




The Right Medicine: Paths out of Alcohol and Other Drug Use – Webinar Series PROGRAM


The Right Medicine: Paths out of Alcohol and Other Drug Use webinar series aims to improve care to patients who drink alcohol or use other substances in primary care settings. The webinar series is RACGP/ACRRM CPD accredited. The presentations will have a GP focus, however other health professionals are welcome to attend. This webinar series has been developed in partnership with Hunter Primary Care.

Webinar 1: ALCOHOL AND OTHER DRUG ASSESSMENT AND WITHDRAWAL

Webinar date: 3rd February 2021 7:00pm - 8:30 pm




Topic / Activity	Facilitator/s	Photo	Objective	Description	Biography
Housekeeping, acknowledgement of Country and introduce Speakers	GP Chair: Dr Julian Keats		N/A	N/A	Dr Julian Keats MBBS FACHAM is a specialist in addiction medicine and a Fellow of the Australasian Chapter of Addiction Medicine within the Royal Australasian College of Physicians. He has worked in the public drug and alcohol sector for over 10 years. Dr Keats provides private addiction medicine specialist services to community outpatients at Drug & Alcohol Health Services in Muswellbrook and to residential rehabilitation inpatients at WHOS (We Help Our Selves) Hunter Valley therapeutic community. Dr Keats also produces a podcast called 'Addiction in Simple Terms' that helps patients, families and healthcare providers alike to better understand some of the important issues in addiction.
Alcohol and Other Drug Assessment in the primary care setting	Dr Kylie Bailey		Alcohol and Other Drug Assessment in the primary care setting: For participants to understand the importance of accurately screening for AOD use, that includes identifying patterns (quantity and frequency) of AOD use.	Accurately screening for alcohol and other drug use is a challenge in primary care settings. Learn how to ask about quantity, frequency and use patterns to help identify alcohol and substance use disorders. Understanding physical and mental health withdrawal symptoms will also be covered.	Dr Kylie Bailey is a Senior Clinical Psychologist with over 20 years working in the alcohol and other drug field teaching, supervising and treating clients. She is a Service Manager at Hunter Primary Care and Senior Lecturer at the University of Newcastle. She has published articles on mental health and addiction, presented at conferences and developed as well as delivered training programs on mental health and addiction. Kylie has also written treatment manuals for alcohol and other drug use and her most recent publication is an Evidence Check for the Sax Institute on workforce recruitment and retention for AOD services. Currently, Kylie is evaluating the Pool Party binge drinking health promotion strategy in the Hunter region, which she co-wrote with an addiction nurse.
Screening and Managing Withdrawal Symptoms Overlap with Mental Health symptoms	Dr Adrian Dunlop		At the completion of the webinar, participants will be familiar with the diagnosis of a substance withdrawal syndrome (of common substances including alcohol, opioids) and the principles of management including pharmacological and psychoeducation	Individuals who are heavy and regular users of psychoactive substances (including alcohol, opioids, benzodiazepines, cannabis and methamphetamines), can with ongoing exposure develop dependence. Some dependent individuals will experience a substance specific withdrawal syndrome when they cease using that substance (e.g. alcohol withdrawal). Some withdrawal syndromes have medical risks (e.g. severe alcohol withdrawal) or complications (withdrawal seizures). This webinar will briefly outline key withdrawal syndromes and discuss the principles of management.	Dr Adrian Dunlop is Director and Senior Staff Specialist for Hunter New England Local Health District Drug & Alcohol Clinical Services and Conjoint Professor, School of Medicine and Public Health, Faculty of Health, University of Newcastle and Honorary Medical Officer, Addiction Medicine, Justice Health and Forensic Mental Health Network, and consultant to the Drug & Alcohol Specialist Advisory Service as well as St Vincent's Local Health Network. He was the Chief Addiction Medicine Specialist, NSW Health (2014-2018) and Clinical Advisor (2012-13) responsible for policy advice in drug and alcohol to the NSW Ministry of Health. In 2005 Adrian was awarded a Churchill Fellowship to investigate the treatment of opiate dependence in pregnancy. In 2020 he was a finalist for HNELHD's Collaborative Leader of the Year award, in 2010 he was awarded Clinical Leader of the Year by HNELHD. In 2019 he was awarded the APSAD Senior Scientist Award, in 2014 the APSAD Clinician Award and was a 2015 James Rankin orator for APSAD.

