

OUTREACH NEWS

DASA Outreach Newsletter

September Edition 2016

Aranda House Camp—Hamilton Downs

As the mist rose from the cold ground and the sun started to break through the Ranges the DASA Mob started to load up the trailer and buses to set off on the bush trip of all bush trips. Doreen was frantically racing around the house. Grace was keeping all the other ladies calm. Stuart, like an air traffic controller was gesticulating his arms left and right as the rest of the men passed bag upon bag down the chain and loaded everyone's luggage into the trailer as Patrick and I started strapping everything down. Sat phone? Check! Food and Water? Check! With everyone aboard we set off into the North touching down on the Tanami Road after stopping to load up with supplies from the shop. Namely Stuart's Redbull!!!!!!!

Upon arrival we were greeted by the amazing views of Hamilton Downs Youth camp. After a brief meeting with the Caretakers the men and women all went to choose their rooms and bunk beds. We started to set up Camp for the night making sure to get the fires started early so the embers would be nice and hot for us all to gather round at night to tell stories and yarn away. Only myself and Ronnie decided to 'rough it' and spend the night under the stars in our swags. Grace and myself spent hours yarning about life and all the good and the bad it has to offer. Most of the group spent the evening round the fire discovering new things about one another in what can only be described as one big happy family.

The next morning I was up early, got the BBQ lit and started cooking Bacon and Eggs for the troops. As the smell wafted round the site there was no need for morning wake up calls as one by one they appeared like the stars in the evening sky. We then had our TC meeting where we discussed the weeks business. Then it was time for BushWok with a gentleman that had taken the long trip from Alice Springs. In military fashion the ladies and gentlemen gathered in production lines chopping, cutting and Woking our way to a delicious lunch. Doreen as always was on top form with her support act Uncle Stu! After lunch we packed the troops into the vans with a handful of tools on the advice of Doreen and Grace to head back up the road 30kms to a spot where they felt we would get go Honey Anting and go searching for Witchetty Grubs. Stop Danny!! Here! Here! We traipsed through the bush in packs digging around tree roots for the grubs to no avail. Then a shout in the distance. Doreen and Grace had hit the Jackpot. Honey Ants. 100's! With unbelievable precision and painstaking patience they foraged away for the sweetest of prizes. Eventually Doreen had to be dragged away so we could head back to camp. I've never in my time with Doreen seen her work so hard at something proving getting people back to their roots and culture is the real deal when it comes to rehabilitation and empowerment.

That night Grace made her Damper and the rest skinned, wrapped and cooked Roo tails for the group. We sat around the fire talking for hours. It was one of the most rewarding times in my life to be around such wonderfully cultured people. I felt touched when the ladies all thanked me for sitting with them, sharing stories and eating the tail they so wonderfully cooked for me. I feel very blessed to have shared this time with them. I hope they felt the same. And absolutely wonderful time ended perfectly.



Picture: Aranda clients at Hamilton Downs, collecting honey ants...



Therapeutic Community Manager

Welcome to this edition of the outreach newsletter.

Aranda House at the moment is buzzing with a full house of residents. In the past month we have seen a few mothers and babies in the community which has had a great affect on the other residents.

New changes have been made to the Therapeutic Program seeing the following new programs being introduced;

- Harm Minimisation
- Social Skills
- House Rules and Induction
- Pre Discharge Program

We have been receiving a lot of valuable feedback about the community as a whole from the residents and that they feel very safe and relaxed in their environment, which I feel is vital in supporting them through their recovery.

Since the previous newsletter 'Alfred', has commenced volunteer work here at Aranda House. Alfred is an inspiration to us all here in the TC and an invaluable support for staff and residents alike.



Overall, staff are working tirelessly supporting, mentoring and advocating for the residents. Their passion, drive and enthusiasm I have no doubt, plays a pivotal role in assisting the residents in coming to terms with their AOD addictions.

Sarah Short

Therapeutic Community Manager

Aranda House

ICE



Possible consequences

- High risk of dependence (addiction)
- Chronic sleep problems
- Memory loss and many more...

Did you know?

