



**Australian Government**  
**Department of Health**



An Australian Government Initiative

# **Northern Sydney Primary Health Network**

## **Alcohol and Other Drugs**

### **Activity Workplan 2020-2024**

# Northern Sydney - Drug and Alcohol Treatment Services 2020/21 - 2023/24 Activity Summary View



## AOD - 1 - Increase capacity of alcohol & other drugs treatment services for young people and adults



### Activity Metadata

#### Applicable Schedule \*

Drug and Alcohol Treatment Services

#### Activity Prefix \*

AOD

#### Activity Number \*

1

#### Activity Title \*

Increase capacity of alcohol & other drugs treatment services for young people and adults

#### 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 \*

Increase capacity of local community managed organisations to provide specialist alcohol and other drugs treatment support for young people and adults.

#### Description of Activity \*

The NSPHN Needs Assessment (2019-22) identified that access to community-based alcohol and other drugs treatment and rehabilitation programs remains a key need for the community. NSPHN will continue to commission established alcohol and other drugs treatment services. These specialist treatment services provide counselling and rehabilitation support to young people aged 12-25 years and adults across the NSPHN region.

NSPHN will work with commissioned providers to:

- Increase uptake of services in geographic areas of need (Hornsby and Ryde LGAs)
- Expand flexible access options, including provision of group and individual counselling outside of business hours
- Improve client access to, and transfer between AOD services, commissioned mental health services and the broader service system
- Appropriately address clients' co-occurring mental health and physical health issues
- Enhance continuity of care for clients
- Increase service provision to clients from CALD backgrounds
- Promote services to the local community
- Proactively engage with GPs and other health service providers
- Develop the AOD workforce through accredited and relevant training and education activities
- Adapt services as necessary to accommodate telehealth and face-to-face delivery of treatment throughout COVID-19
- Implement programs and initiatives to address emerging drug and alcohol issues and meet the needs of identified priority population groups

The expected outcomes of this activity are:

- Increased access to evidence-based treatment services for people with substance use issues
- Improved health and wellbeing outcomes for serviced clients
- Better coordination of care and follow up for people with substance misuse issues

## Needs Assessment Priorities \*

### Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

#### Priorities

Priority	Page reference
Rehabilitation support. : Access – availability	88
Young people: AOD	88



## Activity Demographics

### Target Population Cohort

The target population includes people residing in the NSPHN region who are recovering from alcohol and other drug misuse and require non-residential rehabilitation programs, either as an alternative to, or a step down from, residential rehabilitation programs.

Services will be offered for:

- Young people and their parents
- Adults, including women with children
- Vulnerable populations, including people who identify as lesbian, gay, bisexual, transgender or intersex (LGBTI), people from Culturally and Linguistically Diverse Backgrounds, people leaving correctional facilities, people with co-occurring mental illness and other complexities.

### In Scope AOD Treatment Type \*

- Counselling
- Withdrawal management
- Aftercare/relapse prevention
- Case management, care planning, and coordination
- Workforce Development, Capacity Building, including supporting the workforce through activities which promote joint up assessment and referral pathways, quality improvement, evidence-based treatment, and service integration

### Indigenous Specific \*

No

#### Indigenous Specific Comments

#### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment, co-design and procurement process. Stakeholder engagement methods included community and service provider forums, surveys and one-to-one engagement.

NSPHN has established a Mental Health and Alcohol and Other Drugs Advisory Committee to continue to advise on local priorities and guide the development of commissioned services. The NSPHN Mental Health and Alcohol and Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District-Mental Health Drug and Alcohol
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- The local Aboriginal community

In addition, as part of NSPHN Commissioning Evaluation Framework, ongoing consultation to assess the impact of commissioned services will inform further quality and service improvement initiatives.

