

Referral Services Available

Comprehensive A&OD assessment and referral service to:

1. Residential Supported Care in the Penrith area
2. Residential Rehabilitation Beds in Sydney and regional locations
3. Residential Methadone/ Buprenorphine Reduction programs

Residential Supported Care - Penrith

WHOS WEST provides Residential Supported Care facilities for residents of Western Sydney requiring support with problematic alcohol and other drug use. The service is funded by the NSW Department of Health via Sydney West Area Drug and Alcohol Services (SWAHS). (Nepean Hospital)

Clients of this service also have access to day programs provided by SWAHS Drug and Alcohol Service as well as access to aftercare meetings and services. A case management program provides supervision and support for each client. Case management is led by the **WHOS WEST** Coordinator and is supported by SWAHS Drug and Alcohol staff.

Residential Supported Care Admission Criteria

The **WHOS WEST** coordinator will assess applicants for entry into Residential Supported Care from 2 streams:

1. Referrals from detox, A&OD Services and Justice Health programs or
2. At completion of a rehabilitation program

The following guidelines apply to all admissions to **WHOS WEST** Residential Supported Care:

- Client is capable of living semi independently with up to 3-4 other people

- Indications that the client is homeless or that a return to a previous residential address is likely to result in relapse or risk of relapse
- Assessment of the clients capacity to remain abstinent from alcohol and other drug use
- Agreement by the client and preparedness to participate in program elements identified in a treatment or case management plan
- Evidence of educational or vocational plans or willingness to enrol in courses or seek employment
- Agreement to and preparedness to sign a residential accommodation agreement that requires client to remain abstinent whilst in the service
- An absence of recent history of violent behaviour
- Physical and /or mental health conditions are well managed and the client is compliant with treatment and will consent to **WHOS WEST** staff consulting with the treating medical staff

The aim of the Residential Supported Care program is to provide a friendly and supportive environment for clients to get their lives back on track.

Residential Rehabilitation Programs

WHOS WEST will provide access to a number of residential treatment programs for clients from Greater Western Sydney who are assessed as requiring a structured program for moderate to severe alcohol and other drug use problems. Assessments for admission to these programs will be initiated by the **WHOS WEST** Coordinator. At the completion of a residential treatment program, people returning to the Western Sydney area will qualify for admission into the **WHOS WEST** Residential Supported Care program.

A General Guide to Admission

- Alcohol & other drug dependence and associated problems requiring structured support
- Men and women aged 18 years and over
- Coexisting mental health issues considered in conjunction with mental health services and WHOS
- Prescribed medications individually assessed. (Okay if considered stabilised)
- Pregnant women (subject to assessment and medical recommendations)

- Methadone/ buprenorphine withdrawal (WHOS MTAR)
 - Wheelchair access available at the WHOS Hunter Valley service
 - Merit /Drug Court and legal referrals may apply.
- Residential Rehabilitation beds are not available for adolescent clients, however they will be assessed and referred to appropriate services.*

Access and Admission to Services

Contact:

WHOS WEST Coordinator Ph: 0422 055 700

Assessment:

Client to attend initial assessment by phone or in person at **WHOS WEST** office or Nepean Hospital

Referral to:

- a) Residential Supported Care in Penrith
- b) WHOS Therapeutic Communities
- c) Detoxification units

Aftercare:

Referral back to **WHOS WEST** Residential Supported Care Services on completion of rehabilitation program subject to bed availability.

WHOS consists of eight residential rehabilitation services throughout NSW and QLD. The services include methadone to abstinence programs and gender specific programs.
www.whos.com.au info@whos.com.au
This project is managed by We Help Ourselves (WHOS)

WHOS WEST

Alcohol & other drug Residential Services

we help ourselves

We help Ourselves.

Established 1972