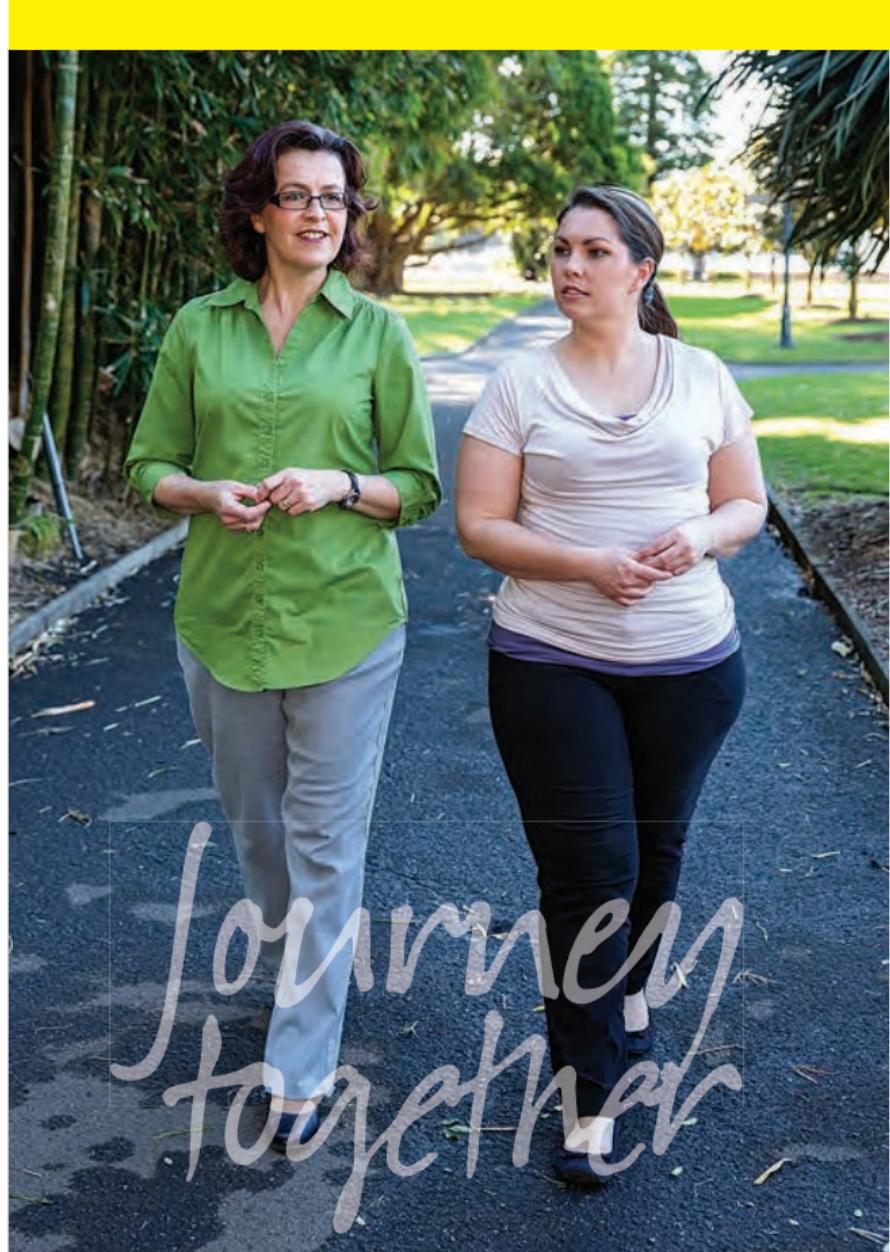




Wesley Mental Health

Drug and Alcohol Addiction Program

Wesley Hospital Kogarah



'Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.'

Mission

Continuing the work of Jesus Christ in Word and deed

Wesley Mission is an organisation with a long tradition of doing all it can to help those suffering with mental illness. Today, we continue that work thanks to the variety of world-class research based treatment programs offered at our Ashfield and Kogarah hospitals.



A handwritten signature in black ink, reading 'Keith Garner', with a thin horizontal line extending from the end of the signature towards the right.

Rev Dr Keith V Garner, AM
Superintendent/CEO



We treat substance use problems holistically, assisting you to break the cycle and take the appropriate steps towards recovery.





