

Nepean Blue Mountains - Drug and Alcohol Treatment Services 2019/20 - 2023/24 Activity Summary View



AOD - 1 - 2023-24 AOD 1: Targeted early intervention programs (Youth Hub)



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

1

Activity Title *

2023-24 AOD 1: Targeted early intervention programs (Youth Hub)

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Alcohol and Other Drugs (AOD)

Other Program Key Priority Area Description

Aim of Activity *

The aim of the activity is to reduce the number of young people between ages 15-24 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 *

The Penrith Youth Hub (comprising of Street University and Brief Intervention Youth Outreach) will increase access to youth services for AOD and mental health youth clients across Blue Mountains, Hawkesbury, Lithgow, and Penrith.

The Penrith Youth Hub is based on youth development 'Street University' model created by the Ted Noffs Foundation which provides various community based early intervention AOD and mental health services and interactive spaces for young people. This model uses training directors, mentors, and facilitators to deliver a multifaceted range of youth work, counselling, and community development techniques in order to combine progressive approaches to social work with grass roots community participation.

The Penrith Youth Hub aims and objectives include:

- Engaging with young people using a continuum of care model, building positive relationships, and providing support and education including teaching relapse prevention and strength-based resiliency strategies.
- Providing an accessible youth friendly and safe environment for young people in the Nepean Blue Mountains region.
- Using social media platforms to support ongoing contact with young people attending the Youth Hub.
- Developing on site activities to involve young people in their culture through music, art, dance and stories.
- Involving young people in the design and delivery of services including inviting young people to give feedback during and after participation in activities.

Access to service provision will be achieved for clients through the following two key interventions: Penrith Youth Hub (Street University) and Brief Intervention Youth Outreach.

Program 1a: Street University

- a) Soft entry for engagement with young people
- b) Assessment and treatment for young people at risk of or with AOD and/or mental health issues who have been identified in need of additional intervention and support

Program 1b: Brief Intervention Youth Outreach

- a) Outreach to locations identified in need of direct access to engagement and support for young people who are at risk for ongoing substance use, including binge drinking and crystalline methamphetamine use.
- b) Assessment and appropriate referral for young people with mental health issues involving collaborative case management with relevant local agencies.
- c) Outreach services to include clinical assessment, brief intervention, after-care, and referrals as appropriate, including ongoing support from the Penrith Youth Hub.
- d) Engagement of families of program participants wherever possible.
- e) Must ensure that the Outreach Program operates as a mobile service to identified locations, and from Penrith Youth Hub base.

These services also have the capacity to deliver the agreed activities via a telehealth model encompassing phone and video conference. Young people have the flexibility and choice to utilise these technologies at any stage during their engagement, especially if communities are locked down or restricted due to the ongoing Covid -19 Pandemic.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high suicide rates among Aboriginal and Torres Strait Islander people / culturally safe suicide prevention for Aboriginal people	273
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	277
Address high burden of mental health disorders among children and youth / inadequate service provision in psychiatry and mental health for children and youth	279
Address poor incorporation of lifestyle interventions into routine care for people with a mental health condition within primary and tertiary care settings	279
Support regional services planning to consider special needs groups	295
Facilitate service Integration	296
Support capacity building AOD services: aftercare.	298
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	298
Address gaps in service provision for non-residential rehabilitation	298
Address the need for culturally appropriate Services	302
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272

**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 *

Youth Hub

Program 1a: Street University

- 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

Program 1b: Brief Intervention Youth Outreach

- Assessment and appropriate referral
- Clinical assessment, brief intervention, and after-care

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Blue Mountains - South	12402
Fairfield	12702
Dural - Wisemans Ferry	11502
Penrith	12403
Rouse Hill - McGraths Hill	11504
Bathurst	10301
Lithgow - Mudgee	10303
St Marys	12405
Richmond - Windsor	12404
Hawkesbury	11503
Blue Mountains	12401



Activity Consultation and Collaboration

Consultation

- In 2016, initial consultation and co-design occurred with the NBMPHN AOD Advisory Committee.
- In 2018, the NBMPHN AOD Advisory Committee was revisited as a part of further consultations (2018) for the refreshed AOD Needs Assessment update. Consultations have confirmed the identified, high, unmet need for youth specific AOD services in the region as the #1 priority.
- In July 2021, stakeholder consultation conducted with an AOD specific GP from the region to provide overview of AOD health needs in the NBM community.
- In February 2022, WHL and the provider engaged in Workforce Development Consultations to inform Nepean Blue Mountains PHN's written submission to the National Centre for Education and Training on Addiction (NCETA). This highlighted workforce capacity issues prevalent in the region.
- In April – June 2022 further discussions will be held with relevant service provider in relation to re-contracting of this service.

