



Where to seek help

In an emergency, call 000.

Your chain of command is a primary resource that can provide advice, referral and support.

Other than in an emergency situation, contact your local ADF Medical Centre or Psychology Section. Navy personnel can seek help through their divisional system, local Alcohol and Drug Program Advisor (ADPA) or can directly contact their local Alcohol and Drug Program Coordinators.

Mental Health Resources

Local Medical Centres Your local medical officer can provide immediate assistance and referrals as required.

Psychology Support Section All Psychology Support Sections offer after-hours, critical incident support through the local Duty Officer/Officer of the Day.

Defence Community Organisation

<http://intranet.defence.gov.au/dco/> or www.defence.gov.au/dco/

The DCO provides services 24 hours a day, 7 days a week all year round including public holidays. During normal business hours the first point of call is the Duty Social Worker or Military Support Officer. Outside these core hours and on Public Holidays, calls should be directed to the National Welfare Coordination Centre (NWCC) on 1800 801 026 or if calling from overseas +61 2 93594842.

Chaplains There are Chaplains connected to all units in Australia who can provide support and appropriate referrals.

The Family Information Network for Defence (FIND) (1800 020 031)

FIND is a phone service that provides easy access to personnel information on matters of everyday interest and concern. It is a confidential service that is available to every Service person and family anywhere in Australia.

Lifeline (131 114) If you, or a friend, need to talk to someone about a problem immediately, you can call Lifeline for the cost of a local call.

Veterans and Veteran's Families Counselling Service (VPCS) This service is available to veterans of all deployments and their families. VETLINE – 24 hour emergency line (1800 011 046).

ADF Mental Health Strategy All-hours Support Line (ASL) The ASL is a confidential telephone triage support service for ADF members and their families that is available 24 hours a day, 7 days per week. (1800 628 036) (FREECALL within Australia) and (61 2 9425 3878) (outside Australia)

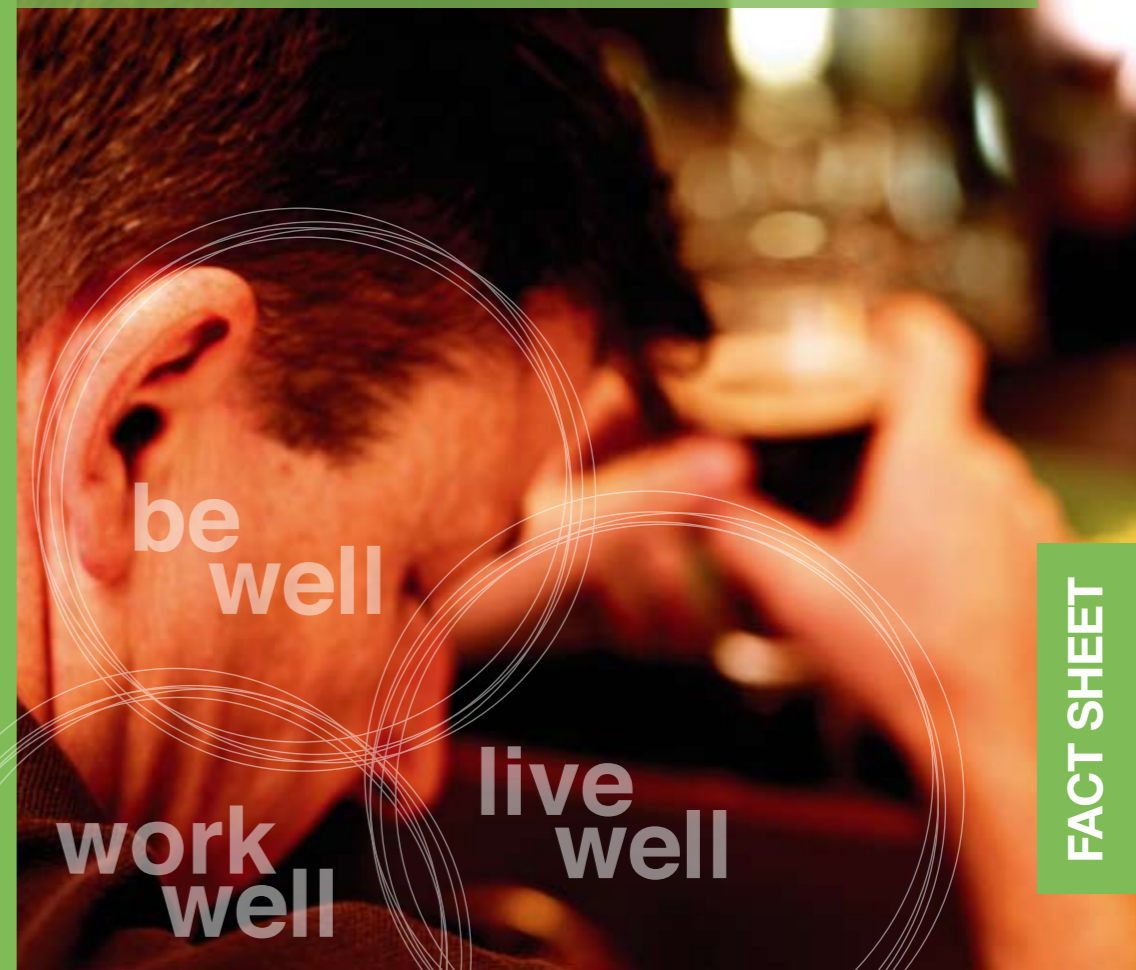
Australian Defence Force Mental Health Strategy (ADFMHS)

