

## **THE GOLD COAST DRUG COUNCIL INC.**

The Gold Coast Drug Council Inc., also known locally as Mirikai (formerly the Drug Referral Centre), is a registered charitable institution. It was established in 1971 as the first alcohol and drug service on the Gold Coast and received a land grant from the Gold Coast City Council in 1981 to develop services in West Burleigh. Since that time we have developed into a centre for education, prevention, assessment, referral and detoxification.

In addition to the Mirikai ("place of peace"), Therapeutic Community Program, we offer a growing number of programs, such as Drug Court, QIDDI, Youth Outreach service, Family Therapy service and OASIS supported accommodation program. In recent years we have developed a specialist clinical team to manage and treat clients with both addictions and mental health disorders (referred to as "dual diagnosis"). We continue to review and develop our services to meet new needs.

The Gold Coast Drug Council also provides a 24 hour telephone information and referral service for people wanting assistance to address drug-related problems. We handle thousands of telephone calls and enquiries each year.

The Gold Coast Drug Council has been quality accredited by the Institute of Healthy Communities Association since 2001.

## **YOUTH DUAL DIAGNOSIS SUPPORT PROGRAM**

This program supports young people who have substance abuse and mental health problems (known as "dual diagnosis").

The term "dual diagnosis" or "co-morbidity" is used to identify people who have problematic substance use and at the same time a mental health problem. The problems associated with each condition on their own is overshadowed when they co-exist. This interaction can lead to significant social problems; difficulties with daily living activities, worsening of mental and physical health; strained family relationships; homelessness; poor motivation; loss of support networks; and legal and financial difficulties.

### **Who?**

Clients are aged 12 to 25, and for a variety of reasons often find it difficult to access the mainstream psychiatric, alcohol or drug services. Clients can be referred from a range of sources, including health, welfare, community organizations, youth organisations & networks, or they or their families/friends may self-refer.

Clients should phone our Receptionist/ Advice Worker on (07) 5535 4302 to make enquiries about accessing the service.

### **How?**

A clinician will conduct an initial and comprehensive assessment of the client's level of problematic drug use and their current mental state. The client will then be formally assessed by a Specialist, to prescribe medication if needed. The clinician will often work with other agencies relevant to the clients needs to develop an individual treatment plan e.g., mental health services; youth services, General Practitioners etc...

As part of treatment planning, clients may also receive a tailored program of psycho-education and training in relapse prevention techniques.

Sometimes another agency will retain the primary case management of the client, with the Youth Dual Diagnosis Support Program contributing to the delivery of the treatment plan.

### **Where?**

The Youth Dual Diagnosis Support Program is based at the Gold Coast Drug Council, 191 West Burleigh Road, Burleigh Heads, Qld (see map). Outreach services are also available.

### **Cost?**

This program, free of charge to clients, is funded by the Australian Department of Health & Ageing as part of the National Illicit Drug Strategy (NIDS).

