

# Alcohol and Other Drug Treatment Pathway

## Overview

The Juvenile Justice Alcohol and Other Drug (AOD) Treatment Pathway is comprised of 3 evidence based programs, all written in Australia and containing a full range of user friendly resources. Each program has been specifically designed to comply with best practice and evidence based principles with a view to addressing the needs of young clients whose pattern of alcohol and other drug use is related to their offending behaviour.

[Alcohol and Other Drugs Treatment Pathway](#)  
[Alcohol and Other Drugs Flowchart](#)

The treatment pathway is designed to address client's treatment needs at specific stages within the change cycle. Our programs firstly educate (harm minimisation education and skill building), then motivate (pre-contemplation to contemplation), and finally provide treatment (action and maintenance) for young offenders.

There are three stages to the Alcohol and Other Drug Treatment Pathway. Detailed descriptions of each stage can be access through the links below.

[Stage 1: AOD Education & Harm Minimisation](#)  
[Stage 2: Profile](#)  
[Stage 3: X Roads](#)

## Dthina Yuwali (Aboriginal Alcohol & Other Drug Program)

Dthina Yuwali is a group work based program that focuses on the relationship between substance use and pathways to offending. Dthina Yuwali is a staged program, consisting of 14 sessions over 3 stages.

Further information on this program: [Dthina Yuwali](#)

## Contact

For further information on the AOD programs please contact:

