

Nepean Blue Mountains - Drug and Alcohol Treatment Services

2023/24 - 2027/28

Activity Summary View



AOD - 3 - 2025-2026 Targeted Early Intervention Programs (Youth Hub)



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

3

Activity Title *

2025-2026 Targeted Early Intervention Programs (Youth Hub)

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Alcohol and Other Drugs

Other Program Key Priority Area Description

Aim of Activity *

This activity aims to broadly reduce the number of young people between ages 15-24 yrs who progress to regular AOD use, especially methamphetamine (ICE) and reduce the number of young people who progress to complex mental health issues and/or suicidal ideation related to risky substance use.

Description of Activity *

This program will deliver:

- increased access to youth services for AOD and mental health youth clients across Hawkesbury and Penrith LGAs through two key interventions- Street University in Penrith and their brief intervention outreach programs.
- Therapeutic Crisis Intervention (TCI) case-management model
- Comprehensive clinical assessment
- Support for clients in articulating treatment goals and provide assistance in achieving them (e.g. education, employment, health, housing, medical, parenting etc).
- Counselling and psychological therapy includes multi-systemic family therapy that is delivered as part of trauma-informed care.
- Assertively assist clients who need support to access services to reduce their substance use, avoid relapse and manage psychosocial risks and mental health issues
- Advocacy and assistance for clients
- Providing mentoring for young people to re-engage with their community
- Working collaboratively to ensure seamless access and integration of clients to relevant services.

Needs Assessment Priorities ***Needs Assessment**

NBMPHN_Needs Assessment 2024

Priorities

Priority	Page reference
Facilitate service Integration	189
Address prevalence of diagnosed mental health disorders, including mild, moderate, and severe mental illness, and high prevalence of high or very high psychological distress among adults.	163
Address high burden of mental health disorders among children and youth / inadequate service provision in psychiatry and mental health for children and youth.	164
Address high proportion of young people have attempted suicide, developed a suicide plan, and/or are experiencing suicidal ideation and the high rate of intentional self-harm hospitalisations among yo	181
Address high suicide rates among Aboriginal and Torres Strait Islander and Torres Strait Islander people / culturally safe suicide prevention for Aboriginal and Torres Strait Islander people	182
Support capacity building AOD services: aftercare.	191
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	192
Address gaps in service provision for non-residential rehabilitation	192
Address the need for culturally appropriate services.	195
Address poor incorporation of lifestyle interventions into routine care for people with a mental health condition within primary and tertiary care settings	165

Support regional services planning to consider special needs groups	188
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Activity Demographics

Target Population Cohort

Young people between 15-24 years of age who:

- are at risk of or are using substances, particularly crystalline methamphetamines (ICE);
- may also be at risk of or currently experiencing mental health issues and/or exhibiting problematic behavioural issues
- reside within the Nepean Blue Mountains region.

In Scope AOD Treatment Type *

- Appropriate assessment for the intervention and clinical assessment
- Individual treatment plans
- Brief psychosocial interventions for young people
- Collaborative case-management
- Engagement of families of participants

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Penrith	12403
Hawkesbury	11503



Activity Consultation and Collaboration

Consultation

Stakeholder engagement and consultation activities continue to be planned to support local governance and to refine the service model of care to support quality improvement initiatives. This will be achieved through:

- individuals and groups of people with lived experience
- community forums
- co-design activities.
- consumer feedback, both formal and informal
- committees that support operations and governance
- workshops
- surveys

- participation in sector related collaboration meetings and committees

Collaboration

Stakeholders include but are not limited to:

- consumers, carers including those with lived experience,
- AOD clinicians, including nurses, social workers
- AOD health peer workers
- primary care, including GPs and allied health
- AOD community organisations and non-government organisations,
- Aboriginal and Torres Strait Islander community
- CALD community
- underserved and hard to reach groups including lesbian, gay, bisexual, transgender, intersex, or queer (LGBTIQ) communities
- and other relevant key stakeholders
- NBM LHD