### Collaboration

These activities will continue to be undertaken in collaboration with:

- General Practitioners
- Allied health providers and broader primary healthcare workforce
- Northern Sydney Local Health District (NSLHD) Mental Health Drug and Alcohol services
- Local NGO AOD services
- AOD NGO peak body NADA
- CALD services and communities
- Aboriginal and Torres Strait Islander services and communities
- Research and educational institutions
- Family and Community Services Northern Sydney District
- Local health, mental health and social services
- Youth services including headspace
- Neighbouring PHNs including Central & Eastern Sydney PHN and Western Sydney PHN

Key advice and guidance on all activity is provided by the PHN Mental Health and AOD Advisory Committee, the PHN Board, Clinical and Community Councils.



## Activity Milestone Details/Duration

### Activity Start Date

01/07/2019

### Activity End Date

30/06/2022

### Service Delivery Start Date

July 2019

### Service Delivery End Date

June 2022

### Other Relevant Milestones

Northern Sydney Joint Regional Mental Health, Suicide Prevention and Drug & Alcohol Plan (the Regional Plan) was completed in December 2020. Planning for implementation of the priorities and actions identified in the Regional Plan has commenced.



## 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**

See activity consultation and collaboration for further detail.

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

Yes



## AOD - 2 - Build capacity in primary care through shared care activities



### Activity Metadata

**Applicable Schedule \***

Drug and Alcohol Treatment Services

**Activity Prefix \***

AOD

**Activity Number \***

2

**Activity Title \***

Build capacity in primary care through shared care activities

**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 \***

Continue to deliver shared care activities that build capacity in general practice to:

- Improve pathways between primary care and specialist drug and alcohol treatment services
- Enhance capacity for screening and brief intervention
- Increase provision of non-residential detox and withdrawal management

**Description of Activity \***

Access to primary care services is an identified need for people experiencing substance use issues. Similarly, primary care practitioners need access to specialist treatment providers to support patients with problematic or complex drug and alcohol use. NSPHN will continue to work in collaboration with Northern Sydney Local Health District Drug and Alcohol services and local General Practitioners to deliver an Alcohol and Other Drugs Shared Care program for the region.

Shared care activity includes:

- Delivering training and resources to GPs to increase awareness of AOD issues and increase provision of drug and alcohol treatment, including: screening, brief intervention and referral, and planning and coordination of treatment and support. Training will include:
  - Education workshops
  - Peer support facilitated workshops

#### - Clinical Attachments

- Implementation and evaluation of an AOD nurse led clinic in general practice pilot
- Continue AOD Shared Care Advisory Group
- Developing referral pathways between primary care and specialist drug and alcohol treatment services and promoting developed Health Pathways
- Improving access to primary care services for people experiencing substance use issues
- Providing education and support to prescribers regarding pharmaceutical drug misuse
- Supporting and building capacity of GPs to appropriately prescribe and manage withdrawal from opioids
- Increasing capacity for non-residential detox and withdrawal management
- Improving management of physical health conditions, including Hepatitis C
- Improving treatment and management of people using performance and image enhancing drugs

The expected outcomes are:

- Increased number of patients supported in primary healthcare setting
- Increased integration between primary health and specialist AOD treatment services
- Increased awareness and use of HealthPathways, the Northern Sydney Local Health District Drug & Alcohol services hotline and the Drug & Alcohol Specialist Advisory Service (DASAS)

### Needs Assessment Priorities \*

#### Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

#### Priorities

Priority	Page reference
Hepatitis C	88
Service coordination	88
Home and ambulatory detox. : Access – Availability	87



### Activity Demographics

#### Target Population Cohort

General Practitioners and people who experience substance use issues across the NSPHN region.

