

## Other drugs

*(including Heroin stimulants and Cannabis)*

Other services available to patients include assistance with withdrawal (including outpatient Buprenorphine assisted opioid withdrawal) primary care counselling, a cannabis cessation program and referral to Narcotics Anonymous, opioid treatment maintenance programs and/or Residential Rehabilitation.

## What support is provided for family members?

The unit places special importance on understanding and working with families. Anyone concerned about someone else's drug dependence can make an appointment to see support staff for themselves.

In some situations family members may be referred to a support unit or receive counselling.

## What other services does the unit provide?

The Alcohol and Drug Services Unit is available for professional lectures and seminars or education for hospital staff members. Members of our staff are available to talk about the unit with medical practitioners and community groups.

## Other contact numbers

- Drug and Alcohol Triage and Referral Service (DATARS) - 1300 660 059
- Psychiatric Emergency Centre - 1800 011 511
- Drug and Alcohol Information Service - 1800 422 599
- Mental Health and Substance Use Service (MHSUS) - 4033 5600
- Alcoholics Anonymous - 1300 222 222
- Awabakal Medical Services - 4907 85555
- Quitline - 13 78 48
- Lifeline - 13 11 14

Alcohol and Drug Services Unit  
'Physical Therapies' Reception B  
Medical Centre, Level 3  
Edith Street, Waratah NSW 2298  
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### About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. We're responsible for over 12,000 staff and volunteers, 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and a national network of Community Care Centres.



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# Alcohol and Drug Clinical Services Support Information



Continuing the Mission of the Sisters of the Little Company of Mary

## Who we can help?

The Alcohol and Drug Services Unit supports individuals with all forms of alcohol and/or drug problems. The unit also supports family members and friends of people with alcohol and drug problems who need assistance or counselling.

Calvary Mater Newcastle is a public hospital within the Hunter New England Local Health District network.

## How do we help?

All patients receive an individual assessment of their needs, which allows a rational choice of treatment or referral to be made. Where necessary the patient may undergo psychometric testing, specialist medical investigations, and/or referral for mental health services.

Consultation liaison with hospital inpatients to assist alcohol or drug dependence management is also available.

## Telephone enquiries:

During office hours:  
(02) 4014 4796

Limited after hours:  
(02) 4921 1211

Please ask for the Alcohol and Drug Nurse.



## What options are available?

Options vary based on the patient's alcohol and/or drug dependence. The following categories include a basic guide to the methods available for managing alcohol and/or drug problems.

### Alcohol

Options available to patients addressing alcohol dependence include primary care counselling, medical supervision, support medications (Acamprosate, Naltrexone, Disulfiram where appropriate), inpatient (limited) and outpatient withdrawal, group educational program, relaxation and referral to Alcoholics Anonymous, SMART Recovery and/or Residential Rehabilitation.

### Sedatives

Options available to patients addressing sedative dependence include withdrawal management, relaxation techniques, counselling and referral for psychiatric assessment where required.

### Nicotine

Options available to patients addressing nicotine dependence include a cessation program, nicotine replacement therapy counselling and referral to Quit for Life.

### Prescribed opioids

Options available to patients addressing prescribed opioid dependence include withdrawal management, counselling and non-pharmacological pain management.