

Wayfinder AOD Program

Supporting clients at any stage of their journey

“This program connects people with comprehensive supports available in the southeast region, giving them the best chance for success.” - **Program Manager**

Key program information

- Helps clients build personal, social and community resources through clinical and non-clinical support
- Free, 12-week brief intervention program that can be a pathway to withdrawal, rehabilitation or further community integration
- Two support streams (high and low intensity) with a mixture of one-on-one and group support options
- Treatment intensity adjusts to client’s changing needs

Locations:

- **SECADA** - 314A Thomas Street, Dandenong
- **Windana** - 88 Alma Road, St Kilda
- **TaskForce** - 2/7-9 Bakewell Street, Cranbourne

Eligibility

Clients who use alcohol and other drugs in manner that is considered low to medium in complexity, including:

- People who infrequently use low-grade illicit substances and occasionally misuse alcohol or prescription drugs
- People who regularly use low grade illicit substances and/or misuse alcohol with occasional use of higher grade substances
- People who frequently use polysubstance and/or misuse alcohol who have some knowledge of harm min.

Referral guidelines

- People working with clients experiencing AOD issues can refer directly to this program. Call SECADA on **1800 732 232** Monday to Friday, 9:00am-5:00pm or email tamara.eldridge@windana.org.au with a completed [Victorian Government AOD Standard Screening and Assessment](#).
- Your client can self-refer by contacting SECADA. DirectLine is also available 24/7 for referrals to AOD services on **1800 888 236** or at www.directline.org.au.

Program overview

When a referred client progresses to intake, they will do a **self-completion assessment**. **Comprehensive assessment** will be completed if external referrals are needed. The client will also have **Treatment Planning** to determine suitability for the low or high intensity stream.

A worker will work with each client throughout the program to develop a treatment plan that includes the right elements at the right time.

Low intensity stream

- ✓ Continuing care groups (peer-facilitated)
- ✓ Mutual help groups (e.g. AA, NA, SMART, 12-step)
- ✓ Individual counselling and case management
- ✓ Peer mentoring
- ✓ Linking people with organisations and groups to increase social and community connection

High intensity stream

- ✓ Non-residential (home-based) withdrawal
- ✓ Intensive case management (up to 12 weeks)
- ✓ Structured psychoeducational group therapy
- ✓ Family education (as required)
- ✓ Dual Diagnosis (co-occurring AOD and mental health) groups
- ✓ Contingency management
- ✓ Drug testing (St Kilda)
- ✓ Intensive outpatient group
- ✓ Day program (2 days per week)

Groups

Each client’s evolving needs and goals can determine how they choose to engage in groups.

Groups run on two days each week, and there are three types of group:

- **Introductory Psychoeducation Modules** - Two modules per week over a three-month cycle
- **Self-efficacy Modules** - One per week
- **Recovery Capital Modules** - One per week

See our **Wayfinder AOD Program - Groups on a page** sheet for an overview of the groups offered.

Contact SECADA - Wayfinder for info

Phone: **1800 732 232**

Email: tamara.eldridge@windana.org.au

This program is supported by South Eastern Melbourne Primary Health Network, and delivered by the South Eastern Consortium of Alcohol and Drug Agencies (SECADA).

SECADA acknowledges the Traditional Owners of the land where our program is delivered - the Bunurong People - and pay our respects to Elders past, present and emerging.

www.secada.org.au