

Moreland Hall Community News



An Alcohol and Other Drug Treatment and Education Agency

April 2011

Remembering Gwenyth Williams



Gwenyth at Gwenyth Williams House in 2004

Moreland Hall was saddened to hear the news that Gwenyth Williams passed away on 27 January 2011. Gwenyth was 93 years old. Gwenyth Williams joined the Committee of Management, as it was called then, at Moreland Hall in 1969. She had a commitment to social justice and wide experience in nursing and University administration, having worked in hospitals, the Hospital and Charities Commission and Schools of Nursing. Gwen was a valued member of the Board for 30 years, from 1969 to 2000, serving on many of its committees. For several years during the 1970's and 1980's Gwen was Chairperson of the Board Of Management. Throughout the 1990's Gwen convened the Programs Committee. In that role she worked closely with the Executive Director and the Program Managers overseeing the improvement of

existing programs and developing ideas for new programs. Moreland Hall's Youth Residential Drug Withdrawal Unit, opened in June 2000, was named Gwenyth Williams House as a testament to her contribution to the agency and her passion for addressing community needs, particularly amongst of young people. Gwenyth Williams House staff fondly remember her genuine concern for the service's clients and staff. She felt that it was a great privilege to be associated with the ongoing work of Moreland Hall. Her involvement and interest in Moreland Hall continued over the years, regularly sending notes of support to staff and attending AGMs and other Moreland Hall functions. She will be sorely missed. Her memory lives on.

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A Productive Partnership



Project participants hard at work developing a new garden area

Moreland Hall and JobCo. Employment Services have been collaborating on an innovative National Green Jobs Corps program - a federally funded 26-week environmental training program offering young people, aged 17 to 24 years, the right combination of work experience, skill development and accredited training to ensure they are ready for employment in emerging green and climate change industries.

The group of 10 young people are undertaking a Certificate IV in Horticulture with JobCo. and Moreland Hall is providing its grounds in Coburg as a practical work place for the group's activities.

So far the group have designed and built a memorial garden to commemorate a Moreland Hall staff member, re invigorated an outdoor recreation area for clients and staff and built a kitchen garden, which will be used by clients in the Catalyst Alcohol Rehabilitation nutrition program.

This cooperative venture has benefited Moreland Hall greatly as it has allowed us to improve our grounds, which are highly valued by clients for the peaceful green open space they provide.

This has been an exciting project to be part of and we look forward to our next group of participants who commence in May, after the current program participants graduate. It has been great to watch these young people grow in confidence as they tackled some of the intricate jobs such as building a rock wall, raised seedlings and designed the garden beds. We wish the current group well with their search for employment and thank them for the wonderful job they have done at Moreland Hall. The focus of the next project will be the outdoor space in our youth residential withdrawal service.

Donna Ribton-Turner
Director Clinical Services

Chief Executive Officer's Column

Welcome to the April 2011 Moreland Hall Newsletter.

It's been a busy start to the year for Moreland Hall with demand for our services continuing to rise. We were saddened to hear of the death of our good friend and strong supporter Gwentyth Williams. Gwentyth served on the Board of Moreland Hall for over 30 years and had a strong influence on the development and direction and where we find ourselves today as a lead AOD Agency.

The Strategic Plan for 2011-2014 is taking shape, the Board recently spent a day reviewing the current draft and the Strategic Plan, which is on track to be launched at the end of June. This launch will coincide with activities that Moreland Hall will run during Drug Action Week. The Strategic Plan has been developed with the feedback that we received from staff, clients, staff and stakeholders, where the opinion was we needed a Strategic Plan that is succinct and describes clearly what we want to achieve over the next three years.

Moreland Hall also welcomed the release of the Auditor General's report which recognised the many shortfalls of the management and funding of the current AOD system in Victoria. It was reassuring to have the Auditor General support and recommend changes to the existing system, that the AOD sector has been repeating to the state government for many years. A link to the report is included http://www.audit.vic.gov.au/reports_publications/reports_by_year/2010-11/20110302_aod.aspx.

Finally it is with sadness that I inform you that our current Director of Education, Communication and Workforce Development, Julie Bowen is leaving us to take up a position overseas with AusAID. Julie will be working in a capacity-building role with the Government of Palau. Julie has been with Moreland Hall for five years as Manager and then Director and has overseen the development of resources and training projects, which has led to Moreland Hall being recognised as a key provider of these services. Moreland Hall will certainly miss Julie's creative and innovative approach to service development and wishes her all the best in her new role.