The use of alcohol and drugs is in some social settings an accepted part of the Australian lifestyle. What starts as a pleasurable experience can, for some people, lead to significant problems including substance abuse and dependence.

Do I have a problem with drugs or alcohol?

It can be difficult to identify whether you or someone you know is suffering from problems with alcohol or other drugs. Addiction doesn't discriminate; it can affect a person of any age or background. Sometimes, the person with the problem may not be aware of the difficulties that their substance use is causing, even though their friends and family are concerned.

There are a number of warning signs that may indicate a person has a problem with alcohol or drugs, including:

- problems or changes in relationships
- problems at, or absences from work
- drinking more than four standard drinks (males) or two standard drinks (females) on average per day
- changes in personality
- changes in behaviour or aggressive behaviour
- moodiness or mood swings
- feeling depressed or anxious
- blackouts
- memory problems
- physical health problems
- thoughts, emotions, and activities are increasingly on substance use.

Without treatment, these issues will often lead to significant problems in a number of areas, including social, physical and mental health, as well as work, study, legal, or financial problems.

What is dependence?

Dependence means that using the substance becomes a central focus of a person's thoughts, emotions, and activities. A dependent person may crave alcohol or drugs (including prescription or over-the-counter medications), and may experience withdrawal symptoms when trying to stop their intake.

What is withdrawal?

Withdrawal symptoms may occur when a person who is dependent on alcohol or drugs reduces or stops their intake.

Symptoms may include:

- anxiety or agitation
- vomiting
- tremors/shaking
- inability to sleep or excessive sleep
- inability to concentrate
- mood swings.

And in severe cases:

- fits or convulsions
- hallucinations.





Where can I get help?

The first and most important step to addressing substance use issues is to seek admission to a supervised detox program. Detoxing from alcohol and other drugs is a complex process that can be dangerous if not supervised by medical professionals.

Wesley Hospital Kogarah offers a highly regarded, evidence-based treatment program that can assist you to break the cycle of alcohol or drug dependency and take the appropriate steps towards recovery.

We treat substance use problems holistically, taking into consideration your physical, emotional and mental health. We understand that there are a number of factors that contribute to substance abuse, and recognise that these factors need to be addressed in the treatment of alcohol and drug use problems.

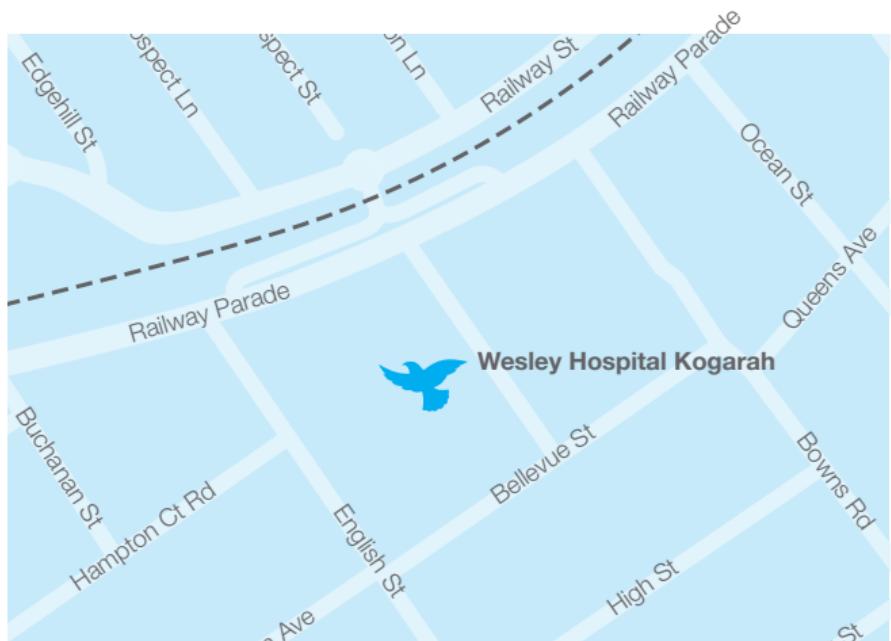
We also recognise that substance use problems often require more than mere “willpower” to overcome.



How to find us

Wesley Hospital Kogarah is conveniently located within walking distance of the local shopping precinct, cafés, and is only a 10 minute walk from Kogarah and Carlton train stations and other public transport.