- In May-August 2022 community consultations were conducted between WHL and relevant providers in relation to an updated Needs Assessment of the local region to support planning for further community addiction support services in the region.

Collaboration

Partnership arrangements with:

- Lithgow, Katoomba and Penrith Headspace
- Lawson Neighbourhood Centre
- Platform Youth Services
- Penrith Juvenile Justice,
- NSW Health Youth Drug and Alcohol Service
- A Place To Go Initiative
- Youth Employment Services,
- DCJ Community Service Centres in St Mary's & Windsor & Penrith,
- Head to Health
- YMISA Blue Mountains
- Blue Mountains, Penrith and Hawkesbury Youth Interagencies
- Lithgow Local Drug Action Team
- Lithgow Drug Action Team
- Aboriginal Education Consultative Group Hawkesbury
- Aboriginal Education Consultative Group
- Blue Mountains Planet Youth
- Schools Industry Partnerships
- Neighbourhood Jobs
- NSW Health Drug and Alcohol Service
- Youth Justice
- Lithgow and Penrith Community Corrections
- Cobham Detention Centre
- Greater Western Aboriginal Health Service
- Sydney Regional Aboriginal Corporation
- Youth Justice Penrith
- Department of Communities and Justice

Schools involved include:

- Portland Central School
- Lithgow High School
- Katoomba High School
- Blacktown Youth College - Lawson Campus
- Springwood High School
- Winmalee High School
- Nepean High School
- Glenmore Park High School
- Cranebrook High School
- Windsor High School
- Colo High School
- St Marys Flexible Learning Centre



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2024

Service Delivery Start Date

July 2019

Service Delivery End Date

30 June 2024

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

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

Yes



AOD - 3 - 2023-24 AOD 3: Local non-residential day rehabilitation program upper Blue Mountains & Lithgow



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

3

Activity Title *

2023-24 AOD 3: Local non-residential day rehabilitation program 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 will provide services for individuals with Alcohol and Other Drug (AOD) substance dependency and related issues. A harm minimisation framework will be applied at all stages to address substance use.

Description of Activity *

Program 1: Dianella Day Rehabilitation Program

1) Katoomba Day Rehabilitation program

A dual diagnosis day program for individuals of the Blue Mountains region. Services include:

- Intake, assessment and treatment planning
- One-to-one counselling
- Women-only or mixed group programs
- Case management, care planning and coordination
- Support in reducing the harms associated with alcohol and drug use
- Information, education resources and referral to other treatment and support services
- Support in dealing with the impact of drug use on families and loved ones
- Insight about the effect of trauma and violence
- Aftercare support

- SMART recovery program – a peer support group program designed to assist behaviour change

2) Lithgow Day Rehabilitation Program

A dual diagnosis day program for individuals of the Lithgow region. Services include:

- Intake, assessment and treatment planning
- One-to-one counselling
- Mixed group programs
- Case management, care planning and coordination
- Support in reducing the harms associated with alcohol and drug use
- Information, education resources and referral to other treatment and support services
- Support in dealing with the impact of drug use on families and loved ones
- Insight about the effect of trauma and violence
- Aftercare support
- SMART recovery program – a peer support group program designed to assist behaviour change

Program 2: AOD Relapse Prevention Program

The AOD Relapse Prevention Program, also known as “Reframe” is a 12-session group program designed by the University of Queensland in partnership with Lives Lived Well. The evidence-based program is specifically designed for clients engaged in AOD treatment services. This is offered in both Katoomba and Lithgow.

Each session targets the core domains of modern Cognitive Behavioural Therapy (including perspectives and skills from Dialectical Behavioural Therapy and Acceptance and Commitment Therapy) through an AOD lens - thoughts, emotions, behaviours and body sensations. Sessions are ideally completed sequentially from beginning to end to maximise clients’ understanding of concepts, however each session is designed to be suitable as a ‘standalone’ experience.