Activity Milestone Details/Duration

Activity Start Date

29/06/2019

Activity End Date

29/06/2026

Service Delivery Start Date

1 July 2019

Service Delivery End Date

30 June 2026

Other Relevant Milestones

N/A



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



AOD - 4 - 2025-2026 Local non-residential day rehabilitation upper Blue Mountains & Lithgow



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

4

Activity Title *

2025-2026 Local non-residential day rehabilitation upper Blue Mountains & Lithgow

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Alcohol and Other Drugs

Other Program Key Priority Area Description

Aim of Activity *

This activity aims to improve access to integrated and efficient drug and alcohol treatment services across the Blue Mountains and Lithgow LGAs.

This activity will deliver drug and alcohol treatment services focused on:

- Improved service access, including specialist non-residential treatment service for individuals in the Blue Mountains and Lithgow LGAs with AOD dependency related issues.
- Improve access to AOD relapse prevention programs in the Blue Mountains and Lithgow LGAs.

Description of Activity *

AOD treatment day service based in Blue Mountains and Lithgow LGAs consisting of day program for adult men and women, which includes combination of group work and case-management, provision of aftercare support to reduce the risk of relapse when people exit AOD specialist treatment.

- Reduction of harm for people experiencing active addiction to active recovery, with care coordination and support for improved health, social and emotional wellbeing by offering a viable community-based approach to service delivery, developing peer-to-peer support programs, forming a recovery community around AOD treatment that broadens supports to clients, developing referral pathways to other relevant community organisations.
- Encompass referral pathways for those engaged with the criminal justice system.
- Increase access to community-based treatment for individual on opiate treatment programs.

- Increase support available to individuals from completion of rehabilitation through to long term recovery.
- Reduce the risk of relapse by enabling individuals to build recovery based lifestyles for people who have completed rehabilitation and people who are involved in the criminal justice system.

Needs Assessment Priorities *

Needs Assessment

NBMPHN_Needs Assessment 2024

Priorities

Priority	Page reference
Facilitate service Integration	189
Support capacity building AOD services: aftercare.	191
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	192
Address gaps in service provision for non-residential rehabilitation	192
Support regional services planning to consider special needs groups	188



Activity Demographics

Target Population Cohort

Individuals (18 yrs and over) living in the Blue Mountains or Lithgow LGAs and surrounding areas with AOD substance dependencies issues.

- Individuals seeking AOD rehabilitation support and aftercare to assist with relapse prevention.
- Individuals involved in the Justice system e.g., ex-prisoners when released from correction facilities, or soon after release, and other referrals by correctional services.

In Scope AOD Treatment Type *

- Intake and Assessment
- Treatment Planning
- Counselling
- Group Programs
- Case management
- Care planning and coordination
- Referrals to other services
- Exit Planning

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Lithgow - Mudgee	10303
Blue Mountains	12401



Activity Consultation and Collaboration

Consultation

Stakeholder engagement and consultation activities continue to be planned to support local governance and to refine the service model of care to support quality improvement initiatives. This will be achieved through

- individuals and groups of people with lived experience
- community forums
- co-design activities.
- consumer feedback, both formal and informal
- committees that support operations and governance
- workshops
- surveys
- participation in sector related collaboration meetings and committees

Collaboration

Stakeholders include but are not limited to:

- consumers, carers including those with lived experience,
- AOD clinicians, including nurses, social workers
- AOD health peer workers
- primary care, including GPs and allied health
- AOD community organisations and non-government organisations,
- Aboriginal and Torres Strait Islander community
- CALD community
- underserved and hard to reach groups including lesbian, gay, bisexual, transgender, intersex, or queer (LGBTIQ) communities
- and other relevant key stakeholders
- NBM LHD



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2019

Service Delivery End Date

30/06/2026

Other Relevant Milestones

N/A



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



AOD - 5 - 2025-2026 Community Based day rehabilitation, aftercare, relapse prevention & complex case management



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

5

Activity Title *

2025-2026 Community Based day rehabilitation, aftercare, relapse prevention & complex case management

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Alcohol and Other Drugs

Other Program Key Priority Area Description

Aim of Activity *

This activity aims to improve access to integrated and efficient drug and alcohol treatment services across the Blue Mountains and Penrith LGAs.