Some ice users feel as though bugs are crawling under their skin, and dig at their arms until they are pitted with sores.

Source: Darke S, Kaye S, McKein R, Duflou J. (2008) Major physical and psychological harms of methamphetamine use. Drug Alcohol Rev. 2008;27:253-262

What is ice?

Crystal methamphetamine ('ice') is a stimulant drug, which means it speeds up the messages travelling between the brain and the body. It's stronger, more addictive and therefore has more harmful side effects than the powder form of methamphetamine known as speed.

Ice usually comes as small chunky clear crystals that look like ice. It can also come as white or brownish crystal-like powder with a strong smell and bitter taste.

Other names

Crystal meth, shabu, crystal, glass, shard, P.

How is it used?

Ice is generally smoked or injected and the effects can be felt in 3 to 7 seconds. It is sometimes swallowed (15 to 30 minutes to feel the effects) or snorted (3 to 5 minutes to feel the effects).

Effects of ice

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.

The effects of ice can last for around 6 hours, but it might be hard to sleep for a few days after using the drug.

Ice affects everyone differently, but effects may include:

- Feelings of pleasure and confidence
- Increased alertness and energy
- Repeating simple things like itching and scratching
- Enlarged pupils and dry mouth
- Teeth grinding and excessive sweating
- Fast heart rate and breathing
- Reduced appetite

Injecting ice and sharing needles can increase the risk of:

- Hepatitis B
- Hepatitis C
- HIV and AIDS

Snorting ice can damage the nasal passage and cause nose bleeds.



On 10th September 2016, the DASA Outreach team in conjunction with MHACA and other services joined others around the world to raise awareness about Suicide Prevention. We are all working towards the common goal of preventing suicide. The theme for World Suicide Prevention was to “Connect, Communicate, Care”. These three words are at the very heart of suicide prevention and complement the efforts of our friends on R U OK? Day (held on 8th September 2016), to help raise public awareness about the importance of having a conversation and, most importantly, how to have the conversation!

We deliver the “Suicide Story Training Program” that was created for Aboriginal people by Aboriginal people. The model is a culturally sensitive approach to suicide prevention. It is important to raise awareness, educate our people on an issue that keeps hurting our very souls, our kids, young people, families and communities.

The World Health Organization estimates that over 800,000 people die by suicide each year – that’s one person every 40 seconds. Up to 25 times as many again make a suicide attempt. The tragic ripple effect means that there are many, many more people who have been bereaved by suicide or have been close to someone who has tried to take his or her own life. This is happening in spite of the fact that suicide, is preventable.

For us, it is very important to maintain our inner strengths, connection to our culture and family is critical. This is what keeps us strong. Talking to people when you are down and upset, making sure that they are okay is something we all can do and should do, if we want to reduce deaths by suicide in our communities. We encourage people to connect with each other – check out how someone you know who hasn’t been good lately and see how they are doing.

We encourage you to talk to each other – to communicate – listen and take note of what people are saying and how they are feeling; And most importantly – we encourage you to care for each other, let’s look out for each other and make a huge effort to be kind and caring to each other.

The 10th September 2016 highlighted:

Remembering to light a candle near a window at 8pm;

Showing your support for “Suicide Prevention;

To remember a lost loved one;

Thinking about the survivors of suicide.





Employee Profile: Prasadi Priyanka

How long have you worked at DASA?

I have been working here two years.

What is your role at DASA?

I am Therapeutic Support Worker at Aranda House.

Three words best describe you?

Loving, Efficient, Logical.

Do you have a favorite quote?

"People may not remember what you said, but they will remember how you made them feel" Dr. Maya Angelou
(one of my faves)

Tell us a little about yourself.

I have been working in the AOD sector for nearly 6 years. In this time, I have worked in the areas of AOD, Mental Health and Supported Residential. Also, I am currently studying the Diploma of Alcohol and Other Drugs and Bachelor of Health Science, Major in Addiction Studies and Youth Work. I love the outdoors, walking, running, cross fit training and I loveeeeeeeeeee travelling. My family is very important to me because they love and care for me no matter what my decisions are in life. We care for each other and always are each other's back bone. I just love my family and I love my job!