These services also have the capacity to deliver the agreed activities via a telehealth model encompassing phone and video conference. Clients have the flexibility and choice to utilise these technologies at any stage during their engagement, especially if communities are locked down or restricted due to the ongoing Covid -19 Pandemic.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high rates of suicide deaths and intentional self-harm hospitalisations	269
Address high rates of mental health disorder hospitalisations	278
Support regional services planning to consider special needs groups	295
Facilitate service Integration	296
Support capacity building AOD services: aftercare.	298
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	298
Address gaps in service provision for non-residential rehabilitation	298



Activity Demographics

Target Population Cohort

- Individuals (18+) 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.
- Individuals experiencing mild to moderate mental health issues may access this service where appropriate, however, those of a higher severity must be referred to appropriate mental health 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

- AOD Strategic planning workshop with NBMLHD AOD Service March 2019
- Ongoing consultation and needs assessment with NBMPHN AOD Advisory Committee – quarterly meetings
- In July 2021, stakeholder consultation conducted with an AOD specific GP from the region to provide overview of AOD health needs in the NBM community.
- In February 2022, WHL and the provider engaged in Workforce Development Consultations to inform Nepean Blue Mountains PHN's written submission to the National Centre for Education and Training on Addiction (NCETA).
- In April – June 2022 further discussions will be had with relevant service provider in relation to re-contracting of this service.
- In May-August 2022 community consultations conducted between WHL and relevant providers in relation to an updated Needs Assessment of the local region to support planning for further community addiction support services.

Collaboration

Key stakeholders involved in collaboration include:

- NBMLHD AOD Service – as a part of the AOD strategic planning day conducted in March 2019 to identify future opportunities for collaboration and co-commissioning of local rehabilitation services.
- Lives Lived Well (LLW)
- Ongoing co-design of services for commissioning.

Service Partnerships/Referrals:

- DV West (Domestic and Family Violence),
- Central Tablelands and Blue Mountains Community Legal Centre (legal assistance or related case management),
- Local GPs including Blue Mountains Women’s Health and Resource Centre (mental health treatment plans, specialist referrals, medication review),
- Gateway Family Services (parenting support including groups and case management), - Family Drug Service (support for family members)
- Needle and Syringe Program



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2024

Service Delivery Start Date

1 July 2019

Service Delivery End Date

30 June 2024

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

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

Yes



AOD - 4 - 2023-24 AOD 4: Community based day rehabilitation, aftercare, relapse prevention & complex case management



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

4

Activity Title *

2023-24 AOD 4: Community based day rehabilitation, aftercare, relapse prevention & complex case management

Existing, Modified or New Activity *

Modified



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 AOD service access, specialist treatment and rehabilitation for people seeking support for their AOD dependence in a community-based day setting.
- Support people in acquiring knowledge and skills to reduce the harm related to their AOD use, to improve their health and wellbeing and to recover from the effects of their AOD use in their own community.
- Provide a specialised and high level of support for clients who have been identified with having multiple or complex needs.
- Reduce the risk of relapse following AOD treatment and improve AOD service provision for people who have completed rehabilitation treatment,
- Increase day based AOD rehabilitation options.

Description of Activity *

The services deliver community-based day and group rehabilitation programs as follows:

1. Penrith Community Hub for Day Rehabilitation

- AOD treatment day service based in Penrith LGA 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, and client engagement incentives such as breakfast and/or lunch and other soft entry activities.

- 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
- Group based treatment programs that are: evidence based, comprehensive with a strengths-based person-centred approach, and structured for people at different stages of their recovery journey.
- 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.

2. Complex and Multiple Needs Service

- The Complex Care caseworker will be based at Penrith Community Hub to provide specialised and high-level support for clients who have been identified of having multiple or complex needs.
- Provision of specialised support to meet the needs of specialised population and priority groups.
- Provision of a case work service which includes providing outreach, direct advocacy, and active support to ensure that client care plans are met.
- Provision of in-house training and support to the teams to appropriately support clients.
- Develop linkages with GPs and other primary and tertiary providers through direct advocacy and shared care agreements.

