



Umoona Tjutagku Health Service Drug and Alcohol Program

Lot 8, Umoona Road, Coober Pedy, SA. Phone: 08 8672 5255 www.uths.com.au

The Drug and Alcohol program at UTHS Aboriginal Corporation, in Coober Pedy, constitutes the social and emotional wellbeing service of the Clinic. In addition to the manager who is an experienced counsellor, there are two other male and female counsellors and two Aboriginal drug and alcohol counsellors, one male and a female to respect cultural protocols. They all use narrative approaches in their counselling and the *Bringing Them Home* counsellor also provides grief and loss counselling. A drug and alcohol mentor brings invaluable experience to the team. They perform 'assertive outreach' work daily, on the streets of Coober Pedy, providing support to any Aboriginal person who is perceived to be in need. They check on medication management, and the wellbeing of clients, making referrals where needed and inviting people for showers and breakfast, where discreet further monitoring can occur.

The weekly women's group provides a safe environment for women to share their stories and obtain support, referrals and health information while performing painting, or gathering and cooking bush tucker. The Mamaku (father's) group provides similar support for Aboriginal men while undertaking leather work, writing lyrics and composing and performing songs which reflect their journeys. They also go hunting and fishing and cook their quarry in traditional ways. UTHS provides transport to and from these groups as most people do not have private vehicles.

Ngangkari visit regularly and, in addition to health care, they also provide advice about and perform smoking ceremonies of buildings and offices as deemed necessary.

The SEWB team provides referrals to other sections of the clinic including the mental health nurse and the visiting psychiatrists.

Youth basketball and cycling programs provide opportunities for the SEWB team to keep an eye on the wellbeing of youth and provide referrals as needed.

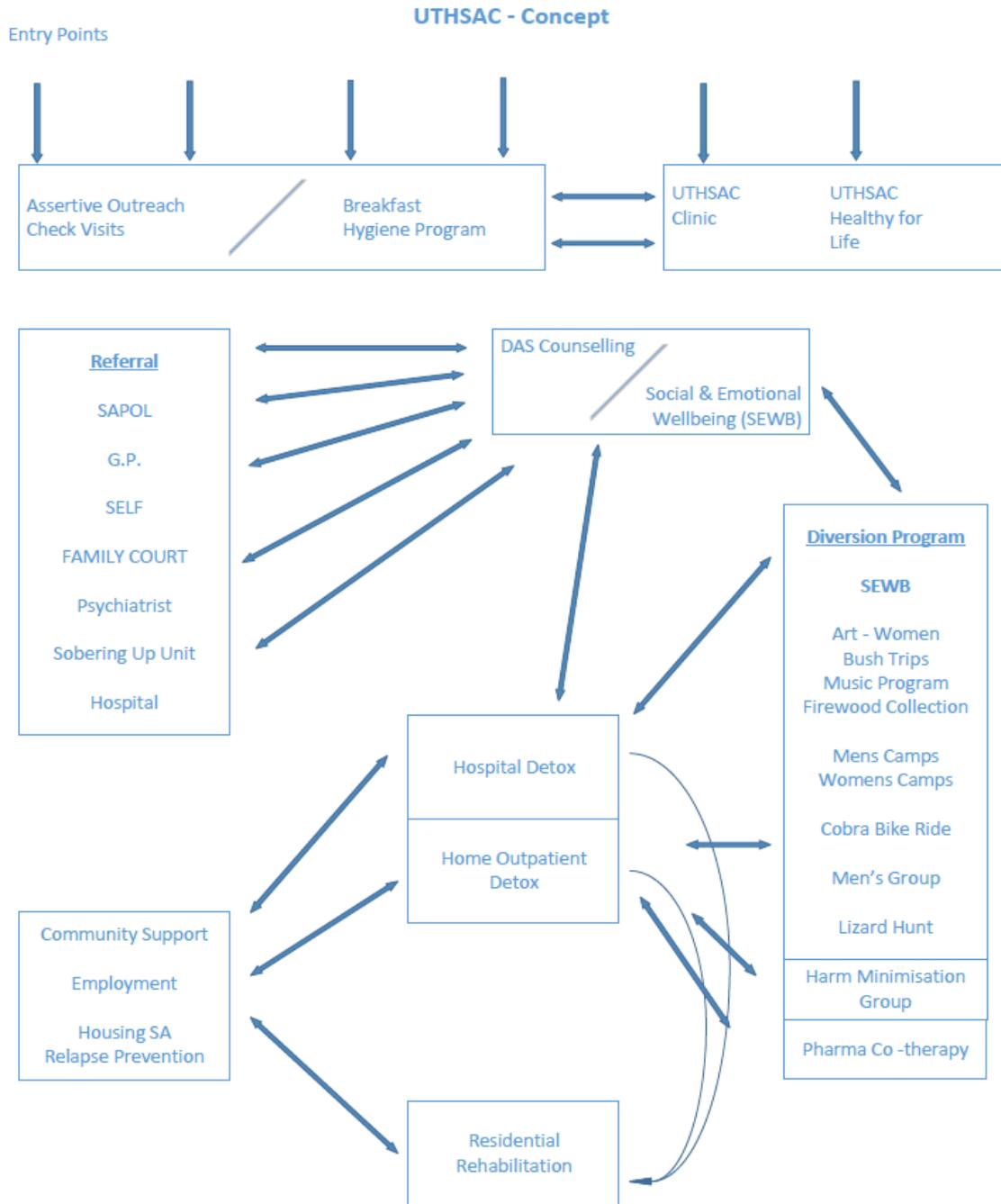
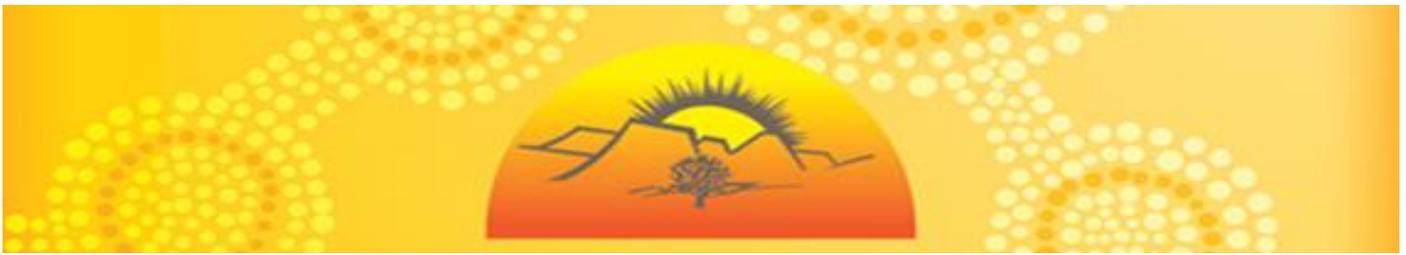
People who are recently bereaved are closely monitored. If they wish to attend 'sorry business' on country, a team member will transport them to the desired location and provide them with shelter, food and water and pick them up afterwards.



"Coober Pedy - Sunset on the Breakways" by Lodo27 from Moscow, Russia. Licensed under CC BY-SA 3.0 via Commons -

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The diagram on the following page depicts the entry points, referral pathways and various services offered through Umoona Tjutagku Health Services Aboriginal Corporation.



All supported by Staff

- Aboriginal Mentor
- Two Aboriginal Health Professionals (Cert III in AOD)
- Counsellor (Master of Social Work, Master of Counselling, going for Cert IV)
- SEWB Counsellor
- Manager
- Mental Health Nurse
- Activity Coordinator.