

SERVICES

Community based Alcohol and other Drugs services provided under the DVA include:

- **Assessment**
Comprehensive assessment to identify needs and formulate a case plan, resulting in referral to an appropriate service
- **Counselling**
Client centred services including 1:1, family, couple, and group counselling which focuses on realistic goals and outcomes across all life domains including social, physical and emotional
- **Case Management**
Comprehensive assessment, case planning, service facilitation, outcome monitoring, and advocacy to connect individuals with services that best meet their needs
- **Follow-up and Aftercare Programs Services** could include:
 - Support for relapse prevention
 - Debriefing
 - Revision of previously taught materials
 - Teaching of new skills and coping strategies
 - May be delivered 1:1 or in a group setting

WE'D LIKE TO HEAR FROM YOU:

For more information on our services visit our website, call 08 8307 2800 or email DVA.AoD@lwb.org.au

ELIGIBILITY:

All DVA 'Gold Card' holders are eligible for services.

'White Card' holders are eligible if an alcohol use disorder or substance use disorder has been accepted by DVA.

DVA Health Care Card holders with written authorisation from DVA.



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WE'RE IN THIS TOGETHER

Community Based Alcohol and
other Drugs Services for Veterans



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Mental Health and Housing Support

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ALCOHOL AND OTHER DRUGS SERVICES

Life Without Barriers' (LWB) provides Alcohol and other Drugs services to Veterans and their families that are deemed eligible by the Department of Veterans Affairs (DVA).

Services are available through referral by a GP, hospital personnel, mental health allied health practitioner registered under Medicare, or Veterans and Veterans Families Counselling Services (VVCS).

WE'RE ALL ABOUT YOU

THE LWB APPROACH

We see people as individuals who have unique needs and tailor our services to meet their needs by adopting a client centred approach.

We adopt a harm-minimisation framework in the Alcohol and other Drugs programs, supporting our clients to identify and achieve their identified treatment goals.

Our goal is to partner with people and utilise their personal strengths to achieve long lasting changes in their lives.

Our services are designed and delivered in ways that are inclusive, appropriate and respectful to all people.

SERVICE PRINCIPLES

- Services are voluntary
- Intervene at the earliest possible point of crisis to minimise ongoing dependency on services
- LWB collaborates with other agencies, ensuring a comprehensive and holistic approach in meeting the client's needs, safety, and recognising/addressing the needs of client's children where applicable
- Provide relapse prevention strategies through education and group activities
- Adopt the SMART Recovery Methodology which teaches practical skills to help our clients build and maintain momentum, cope with urges, and problem solve enabling them to achieve a healthy lifestyle balance