If you are driving, we have a patient and visitor car park via Blake Street. In addition, there is street parking available around the hospital.



What does treatment involve?

Treatment begins with a 21 day inpatient program. During your stay, you will receive support and medications tailored to help you manage the complex and variable ways in which your body may react to the detox process.

In addition to medical care, treatment also includes participation in an evidence-based psychological therapy program. This program educates you about the nature of substance use problems and dependence, and increases your ability to identify and manage the factors that make you vulnerable to substance abuse. The program assists you to modify your lifestyle to increase your ability to remain abstinent in the future, and aims to develop your self-reliance.



Treatment includes:

- detailed clinical assessment from qualified professionals
- provision of medicated detoxification when clinically indicated
- increasing motivation to change
- education about substance use and the addiction cycle
- education regarding the relationship between substance use and emotional issues, including depression, anxiety and anger
- assistance to identify triggers of substance use
- cognitive behaviour therapy to address thoughts and behaviours that maintain substance use problems
- assistance to develop skills for managing cravings and urges
- skill development, including problem solving skills, assertiveness and communication skills, distress tolerance and mindfulness skills
- improvement of self esteem
- relapse prevention.

The program also includes education sessions with Professor John Saunders, a highly respected physician in the field of substance abuse and dependence.

What about ongoing support?

In addition to our inpatient program, we provide an ongoing day patient program that provides support to our patients after they have left the hospital. The day patient program occurs once a week, and allows you to refresh information and skills you learnt in the hospital, develop new coping skills, and continue to make improvements to your health and wellbeing. The day patient program runs all year, and aims to reduce the likelihood of relapse.

Why our program?

Our team of highly qualified and experienced allied health professionals (psychologists, nurses, and therapists) works in conjunction with a specialist consultant physician and consultant psychiatrist to provide individualised treatment.

We offer personalised care in a friendly and non-discriminatory environment. Our aim is to assist you on your path to recovery.

Wesley Hospital Kogarah has agreements with most private health insurers, reducing or even eliminating out of pocket expenses.



How do I get started?

A referral from a medical practitioner is required.

Please call Wesley Hospital Kogarah on (02) 8197 5800. Our team can pre-assess you over the phone, and arrange for a formal admission assessment with one of our highly experienced psychiatrists.

Alternatively, you can see your GP, psychiatrist, or psychologist and they can help you to coordinate your admission to the hospital.



**For more information about our program
please call:**

**Admissions Officer
Wesley Hospital Kogarah
(02) 8197 5800**

wesleymission.org.au

Wesley Congregational Life

Wesley Congregational Life unites many different people in Jesus Christ. Sustained by God's Spirit, we seek to share God's love in Word and deed, and to build authentic relationships, honouring the value of all people.



Wesley Mission services

For over 200 years our commitment to Christian faith has guided us to create long-term holistic solutions that address the needs of the whole person, not just their current challenges.



Wesley Family



Wesley Youth



Wesley Seniors



Wesley Foster Care



Wesley Disability Services



Wesley Homeless Services



Wesley Counselling



Wesley Mental Health Services



Wesley Carer Services



Wesley Help at Home Services



Wesley Training



Wesley Conference & Recreation



200
YEARS
Pioneering care

WHS2952_1408

Contact us

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7 Blake Street, Kogarah NSW 2217
Ph 1300 924 522 Fax (02) 9587 2250

Wesley Hospital Kogarah Clinical Education Facility
5 Blake Street, Kogarah NSW 2217
Ph 1300 924 522

Wesley Hospital Kogarah Consulting Rooms
20 English Street, Kogarah NSW 2217
Ph 1300 924 522 Fax (02) 9588 4138

Wesley Hospital Ashfield
91 Milton Street, Ashfield NSW 2131
Ph 1300 924 522 Fax (02) 9799 6585

Wesley Hospital Ashfield Clinical Education Facility
91 Milton Street, Ashfield NSW 2131
Ph 1300 924 522

Wesley Hospital Ashfield Consulting Rooms
89 Milton Street, Ashfield NSW 2131
Ph 1300 924 522 Fax (02) 9797 0838

Get involved

To volunteer, donate or leave a bequest visit
wesleymission.org.au

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Superintendent/CEO: Rev Dr Keith V Garner, AM

ABN 42 164 655 145 Wesley Mission is a part of the Uniting Church in Australia.

Do all the good you can because every life matters