addictions and those who work with them. I am looking forward to the opportunity to care for staff, clients and their families in this role.

*Reverend Rosemary Carter*



## **"A New Page"**

*We have begun a new calendar Year - 2006!*

*When I was a child I loved the beginning of the school year with the arrival of the new books. I loved the first page - its freshness, potential, and the anticipation of all the learning and discovering that lay ahead. I felt some anxiety, too, about whether I would spoil it by not writing neatly or creatively enough. But once the book was started - well...*

*My arrival at Moreland Hall has been full of 'new'ness – with people, roles, organisations, etc – like a brand new book.*

*The New Year reminds me of the first page of a brand new book. I wonder what will unfold in each of our lives. Where will be the discoveries, learning, insights, creativity and opportunities for new life for each of us?*

grace and peace  
**Rosemary**





## Intensive Support Services Program

therapeutic interventions on predominantly an outreach model. Outreach facilitates increased client accessibility to treatment alongside the platform to undertake practical and case management related activities.

Moreland Hall's Intensive Support Service (ISS) has been operating since November 2004 and commenced client services in January 2005. The goal of the program is to provide a more intensive, holistic and flexible support to clients who present with multiple complex needs.

In addition to illicit drug use (ISS is funded by the Commonwealth's National Illicit Drug Strategy), clients present with a broad range of complex treatment needs including; psychiatric, health, legal / forensic, housing, financial and other high risk / challenging behaviours.

ISS aims to shift treatment response for such clients away from multiple withdrawal and counselling episodes to more structured, long-term support with higher intensity than standard treatment options. Support is provided with a focus on both case management and

Currently the model provides for up to a 12 month episode with intensity at it's highest in initial treatment phases and reducing throughout the episode. It is envisaged that throughout treatment as intensity reduces, that clients are successfully engaged in appropriate community based services that have the capacity to provide ongoing support to assist the sustainment of achievements reached through ISS.

In the last 12 months ISS has opened 21 episodes of care comprised of seven females and 14 males presenting with a multitude of issues and broad range of demographics. To date there has been some highly successful treatment outcomes that are captured in reports and evaluation. ISS is a demonstration project with an emphasis on evaluation and capacity for replication.

Commencing at the beginning of this year and funded until June 2006 is a second ISS clinician position (to date there has been one clinician). Fiona Lewis has been seconded from a counselling role to assist with this exciting opportunity and will provide both client services and consultation.

ISS was initially funded until June 2006, however the fantastic news of extended funding until June 2008 was received just prior to Christmas. ISS is an exciting and innovative program significantly contributing to the AOD sector's capacity to be responsive to client need and demonstrate best practice.

Thank you to all internal staff and external agencies for their commitment and support that has been integral to the establishment and implementation of a highly successful program. I have sincerely enjoyed my work with ISS so far, and look forward to an exciting future.

*Simone Miller - Intensive Support Service Clinician*

For more information about the Intensive Support Services Program please contact Simone Miller on 9384 8803 / 0432 743 274 or Fiona Lewis on 9384 8845

## Board Member & Staff Profiles

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### **Iain Ross joined Moreland Hall's Board of Governance in Sep 2005:**

My name is John F. M. Ross (known as Iain). I'm known as Iain because my father and I were both named John and as he had prior title to his own name I was given an alternative to avoid confusion in the family. The alternative is the Gaelic for John, so it wasn't a big leap in Scotland from one to the other.

Having survived school, I went to work in a Life Insurance Company in Glasgow and eventually qualified as an Actuary with the Scottish Body, the Faculty of Actuaries in Scotland. The Faculty celebrates its sesquicentenary in 2006 and we in Melbourne shall have a visit from the President.

Like many Scots I spent some time working in London and later in Edinburgh with a firm of Consulting Actuaries. Whilst toiling there more or less happily (it's not easy for a Glasgow man in Edinburgh) the chance came for a job in Melbourne with Scottish Amicable (since acquired by Colonial Mutual, in turn acquired by Commonwealth Bank). Thus I came to Melbourne for three years in 1977....

Since retiring from full time work, I was Hon Treasurer of Council on the Ageing (Australia) (COTA) until it amalgamated with Australian Seniors, board member of a small Life Insurance company, Panel Member of the Financial Industry Complaints Service and one or two other jobs.

