



OOLONG HOUSE

Oolong House is an Aboriginal run residential rehabilitation that provides treatment for both Indigenous and non-Indigenous men who want to regain their lives and manage problems linked to alcohol and other drugs. The program is 16 weeks long, with clients building motivation to live life fully, personal strengths and dignity, skills to survive and thrive, self knowledge and long term alternatives to drinking and drugging. On entry to the program, all residents define their own needs, goals and strengths. Individual case management and therapy assists residents to plan their transition through the program stages and then into the community.

The Oolong therapy program is CBT based and involves group and individual sessions where clients learn and practice specific skills. Oolong also includes talking, art, music, visiting significant sites and manual construction as part of the program. Some sessions may be facilitated by Aboriginal elders involving cultural skills, while some may be facilitated by community partners covering issues of general health, sexual health, finances and budgeting. Residents also participate in the Oolong activity and relaxation programs in order to develop health, social connections and drug free fun. For more information about Oolong House visit www.oolonghouse.org.au

Project Overview

The Improved Services Initiative is a national project to build the capacity of non-government drug and alcohol organisations to effectively identify and treat dual diagnosis substance use and mental illness. Oolong House is funded through this initiative to employ a project officer to improve client healing outcomes by building partnerships and linkages with other service providers, improving services through activities such as updating policies and procedures, accreditation and quality improvement, data collection as well as organising staff training and development.

Project Highlights To Date

Oolong has employed a suite of client assessment tools at baseline, midway and completion to measure mental health and emotional wellbeing. These assessments integrate indigenous designed screens (IRIS, GEM) with mainstream assessments (PsyCheck, BTOM, K10, Drug Taking Confidence Questionnaire, Significant Events Questionnaire) and the specifically developed Treatment Component Evaluation. Assessments will be used to individualize client treatments plans and therapy as well as allowing Oolong to monitor the effectiveness of different aspects of the program.

Another highlight has been the formation of linkages with numerous organisations (e.g. Area Health, DACAT, CDAT and local GPs) which are currently being expanded. Furthermore, staff have attended 11 training courses in Sydney and had in house training in IRIS (Indigenous Risk Impact Screen) and MISU (Mental Illness and Substance Use) as well as having 8 staff complete the Certificate IV in AOD. In addition, Oolong is currently gaining accreditation.

2010 Project Activities

Accreditation and the development and updating of policies and procedures will be a main focal point in the upcoming year. Attention will be also directed to the development of the linkages already formed with the aim of entering into formal agreements with other service providers.

Contact Details

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