This activity will deliver drug and alcohol treatment services focused on:

- Improved service access, including specialist non-residential treatment service for individuals in the Blue Mountains and Penrith LGAs with AOD dependency related issues.
- Improve access to AOD relapse prevention programs across the region.

Description of Activity *

This program will deliver:

- AOD treatment day service based in Blue Mountains and Penrith LGAs consisting of day program for adult men and women and youth, which includes combination of group work and case-management, provision of aftercare support to reduce the risk of relapse when people exit AOD specialist treatment.
- Reduction of harm for people experiencing active addiction to active recovery, with care coordination and support for improved health, social and emotional wellbeing by offering a viable community-based approach to service delivery, developing peer-to-peer support programs, forming a recovery community around AOD treatment that broadens supports to clients, developing referral pathways to other relevant community organisations.
- Case-management which supports clients in identifying and articulating their goals in accessing AOD support through an

individualised care plan, which focuses on treatment, provides practical support on general health and well-being issues, provides support in recognising clients' strengths, capabilities, and potential.

- linkages with GPs and other primary and tertiary providers through direct advocacy and shared care agreements.
- Development of referral pathways with other AOD service providers within the region to refer into the program.

Needs Assessment Priorities *

Needs Assessment

NBMPHN_Needs Assessment 2024

Priorities

Priority	Page reference
Support capacity building AOD services: aftercare.	191
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	192
Address gaps in service provision for non-residential rehabilitation	192
Address gaps in service provision for residential rehabilitation	193
Address high rates of suicide deaths and intentional self-harm hospitalisations	179
Support regional services planning to consider special needs groups	188
Address high levels of self-harm and self-harm hospitalisations	184



Activity Demographics

Target Population Cohort

- Individuals living in the Nepean Blue Mountains regions and surrounding areas with AOD substance dependency issues.
- Individuals seeking AOD rehabilitation support and aftercare to assist with relapse prevention.
- Individuals involved in the justice system e.g. ex-prisoners when released from correction facilities, or soon after release, and other referrals by correctional services.

In Scope AOD Treatment Type *

1. Blue Mountains and Penrith Community Hubs for Day Rehabilitation
 - Case-management, care-planning and coordination
 - Group work
 - Aftercare/relapse prevention
 - AOD peer workforce development
2. Complex and Multiple Needs Service
 - Case-management, care-planning and coordination
 - Direct Advocacy
 - Shared Care Agreements with GPs and other primary and tertiary providers
3. Aftercare and Relapse Prevention
 - Aftercare plan
 - Relapse prevention plan
 - Treatment plan

- Recovery groups

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Rouse Hill - McGraths Hill	11504
St Marys	12405
Hawkesbury	11503
Richmond - Windsor	12404



Activity Consultation and Collaboration

Consultation

Stakeholder engagement and consultation activities continue to be planned to support local governance and to refine the service model of care to support quality improvement initiatives. This will be achieved through

- individuals and groups of people with lived experience
- community forums
- co-design activities.
- consumer feedback, both formal and informal
- committees that support operations and governance
- workshops
- surveys
- participation in sector related collaboration meetings and committees

Collaboration

Stakeholders include but are not limited to:

- Aboriginal and Torres Strait Islander community
- consumers, carers including those with lived experience,
- AOD clinicians, including nurses, social workers
- AOD health peer workers
- primary care, including GPs and allied health
- AOD community organisations and non-government organisations,
- CALD community
- underserved and hard to reach groups including lesbian, gay, bisexual, transgender, intersex, or queer (LGBTIQ) communities
- and other relevant key stakeholders
- NBM LHD



Activity Milestone Details/Duration

Activity Start Date

29/06/2019

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2019

Service Delivery End Date

30/06/2026

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A

Is this activity in scope for data collection under the Alcohol and Other Drug Treatment Services?