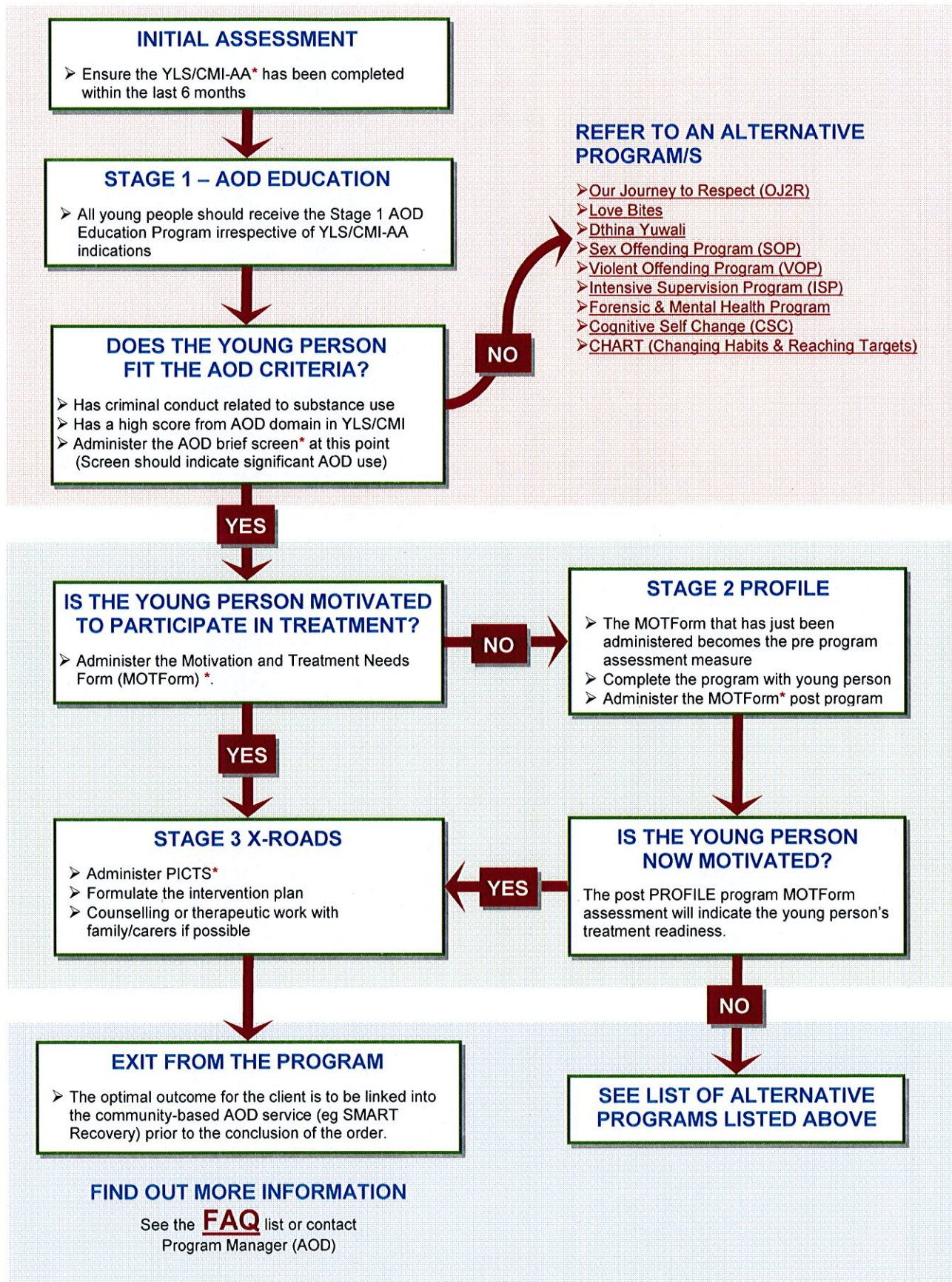
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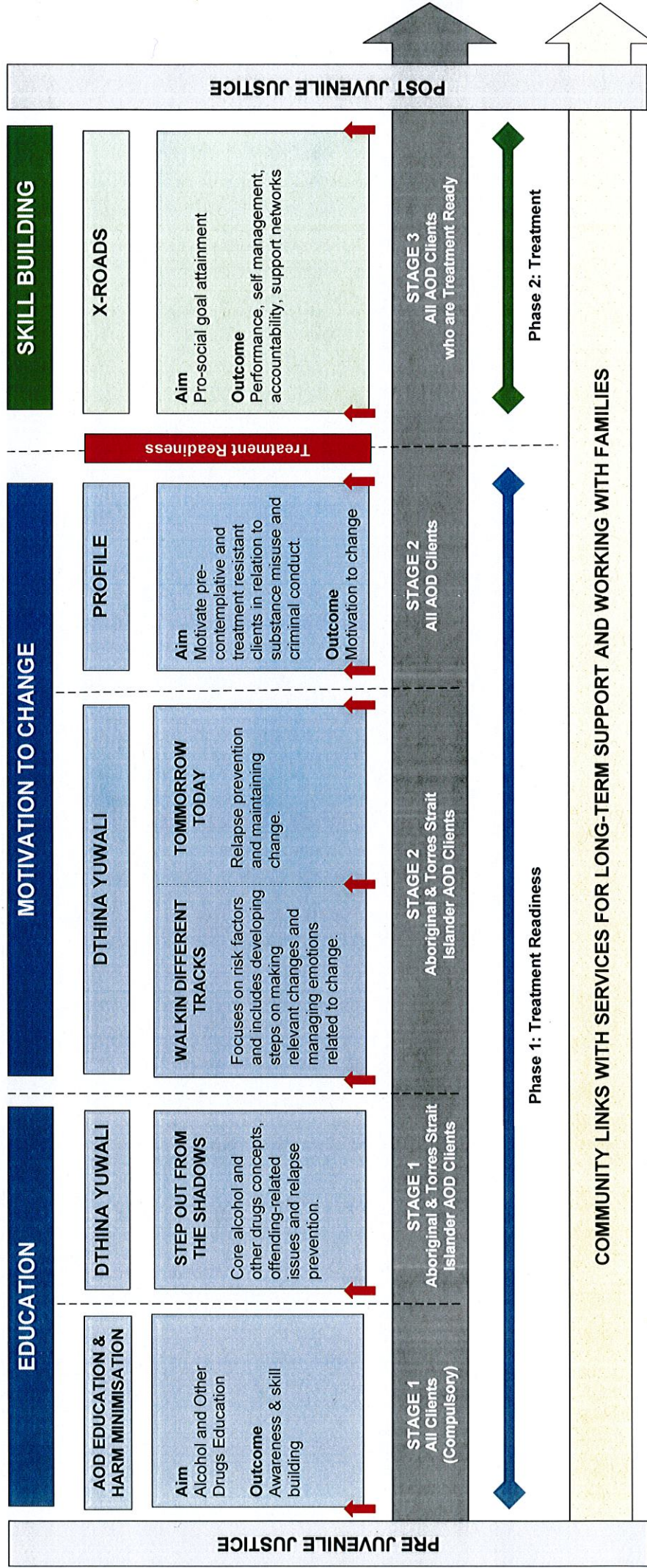
Document tendered by  
Suellen Lembke, Juvenile  
Justice NSW, Attorney-General &  
Received by Justice  
R. Victoria  
Date: 17 / 6 / 13  
Resolved to publish Yes / No

# AOD FLOWCHART



\* Enter into Client Information Management System (CIMS)

# AOD TREATMENT PATHWAY



Profile is available to all clients of Juvenile Justice. Dthina Yuwali, where available, provides an **alternative** to Profile for Aboriginal and Torres Strait Islander clients. Dthina Yuwali should be provided to clients in the **correct sequence**, that is, Step Out of the Shadows → Walking Different Tracks → Tomorrow Today.