What did you want to be when growing up?

Funny plentiful, I wanted to be an actress!!

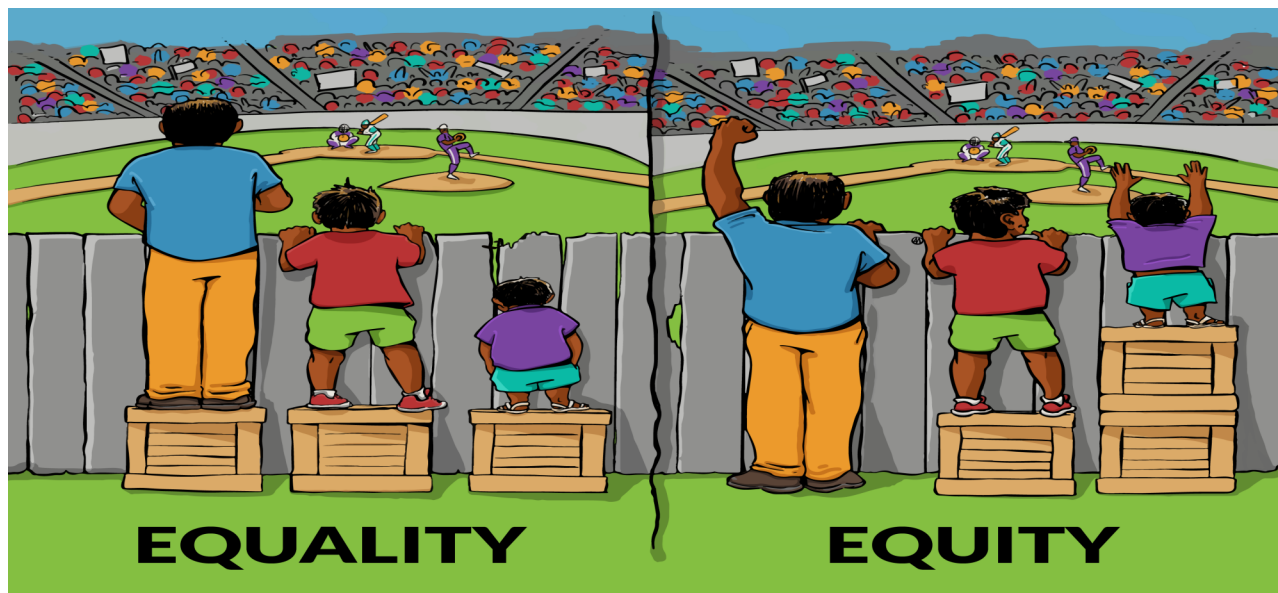
What do you like most about your job?

Helping people make changes to live the life they want, also it is really, exciting. I find people endlessly remarkable and this job is about listening to them, observing them and understanding what makes them tick. It is a bit like reading investigator stories every day, only fact is, way stranger than fiction. Sometimes we laugh together, tears are there, but laughter is there too and it helps. As a community we help each other.

What is an ability you wish you had?

Invisibility and Mind reading oh I could only imagine....

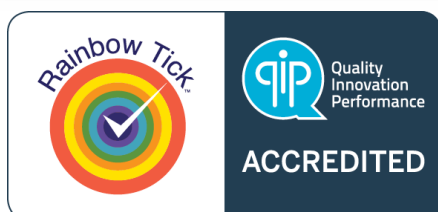




Rainbow Tick

In 2017, DASA will be undertaking “Rainbow Tick Accreditation” to become one of the first organisations in the Northern Territory nationally accredited. The Rainbow Tick Accreditation Program supports organisations to understand and implement LGBTI inclusive service delivery, and provided national recognition for those that meet the Rainbow Tick Standards.

Rainbow Tick Accreditation provides assurance to LGBTI consumers and staff that an organisation will be responsive to their needs. Picture above: It’s not enough just to say we treat everyone the same, we need to demonstrate that we ensure all our clients can achieve the same outcomes.



Contact Us

Give us a call for more information about our services.

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