

# ADDICTION SERVICES

Understanding, Supporting and Overcoming Addiction Together

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# TOPICS

- Latrobe Community Health Service - Addiction Service Supports
- Drug Types
- AOD Effects on the body
- Current AOD trends
- Overdose Risks and Naloxone
- Harm minimization
- How to access AOD services
- Additional support services

# SUPPORT FOR ALCOHOL AND OTHER DRUGS (AOD) USE

## *HOW DO I ACCESS THESE SERVICES AND OTHER AOD SERVICES ACROSS GIPPSLAND?*

Call the Australian Community Support Organisation (ACSO) on 1300 022 760.

ACSO will ask you a few questions over the phone and complete an intake and book an appointment for a thorough assessment with your preferred AOD service. Which may be LCHS or another AOD service across Gippsland.

### *AVAILABLE IN BAW BAW, LATROBE & WELLINGTON*

- AOD Hub: located in Morwell
- Alcohol and Drug Assessment
- Alcohol and Drug Counselling
- Non Residential Withdrawal Services
- Needle and Syringe Program
- Care and Recovery Coordination
- Specialist Family Violence Advisor AOD (Inner Gippsland)

### *AVAILABLE GIPPSLAND WIDE, CONTACT LCHS TO REFER*

- Hepatitis C Integrated Nurse Program
- Harm Reduction and Overdose Prevention Program
- Therapeutic Day Rehabilitation Program
- Creative Club
- Gambler's Help programs



# EFFECTS ON THE BODY

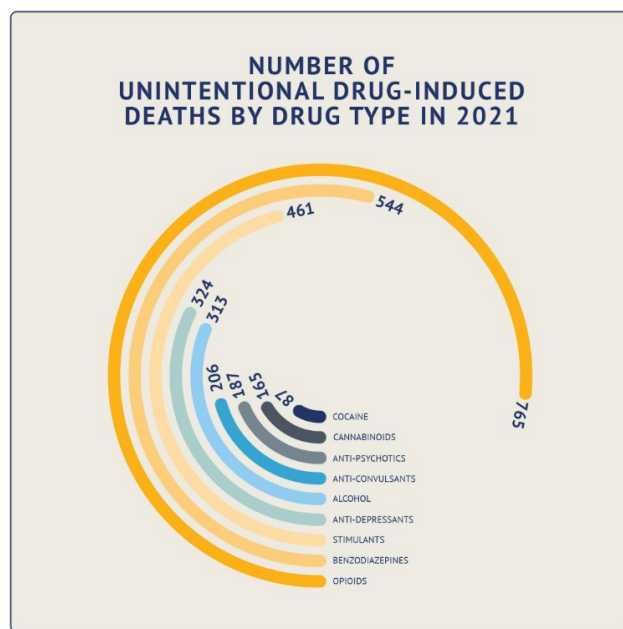
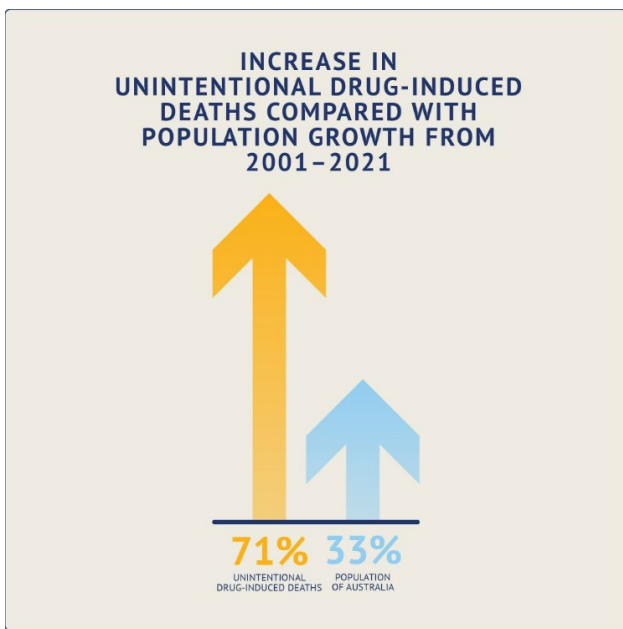
- Central Nervous System (CNS) Effects
- Cardiovascular Effects
- Respiratory Effects
- Gastrointestinal Effects
- Liver Effects
- Immune System Effects
- Psychological and Behavioral Effects
- Cognitive Effects
- Motor Skills and Coordination
- Sexual and Reproductive Effects

