



Key Themes from Tuesdays with Nexus **18 August 2020 - 9.30am**

30 people attended this session from AOD, MH and MHCSS services. You can access resources and Key themes from past sessions on our website:

<http://www.svhm.org.au/nexus/tuesdays> – Thank you for your participation.

Presentation

How to get support for families who are supporting a loved one experiencing AOD and gambling issues in COVID times?

***Rob Campbell - Family Drug and Gambling Help,
Self Help Addiction Recovery Centre (SHARC)
Family Drug Help 1300 660 068***

Angela Ireland, Gambling Support, SHARC

Sessions are free and go for 1 hour on the 1st and 3rd Tuesday of the month, 6-7pm. Participants are welcome to join any or all of the sessions.

To register, please email fgh@sharc.org.au

Next Session: Tuesday 18th August, 6-7 pm.

The topic:

Addiction and mental health, how it can erupt in COVID times.

Providing helpful conversations about the impact of mental health on the whole family and an opportunity to understand addiction as a mental health issue.

Please forward this email onto other interested parties. Any questions may be directed to Angela Ireland at SHARC – fgh@sharc.org.au

the link

Join Zoom Meeting

<https://us02web.zoom.us/j/8015434591?pwd=ZmVpbGZIMlVWVTkhIeDhzQ3dHYndldz09>

Meeting ID: 801 543 4591

Passcode: 6gckWf



Manal Shehad, FDH Psychoeducation program family support worker/facilitator

InFocus is an education program, developed by Family Drug Help, that offers practical support, relevant information, coping strategies and the opportunity for people to connect through their shared experiences. The program is facilitated by professionals who have also been impacted by someone's drug and alcohol use.

You don't have to do this alone – we've been there.

Free ONLINE learning via Google Classroom with six weekly sessions on particular topics AND weekly 1 hour Zoom meetings

- Wednesday 9th September – Wednesday 14th October

(first Zoom meeting WED 16th Sep 6.30pm – 7.30pm)

- Tuesday 15th September - Tuesday 27th October

(first Zoom meeting TUE 22nd Sep 6.30pm – 7.30pm)

This course is free to attend, however, bookings are essential. Phone Family Drug Help on 1300 660 068 or email kthomas@sharc.org.au

Glenn Hunter, SHARC Family Drug Help, Breakthrough: Families Understanding Addiction, Project Lead

<https://www.sharc.org.au/family-drug-help/breakthrough-ice-education-for-families/>

<https://www.breakthroughforfamilies.com/attend>

Fiona Anderson-FDH Family Support Group Coordinator



Support groups for families that are peer led mainly in Northern and Southern suburbs but can extend to other regions. (see link for details)

<https://www.sharc.org.au/family-drug-help/support-group/>

Resources shared

https://en.wikipedia.org/wiki/Karpman_drama_triangle

<https://www.svhm.org.au/our-services/departments-and-services/n/nexus/carers-can-ask>

Next session:

'Tuesdays with Nexus' - A weekly interactive online session

The Stepped Care Model for Mental Health, Psychosocial Support Service, Referral and Access Team and the new Government funding initiatives for COVID-19.

Rachel Pritchard Manager MH and AOD from the Eastern Melbourne Primary Health Network (EMPHN)

Connecting Internationally during COVID-19 – How to support communities beyond the borders. Brigid Ryan, Project Manager, International Unit, St Vincent's Mental Health.

Date: Tuesday's – 25 August 2020

Start time: 9.30 am – Victoria

Duration: 30-45 mins

Link:

<https://zoom.us/j/818805658?pwd=MIRtLzZyVXZKZU5CWk1JS0c5SnJvQT09>