#### In Scope AOD Treatment Type \*

- Screening
- Early intervention (including Brief Intervention)
- Withdrawal management
- Information and Education
- Workforce development, Capacity Building, including supporting the workforce through activities which promote joint up assessment and referral pathways, quality improvement, evidence-based treatment, and service integration.
- Coordination and referral pathways

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

## Coverage

### Whole Region

Yes

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## Activity Consultation and Collaboration

### Consultation

To support the delivery of AOD Shared Care in the Northern Sydney region, NSPHN has established an advisory committee to inform the aims and strategies of the initiative. The advisory committee includes representation from:

- General Practitioners
- Northern Sydney Local Health District (NSLHD) Mental Health Drug and Alcohol services
- Northern Sydney PHN staff, including AOD Shared Care Clinical Lead, Project Lead, General Manager of Commissioning and Partnerships and the Mental Health Drug and Alcohol Commissioning Manager.
- Local NGO AOD services
- Lived experience representative

Additional advice and guidance on all shared care activity will be provided by the PHN Mental Health and AOD Advisory Committee, the PHN Board, Clinical and Community Councils and the PHN Aboriginal Reference Group.

### Collaboration

Shared care activities will be undertaken in collaboration with:

- Northern Sydney Local Health District Mental Health Drug and Alcohol services
  - Local NGO AOD services
  - General Practitioners
  - Education and research institutions, including the National Drug and Alcohol Research Centre (NDARC)
  - Subject matter experts
- 



## Activity Milestone Details/Duration

### Activity Start Date

01/07/2019

### Activity End Date

30/06/2022

### Service Delivery Start Date

July 2019

### Service Delivery End Date

June 2022

### Other Relevant Milestones

Northern Sydney Joint Regional Mental Health, Suicide Prevention and Drug & Alcohol Plan (the Regional Plan) was completed in December 2020. Planning for implementation of the priorities and actions identified in the Regional Plan has commenced.

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## 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:** No

**Open Tender:** No

**Expression Of Interest (EOI):** No

**Other Approach (please provide details):** Yes

- Contracting of GP AOD Shared Care Coordinator and AOD Clinical Nurse Consultant.
- Direct procurement of education activities.
- In-kind contribution from Northern Sydney Local Health District

**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**

See activity consultation and collaboration for further detail.

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

No

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## AOD - 3 - Enhance capacity to deliver culturally appropriate treatments for Indigenous community members



### Activity Metadata

**Applicable Schedule \***

Drug and Alcohol Treatment Services

**Activity Prefix \***

AOD

**Activity Number \***

3

**Activity Title \***

Enhance capacity to deliver culturally appropriate treatments for Indigenous community members

**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 \***

Continue to support commissioned provider to deliver culturally appropriate individual and group treatments, care coordination and case management for Aboriginal and Torres Strait Islander community members

**Description of Activity \***

Aboriginal and Torres Strait Islander communities require access to alcohol and other drug treatment services that are accessible, welcoming, culturally safe and appropriate. To facilitate access, NSPHN will continue to commission culturally appropriate treatment services for Aboriginal and Torres Strait Islander people with substance use issues. NSPHN will support its commissioned provider to:

- Maintain recruitment of an Aboriginal Liaison Worker
- Deliver specific culturally appropriate treatment programs for Aboriginal and Torres Strait Islander clients
- Adequately train and develop their workforce
- Provide flexible funding to meet the needs of Aboriginal and Torres Strait Islander clients entering or exiting culturally specific residential rehabilitation services.
- Partner with local Aboriginal organisations to develop and deliver community health events for local Aboriginal and Torres Strait Islander residents
- Develop culturally appropriate service resources and marketing materials
- Collaborate with local Aboriginal services to ensure effective referral pathways and service promotion, enabling collaborative care
- Provide secondary consultation to other drug and alcohol services in the region to improve capacity for culturally appropriate

treatment

The expected outcomes of this activity are:

- An increase in the number of Aboriginal and Torres Strait Islander people engaging in treatment
- Improved health and wellbeing outcomes for serviced clients
- Enhanced capacity for services to provide culturally safe and appropriate services

