

## Withdrawal

### Withdrawal/Rehabilitation

AOD counsellors can facilitate referral to withdrawal units or hospitals in collaboration with you and your health practitioner to help cease or reduce your substance use. This is usually most effective when part of a longer term treatment plan that addresses behaviour change and harm minimisation.


Initial engagement is required in order to complete a comprehensive assessment.


AOD counsellors can provide ongoing support via phone or visits to the facility while you are going through the withdrawal process and on completion will continue with AOD counselling for ongoing treatment.





## Contact Us

If you live in the Macedon Ranges:

 5421 1666 - Kyneton/Romsey

 [admin@scchc.org.au](mailto:admin@scchc.org.au)

 [www.sunburycobaw.org.au](http://www.sunburycobaw.org.au)

 1 Caroline Chisholm Drive, Kyneton  
142 Main Street, Romsey

If you live in Sunbury, referrals are taken through Odyssey Victoria: call 1800 700 514.

## Referrals/Cost

You can either refer yourself to our alcohol and drugs support services by contacting us directly, or you can get your GP to refer you.

There is no charge for our alcohol and drugs support services.



# Alcohol and Other Drugs Services



## About our Services

### Alcohol and Other Drugs (AOD) Counselling

We provide free and confidential individual counselling for people experiencing issues related to their alcohol and other drugs use.

AOD counselling may include:

- AOD assessment
- Goal setting around substance use and broader areas of life
- Harm reduction strategies
- Relapse prevention strategies
- Referral to appropriate internal and external services e.g. housing support, withdrawal, and mental health support
- Dual diagnosis support (AOD and mental health support needs)

The support provided by this service will be based upon your needs and goals; our AOD services provide a space where you can feel respected, accepted and listened to in an open and non-judgmental way.

## Youth/Family Counselling

### Youth AOD Counselling

Our counsellors work with young people, age 12 and over, whose lives are being impacted by their alcohol or drug use.

With the consent of the young person, we can involve parents/carers in the process as appropriate.

### AOD Family Counselling

AOD family counselling is for people impacted by a family member or loved one using substances. Parents, partners, siblings, children or other family members are welcome to attend.



## Forensic Services

### Forensic AOD Services

Forensic AOD services assist people who have a requirement from the justice system or who have upcoming court to undertake AOD treatment. People required to seek forensic support are assessed by ACSO COATS (Australian Community Support Organisation Community Offender Advice and Treatment Service) and are referred to us for AOD counselling.

Sessions will often have a similar focus as voluntary AOD counselling by addressing the underlying cause of the issues while ensuring court requirements are met.

All of the AOD counselling sessions are usually one hour in duration. When and how often sessions will be is up to the client and their counsellor to agree.

## Needle and Syringe Program

We are a Needle and Syringe Program (NSP) outlet for the safe disposal and retrieval of needles and syringes. We also have safe sex and menstruation products.