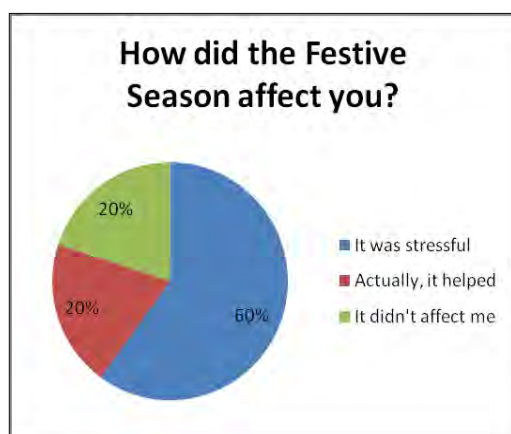
Thank you for continuing to support us and assist us "to build a just and compassionate community where people are not disadvantaged by alcohol and other drug issues."

Laurence Alvis
Chief Executive Officer

Client Survey Feedback

For many of us, the festive season can be a particularly risky time. A sense of loneliness, fear or frustration can be magnified by the pressures of the season. Individual or family tensions at this time can play a part in relapse and AOD use can often play a role in escalating those tensions. When asked whether the program would have a positive impact on community attitudes towards AOD use, clients were given three options:

1. *It was stressful. I found it harder than usual to cope.*
2. *Actually, it helped. Being around family and/or friends was a good support.*
3. *It didn't really affect me.*



Additional comments people provided are included below:

- *There needs to be more support around that time. I was in Rehab and it was still really hard. I smoked a joint so it does not matter where you are, you can and will still use drugs. So more support in every suburb.*
- *Drinking way too much for a bloke with a stressed liver, partying too hard. It's the first time in my life I really started to feel it. Binge drinking, carrying on etc. Hope I didn't push things too far.*
- *It is soooo stressful, trying to find the extra money needed to buy our children and family Xmas presents when Centrelink doesn't give us even \$200 more on top of our pension to help out. When you only just manage day to day as it is, it's very hard and you feel like a loser and a failure. It's sooo hard. It's not fair!*
- *I find that having a particular view of the 'festive' season – and sticking to it – is of inordinate help. This way you are not swayed by outside influences, nothing causes you to feel useless, worries, regrets, guilts or resentments. Also, understanding that others have their own individual views (that they will use to try to change your views) helps exponentially. Not letting their opinions change you or hurt you will stop letting the so-called 'festive' season affecting you in a negative way. Enjoy the summer solstice!*
- *I'm on medication with Dr Monheit so over Christmas and before I've been able to stop smoking marijuana and am currently on patches to stop nicotine as well. Currently not seeing anyone for support but may do so in the future. Being on a substitute drug has helped curb all aspects of my addictions except gambling.*

Clinical Services Update

Hepatitis C Clinic

- Moreland Hall and Dr Monheit have partnered with the Royal Melbourne Hospital, to provide an outpatient Hep C clinic at Moreland Hall. An information session for interested clients, families and staff will be held on Wednesday the 27th of April.

Catalyst, Alcohol Community Rehabilitation Program

- The program is now in its second year of operation. This 3 year pilot program is funded by the Department of Health and is being externally evaluated by Caraniche. The program continues to evolve based on client feedback, which has been very positive. The evaluation data demonstrates significant improvements in participants problematic alcohol use, physical and psychological health and social functioning and a reduction in high risk behaviour.

Triage, Assessment & Intake

- The Assessment and Intake service continues to be busy. Triage calls during March were at the highest level since we started keeping records in September 2008. The "Did not arrive (DNA)" rate for March was 34%. As there is a correlation between increased wait time and DNA rates, we commenced double booking for assessment appointments to reduce the waiting time.
- Demand for all services is high with waiting times of several days to 3-4 weeks for some services.

Port Phillip Prison

- Education and Training have commenced a review of our programs at Port Phillip Prison. This will greatly assist the prison staff and ensure evidence based treatment is maintained. Recent successful recruitment to the team will also assist us to provide appropriate services to this vulnerable client group. Long standing members of the team have worked consistently to ensure services have been delivered throughout the period of staff shortages.