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	Dr Adrian Dunlop				Adrian has 25 years-experience in the drug and alcohol field, over 225 publications including over 125 peer reviewed journal articles, 9 book chapters, a co-author on 9 Australian guidelines on drug and alcohol treatment management, including the recent Clinical Guidelines for the Use of Depot Buprenorphine (Buvidal and Sublocade) in the treatment of opioid dependence, funded by NSW Health.
Managing Alcohol and Other Drug Presentations in the GP Setting	Dr Simon Holliday		To increase practitioner's confidence in screening and managing AOD presentations in the primary care setting.	Stigmatising attitudes are a natural response to those with drug or alcohol problems. We will look at establishing time-efficient and non-threatening screening systems for your general practice. In this webinar, you will briefly cover how to assess and address any identified substance use using a patient-centred approach.	Dr Simon Holliday has been a rural general practitioner in NSW for three decades and has worked part-time for over two decades for the Drug and Alcohol Clinical Services of the Hunter New England Local Health District at the Manning Hospital, initially as Visiting Medical Officer and then as Staff Specialist. He is immediate past chair of the Royal Australian College of General Practitioners Specific Interests network of pain management and a Conjoint Lecturer, School of Medicine and Public Health, University of Newcastle. He has been principal author &/or collaborator on several opinion pieces and research studies on the management of pain, addiction and psychoactive pharmaceuticals in general practice and the evaluation of such education for GPs.

Webinar 2: MENTAL HEALTH COMORBIDITY AND STIGMA IN AOD PATIENTS




Webinar Date: 17th February 2021, 7:00 pm - 8:30 pm

Topic / Activity	Facilitator/s	Photo	Objective	Description	Biography
Housekeeping, acknowledgement of Country and Introduce Speakers			N/A	N/A	
Mental Health and Psychosis	Mr Richard Clancy		To share practical strategies for identifying and managing substance related mental health issues in primary care.	There are significant challenges associated with mental health and substance use presentations including identification, management and referral options. The physical environment of the GP setting and time constraints further complicate what is already a difficult situation. This presentation offers practical advice for clinicians who are facing these challenges.	Richard Clancy is the Mental Health Nursing Research Fellow with Hunter New England Health, and Conjoint Associate Professor with the University of Newcastle. He has qualifications in epidemiology, social sciences and nursing. Much of Richard's 40 years of clinical experience has been in mental health, including over 20 years working in clinical leadership roles within a specialised mental health and substance use service. Richard has conducted research and published on topics related to mental health comorbidities of substance use, physical health and recovery. He has delivered numerous workshops to clinicians over many years with a focus on translating evidence-based theory into practical strategies to assist clinicians in their clinical practice.
Identifying Comorbid Mental Health Symptoms in an Alcohol and Other Drug Patient Population	Dr Tarun Yadav		To understand the role of appropriate language when assessing for Patient with Substance use disorder in Primary Health Care setting.	Discussion regarding the use of stigmatising language proclaims with Substance use disorder and its impact on their willingness to seek treatment. Some tips will be offered regarding how to avoid the common mistakes by health professionals.	Dr Tarun Yadav is a Fellow of Royal Australian and New Zealand College of Psychiatry with special interest in Addiction. He has been working part time as a Specialist with Drug and Alcohol Services in Hunter New England Local Health District along with being Conjoint Lecturer at Faculty of Health and Medicine, The University of Newcastle and in private Practice. He is also a specialist with Black Dog Institute Mood disorder clinic and TMS Australia.
Stigma of Alcohol and Other Drug Patients https://www.nuaa.org.au/	NUAA				The NSW Users and AIDS Association (NUAA) is a peer-based drug user organisation. Staffed and governed by people who use drugs, NUAA strives to improve our advocacy for, and services supporting, the diversity of people impacted by stigma and discrimination caused by the criminalisation of drug use across NSW through working with a broad range of stakeholders and partners to support system change.