So to Moreland Hall I bring experience in the working of boards and committees and knowledge of financial matters. I hope this will make me useful to Moreland Hall which is doing such a valuable job in a very difficult area for people who need a lot of help.

*Iain Ross - Board Member*



### **Rose McCrohan began as Lesley-Anne Curran Place Coordinator in Nov 2005**

My name is Rose McCrohan, although I worked for most of my Alcohol & Drug career as Rose Vercoe.

After leaving Pleasant View in 1994, I worked at the Austin and Repatriation Hospital for 2 years and returned to the sector in the newly funded HBW and Outpatient withdrawal programs in the

Eastern Metropolitan Region (EMR), located at Box Hill Hospital.

In 1998 until 2003, I was the coordinator of Wellington House, the 12 bed CRDWU in the EMR. During this time I undertook a secondment to the role of the Service System Development consultant, a role funded to assist with linkages between the A&OD agencies in the EMR.

From 2003 until October this year, I worked at YSAS. The last 12 months of my time there was in a role as the Nurse Consultant overseeing the supervision and integration of nursing practice in the North West region of YSAS. I enjoyed seeing the young people who ceased substance use and exited the A&OD sector.

One of my new passions is to look at the ways in which the youth and adult sectors can assist the transition of young people who will end up clients of the adult sector. I also have a passion for the articulation of the nursing role within the A&OD sector, especially its role in safe and supportive care.

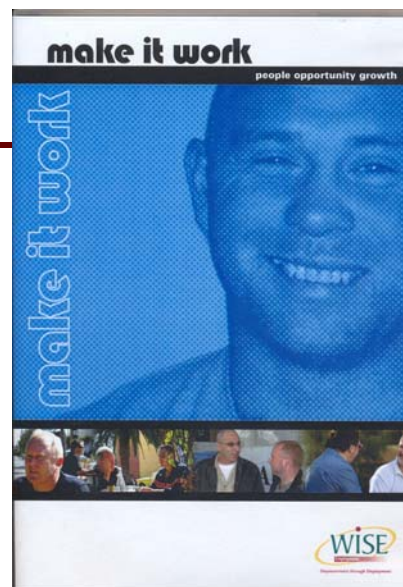
My practice philosophy is to look at all elements of our contact with clients from first contact until discharge and focus on strategies that prevent aggression within the workplace. I look forward to working with some colleagues from the past and getting to know the staff group here at LACP.

*Rose McCrohan - LACP Coordinator*

## Andy's Success Story

We all need a boost now and then to make us feel that it is all worthwhile, so I thought people might be interested in hearing about one of our Supported Accommodation clients, Andy. Andy is a 28 year old construction worker who abused cannabis and alcohol and was suffering with anxiety and depression. Andy entered our program after completing a withdrawal at LACP in March 2005. Andy had also started counselling with one of our A&OD clinicians, was attending the "Keeping Going" program and was looking for work through WISE Employment when he took up residence at our Supported Accommodation Unit in Pascoe Vale South in April 2005.

Andy filled his days looking after his extensive tropical fish collection, going to N.A. meetings and looking for work. Through WISE employment Andy gained a mentor and started getting some casual work. This has been the outcome, read on in Andy's words:



(Article from WISE Employment News September 2005) WISE 'MAKE IT WORK' MENTORING PROGRAM

### Mentor Profile

*Brent and Andy seem at ease in each other's company. They speak freely with each other and laugh easily at each other's jokes. Their relationship began as part of the WISE Make It Work Mentoring Program.*

Brent Howard found himself entering the Program after thinking about doing some volunteer work. Brent admits to having a few concerns before meeting his mentee.

"You go in with a bit of nervousness and trepidation," Brent said.

"Is this person going to accept you? So you tread quite carefully to start with and be as open and friendly as you can."

Andy was also nervous. "I really didn't know what to expect but I was willing to give it a go," Andy said.

"I picked it up pretty quick that Brent was a genuine person, someone that I could talk to, not on the same level, but I could communicate quite easily with."

Brent and Andy have continued to meet on a regular basis for a coffee or a football match. The venue doesn't matter as long as both parties are comfortable.

"What do two blokes do? If they're going to have a chat they might go to the pub, and that is generally considered out-of-bounds because there is alcohol involved," Brent said.

"WISE suggests having a coffee as a good place to start."

Andy doesn't mind where they meet because he simply appreciates Brent's company.



