

Residential rehabilitation alcohol and other drug treatment

Information about residential rehabilitation and how to access this treatment

The Victorian treatment system

Alcohol and other drug problems are complex, affecting not just individuals but their families, their friends and their communities.

People accessing drug treatment in Victoria go through intake, comprehensive assessment and treatment as part of their recovery journey.

A range of state-funded community-based and residential treatment options are available, including counselling, withdrawal, rehabilitation, care and recovery coordination and pharmacotherapy.

What is residential rehabilitation?

Residential rehabilitation is a treatment option for people who have already started their journey to recover from drug issues.

Services provide 24-hour supervision by suitably qualified staff in a live-in program that typically emphasises self-help and peer work to support reintegration into community living.

People stay on average for three months, engaging in activities that support lasting behavioural change, social and life skills development and relapse prevention, including counselling and group work.

Who is residential rehabilitation for?

This treatment option may be suitable for people who:

- have experienced drug dependence or harm
- are motivated to address the issues related to problematic drug use
- are at high risk of drug-related harm impacted by multiple life complexities, such as mental illness, homelessness, and/or family violence
- would benefit from a sustained period of structured intervention in a therapeutic environment
- have social circumstances that are not supportive of non-residential rehabilitation options
- are treatment-ready at admission (i.e. drug-free or stabilised on pharmacotherapy treatment).

The Victorian Government is rapidly expanding access to residential rehabilitation services across the state to create more treatment spots, reduce pressure on the system, and improve access to treatment for people who may struggle to attend community-based services.

Read on to find out more about this treatment type, who it is most suitable for, and where you can go for further information.

How do people access residential rehabilitation treatment services?

Pathways into residential rehabilitation include catchment-based intake or referral from another treatment provider (see *Client pathways* overleaf). Comprehensive assessment information should accompany clients to their treatment provider.

Specialist services

Population-specific residential rehabilitation is available for cohorts with specific needs including Aboriginal clients and women.

Youth residential rehabilitation is for clients aged 16–21. Clients aged up to 25 may access youth or adult services depending on choice and clinical judgment.

Specialist dual diagnosis residential rehabilitation is for clients with moderate to severe co-occurring drug and mental health needs, who experience complexities not accommodated in standard services (see the *Dual Diagnosis* factsheet for more information).

Priority access

Prioritisation is based on level of need, including psychosocial need, noting:

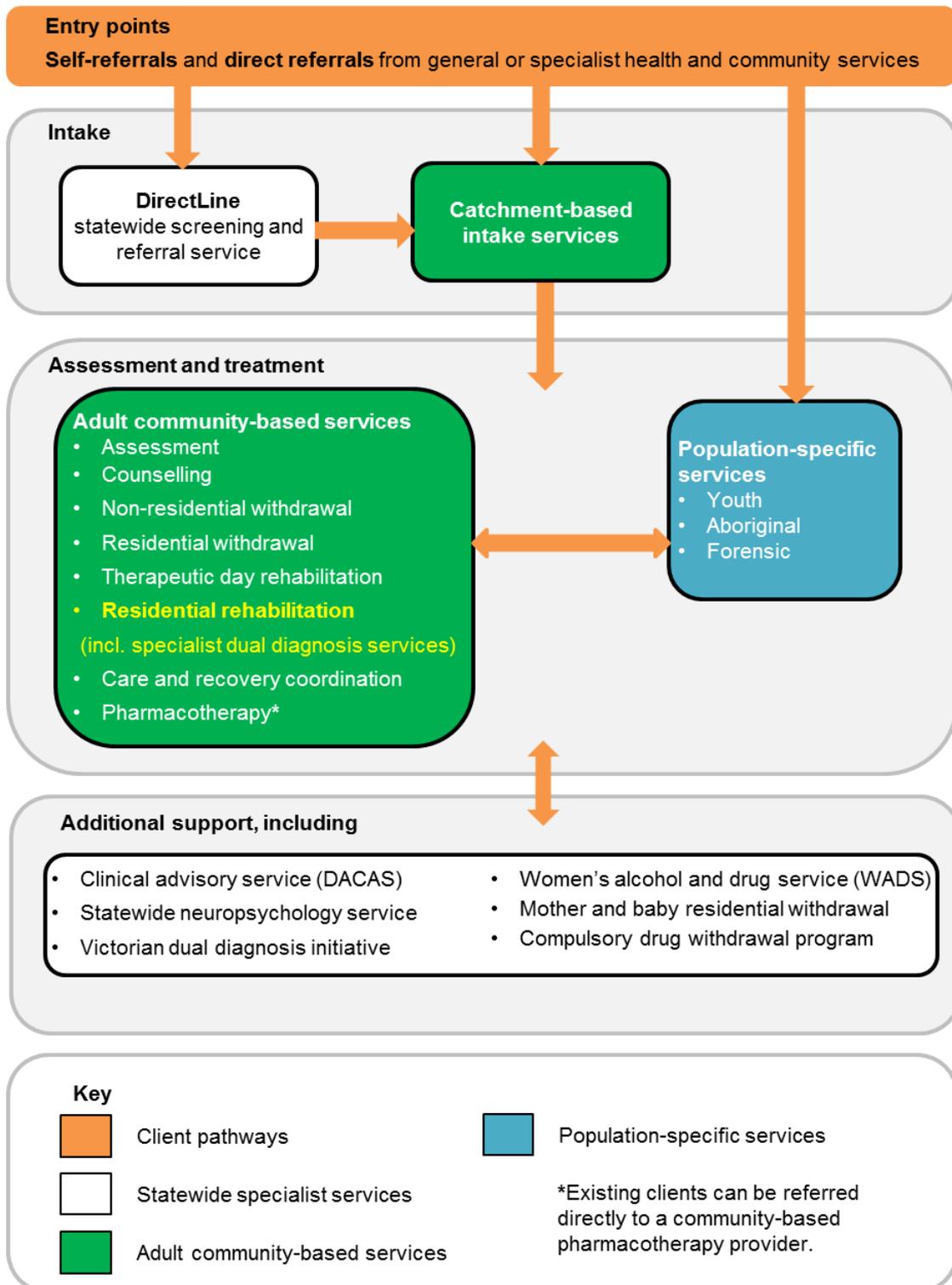
- clients discharged from compulsory withdrawal under the *Severe Substance Dependence Treatment Act 2010* are prioritised
- clients with judicial or correctional (forensic) orders may require prompt access to treatment.