Yes



AOD - 6 - 2025-2026 Aboriginal Mental Health & AOD Dual Diagnosis Services



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

6

Activity Title *

2025-2026 Aboriginal Mental Health & AOD Dual Diagnosis Services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Alcohol and Other Drugs

Other Program Key Priority Area Description

Aim of Activity *

The service aims to ensure sufficient and equitable access to appropriate Alcohol and Other Drugs (AOD) and mental health services for Aboriginal and/or Torres Strait Islander people of the NBM region. Its purpose is to engage people in the community in effective and response treatment that is person centred and needs driven.

In doing so, the capacity of Aboriginal Mental Health and AOD services in the region continues to be strengthened.

Description of Activity *

The activity will:

1. Improve access to appropriate Alcohol and Other Drugs (AOD) and mental health service provision for Aboriginal and/or Torres Strait Islander people.
2. Integrate with Aboriginal and/or Torres Strait Islander specialist AOD services (referred to as Aboriginal specific services) within the NBM region.;
3. support Greater Western Aboriginal Health Service (GWAHS) general practice (GP) management of Aboriginal and/or Torres Strait Islander people who have Social and Emotional Wellbeing (SEWB) needs; and
4. develop, promote and implement referral pathways to AOD services across the region

Needs Assessment Priorities *

Needs Assessment

NBMPHN_Needs Assessment 2024

Priorities

Priority	Page reference
Increase the workforce capacity for Aboriginal and Torres Strait Islander Health Workers / local Aboriginal and Torres Strait Islander Health and Community Services in the NBM region	130
Address prevalence of diagnosed mental health disorders, including mild, moderate, and severe mental illness, and high prevalence of high or very high psychological distress among adults.	163
Address lack of culturally safe mental health services for Aboriginal and Torres Strait Islander communities	169
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	192
Address support required for complex AOD clients.	198
Increase culturally secure service provision through linking mainstream and Aboriginal and Torres Strait Islander community-controlled services.	194
Address the need to improve access to culturally appropriate health services	128
Broaden the scope of early intervention services to enhance access for people at risk of and with mental illness	172
Address high proportion of Aboriginal and Torres Strait Islander people experiencing long term mental health conditions	166
Address high proportion of Aboriginal and Torres Strait Islander people hospitalised for mental health disorders	168



Activity Demographics

Target Population Cohort

Aboriginal and Torres Strait Islander people at risk of problematic substance use including those with suicide ideation and co-existing mental health conditions residing in NBM region, and those identified at risk and requiring case coordination following attendance at early intervention program/s and or GP/community welfare consultations

In Scope AOD Treatment Type *

Indigenous Specific *

Yes

Indigenous Specific Comments**Coverage****Whole Region**

Yes

SA3 Name	SA3 Code
Penrith	12403

**Activity Consultation and Collaboration****Consultation**

Stakeholder engagement and consultation activities continue to be planned to support local governance and to refine the service model of care to support quality improvement initiatives. This will be achieved through:

- Aboriginal and Torres Strait Islander Community representatives
- individuals and groups of people with lived experience
- community forums
- co-design activities.
- consumer feedback, both formal and informal
- committees that support operations and governance
- workshops
- surveys
- participation in sector related collaboration meetings and committees

Collaboration

Stakeholders include but are not limited to:

- Aboriginal and Torres Strait Islander community representatives
- consumers, carers including those with lived experience,
- AOD and Mental Health clinicians, including nurses, social workers
- AOD and Mental Health peer workers
- primary care, including GPs and allied health
- AOD and Mental Health community organisations and non-government organisations,
- CALD community
- underserved and hard to reach groups including lesbian, gay, bisexual, transgender, intersex, or queer (LGBTIQ) communities
- and other relevant key stakeholders
- NBM LHD

**Activity Milestone Details/Duration**

Activity Start Date

29/06/2019

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2019

Service Delivery End Date

30/06/2026

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments

Is this activity in scope for data collection under the Alcohol and Other Drug Treatment Services?