Dual Diagnosis

- As part of our partnership with Northern and North West Area Mental Health Services, clinicians from Clinical Services have been attending Clinical Reviews in our partner mental health services and vice versa. This provides a good opportunity to learn how the partner organisations work and to develop working relationships between staff.
- The second rotation of a psychiatric registrar from the Northern Area Mental Health Service under the Expanded Specialist Training Program has commenced at Moreland Hall. The placement is based at our residential youth withdrawal service but also provides secondary consultation to clinicians in other services. This partnership increases the training opportunities for the psychiatric registrars in alcohol and other drugs, directly benefits young people in our services and builds the capacity of our staff in mental health.

Donna Ribton-Turner
Director Clinical Services

Staff Movements

Departures

Since the new year, three staff have taken up positions with new AOD services established in growth communities around Melbourne:

Vince Tripodi—Family Support Worker with more than 10 years at GWH and with the Child, Youth & Family Team.

Melissa McGuffie—Team Leader PPP, after 2 years with the PPP and Community Forensic Teams.

Julie Meredith—LACP Admin. Leaving after 5 years at LACP.

Other recent departures include:

Jane Jervis-Read—RTO Admin. Jane is pursuing further study and creative interests after 3 years with the Reception and E&T Teams.

Louise McGlone—E&T Officer. After 3 years with E&T, Louise is leaving to take up a new training role with Victoria Police.

Brian Wiseman—Supported Accommodation and Family Counselling. After a brief stint with the Forensic Team, Brian is taking up a permanent counselling position with Kangan Batman TAFE.

Jeff & Julie Bowen—AV Project Officer & Director EC&WD. Jeff will be accompanying Julie to her AusAID position in Palau after 4 years with the E&T team producing films, client resources and training video content.

Nadia Barbagallo—GWH Support Worker after one year to take a position with ARBIAS.

Greig Sutton—LACP Post-Withdrawal Support Worker after two years to take a position with Barwon Health.

Simon Goh—AOD Counsellor adult team after one year to a student counselling role at Swinburne University.

Cindy Sullivan—E&T Project Officer. Returned to Canada

Daniel Armstrong—PPP AOD Counsellor, after one year to return to study.

Garry Rothman—Financial Counsellor. After more than 10 years providing co-located services to Moreland Hall clients, Garry has resigned from his position with Broadmeadows UnitingCare. To take up a position with a Salvation Army gambling program.

Basanth Kenchaiah—Psychiatric Registrar from North Western Area Mental Health's Expanded Specialists Training Program. Undertaking a new rotation with the Northern CAT Team.

Transitions

Kerstin Hinrichsen—left her role as Youth Counsellor to take up the position of Senior Clinician at PPP.

Venetia Brissenden—after 4 years with the E&T Team, has taken the position of Manager Counselling & Support Services.

Lana Nguyen—returning to Counselling and Support after a secondment to the Child, Youth & Family Team.

Arrivals

Moreland Hall welcomes the recent arrival of the following staff and partners:

Chantel Churchus—AOD Counsellor

Rosie Carr—Youth Counsellor

Sarah Jones—Family Counsellor

Georgie Budini—RTO Admin

Oonah Rocks—Senior E&T Officer/PPP

Scott Oates—IT Officer

Rhiannon Hoffman—LACP AOD Worker

Hayley King—LACP Admin

Catherine Ahmed—LACP Registered Nurse

Jody Corrigan—PPP Admin

Polly Palmer—Returning to her Post-Withdrawal Support worker role at LACP

Gabrielle New—Improved Services Initiative Project Worker

Shalini Arunogiri—Psychiatric Registrar on rotation from North Western Area Mental Health's Expanded Specialists Training Program

Peter Hadley—Reciprocal Rotation placement from NEAMI

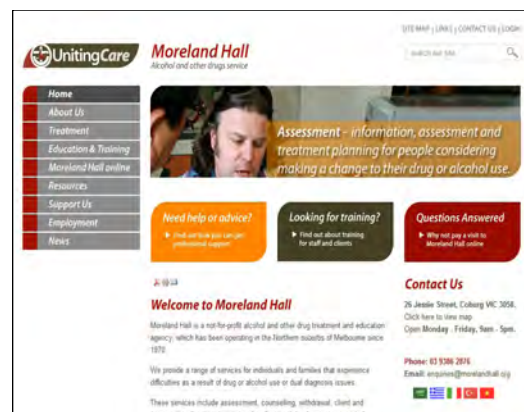
James McGregor—Social Work student placement from Melbourne University

Moreland Hall Online

We are very pleased to announce the impending launch of our completely redesigned and refreshed Moreland Hall website: www.morelandhall.org.