# CURRENT AOD TRENDS

## National Drug Strategy Household Survey 2019

- Alcohol
- Illicit use of drugs

Australia's Annual Overdose report 2023 by Penington Institute:



# OVERDOSE RISKS

- An overdose happens when a toxic amount of a drug or a combination of drugs causes a severe adverse reaction. This can happen because too much is taken or because different drugs are taken at the same time.
- Combining drugs increases the chances of overdose.
- Different substances have different overdose symptoms. Some substances that commonly lead to overdose include: Alcohol, Benzodiazepines, GHB, Opioids and stimulants.

# OVERDOSE RISKS

- **OPIOIDS, GHB AND DEPRESSANTS** – Opioids, GHB and depressants can slow down or even stop breathing, which is a life-threatening condition, Overdosing on opioids, GHB or depressants can lead to unconsciousness and coma.
- **BENZODIAZEPINES** Similar to opioids, benzodiazepines can depress the respiratory system, leading to difficulty breathing, Excessive doses can cause sedation and unconsciousness.
- **STIMULANTS** - Stimulants can lead to a dangerous elevation in heart rate and blood pressure, increasing the risk of heart attack or stroke. Stimulants can elevated body temperature, which can result in organ damage.
- **ALCOHOL** - In high doses, alcohol can depress the central nervous system, leading to slowed or stopped breathing. Alcohol overdose can cause confusion, and loss of consciousness.
- **CANNABINOIDS** - Synthetic cannabinoids can cause severe mental health effects, including hallucinations and paranoia. Cannabinoids can increase heart rate and blood pressure.

It's important to note that the risks can be exacerbated when substances are used in combination or when they are contaminated with other substances. Additionally, individual factors such as age, weight, overall health, and tolerance play a role in how a person responds to a substance, increasing the variability of overdose risks.



# RISKS

- Your tolerance is lowered from a period of non-use or detox
- Combining illicit drugs(including non- opioids)
- Methods such as injecting
- Your immune system is weakened because you are sick or recently got over being sick
- You recently started injecting, or regularly switch between smoking/snorting & injecting

# NALOXONE

- Naloxone is a medication used to rapidly reverse opioid overdose. Opioids are a class of drugs that include prescription pain relievers like oxycodone, hydrocodone, and morphine, as well as the illegal drug heroin. Naloxone works by binding to the same receptors in the brain that opioids bind to, reversing and blocking the effects of opioids
- Naloxone is available in 3 forms: Ampoule, prenoxad (IM) and Nyxoid (nasal spray)
- Naloxone is available at Latrobe Community Health Service and is free of charge
- If you are working with a client who uses Opioids it is recommended that you discuss Naloxone or refer to your local AOD service for support to reduce the risks associated with Opioid overdose.

# HARM MINIMISATION

Prevention strategies for alcohol and other drugs are aimed at preventing their use in the case of illegal drugs, or harmful use in the case of alcohol & pharmaceutical medications.

Examples of prevention mechanisms include:

- Informing people about the effects and the harms associated with the use of alcohol and other drugs
- Changing laws and regulations that govern sales of alcohol and tobacco
- Providing positive role modelling of alcohol and other drug use
- Helping people to reduce stress in their lives
- Developing safe environments that reduce the risk of harmful use.

Harm reduction approaches aim to reduce the negative consequences associated with alcohol and other drug use and reduce other related risk factors. Examples of harm reduction mechanisms include:

- Needle and syringe programs
- Drug treatment programs
- Opioid substitute programs (ORT).

# ADDITIONAL SUPPORT SERVICES

- Emergency services - 000
- Lifeline - Call 13 11 14 for 24 hour crisis support & suicide prevention
- Direct Line - Call 1800 888 236 for 24 hour free and confidential advice, counselling and referral for any alcohol or other drug related issues
- 1800 Respect - 1800 737 732
- Suicide Call Back Service 1300 659467
- Beyond blue Support Service 1300 22 46 36
- Mental Health triage Latrobe Regional Health 1300 363 322
- The Orange Door – Inner 1800 319 354 Outer 1800 512 358
- Safe Steps Family Violence response centre 1800 015 188