Defweb Address <http://intranet.defence.gov.au/dsg/sites/dmh/>
Internet Address www.defence.gov.au/health/DMH/i-dmh.htm
Email DMH.mentalhealth@defence.gov.au



Australian Government
Department of Defence

ADF Mental Health Strategy ALCOHOL REHABILITATION & EDUCATION PROGRAM (AREP)



be
well

work
well

live
well

Z00 91520-07

Introduction

The Australian Defence Force Alcohol Rehabilitation and Education Program (AREP) is based adjacent to No 3 Combat Support Hospital (3CSH) RAAF Base Richmond NSW.

Members are eligible for admission to AREP if they meet the criteria for alcohol dependence or are identified as drinking in the risky to high risk category, and whose social situation merits removal from their residential location and/or ship/unit (eg lack of support systems and environmental factors that promote risky or high risk alcohol consumption).

AREP offers a supportive, caring environment that focuses on a goal of alcohol abstinence in both the short and long term, as determined by the extent and severity of a member's dependence.

AREP also offers outpatient counselling and aftercare support for local members.

AREPs Mission

AREPs mission is to rehabilitate alcohol dependent ADF members by catering for their physical, psychological, emotional and spiritual needs and return them to the workforce as active, reliable members.

Referral to AREP

Your chain of command is a primary resource that can provide advice, referral and support.

Referral can be arranged through your local ADF Medical Centre or Psychology Section. Navy personnel can obtain referral through their divisional system, local Alcohol and Drug Program Advisor (ADPA) or can directly contact their local Alcohol and Drug Program Coordinator (ADPAC).

Admission

A member assessed as suitable for AREP is initially admitted to 3CSH for (on average) a period of two days. During this time a full medical assessment is conducted to determine the member's state of health and to conduct detoxification as necessary. A member must be in possession of their medical documents, referral documents (unless already faxed to AREP), personnel records and conduct records on presentation to 3CSH. Whilst in 3CSH members will meet their allocated AREP counsellor for individual counselling sessions and preparation for attendance at AREP.

Program

AREP is a holistic treatment program and uses a number of different counselling methods tailored to suit the member's individual needs. Some of the primary methods used are the skilled helper model, motivational interviewing and cognitive behavioural techniques. These are delivered through both group counselling and individual counselling sessions.

The AREP is of four weeks duration and runs continually throughout the year. The program assists the members to understand the physical, psychological, spiritual and social components of alcohol dependence and encourages the participants to review their current lifestyles, whilst learning new skills to effect change.

Components of the program are:

- group and individual counselling by specialist alcohol and other drugs counsellors
- education sessions covering all aspects of alcohol dependence including relapse prevention
- Life Skills Workshops that include communication skills, problem solving techniques, drink refusal skills, anger management, assertiveness skills, relaxation training and stress management techniques
- physical training, including daily supervised PT sessions and team sports
- introduction to self-help groups such as Alcoholics Anonymous and support groups such as Self-Management and Recovery Training (SMART).

Case Management

A team of specialists that include Alcohol and Other Drug counsellors, Medical Officers, psychologists, psychiatrists, chaplaincy services and Defence Community Organisation social workers provide support and intervention as required throughout the program. A duty counsellor is available at all times after hours with medical support available on a 24 hour basis.

Accommodation

During the four week program all members are accommodated in single rooms and share communal facilities (kitchen, common room, bathrooms and laundry).

Family Participation

As alcohol dependence impacts not only the member but also the family unit, spouses and those in Defence recognized interdependent relationships, are encouraged to attend AREP during the member's fourth week of treatment. Partners and spouses who join the program are encouraged to attend all educational group sessions while at AREP. This is designed to assist them in understanding the effects of alcohol dependence. Spouses or partners are assigned a primary counsellor who will give them support and guidance throughout their stay at AREP. As participants will be engaged in activities throughout the day and most evenings, children are not encouraged to attend AREP unless under exceptional circumstances.

Spouse / Partner Accommodation & Travel

Spouses or partners are accommodated in a self contained family suite. Accommodation, meals and laundry facilities are provided at no cost to attending spouses or partners. However, spouse / partner travel is by arrangement with the member's unit and funding should not be assumed. AREP will provide the attendance dates to spouses or partners on request.