

## COUNSELLING PROCESS

1. At the first appointment, we assess the client's current wellbeing, discuss immediate stresses or issues, and then work together to identify their personal goals they wish to reach through the program.
2. A personal assessment is carried out with the LWB Counsellor to ensure that an accurate and current health and wellbeing record is made, making external referrals where appropriate.
3. Should a client choose to undertake more counselling sessions, the initial assessment information is used to identify goals, develop a Case Plan and track progress.
4. At approximately halfway through the program, the counsellor and clients review the treatment plan, to highlight and celebrate their achievements, set new goals for the remaining sessions, and/or adjust goals based on what positive changes has been made.
5. Planning the end of the counselling sessions is based around goal achievement. LWBs expectations regarding attendance and exiting the program are openly discussed at the first session.

## WE'D LIKE TO HEAR FROM YOU:

| Region  | Phone        |
|---|--------------|
| Mount Gambier   | 08 8725 8081 |
| Ceduna  | 08 8649 1088 |
| Riverland   | 08 8580 5500 |
| Port Augusta  | 08 8649 1088 |
| Whyalla   | 08 8649 1088 |
| South East Region<br>(Naracoorte, Millicent,<br>Keith/Bordertown) | 08 8725 8081 |

For more information on our services call 08 8580 5500  
or email [AOD.Counsellor@lwb.org.au](mailto:AOD.Counsellor@lwb.org.au).



[www.lwb.org.au](http://www.lwb.org.au)



# WE'RE IN THIS TOGETHER

Alcohol and Other Drugs Program

**OUTPATIENT COUNSELLING**



05/08/2015 | LWB10380

**WE  
LIFE WITHOUT BARRIERS  
VE**

Mental Health and Housing Support

**WE  
LIFE WITHOUT BARRIERS  
VE**

Mental Health and Housing Support



# WE'RE ALL ABOUT YOU

## OUTPATIENT COUNSELLING

Life Without Barriers' (LWB) Drug and Alcohol Counselling Service provides one-on-one individualised counselling and group sessions to people with identifiable alcohol and/or other drugs dependency and/ or concerned parents or significant others.

Individuals accessing the service can either refer themselves; get referred by their GP, Health Services, Mental Health Services, Police, Alcohol & Drug Information Service (ADIS), Disability Service and other Community Organisations.

LWB offers the Outpatient Counselling services in targeted country regions of South Australia and also connect clients in this program to other agencies and organisations that can provide further assistance.

## 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 Drug programs, supporting our clients to identify and achieve their identified treatment goals.

Our goal is to help each client see their personal strengths and use these 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, particularly people who are often disadvantaged such as Aboriginal and Torres Strait Islander peoples, CALD and LGBTI Communities.

## OUTPATIENT COUNSELLING SERVICE

- Outpatient counselling is voluntary.
- Services are available to all persons from the age of 12 years.
- Each client is eligible for up to 14-sessions per counselling episode.

- Counselling sessions are held at our local offices and will operate within normal business hours – telephone and online support sessions will be available where significant barriers to accessing office based appointments exist.
- Services 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.
- When there is a waiting list, priority will be given to people who self-refer to our program and who have a strong desire to change their lives.
- Group sessions are held and they:
  - Provide relapse prevention strategies through education and group activities.
  - Adopt the SMART Recovery Methodology teaches practical skills to help our clients deal with problems enabling them abstain and achieve a healthy lifestyle balance.