**Left to Right:  
Brent Howard & Andy**

"After gaining respect quite quickly for Brent I was willing to meet wherever really," Andy said.

"I know that if I have some time out and I want to go to the footy or for a coffee we can."

"We don't have a roster, it's something we negotiate and I look forward to that."

Andy has told me how his relationship with his parents has changed from where he was once the black sheep of the family, they have become much more supportive since he has been in the program and remained sober, even helping him to get a car so he can better access employment. Andy recounted how, when crossing the road one day his mum held his hand and continued to hold it as they walked down the street, and how much better communication is between him and his dad.

Andy now wants to give back and is planning to do some study in the field starting next year and is going to do some group work in the Withdrawal Units for N.A.

*By Dorothy Minca - Supported Accommodation - A&OD Clinician*



# Reflections on leaving the Board of Governance in 2005

## Dr Hugh MacKinnon's reflections:

I have enjoyed six years on the Board of Governance at Moreland Hall. It has been a time of great personal interest and satisfaction. It has been my good fortune to be with Moreland Hall as it has confirmed its role as a lead alcohol and other drug treatment resource in Victoria.

The close relationships across the Board, Management and Staff have been an important factor in the success of Moreland Hall. These relationships are evident in the effectiveness of Board Committees working directly with Management and Staff.

My own particular input has been on the Finance Committee, where we have been intent on recognising the separate governance responsibilities of the Board and the Executive responsibilities of Management and Staff, developing good communications across all areas of responsibility and taking the mystery out of Financial Management.



As more efficient financial managements systems have been established, the Finance Committee has been able to concentrate more on issues critical to the continuing well-being of Moreland Hall. This involves an audit of risks which could potentially impact upon our operations and the definition of procedures and actions to minimise the impact of such potential risks. With this new remit, the committee has been re-named the Audit Committee.

Financial results for Moreland Hall over recent years have consistently shown a small overall surplus, some 2-4% of total income. This reflects well on Executive Management; we have been able to meet our contractual service obligations and establish some reserves to help deal with difficulties or opportunities as they may arise in the future. I leave the Board confident that Moreland Hall is in good hands.

*Dr Hugh Mackinnon (OAM)*

## Heather Beanland's Reflections:

I joined Moreland Hall's Board of Governance in 1996 at the request of Jack Hoadley who was Chairperson at that time.

I had previous nursing management experience and qualifications in acute hospital care, surgical, medical and maternity so I was on a fast learning curve to understand the alcohol & other drug field.



Our funding at that time was wholly by grants from the Department of Health. We had few formal policies, evaluation of services was minimal and accreditation was still to be worked for. Whilst excellent staff was recruited, the tendering for funding to keep our services viable was a very demanding task.

When Colleen Pearce moved to another post in the UCV&T, Janet Farrow became our new CEO and brought a new perspective and skills to Moreland Hall. Janet embraced the Board's version of evaluation, innovation, education & training and accreditation.

From the days of separate male and female units in the main building at Jessie Street, some of the major changes over the years have included: Gwenyth Williams House; Lesley-Anne Curran Place; Port Phillip Prison programs; innovative education and training; Big Books and videos/DVDs; home based withdrawal; counselling services in the community; and our excellent pre-school program in Hoadley Hall.

We owe a great deal to the staff of Moreland Hall.

*Heather Beanland*

# Post Withdrawal Support Worker's Role



By engaging with Moreland Hall, clients have taken the first step to making positive changes in their life.

The key objective of the Post Withdrawal Support Worker is to assist them to maintain those changes by linking them with ongoing support when they complete withdrawal.

The Post Withdrawal Support Program commenced in January 2001 across seven regions in Victoria. The Moreland Hall Post Withdrawal Support Worker position is the only position actually located at a drug and alcohol withdrawal service. This has greatly enhanced the opportunity to successfully engage with clients at the point where their interest in post withdrawal support is high. The DHS target for this program is 110 episodes per annum. In the 12 months 1 July 2004 to 30 June 2005, 227 episodes were achieved.

The referrals are predominantly to A&OD services, which includes counselling and support, the Moreland Hall "Keeping Going" group, the Moreland Hall "Enhanced Playgroup" and Home Based Withdrawal for clients who are continuing withdrawal in the community.