### Needs Assessment Priorities \*

#### Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

#### Priorities

Priority	Page reference
Aboriginal & Torres Strait Islander People: Access – availability	89



## Activity Demographics

### Target Population Cohort

Aboriginal and Torres Strait Islander residents of the NSPHN region who are experiencing substance use issues

### In Scope AOD Treatment Type \*

- Counselling
- Aftercare / relapse prevention
- Case management, care planning and coordination

### Indigenous Specific \*

Yes

### Indigenous Specific Comments

The commissioned provider is required to maintain recruitment of an Aboriginal Liaison Worker. Activities are to be undertaken in collaboration with local Aboriginal services, including NSPHN commissioned Aboriginal Mental Health service and the Northern Sydney Local Health District Aboriginal Health Service.

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment, co-design and procurement process. Stakeholder engagement methods included community and service provider forums, surveys and one-to-one engagement.

NSPHN has established a Mental Health and Alcohol and Other Drugs Advisory Committee to continue to advise on local priorities

and guide the development of commissioned services. The NSPHN Mental Health and Alcohol and Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- The local Aboriginal community
- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District-Mental Health Drug and Alcohol
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers

In addition, as part of NSPHN Commissioning Evaluation Framework, ongoing consultation to assess the impact of commissioned services will inform further quality and service improvement initiatives.

### Collaboration

These activities will be undertaken in collaboration with:

- Local Aboriginal and Torres Strait Islander services and communities
- General Practitioners
- Allied health providers and broader primary healthcare workforce
- Northern Sydney Local Health District (NSLHD) Aboriginal Health Service and Mental Health Drug and Alcohol services
- Local NGO AOD services
- AOD NGO peak body NADA
- Research and educational institutions
- Local health, mental health and social services

Key advice and guidance on all activity is provided by the PHN Mental Health and AOD Advisory Committee, the PHN Board, Clinical and Community Councils and local Aboriginal reference groups and committees.



### Activity Milestone Details/Duration

#### Activity Start Date

01/07/2019

#### Activity End Date

30/06/2022

#### Service Delivery Start Date

July 2019

#### Service Delivery End Date

June 2022

#### Other Relevant Milestones

Northern Sydney Joint Regional Mental Health, Suicide Prevention and Drug & Alcohol Plan (the Regional Plan) was completed in December 2020. Planning for implementation of the priorities and actions identified in the Regional Plan has commenced.



### 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**

See activity consultation and collaboration for further detail.

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

Yes

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# AOD-GPS - 1 - Promote RACGP AOD Education Package and Training Grants for General Practitioners



## Activity Metadata

### Applicable Schedule \*

Drug and Alcohol Treatment Services

### Activity Prefix \*

AOD-GPS

### Activity Number \*

1

### Activity Title \*

Promote RACGP AOD Education Package and Training Grants for General Practitioners

### 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 \*

NSPHN will continue to work with the Royal Australian College of General Practitioners (RACGP) and local primary care providers to:

- provide support to General Practitioners (GPs) and other health professionals to build the capacity of the health workforce to deliver high quality care for clients with drug and alcohol issues;
- promote the RACGP education package and training grants for drug and alcohol addiction to GPs to strengthen the capacity of GPs to address drug and alcohol issues in their community;
- improve linkages between the primary care and alcohol and other drug treatment sectors by assisting GPs and other health professionals to enhance their knowledge and application of alcohol and other drug addiction referral pathways;
- assist GPs to treat identified populations at risk of harm from alcohol and other drug use, such as Aboriginal and Torres Strait Islander peoples, veterans, people in the justice system, people who have experienced abuse, violence and trauma, and lesbian, gay, bisexual, transgender, queer or intersex (LGBTQI) individuals

### Description of Activity \*

Initiating a conversation about a patient's alcohol and drug use, then managing the outcomes of that conversation safely and effectively within the time constraints of general practice, can be challenging. There is an identified gap in currently available AOD education that provides GPs with practical strategies to support patients who are presenting in their practice, usually with comorbidities that may be exacerbated by alcohol and other drug use.