Red Arrows indicate Pre- and Post-Program Assessment points

# Alcohol and Other Drug Treatment Pathway Stage 1: AOD Education & Harm Minimisation

## Overview



This stage aims to bring about an awareness of substances and consequences related to their misuse. The program also introduces the concepts, principles and skills relating to harm minimisation. The content within Stage 1 is duty of care information for young people who are exposed to substance misuse and criminal conduct.

The intended outcome is to inform, educate, and provide skill building opportunities to young people in harm minimisation, the nature of alcohol and other drugs substances and their potential negative effects on young people.

[Alcohol and Other Drugs Treatment Pathway](#)  
[Alcohol and Other Drugs Flowchart](#)

## Target Group

All clients of Juvenile Justice.

## Resources

The AOD Education & Harm Minimisation Skills Booklet has been divided into sections to enable it to be placed on the intranet. For a printed version of the whole booklet please contact the Program Manager (Alcohol and Other Drugs).

[The Journey from Uptake to Dependence \(Cover – pg25\)](#)  
[Effects of Alcohol and Other Drugs \(pg 26 – 35\)](#)  
[Harm Minimisation and Drug Withdrawal \(pg 36 – 47\)](#)  
[Where to Get Help \(pg 48 – 49\)](#)  
[Additional Resources \(pg 50 – Back Cover\)](#)

## Contact

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# Alcohol and Other Drug Treatment Pathway

## Stage 2: Profile

### Overview



Profile stands for Personal Review of Offences File. This program is motivationally designed to promote problem recognition and treatment readiness in participants. In relation to problem recognition: the program aims to personalise these consequences to each participant, with a view to them being given the opportunity to address their thought patterns, attitudes, and behaviour. The Profile program therefore aims to promote reasoning towards making informed and constructive decisions in relation to personal change in thinking patterns, including those related to criminal behaviour, lifestyle choices and substance use. Reading and writing skills are not required therefore this program is accessible for young people with low literacy skills.

The intended outcome is to motivate resistant pre contemplative offenders to a frame of mind where they may contemplate change. Participants completing Profile should gain an enhanced and demonstrable understanding of the causing and surrounding factors influencing their offending behaviour. Motivation to change could be shown by a participant's decision to progress into Stage 3 of the AOD Treatment Pathway.

[Alcohol and Other Drugs Treatment Pathway](#)  
[Alcohol and Other Drugs Flowchart](#)

### Target Group

The stage is for resistant clients (pre contemplators). Those clients who are mandated to participate in the AOD Program and/or whose pattern of alcohol and other drug use is related to their offending behaviour, but who also have no intention of addressing these issues.

### Resources

The resources for the Profile program are too large to download from the intranet and are available from Programs Branch and at training events.

### Contact

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# Alcohol and Other Drug Treatment Pathway

## Stage 3: X Roads

### Overview



X-Roads (Cross Roads) is a high intensity treatment program for participants who have been assessed as being 'treatment ready', or willing to give change a chance. This program is the first of its kind in the world. It has been developed in a joint effort between NDARC (National Drug and Alcohol Research Centre) and Juvenile Justice NSW. The program focuses on addressing identified treatment needs such as criminal thinking patterns, substance misuse, and anger management. This program has also been designed for clients with lower literacy ability. This treatment regime is multi modal in its approach and contains a manual to help engage and work with the client's family or carers whilst their child is engaged in treatment.

The indented outcome for X Roads is to provide treatment to contemplative clients who are willing to start taking action by setting goals for change. Outcomes are focussed on clients working towards pro social goal attainment, skill building for coping with urges and cravings, anger and emotional management, and self challenging of criminal thinking patterns.

[Alcohol and Other Drugs Treatment Pathway](#)  
[Alcohol and Other Drugs Flowchart](#)

### Target Group

X Roads is for treatment ready clients (contemplators ready for action). Those clients who are mandated to participate in the AOD Program and/or whose pattern of alcohol and other drug use is related to their offending behaviour, and who are willing to give treatment a chance.

### Resources

X-Roads comes complete with comprehensive facilitator's guides and an extensive kit full of resources such as posters, cards, and board games.

The resources for the X-Roads program are too large to download from the intranet and are available from Programs Branch and at training events.

### Contact

For further information on the AOD programs please contact:

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