3. Aftercare and Relapse Prevention

- This program will be based within the Penrith LGA
- Development of referral pathways with other AOD service providers within the region to refer into the program.
- Engagement with people who have completed AOD treatment and who have recently been released from prison to encourage participation in this program as part of re-engaging with their community, applying their potential, and improving their lives.
- This program will provide assessments, aftercare plan/release prevention/treatment plan and management, may provide weekly recovery groups, case review and clinical supervision for program participants.

These services have the capacity to deliver the agreed activities via a telehealth model encompassing phone and video conference. Clients have the flexibility and choice to utilise these technologies at any stage during their engagement, especially if communities are locked down or restricted due to the ongoing Covid-19 Pandemic.

Note: There are limited opportunities for AOD rehabilitation in the community. Residential rehabilitation requires people to leave their homes and support networks for 3-6 & 12 months to achieve recovery. This can be effective for the period in which they are staying at the facility but can be to the detriment to their longer-term recovery as they have removed themselves from their usual day to day environment and supports. There can be a tendency for people to return to old patterns of behaviour once back in their home environment.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high rates of suicide deaths and intentional self-harm hospitalisations	269
Address high levels of self-harm and self-harm hospitalisations	275
Support regional services planning to consider special needs groups	295
Support capacity building AOD services: aftercare.	298
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	298
Address gaps in service provision for non-residential rehabilitation	298
Address gaps in service provision for residential rehabilitation	299

**Activity Demographics****Target Population Cohort**

- Individuals (18+) 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. Penrith Community Hub 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
Blue Mountains - South	12402
Fairfield	12702
Dural - Wisemans Ferry	11502
Penrith	12403
Rouse Hill - McGraths Hill	11504
Bathurst	10301
Lithgow - Mudgee	10303
St Marys	12405
Richmond - Windsor	12404
Hawkesbury	11503
Blue Mountains	12401



Activity Consultation and Collaboration

Consultation

- Ongoing needs assessment consultation with NBMPHN AOD Advisory Committee has identified high priority need for additional rehabilitation services in the Penrith LGA.
- Independent consultation with GPs was undertaken between November 2018 and January 2019. GPs participated in face-to-face interviews and completed an online survey. The preliminary findings of this consultation support the proposed strategy.
- NBMPHN AOD strategic planning with NBMLHD March 2019 identified future opportunities for collaboration and co-commissioning of local rehabilitation services.
- Joint NBMLHD and NBMPHN Aboriginal Advisory Committee for AOD and mental health identified importance of supporting Aboriginal people within a culturally safe continuum of care that also supports re-connection with their culture and communities.
- In July 2021, stakeholder consultation conducted with an AOD specific GP from the region to provide overview of AOD health needs in the NBM community.
- In February 2022, WHL and the provider engaged in Workforce Development Consultations to inform Nepean Blue Mountains PHN's written submission to the National Centre for Education and Training on Addiction (NCETA).
- In April – June 2022 further discussions to be held with relevant service providers in relation to re-contracting of services.
- In May-August 2022 community consultations conducted between with WHL and relevant providers in relation to an updated Needs Assessment of the local region to support planning for further community addiction support services.

Collaboration

Key stakeholders involved in collaboration include:

- NBMPHN AOD Advisory Committee
- NBMLHD AOD Services
- NBM general practitioners
- NBM Aboriginal Community Representatives (Joint Aboriginal Advisory committee for AOD and mental health)

Referral pathways have been developed with:

- Marrin Weejali
- Nepean Blue Mountains Local Health District
- Community Restorative Centre - Miranda Project
- NSW Community Corrections - Penrith



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2024

Service Delivery Start Date

1 July 2019

Service Delivery End Date

30 June 2024

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

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

Yes



AOD - 5 - 2023-24 AOD 5: Aboriginal specific AOD/dual diagnosis early intervention services



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

AOD

Activity Number *

5

Activity Title *

2023-24 AOD 5: Aboriginal specific AOD/dual diagnosis early intervention 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 ***

This activity aims reduce the incidence of alcohol and other drug (AOD) use whilst addressing co-occurring mental health needs and social supports in Aboriginal and Torres Strait Islander populations. Furthermore, this activity aims to capacity build local service providers in the NBM region, with the co-location of specialist AOD and Mental Health Indigenous providers who service the greater Western Sydney region.