The RACGP has developed an AOD GP Education Program to help GPs:

- explore alcohol and other drug-related issues with their patients
- work collaboratively with colleagues to develop a whole-of-practice approach to the prescribing of pharmaceuticals to treat pain, insomnia and anxiety
- implement best practice approaches to safely and effectively support patients presenting with alcohol and other drug use to minimise harm and improve health and wellbeing.

NSPHN will work in collaboration with RACGP and local General Practitioners to promote access to and facilitate uptake of the Alcohol and Other Drugs (AOD) GP Education Program. GPs will be encouraged to undertake training that best meets their needs and interests, including:

- Essential Skills Education
- Treatment Skills Training
- Advanced Skills Training

NSPHN will work with GPs and other health professionals to ensure that the workforce has access to ongoing professional development activities to build its capacity to provide high quality treatment and support to people experiencing drug and alcohol issues. NSPHN will continue to work with primary care providers, NSLHD, community based drug and alcohol service providers and other relevant stakeholders to review and strengthen local referral pathways so that clients are able to access the level and type of care that best meets their needs.

NSPHN will continue to promote and encourage access to the AOD GP Education Program through targeted communications including e-newsletters and social media as well as through direct engagement from the Mental Health Triage team and Primary Care Advancement team.

NSPHN will deliver complementary drug and alcohol education opportunities for GPs and explore opportunities to further translate learnings into practice.

The expected outcomes of this activity are:

- Increased number of patients supported in primary healthcare setting
- Increased integration between primary health and specialist AOD treatment services
- Improved patient outcomes and experience of service

## Needs Assessment Priorities \*

### Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

#### Priorities

Priority	Page reference
Service coordination	88



## Activity Demographics

### Target Population Cohort

General Practitioners and people who experience substance use issues across the NSPHN region.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

## Indigenous Specific Comments

### Coverage

#### Whole Region

Yes

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## Activity Consultation and Collaboration

### Consultation

To support uptake of RACGP Alcohol and Other Drug training in the Northern Sydney region, NSPHN will work with its existing advisory committee to inform promotional strategies and assist with messaging and communication to local GPs. The advisory committee includes representation from:

- General Practitioners
- Northern Sydney Local Health District (NSLHD) Mental Health Drug and Alcohol services
- Northern Sydney PHN staff, including AOD Shared Care Clinical Lead, Project Lead, General Manager of Commissioning and Partnerships and the Mental Health Drug and Alcohol Commissioning Manager.
- Local NGO AOD services
- Lived experience representative

Additional advice and guidance on all shared care activity will be provided by the PHN Mental Health and AOD Advisory Committee, the PHN Board, Clinical and Community Councils and the PHN Aboriginal Reference Group.

### Collaboration

Promotion of education activities will be undertaken in collaboration with:

- RACGP
  - General Practitioners
  - Northern Sydney Local Health District Mental Health Drug and Alcohol services
  - Local NGO AOD Services
  - Subject matter experts
- 



## Activity Milestone Details/Duration

### Activity Start Date

01/07/2020

### Activity End Date

30/06/2021

### Service Delivery Start Date

July 2020

### Service Delivery End Date

June 2021

### Other Relevant Milestones

Northern Sydney Joint Regional Mental Health, Suicide Prevention and Drug & Alcohol Plan (the Regional Plan) was completed in December 2020. Planning for implementation of the priorities and actions identified in the Regional Plan has commenced.

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## 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:** No

**Open Tender:** No

**Expression Of Interest (EOI):** No

**Other Approach (please provide details):** Yes

Internal resources within NSPHN, including increasing capacity of GP AOD Lead.

**Is this activity being co-designed?**

Yes

**Is this activity the result of a previous co-design process?**

No

**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**

See activity consultation and collaboration for further detail.