Although in the majority of cases, chaotic alcohol and/or other drug use is the presenting issue, in many cases there are a range of underlying issues, which contribute to a client's substance use. As a result, the role of the Post Withdrawal Support Worker can include assisting clients to address these underlying issues through referral to other services such as financial counseling, CASA, vocational training and self help groups. Withdrawal is not a stand-alone service but part of a continuum of treatment and it is often the exposure to services and supports after withdrawal that can assist clients to achieve their goals.

Engagement is crucial in assisting clients to develop realistic post withdrawal support plans. With this in mind it is important to remember that clients are at Lesley-Anne Curran Place for approximately seven days and the majority are too unwell to focus on this aspect of their treatment

until about their fourth day. It is important then that the Post Withdrawal Support Worker develops and maintains contact with the large number of services and service providers in the Northern suburbs and can facilitate timely access to such services. Putting a face to a voice on the phone for both parties has proven to be beneficial in achieving this.

It is my experience that by assisting clients to identify triggers, and referring them to appropriate services, provides the greatest opportunity for them to remain abstinent or reduce their substance use and remain safe.

In conclusion, I believe that there are huge advantages in having an in house Post Withdrawal Support Worker located at Lesley-Anne Curran Place, and that through this resource clients have the best opportunity for sustained positive change in their lives.

*David Fain -  
Post Withdrawal Support  
Worker*



## FREE 1 HOUR SEMINARS

12.30pm - 1.30pm

Last Friday of the month

Moreland Hall  
Downstairs Conference  
Room

Refreshments served from  
12.00pm.

Ring 9386 2876  
to register.

## Education & Training Update

present an hour long Seminar to workers in the A&OD field and to colleagues in related fields.

We always start the function with refreshments, which offers a valuable social opportunity to meet and network with colleagues.

In recent years we have invited presenters to explore subjects that are centred around alcohol and other drug practice issues.

Our last seminar of 2005 exemplified this approach when Danny Jeffcote, Team Leader with the Melbourne Inner City Needle Exchange talked on the topic 'Safer Injecting - At home or on the street:

Practical Harm Reduction strategies for IDU'. We were reminded from his presentation how important it is for our clients to keep up to date on recommended harm reduction strategies.

The details of this year's calendar are currently being finalised and will be available soon on our website:  
[www.morelandhall.org](http://www.morelandhall.org)

Please keep free lunch-times on the last Friday of the month from March to November.

*Sally Laurie - Manager  
Education & Training*

### Seminar Series Update

Many of you will be looking forward to this year's Seminar Series.

Since 1999 Moreland Hall has run this monthly event where experts in their field (from Moreland Hall and from other Organisations)

## FREE PROFESSIONAL DEVELOPMENT WORKSHOPS

(Facilitated by Education & Training, UnitingCare Moreland Hall)

Provided for A&OD workers and Front of House workers in A&OD services funded by the Department of Human Services across Victoria. Places are available in the following workshops:

### BRIEF INTERVENTIONS IN THE AOD SECTOR - 2 Day workshop

Provides a sound theoretical base as well as hands on opportunities for practising all BI models.

**DATES:** 8th and 9th February 2006.

**TIME:** 9.30am to 4.30pm.

**HELD AT:** UnitingCare Moreland Hall, 26 Jessie Street, Moreland. 3058.

### GRIEF & TRAUMA - 1 day workshop to be held at 5 locations

Provides participants with practical strategies designed to assist clients cope with trauma.

- Bendigo - 8th March 2006 - Greystanes Manor, 57 Queens Street
- Moreland - 10th March 2006 - Moreland Hall, 26 Jessie Street
- Traralgon - 15th March 2006 - Quality Inn Convention Centre, Princes Highway
- Benalla - 22nd March 2006 - Executive Hideaway, 71 Samaria Road
- Dandenong - 29th March 2006 - Comfort Inn, 124-126 Princes Highway

(For more details & to register, go to **Free Professional Development Workshops** at [www.morelandhall.org](http://www.morelandhall.org)

# Highlights from October 2005 - December 2005



## PLEASE NOTE:

To obtain a copy of Moreland Hall's 2004-2005 Annual Report please phone 9386 2876 or go to [www.morelandhall.org](http://www.morelandhall.org)

Assessment times are now Monday—Thursday 9.00am—11.30am

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PHONE: 9386 2876

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[www.morelandhall.org](http://www.morelandhall.org)