Specialist Indigenous service providers will deliver:

- Aboriginal and Torres Strait Islander specific AOD rehabilitation and treatment services, aftercare and other related supports within the Penrith Community Hub.
- Nepean Linker Project to support with improve assessment, coordination, and continuity of care for Aboriginal people with substance use and co-occurring mental health needs across NBM region.
- Specialist youth (aged 15-24) Aboriginal and Torres Strait Islander early intervention and case management services across the NBM region.

Description of Activity *

1. Penrith Community Hub for Day Rehabilitation (Integrated Aboriginal specific services)

- An Aboriginal and Torres Strait Islander specific program for AOD rehabilitation and treatment, aftercare and other related supports within the Penrith Community hub.

- Services such as assessment, care planning, case-management and group work programs will be delivered in a culturally safe way.
- The service will be contracted to an Aboriginal community-controlled organisation specialising in AOD and Mental Health.
- Two specialist Aboriginal Counsellors and/or caseworkers to deliver services from the Penrith Community Hub.

2. The Nepean Linker Project

The Nepean Link Project delivers an Aboriginal specific service which includes direct care delivery, care coordination and assertive linkage to the Penrith Community Hub AOD non-residential rehabilitation program or other appropriate services through the development and implementation of the Nepean Linker Project.

Activities include:

- Undertake comprehensive assessment of client needs and development of care plans in consultation with GPs and others where appropriate
- Implementation of referral pathways, both to the Penrith Community Hub, Mental Health Services and to other services and programs,
- Facilitate client's access to external agencies or services that provide assistance with employment, training/education, and homelessness/housing.
- Provide direct client support and referral to programs that focus on daily living skills, promoting and strengthening mental health and general well-being as well as facilitating connection with family and engage with community.

3. Youth Early Intervention (EI) For Aboriginal Young People - Deadly Dreaming

Deadly Dreaming program for Aboriginal young people aged 15 to 24 years which consists of: activities delivered during school terms, and activities delivered during school holiday, NAIDOC week and Sorry Day. The school term activities include:

- Connection to culture activities incorporating art, music, dance, theatre, multi-media, writing, life skills development and cultural artefacts and connection to cultural leaders.
- The Deadly Thinking workshop - a social, emotional well-being and suicide prevention program as developed by Rural and Remote Mental Health.

Deadly Dreaming will also be delivered to Aboriginal young people held on remand at the Cobham Juvenile Justice Centre during school terms.

4. Youth Early Intervention (EI) for Aboriginal Young People - Case Management Support

This program will identify participants at risk following their engagement in the 'Deadly Dreaming' program to engage for additional strengths-based case-management support. Relevant referrals from other programs will also be accepted.

This program will deliver support, including:

- Therapeutic Crisis Intervention (TCI) case-management model
- Comprehensive clinical assessment
- Development and implementation of individual treatment plans which must be received at regular intervals and at a minimum every 3 months
- Support 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
- Advocate for and assist clients
- Providing mentoring for young Aboriginal people to re-engage with their community
- Work collaboratively to ensure seamless access and integration of clients to relevant services.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Facilitate service Integration	296
Address the need for culturally appropriate Services	302
Address the need to improve access to culturally appropriate health services	306
Support regional services planning to consider special needs groups	295
Support capacity building AOD services: aftercare.	298
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	298
Address gaps in service provision for non-residential rehabilitation	298
Address high suicide rates among Aboriginal and Torres Strait Islander people / culturally safe suicide prevention for Aboriginal people	273
Address high rates of mental health disorder hospitalisations	278
Address high burden of mental health disorders among children and youth / inadequate service provision in psychiatry and mental health for children and youth	279
Address high proportion of Aboriginal people experiencing long term mental health conditions	280
Address high proportion of Aboriginal people hospitalised for mental health disorders	282
Address lack of culturally safe mental health services for Aboriginal communities	283
Support regional service planning through consultation and co-design for AOD services for Aboriginal people	301
Map local Aboriginal specific services	304
Address support required for complex AOD clients	304
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272

**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

The Dharug, Gundungurra and Wiradjuri people are acknowledged as the traditional owners of the land covered by the NBM region. Approximately 16,146 people in the NBM population identify as Aboriginal and Torres Strait Islander, comprising 4.38% of the total population. The highest proportion (7.06%) of Aboriginal residents in the NBM region live in the Lithgow LGA, while the highest number (9,488) of Aboriginal residents live in the Penrith LGA.