Client pathways through the drug treatment system

The figure below illustrates client pathways through the state-funded alcohol and other drugs treatment system.

Person-centred treatment is a governing principle in the service system. In order to refer a client appropriately, providers work with the client and intake services to understand the range of treatment options available to meet the client's needs.

Recognising that residential rehabilitation doesn't suit everyone, the Government has also implemented new Therapeutic day rehabilitation services across the state, which are providing up to 500 additional places in treatment each year, with a particular focus on regional Victoria.



Where do I go for more information?

If you have any questions about residential rehabilitation or other drug treatment services, please:

- speak with your local catchment-based intake service (see below)
- contact the statewide drug treatment information and referral service, DirectLine on 1800 888 236 or at <www.directline.org.au>.

Catchment-based intake services

Intake services are the critical point of entry into the alcohol and other drug treatment system. They provide local knowledge to support client pathways to all Victorian state-funded services, including residential rehabilitation.

Working closely with DirectLine, and other treatment providers, intake services facilitate client intake, triage, and referral to drug treatment, including the use of brief interventions and bridging support as required. They also support families and significant others of people with alcohol and other drug issues.

The table below provides the contact details for catchment-based intake providers.

Provider / consortium	Contact	Local government area	Catchment
Bayside Integrated Services	1800 229 263 9690 9778	Cities of: Port Phillip, City of Glen Eira, Bayside, Stonnington, Kingston	Bayside
South Eastern Consortium of AOD Agencies (SECADA)	1800 142 536	Cities of: Greater Dandenong, Casey, Cardinia Shire	South East Melbourne
Frankston and Mornington Drug and Alcohol Services (FaMDAS)	1300 665 781	City of Frankston Mornington Peninsula Shire	Frankston-Mornington Peninsula
Eastern Health Turning Point AOD Consortium	1800 778 278	Cities of: Boroondara, Manningham, Whitehorse, Monash	Inner East
EACH SURE Consortium	1300 007 873	Cities of: Knox, Maroondah Shire of Yarra Ranges	Eastern Melbourne
UnitingCare ReGen and Odyssey House Victoria: North and West Metro Alcohol and Other Drug Service	1800 700 514	Cities of: Moreland, Moonee Valley, Melbourne, Yarra	Inner North
		Cities of: Whittlesea, Darebin, Banyule Shire of Nillumbik	North Melbourne
		Cities of: Brimbank, Hume, Maribyrnong Shire of Melton	North West Melbourne
		Cities of: Hobsons Bay, Wyndham	South West Melbourne
Barwon AOD Consortium	1300 094 187 Colac area: 1300 763 254	City of Greater Geelong Shires of Colac-Otway, Surf Coast Borough of Queenscliff	Barwon
Australian Community Support Organisation (ACSO)	1300 022 760	Shires of: Bass Coast, South Gippsland, Baw Baw, Wellington, East Gippsland City of LaTrobe	Gippsland
		Rural Cities of: Wodonga, Wangaratta, Benalla	Hume

	Shires of: Indigo, Towong, Mansfield, Alpine	
	Shires of: Moira, Strathbogie, Mitchell, Murrindindi City of Greater Shepparton	Goulburn Valley
	Shires of: Moorabool, Golden Plains, Pyrenees, North Grampians, West Wimmera, Hindmarsh, Yarriambiack, Hepburn Rural Cities of: Ararat, Horsham City of Ballarat	Grampians
	Rural Cities of: Mildura, Swan Hill Greater City of Bendigo Shires of: Buloke, Gannawarra, Loddon, Campaspe, Central Goldfields, Mount Alexander, Macedon Ranges	Loddon-Mallee
	Shires of: Glenelg, Southern Grampians, Moyne, Corangamite City of Warrnambool	Great South Coast

The DirectLine service finder is also accessible at www.directline.org.au/service-finder.

Other important statewide contacts are listed below.

Service	Contact	Provider
Youth Drug and Alcohol Advice (YoDAA)	1800 458 685	Youth Support and Advocacy Service (YSAS)
Family Drug Help	1300 660 068	Self Help Addiction Resource Centre (SHARC)

Department resources online

The Department of Health and Human Services' *Alcohol and other drugs program guidelines* describe the objectives and functions of the whole Victorian alcohol and other drug treatment system, and are available for download from the department's website at www2.health.vic.gov.au/alcohol-and-drugs/aod-service-standards-guidelines/aod-program-guidelines.

A factsheet for the new dual diagnosis services is available at www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/aod-residential-treatment.

To receive this publication in an accessible format phone 9096 0000 using the National Relay Service 13 36 77 if required, or email aod.enquiries@dhhs.vic.gov.au

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Department of Health and Human Services, March 2018.

Available at www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/aod-residential-treatment