



# **OUTREACH NEWSLETTER**

## **June 2018**

**Outreach Co-ordinator**    **Jocelyn Dhu**

**Outreach Worker**        **Brian McDonald**

**Outreach Worker**        **Nardia Bray**

**Outreach Worker**        **Brenton Forrester**



# Brian McDonald

## “Employee Profile”

**How long have you been at DASA? 10 years.**

**Tell us little bit about yourself?**

I was born in Alice Springs, I am Eastern Arrente and Alyawarre man. I done all my education in Alice Springs, I grew up in the Gap and was classed as a “Gap Angel”. I have two kids, they are both grown up now. I love my home town, all my family is here. I tried living away from Alice Springs, but the “Gap Hills (Yeperenye Dreaming) was calling me home.

**How did you get the job?**

Initially, I was living in Western Australia and returned back to Alice Springs for family. I was unemployed at the time and didn't really know what my future held in regards to employment. Until an ex-outreach worker approached me and asked if I would like to fill in his position for two weeks. As it stands now, two weeks led into ten years. Which is something I never thought would ever happen.

**What is your best memory working at DASA?**

While in this position, it is the friendships I have made over the years. The skills I have obtained whilst working here, things I never thought I would ever achieve. I have been fortunate enough to go on many work trips as an ambassador for DASA. I have travelled places I never thought I would go to.

**What do you like most about working in Outreach?**

Well I find it rewarding by helping people in need, because as we know in this area of work there are lot of people out there that are in sufferance and the majority are my own people. I finally have a good stable team to work with, Co-ordinator gets on our back a bit “We've got the iron fist”. We are one family, we support each other and have a special bond. This is something that is rare to have in other work places. We also have a good laugh and I am always the one that things seems to happen to and my team mates are always there to enjoy and always let me know about it.

**What is your motto in life?**

I want to be a good role model to young people.



# Commit 2 Change

*We would like to welcome aboard Lyndsey Lloyd and Craig Thorogood, they are amazing duo and have exciting programs ahead for their clients.*

COMMIT 2 Change provides case management services, harm minimisation sessions and ongoing support for COMMIT Court bail and parole clients who are heavy alcohol or drug users.

This program caters for high-needs offenders who are assessed as suitable for community sentencing but need addiction-focused support to remain in the community.

COMMIT 2 Change is accessible for people who are able to work, who need intensive intervention in their homes or when transitioning from our Transitional After Care program. It supports people to return to their own homes and allows them to take what they have learnt home, so it can be practised and reinforced on a daily basis.

COMMIT 2 Change offers structured sessions at our 4 Schwarz Crescent facility, and an outreach case management service clients can access while rebuilding their life and reintegrating into the community.

## **Our team provides:**

- Small group education sessions to address addiction and related attitudes and behaviour
- harm minimisation
- goal setting and planning
- managing stress and preventing relapse
- exercise therapy
- One-on-one case management, support and counselling
- Health support
- Mental health support
- Music therapy
- Living skills
- Financial counselling
- Natural therapies
- Family re-connection

## **Eligibility criteria:**

- People aged 17 and over
- Heavy alcohol or drug users including fentanyl, methamphetamine, amphetamine, heroin
- People on Community Corrections orders including COMMIT Court bail home detention
- People on COMMIT Court Orders who have lapsed in their alcohol or drug use and who have been referred through the Court on a breach.



To make a referral, please phone (08) 8952 8412 or Email to [commit2change@dasa.org.au](mailto:commit2change@dasa.org.au).



# World No Tobacco Day

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

The focus of World No Tobacco Day 2018 is "Tobacco and heart disease." The campaign will increase awareness on the:

- link between tobacco and heart and other cardiovascular diseases (CVD), including stroke, which combined are the world's leading causes of death;
- feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco.

World No Tobacco Day 2018 coincides with a range of global initiatives and opportunities aimed at addressing the tobacco epidemic and its impact of public health, particularly in causing the death and suffering of millions of people globally. These actions include the WHO-supported Global Hearts and RESOLVE initiatives, which aim to reduce cardiovascular disease deaths and improve care, and the third United Nations General Assembly High-level Meeting on the Prevention and Control of NCDs (Non-communicable Diseases), being held in 2018.

## How tobacco endangers the heart health of people worldwide

World No Tobacco Day 2018 focused on the impact tobacco has on the cardiovascular health of people worldwide.

Tobacco use is an important risk factor for the development of coronary heart disease, stroke, and peripheral vascular disease.

Despite the known harms of tobacco to heart health, and the availability of solutions to reduce related death and disease, knowledge among large sections of the public that tobacco is one of the leading causes of CVD is low.



# Cont....

## Facts about tobacco, heart and other cardiovascular diseases

Cardiovascular diseases (CVD) kill more people than any other cause of death worldwide, and tobacco use and second-hand smoke exposure contribute to approximately 12% of all heart disease deaths. Tobacco use is the second leading cause of CVD, after high blood pressure.

The global tobacco epidemic kills more than 7 million people each year, of which close to 900 000 are non-smokers dying from breathing second-hand smoke. Nearly 80% of the more than 1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest.

## Goals of the World No Tobacco Day 2018 campaign

World No Tobacco Day 2018 aims to:

- Highlight the links between the use of tobacco products and heart and other cardiovascular diseases.
- Increase awareness within the broader public of the impact tobacco use and exposure to second-hand smoke have on cardiovascular health.

Outreach held their bi-monthly BBQ's at the Town Council Lawns raising awareness around they key messages of "World No Tobacco Day". The event was a huge success!



# Alice Springs Beanie Festival

**Reach for the Stars!**

**Opening Friday 29 June, 6.00pm**

**Exhibition Dates: 30 June to 15 July 2018**

**Where: Araluen Arts Centre**

In 2018 the Nationally and Internationally iconic Alice Springs Beanie Festival hits hyper-drive, going intergalactic with “Reach for the Stars”. The exhibition in the Araluen Galleries will see makers from across the desert, the continent, the planet, and beyond, respond with knitted, felted and crocheted interstellar wonders, live music, parade, performance and food as thousands make the necessary computations and calibrations, setting the controls for the heart and descending on the Araluen Cultural Precinct.

At Beanie Central, thousands of beanies shine like a galaxy visible to the naked eye, as you try and buy, join a workshop, learn creative skill and become part of the incredible Alice Springs Beanie Festival cross-cultural community. So get your Ziggy Stardust on, make the jump and Reach for the Stars at the 2018 Alice Springs Beanie Festival.



## Contact Us

Give us a call for more information about our services.

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Visit us on the web at [www.dasa.org.au](http://www.dasa.org.au)

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