The Aboriginal population is younger than the wider NBMLHD community with 55.6% under 25 years of age.

In Scope AOD Treatment Type *

1. Penrith Community Hub for Day Rehabilitation (Integrated Aboriginal specific services)

- Assessment, care planning, case-management and group work

2. The Nepean Linker Project

- Direct care delivery, care coordination via referrals and assertive linkage

3. Youth Early Intervention (EI) For Aboriginal Young People - Deadly Dreaming

- Connection to culture activities
- Workshops

4. Youth Early Intervention (EI) for Aboriginal Young People - Case-management Support

- Therapeutic Crisis Intervention (TCI) case-management model
- Comprehensive clinical assessment
- Individual Treatment Plans
- Counselling and psychological therapy

Indigenous Specific *

Yes

Indigenous Specific Comments

Original consultations conducted with providers and the Joint Regional MHAOD Aboriginal Advisory Committee. Ongoing discussions continue with the providers delivering the programs and their established partnerships with Aboriginal and Torres Strait Islanders organisations and relevant key stakeholders to further adapt and develop these programs as required.

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

- Key consultations have been obtained via the Joint Aboriginal Mental Health and AOD Advisory Committee established November 2016. This committee meets quarterly. All key NGO providers of Aboriginal services are represented on this committee, together with NBMLHD representatives, general practice and other professional representatives.

- Committee members include: Aboriginal community members (female & male) from Lithgow, Blue Mountains, Hawkesbury and Penrith LGAs, NBMLHD Aboriginal Unit, NBMLHD D&A Unit, NBMLHD Mental Health Unit, Lithgow Aboriginal Community Health, one general practitioner.

- The local Aboriginal Medical Service was established March 2019 in Penrith with limited service provision for the Penrith LGA, without outreach to other LGAs. Greater Western Aboriginal Health Service (GWAHS) is responsible for this service and is currently involved in strategic planning with the aim of identifying future partnerships and opportunities for collaboration.

- In July 2021, stakeholder consultation conducted with an AOD specific GP from the region to provide overview of AOD health needs in the NBM community.
- In February 2022, WHL and the provider engaged in Workforce Development Consultations to inform Nepean Blue Mountains PHN's written submission to the National Centre for Education and Training on Addiction (NCETA).
- In April – June 2022 further discussions will be had with relevant service provider in relation to re-contracting of this service.
- In May-August 2022 community consultations conducted between WHL and relevant providers in relation to an updated Needs Assessment of the local region to support planning for further community addiction support services

Collaboration

Key stakeholders involved in collaboration included:

- Joint NBMLHD & NBMPHN Aboriginal Advisory Committee for AOD and Mental Health (membership of local Aboriginal community representatives)
- NBMLHD D&A Service
- Marrin Weejali Aboriginal Corporation
- Cobham Juvenile Justice Correctional Centre
- NBM Aboriginal Medical Services Mental Health, Social and Emotional Well-Being Workers.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2024

Service Delivery Start Date

July 2019

Service Delivery End Date

30 June 2024

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

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

Yes



CHHP - 2 - 2023-24 AOD 6: CHHP-Community Based Addiction Service



Activity Metadata

Applicable Schedule *

Drug and Alcohol Treatment Services

Activity Prefix *

CHHP

Activity Number *

2

Activity Title *

2023-24 AOD 6: 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 ***

Deliver comprehensive rapid access to community-based drug and alcohol treatment across the NBM region. Support GP practices to manage AOD clients in the primary care setting and avoid impacts on acute care services and increase opioid prescribing in general practice.

Description of Activity *

Services have been commissioned that will respond to the harms caused by substances through evidence-based interventions to give people residing in community the best opportunity at sustained recovery while reducing drug related deaths. Services are now being established so there are services for adults in all LGAs in the NBM region. There will be increased regional coverage of services for young people also. Services for adults have commenced in the Hawkesbury LGA and have been enhanced in the Blue Mountains and Lithgow LGAs. Youth services are being established in the Blue Mountains with outreach to Lithgow LGA.

The new & enhanced services take into account existing services and care pathways in the community and aim to become embedded as a part of the local network so that service users can readily connect and take full advantage of an end-to-end AOD service. All services commissioned now have a dedicated Aboriginal worker to support Aboriginal and Torres Strait Islander communities.