The new website has been developed by Moreland Hall staff with the aid of an external design company.

We have been aware for some time that our current website structure can be difficult to navigate for people not already familiar with the content. In recent years, we have undertaken significant changes to the appearance and content of the current website. However, the aim for the development of the new site has been to provide a fresh look and a simplified navigation process to



our main portal of external communication.

Moreland Hall is also undertaking a project funded by the Victorian Department of Innovation, Industry and Regional Development to increase the reach and accessibility of our services using online opportunities.

The first aspect of this project to launch is a question and answer facility on our website.

Anyone can post a question to the site regarding drug use or drug treatment and their question will be forwarded to a member of the moderation team to answer. This moderation team is made up of staff from all areas of Moreland Hall as well as a partnership with Healthworks at Western Region Health Centre. The answered questions will serve to build up a 'frequently asked questions' (FAQ) section on the website.

It is hoped that by increasing access to and information about our services in this way we will be able to extend our reach to even more members of our community.

Future initiatives will include new opportunities for online treatment and for clients to provide feedback on our services.

The new website will be launched towards the end of April. The web address will remain the same, so look out for it and for further online developments by Moreland Hall this year.

Raising our Profile and Contributing to Public Debate

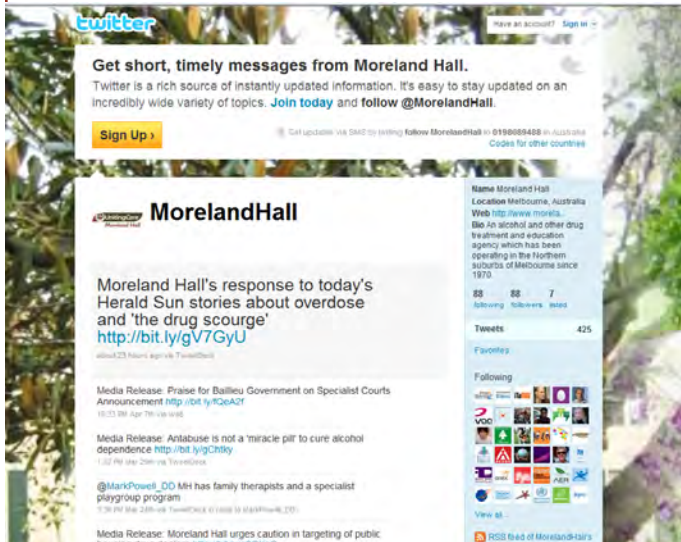
Moreland Hall has long sought to advocate for its clients and address the stigma often associated with people who use AOD.

As part of the it's processes for developing its 2011-14 Strategic Plan, the agency has committed itself to playing a greater role in building community awareness of issues relating to AOD use and the work done by Moreland Hall. The extent of this commitment will be more fully described in the agency's new Strategic and Operational Plans, but examples of recent initiatives include:

- **Social Networks**—Moreland Hall is building its online presence through the use of common social networks. Throughout this year we have developed and maintained a community of interest through our Facebook and Twitter accounts. These new initiatives have been so successful for us that we are increasingly being asked by other organisations to help them to increase their community engagement and communication through social networking.
- **Media Releases**—With some notable exceptions, the agency has long encountered difficulties getting it's messages included in mainstream media. However, since the start of the year, we have made a concerted effort to respond in a timely fashion to emerging media coverage, broadened our target audience and expanded our distribution strategy to make greater use of social and AOD sector networks.

The agency's new approach is beginning to have an impact on our recognition within the AOD sector and broader community, as well as our capacity to contribute to public debate. Our social network content is generating increasing interest and we have recently been contacted by a range of local, state and national media organisations about future contributions.

