

Northern Sydney Local Health District

NSLHD Drug and Alcohol Services

Information for referrers

Contents

Outpatient Speciality Clinics	1
1. Medical Clinic	1
2. Nurse-led Alcohol Clinic	2
Other NSLHD Drug and Alcohol Services	2
ACACIA (for clients under the age of 18)	2
SUPPS (Substance use in Pregnancy and Parenting Service)	2
OTP (Opioid Treatment Program).....	2
Drug and Alcohol Community Counselling	2
Inpatient Drug and Alcohol Service (Royal North Shore Hospital).....	2
Not available within NSLHD Drug and Alcohol Services.....	3

Outpatient Speciality Clinics

SLHD Drug and Alcohol Outpatient Clinics are run at multiple sites across NSLHD.

Clients can be referred by general practitioners and hospital medical practitioners. Referral letters are required and should be sent to NSLHD-DAS-INTAKE@health.nsw.gov.au. Please include any relevant blood tests, imaging and current client contact details.

Clients must reside in the NSLHD catchment area unless specific privacy issues exist.

For advice regarding the services we offer or for clinical advice or clarification, please contact centralised intake on 1300 889 788 during business hours.

For after-hours clinical advice, the Drug and Alcohol Specialist Advisory Service (DASAS) can be contacted 24/7 on (02) 8382 1006 (Sydney Metro) or 1800 023 687 (other NSW).

1. Medical Clinic

Offers expert comprehensive medical assessment, brief intervention, pharmacotherapy initiation and ongoing treatment advice for clients 18 years and over with alcohol or other substance use disorders. Clinics are based at Brookvale Community Health Centre and Royal North Shore Hospital.

This clinic typically offers 1-3 sessions with a doctor, encompassing comprehensive assessment, appropriate intervention, and treatment planning. Addiction specialists will provide advice to general practitioners regarding ongoing treatment options (for example initiating pharmacotherapy for alcohol use disorders or providing advice to general practitioners regarding appropriate benzodiazepine reduction regimes).

2. Nurse-led Alcohol Clinic

Offers outpatient alcohol interventions for clients 18 years and over wishing to cease or reduce their alcohol use in a safe and supported way. Medicated outpatient alcohol withdrawal, brief interventions, pharmacotherapies, and controlled drinking strategies are offered.

Clients usually attend in-person for 2 days in the first week for a withdrawal management program that commences on Monday or Tuesday at Brookvale Community Health Centre, or Wednesday and Thursday at Royal North Shore Hospital Community Health Centre.

Clients with a history of seizures or other complicated alcohol withdrawal, complex medical or psychiatric co-morbidities are usually not appropriate for this clinic and should be referred to the Medical Clinic (above) for further assessment and management in the first instance.

Other NSLHD Drug and Alcohol Services

ACACIA (for clients under the age of 18)

Offers specialist multidisciplinary consultation, assessment, care and intervention for adolescents under the age of 18 with moderate to severe issues related to problematic substance use.

Referrals: Consent for referral must be provided by the client themselves. Parental consent is not required for referral, but parental involvement is welcome with client consent. Referrals may be sent by clinicians only to NSLHD-ACACIA@health.nsw.gov.au.

SUPPS (Substance use in Pregnancy and Parenting Service)

Specialised service for pregnant women or up to 2 years following childbirth with current or recent problematic substance use, including known significant antenatal substance exposure.

Referrals: To be sent to NSLHD-DAS-INTAKE@health.nsw.gov.au

OTP (Opioid Treatment Program)

For clients requiring opioid substitution therapy for opioid dependence

Referrals: Clients can self-refer by contacting their local clinic directly:

Royal North Shore OTP: St Leonards Ph: (02) 9462 9177 Fax: (02) 9926 7036

Northern Beaches OTP: Brookvale Ph: (02) 9388 5111 Fax: (02) 9388 5130

Referrals can also be sent by clinicians to NSLHD-DAS-INTAKE@health.nsw.gov.au.

Drug and Alcohol Community Counselling

Provides comprehensive psychosocial assessment and treatment, staffed by clinical psychologists, psychologists, counsellors and social workers. Incorporates psychotherapy and behavioural interventions including harm minimisation. The number of sessions varies by condition and treatment type.

Referrals: Clients can self-refer by calling centralised intake on 1300 889 788.

Inpatient Drug and Alcohol Service (Royal North Shore Hospital)

For clients requiring inpatient hospital treatment for alcohol or other substance withdrawal.

Priority is given to clients requiring withdrawal management prior to a confirmed rehabilitation admission and those with a history of seizures or other complex withdrawal.

Referrals: Clients must self-refer by calling Centralised Intake on 1300 889 788.

- Medicolegal reports, driving assessments or developmental assessments (such as for ADHD or Autism Spectrum Disorder). Clients requiring these assessments should be referred to private providers.
- Chronic Pain Management. Clients requiring chronic pain management may be referred to RNSH Pain Management and Research Centre.