

CBCHS MISSION STATEMENT

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

CBCHS Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

Address all correspondence to THE CEO CENTRAL BAYSIDE COMMUNITY HEALTH SERVICES

HEAD OFFICE

335 NEPEAN HIGHWAY PARKDALE
TEL 8587 0200 FAX 8587 0210

**A range of other services are also
available from the following venues**

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE DANDENONG ROAD CHELTENHAM
TELEPHONE 9581 1111

CHELSEA

3/1 THE STRAND CHELSEA
TELEPHONE 9781 9333

CLARINDA

58 VINEY STREET CLARINDA
TELEPHONE 9552 4333

PLANNED ACTIVITY GROUPS

31 VENICE STREET MENTONE
TELEPHONE 9583 6970



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

ALCOHOL and OTHER DRUGS SERVICE

Do you, or does someone you
know have a problem with
Alcohol or other Drugs
even prescription pills or
over the counter medicines?

335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Working Smoke Free

Central Bayside Community Health Services

offers a range of Alcohol and other Drugs programs from a number of venues

Aims of the program

The aim of the Alcohol and other Drugs (AOD) team of Central Bayside Community Health Services (CBCHS) is to reduce the harm to the individual, their families and the community caused by alcohol and drug use. The AOD team provides a non-judgemental, confidential, accessible service to the communities of Bayside, Kingston and Glen Eira.

The goal of the team is to empower all people to make informed decisions about their AOD usage. This is done by:

- * assisting people to develop skills and strategies to manage their AOD use in the least harmful way.
- * providing a guided and supported AOD withdrawal with medical supervision if required.
- * educating and informing the community by providing options and alternatives in relation to AOD issues and treatment.
- * linking, referring and facilitating access to appropriate community services according to individual needs.
- * networking and community development, to barriers and stigma for people with serious AOD issues.

The Alcohol and Other Drugs Service is free, confidential and non-judgemental. Assessment, counselling, treatment, education and referral are provided to any person experiencing a substance problem, including family or any other concerned individual. The program operates from 8:30am - 5:00pm Monday to Friday. **Phone 8587 0200.**

1) **Counselling, Consultancy and Continuing Care**

Counselling and assessments for individuals, couples, families concerned with substance use problems of their families or other concerned individuals. Clients can be seen at Parkdale, East Bentleigh and Chelsea.

2) **Youth Outreach**

Counselling and support is offered to young people aged 12 - 21 who are experiencing issues related to drug and alcohol use. This may include assessment, education, treatment and referral to other relevant services if required. Young people can be seen at any appropriate and safe location, including Parkdale, East Bentleigh and Chelsea.

3) **Outpatient Withdrawal**

Withdrawal guidance, monitoring, support and counselling is offered over a 2 - 6 week period (or longer if required) for people wanting to cease or reduce using any substance. Service is subject to assessment by the withdrawal nurse. Client must attend Parkdale or East Bentleigh.

4) **Home Based Withdrawal**

Withdrawal guidance, monitoring, support and counselling is offered over a 1 - 2 week period according to client needs and the substance being withdrawn. Clients may be visited at their homes. The service is subject to assessment by a withdrawal nurse.

5) **Needle Exchange Program**

Needle exchange operates from the community health services in East Bentleigh and Chelsea.

These services are free and confidential.

They are available to residents of Bayside, Glen Eira and Kingston.

All substances are dealt with, including prescription or over the counter medicines

(eg Alcohol, Amphetamines, Benzodiazepines, Cannabis, Cocaine, Codeine, Heroin, Methadone).

The programme operates from the Community Health Service from Monday to Friday 8.30am-5pm