Look out for an upcoming feature on the Catalyst program in the Melbourne Times or catch the podcast of CEO Laurence Alvis' radio interview with 3CR's 'Done by Law' program. To see our recent media releases, go to our website or check our facebook page (<http://www.facebook.com/pages/Moreland-Hall/106026836088546>) or twitter feed (<http://twitter.com/MorelandHall>).



Flood Relief Fundraising

On February 22nd, Moreland Hall held a trivia night to raise funds for the Premier's Flood Disaster Appeal. Over \$1,250 was raised through a combination of ticket sales, silent auctions for donated items and gold-coin games on the night.

Thanks to Matt Gleeson and Cindy Sullivan for organising the event and MC-ing on the night. Congratulations to the individual and team winners and thanks to everyone who participated in what was a fun and worthwhile event.

Thanks too to those who chose to dress up according to the evening's 'Heroes and Villains' theme. The dance-off between 'Jesus' and 'Captain Jack Sparrow' for first place in the best costume competition was a highlight of the evening.



To make your own donation, follow the link to the Appeal's donation page: <http://www.qld.gov.au/floods/donate.html>.

Can you support our services to the community?

You can make a difference by sending a donation to Attention: Mr Laurence Alvis, Chief Executive Officer, UnitingCare Moreland Hall, 26 Jessie Street, Moreland Victoria 3058. Donations over \$2.00 are tax deductible

I would like to donate:	\$
Please circle	Mr Mrs Ms Dr
Name:	
Street Address:	
Suburb:	Postcode:
Contact Phone No:	
Email:	
Please tick if you would like to remain anonymous <input type="checkbox"/>	
(NB: A tax invoice will not be sent)	
Please charge my credit card (please tick):	
<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard
Card Number: _____	
Expiry Date: ____/____/____ SRN: _____ (on back of card)	
Cardholders Name: _____	
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Catalyst Program Bears Fruit

The floral sculptures (and explanations) below were created by a current participant in the Catalyst alcohol community rehabilitation program to symbolise the journey of recovery and the various types of support the program provides.

'A Bountiful Harvest'



The elements explained:

Sycamore seeds: the bountiful seeds of knowledge that Catalyst provides us with. Ready to fly fourth bourn on angle like wings.

Olives: tough and resilient, reminding us of our inner strength that we can be of good and benefit to the world.

Gum nuts: represents that some of the lessons we will learn, will be tough, requiring effort to acquire these seeds of knowledge from with in.

Ornamental; pomegranate & crabapple: warn us that if we do not fully learn and practice our lessons, the result will be nothing more than superficial never coming to full fruition.

Sprays of bright red fire thorn: Shows us that individually each tool, strategies or lesson may be small, but when they are all brunched together, something quite dramatic and beautiful appears- a new passion for life.

Pumpkin: Symbolizes just how solid and strong we can become from just one seed! Imagine our potentially with all Catalyst offers us.

Edible pomegranate: how delicious life could be when the skills, strategies and tools we learn come to full fruition!

'A New Beginning' (see opposite)

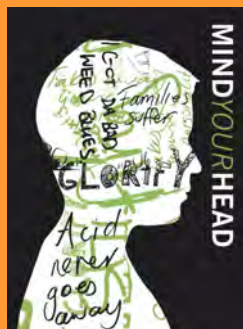
Explanation of the elements:

Rose thorns: Symbolize the pain we have inflicted on ourselves and those around us.

Oriental lilies: Represent just how beautiful and magnificent we can be, when we rise above and release ourselves from our pain.

Strelitzia leaves: the strong hand Catalyst provides us with to help build our inner strength to free us from our suffering.

Moreland Hall Resources



Some things you might want to know about drugs & mental health

Developed as a resource for young people and anyone else (including teachers, parents and allied health workers) wanting to know more about the relationship between mental health & substance use. The book provides information on different drugs and their effects on mental health, strategies for looking after your mental health and getting help and support. \$5.00 each.



These two *Take it Away* Handbooks have been designed to assist people who wish to reduce or cease their use of alcohol & other drugs or to find safer ways of using. \$3.50 each.



This brochure comes in it's own clear zip lock bag & folds out into a poster. (Dimensions: 24 cm (W) x 42.1cm (H)). It examines the relationship between substance use and mental health; the affects & potential risks of different substances on mental health; tips for looking after yourself & where to go for help. Prices vary depending on quantity ordered.

The resource order form can be downloaded from www.morelandhall.org