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Webinar 3: BRIEF INTERVENTION AND RELAPSE PREVENTION

Webinar Date: 3rd March 2021, 7:00 pm - 8:30 pm

Topic / Activity	Facilitator/s	Photo	Objective	Description	Biography
Housekeeping, acknowledgement of Country and Introduce Speakers	GP Chair from the Central Coast Dr Oliver Weir		N/A	N/A	From Suffolk, England and qualified from University of Manchester in 2007. Completed GP training and MRCGP 2011. Moved to Australia in 2013. 7 years working part time in residential rehab setting at Dooralong Transformation Centre 2013-2020 Areas of interest: mental health, addiction medicine & football! (soccer)
Stages of Change and Relapse Prevention	Dr Kylie Bailey		Stages of Change and Relapse Prevention: To know the stages of change of behaviour change as well as understand relapse prevention.	How do you know what stage of change your patient is at? How can you help your patient make a change to improve their health? How can you help someone maintain their reduction or abstinence goals about their alcohol and other drug use? Watch this webinar so that you can learn about the evidence-based Stages of Change model, motivational interviewing and relapse prevention strategies to improve your patient's outcomes.	Dr Kylie Bailey is a Senior Clinical Psychologist with over 20 years working in the alcohol and other drug field teaching, supervising and treating clients. She is a Service Manager at Hunter Primary Care and Senior Lecturer at the University of Newcastle. She has published articles on mental health and addiction, presented at conferences and developed as well as delivered training programs on mental health and addiction. Kylie has also written treatment manuals for alcohol and other drug use and her most recent publication is an Evidence Check for the Sax Institute on workforce recruitment and retention for AOD services. Currently, Kylie is evaluating the Pool Party binge drinking health promotion strategy in the Hunter region, which she co-wrote with an addiction nurse.
Prescribing practices that can create iatrogenic addiction	Dr Simon Holliday		To reduce prescribing practices that increase the risk of patients developing a dependence on opiates and benzodiazepines when managing chronic pain, insomnia and anxiety disorders.	Helping patients manage chronic pain, insomnia and anxiety can inadvertently create a long-term reliance on prescription medication. Evidence-based strategies exist in helping to reduce this risk. Dr Holliday will outline some pragmatic strategies to avoid creating these situations as well as dealing with inherited patients on long-term addictive pharmacotherapies.	Dr Simon Holliday has been a rural general practitioner in NSW for three decades and has worked part-time for over two decades for the Drug and Alcohol Clinical Services of the Hunter New England Local Health District at the Manning Hospital, initially as Visiting Medical Officer and then as Staff Specialist. He is immediate past chair of the Royal Australian College of General Practitioners Specific Interests network of pain management and a Conjoint Lecturer, School of Medicine and Public Health, University of Newcastle. He has been principal author &/or collaborator on several opinion pieces and research studies on the management of pain, addiction and psychoactive pharmaceuticals in general practice and the evaluation of such education for GPs.
Working with relapsing patients	Dr Julian Keats		From this session the participant will gain an understanding of the concept of relapse in the context of substance use disorders and addiction and learn how to identify and respond to relapse to help patients maintain their progress in treatment.	Addiction is often described as a chronic relapsing and remitting disease in which patients fluctuate between periods of heavier or more frequent problematic substance use and periods of reduced or controlled less problematic substance use, including abstinence for some. The challenges of preventing and/or managing relapse are therefore a core component of the long-term treatment approach needed for substance use disorders. This session will explore the concept of relapse and the factors that may lead to its development, as well as introduce some approaches that may help both the clinician and the patient respond constructively to promote learning, implement change and maintain motivation when relapse becomes an issue.	Dr Julian Keats MBBS FACHAM is a specialist in addiction medicine and a Fellow of the Australasian Chapter of Addiction Medicine within the Royal Australasian College of Physicians. He has worked in the public drug and alcohol sector for over 10 years. Dr Keats provides private addiction medicine specialist services to community outpatients at Drug & Alcohol Health Services in Muswellbrook and to residential rehabilitation inpatients at WHOS (We Help Our Selves) Hunter Valley therapeutic community. Dr Keats also produces a podcast called 'Addiction in Simple Terms' that helps patients, families and healthcare providers alike to better understand some of the important issues in addiction.