No



CHHP - 0 - 2025-2026 CHHP-Community Based Addiction Service



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

CHHP

Activity Number *

0

Activity Title *

2025-2026 CHHP-Community Based Addiction Service

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Alcohol and Other Drugs

Other Program Key Priority Area Description

Aim of Activity *

This activity aims to improve access to integrated and efficient drug and alcohol day treatment services which complement other commissioned AOD day treatment services and provide an alternate day treatment service to the acute sector whilst providing additional support to General practice to work with individuals with complex AOD substance issues throughout their journey to long term rehabilitation across the NBM region.

This activity will deliver drug and alcohol treatment services focused on:

- Improved service access, including specialist non-residential treatment service for individuals in the NBM region with AOD dependency related issues.
- Improve access to AOD relapse prevention programs across the region

Description of Activity *

This program will deliver:

- AOD treatment day services based in Blue Mountains, Hawkesbury, Lithgow, and Penrith LGAs consisting of day programs for adult men and women, which includes combination of group work and case-management, provision of aftercare support to reduce the risk of relapse when people exit AOD specialist treatment.
- Reduction of harm for people experiencing active addiction to active recovery, with care coordination and support for improved health, social and emotional wellbeing by offering a viable community-based approach to service delivery, developing peer too

peer support programs, forming a recovery community around AOD treatment that broadens supports to clients, developing referral pathways to other relevant community organisations.

- linkages with GPs and other primary and tertiary providers through direct advocacy and shared care agreements.
- Development of referral pathways with other AOD service providers within the region to refer into the program
- increased access to youth services for AOD and mental health youth clients across Blue Mountains, Hawkesbury, Lithgow, and Penrith LGAs through two key interventions- Street University locations in Penrith and Katoomba.

Needs Assessment Priorities *

Needs Assessment

NBMPHN_Needs Assessment 2024

Priorities

Priority	Page reference
Address high rates of mental health disorder hospitalisations	164
Facilitate service Integration	189
Address lack of culturally safe mental health services for Aboriginal and Torres Strait Islander communities	169
Address high proportion of young people have attempted suicide, developed a suicide plan, and/or are experiencing suicidal ideation and the high rate of intentional self-harm hospitalisations among yo	181
Address high suicide rates among Aboriginal and Torres Strait Islander and Torres Strait Islander people / culturally safe suicide prevention for Aboriginal and Torres Strait Islander people	182
Support capacity building AOD services: aftercare.	191
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	192
Address gaps in service provision for non-residential rehabilitation	192
Address gaps in service provision for residential rehabilitation	193
Address support required for complex AOD clients.	198
Address high rates of suicide deaths and intentional self-harm hospitalisations	179
Support regional services planning to consider special needs groups	188
Address the need to improve access to culturally appropriate health services	128
Address high proportion of Aboriginal and Torres Strait Islander people experiencing long term mental health conditions	166
Address high proportion of Aboriginal and Torres Strait Islander people hospitalised for mental	168

health disorders	
Address high levels of self-harm and self-harm hospitalisations	184



Activity Demographics

Target Population Cohort

People within the NBM region who are at risk of harm from drug and alcohol use.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Stakeholder engagement and consultation activities continue to be planned to support local governance and to refine the service model of care to support quality improvement initiatives. This will be achieved through

- individuals and groups of people with lived experience
- community forums
- co-design activities.
- consumer feedback, both formal and informal
- committees that support operations and governance
- workshops
- surveys
- participation in sector related collaboration meetings and committees

Collaboration

Stakeholders include but are not limited to:

- Aboriginal and Torres Strait Islander community
- consumers, carers including those with lived experience,
- AOD clinicians, including nurses, social workers
- AOD health peer workers
- primary care, including GPs and allied health

- AOD community organisations and non-government organisations,
- CALD community
- underserved and hard to reach groups including lesbian, gay, bisexual, transgender, intersex, or queer (LGBTIQ) communities
- and other relevant key stakeholders
- NBM LHD



Activity Milestone Details/Duration

Activity Start Date

17/04/2022

Activity End Date

29/06/2026

Service Delivery Start Date

1/11/2022

Service Delivery End Date

30/06/2026

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

na

Co-design or co-commissioning comments

na