Needs Assessment Priorities ***Needs Assessment**

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Facilitate service Integration	296
Address the need for culturally appropriate Services	302
Address the need to improve access to culturally appropriate health services	306
Address high rates of suicide deaths and intentional self-harm hospitalisations	269
Address high levels of self-harm and self-harm hospitalisations	275
Support regional services planning to consider special needs groups	295
Support capacity building AOD services: aftercare.	298
Support Capacity building AOD services: dual diagnosis (mental health and AOD disorders).	298
Address gaps in service provision for non-residential rehabilitation	298
Address gaps in service provision for residential rehabilitation	299
Address high suicide rates among Aboriginal and Torres Strait Islander people / culturally safe suicide prevention for Aboriginal people	273
Address high rates of mental health disorder hospitalisations	278
Address high proportion of Aboriginal people experiencing long term mental health conditions	280
Address high proportion of Aboriginal people hospitalised for mental health disorders	282
Address lack of culturally safe mental health services for Aboriginal communities	283
Address support required for complex AOD clients	304
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272



Activity Demographics

Target Population Cohort

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

In 2019–20, around 139,300 clients aged 10 and over received AOD treatment. The four most common drugs that led clients to seek treatment were alcohol (34%), amphetamines (28%), cannabis (18%) and heroin (5.1%). The median age of clients was 35 years. Early responses of AOD services to the COVID-19 pandemic are seen in the last quarter of 2019–20, impacting some treatment types and service delivery settings (AIHW 2021u).

GPs and primary care staff will also be supported to enhance service provision to clients with AOD issues.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation with key stakeholders took place as a part of the commissioning process. Consultation has built upon previous experience and results. This included:

- Ongoing needs assessment consultation with NBMPHN AOD Advisory Committee - identified high priority need for additional rehabilitation services in the Penrith LGA.
- March 2019 - NBMLHD /NBMPHN AOD strategic planning identified future opportunities for collaboration and co-commissioning of local rehabilitation services
- November 2018 and January 2019- Local primary care providers including GPs, Pharmacy and Allied Health - specifically independent consultation with GPs was undertaken between. GPs participated in face-to-face interviews and completed an online survey. The preliminary findings supported the proposed strategy.
- Local support groups/networks - consumer and carers
- Local drug and alcohol service providers including PHN commissioned and non-commissioned
- Hawkesbury Health
- Local councils
- NBMPHN AOD Advisory Committee
- Joint NBMLHD and NBMPHN Aboriginal Advisory Committee for AOD and mental health - identified importance of supporting Aboriginal people within a culturally safe continuum of care that also supports re-connection with their culture and communities.
- July 2021 - stakeholder consultation conducted with an AOD specific GP from the region to provide overview of AOD health needs in the NBM community.
- February 2022 - NBMPHN and the provider engaged in Workforce Development Consultations to inform Nepean Blue Mountains PHN's written submission to the National Centre for Education and Training on Addiction (NCETA).
- April – June 2022 - further discussions to be held with relevant service providers in relation to re-contracting of services.
- May-August 2022 - community consultations conducted between with WHL and relevant providers in relation to an updated Needs Assessment of the local region to support planning for further community addiction support services.

Collaboration

Collaboration with key stakeholders took place as a part of the commissioning process. This included:

- NBMLHD
- Local drug and alcohol service providers including PHN commissioned and non-commissioned
- Local primary care providers including GP , Pharmacy and Allied Health
- Local support groups/networks - consumer and carer
- NBMPHN AOD Advisory Committee
- NBM Aboriginal Community Representatives (Joint Aboriginal Advisory committee for AOD and mental health)
- Community Restorative Centre - Miranda Project
- NSW Community Corrections



Activity Milestone Details/Duration

Activity Start Date

18/04/2022

Activity End Date

29/06/2025

Service Delivery Start Date

01 Nov 2022

Service Delivery End Date

30/06/2025

Other Relevant Milestones

GP practice support phase of the project is being planned and milestones are in development



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: Yes

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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?

Co-design or co-commissioning comments

Co-design has been included in stakeholder and consumer consultation. It is also proposed to develop and district wide AOD committee with consumer involvement to enhance service planning and delivery across NBM region.