

31 AUGUST

—
**INTERNATIONAL
OVERDOSE
AWARENESS DAY**



Stock photo. Posed by model.

**TIME TO
REMEMBER.
TIME TO ACT.**

OUTREACH NEWSLETTER

October 2017

Outreach Co-ordinator / Jocelyn Dhu

Outreach Worker / Brian McDonald

Outreach Worker / Nardia Bray

Outreach Worker / Brenton Forrester



Happy 50th Birthday!

We would like to wish Brian Raymond McDonald a Happy 50th Birthday. Brian commenced working at DASA in 2008, he has been a part of the Out-reach team for almost 10 years.

Brian enjoys travelling, watching his beloved team North Melbourne and spending time with family and friends.

We hope you have a great birthday.



Graduation Ceremony



RMIT University Graduation Ceremony

We would like to congratulate Tai Tipene, Danny Lloyd, Lenny Cooper, Prasadi Priyanka, Brenton Forrester and Nardia Bray on successfully completing their Diploma in Alcohol and Other Drugs with Royal Melbourne Institute of Technology.

International Overdose Day



August 31st marks International Overdose Awareness Day (IOAD). The day marks a time to acknowledge families, friends and communities touched by death or injury due to an overdose. IOAD raises awareness around preventable accidental drug overdose as well as reducing stigma due to drug-related death and injury. IOAD helps promote the message that death by overdose is completely preventable.

From Australia's Annual Overdose Report 2016 by the Penington Institute, the facts on overdose continue to show a rise in overdose, particularly due to prescription drugs. Large increases in overdose deaths in rural and regional areas are driving the overall increase. Between 2008 and 2014, there was an increase from 3.1 deaths per 100,000 to 5.7 per 100,000— an 83 per cent increase. Meanwhile, the rate per capita in metropolitan areas has moved only slightly from 4.2 per 100,000 in 2008 to 4.4 per 100,000 in 2014.

Despite common perceptions of accidental deaths due to drugs are caused by illicit drugs, in 2014 prescription medications were responsible for more drug-related deaths (71 per cent) than illicit drugs (29 per cent). (Note: this statistic is for total drug-related deaths, not just overdose deaths). Over the period 2008-2014 there was an 87 per cent increase in prescription opioid deaths in Australia, with the greatest increase occurring in rural/regional Australia which saw a 148 per cent increase.

Accidental deaths due to drug overdose per capita for Aboriginal people has increased substantially between 2004 and 2014 with an increase of 141 per cent – from 3.9 per 100,000 in 2004 to 9.4 per 100,000 in 2014 in the five jurisdictions with Aboriginal data. In the same period, the increase among non-Aboriginal people was from 3.3 per 100,000 to 4.8 per 100,000 – an increase of 45 percent.

The Outreach team held their monthly BBQ at the Town Council Lawns on this day to raise awareness around preventable drug overdose. The event was a huge success with over 200 people attending.



Exercise yourself happy!

What are the mental health benefits of moving your muscles? We often hear about the physical benefits of doing exercise, but what about the mental health benefits? When you go for a walk, it's not just your body that benefits, the way you think and feel changes too. The world looks better and brighter. *Exercise brings improvements to your mood.*

Exercises like jogging, swimming, cycling, walking, gardening and dancing, have been proven to reduce anxiety and depression. For mild depression, physical activity can be as good as antidepressants or psychological treatments.

Studies have shown that active people are less depressed than inactive people.

Exercise sets off processes in your body that contribute directly to your sense of happiness and wellbeing:

- It increases blood circulation to the brain
- It promotes the release of endorphins or "happy" hormones
- It releases adrenaline – the body's own "mood-lifting" chemical
- It improves and normalises sleep, which is known to have protective effects on the brain
- It releases muscle tension
- It reduces your physiological reactivity to stress

But more than that, moderate exercise like walking gives you a chance to take time out, to think and reflect. It can improve your self-esteem and your thought processes. You don't have to enter King of the Mountain, or join Boot Camp to experience this healthy mind effect. Starting out too hard in a new exercise program may actually put you off.

When you exercise above the point where it is hard to talk, it postpones the positive mood boost by about 30 minutes! Start slow... The exercise YOU choose should be enjoyable. It should help you feel more capable and help you escape for a while from the pressures of life.

If possible it should be something you share with others, to get the added positive effects of companionship – like walking with friends and family. Community and group activities like this one can help protect mental health and build resilience, helping you to feel connected and build supportive relationships. Evidence shows that good relationships – with family, friends and our wider communities – are important for our mental wellbeing.

Walking is a great way to get 30 minutes of physical activity on most days. And you don't have to do it all at once. Any brisk walk of at least 10 minutes is good for our health. And, try not to skip exercise when you are feeling low - keep it up every day where you can.

There will be days when you just don't feel like exercise – you may feel tired or be too busy or anxious about something. If you keep to a routine and exercise at times like this, you will almost certainly feel better. It's worth remembering that finding time for exercise may well help you to deal with life's problems. How much exercise is enough for wellbeing? Firstly – any exercise is better than none. BUT a moderate level of exercise seems to work best. About 30 minutes a day, on at least 5 days of every week.

Lost your licence

BACK ON TRACK **DRINK DRIVER PROGRAM**

If you have lost your NT licence due to drink or drug driving, you will need to complete the Back on Track approved Drink and Drug Driver course before you can reapply for your licence.

For information regarding what sessions you will need to do, please search the following link:

- <https://nt.gov.au/driving/driving-offences-and-penalties/drink-and-drug-driver-education-course>

Please note: You will be breath tested each day of the course and must return a 0.0% reading. If you record any reading above 0.0% you will have to rebook to do another course. After you have successfully completed the program you will need to take your certificate of completion to MVR to regain your licence.

Upcoming Courses:

25-26 October

22-23 November

13-14 December

Contact Us

Give us a call for more information about our services.

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(DASA)**

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