



# Reframing **Addiction**

Conference 2022



**Anglicare**TAS

## Anglicare Tasmania is proud to present the Reframing Addiction Conference.

The words we use regarding drug and alcohol use and addiction can affect a person's recovery and their mental health and wellbeing. We would like to challenge the local community to reframe the way we talk about addiction and put an end to the stigma associated with addiction.



# Foreword

Anglicare Tasmania has been providing support to the Tasmanian community since 1983. As a not-for-profit organisation, employing close to 1000 people, we deliver a wide range of community and support services. Our mission is to strive to achieve social justice and provide opportunity for people in need to reach fullness of life.

Anglicare's Reframing Addiction Conference aims to encourage and share the voice of people with lived experience, enhance community and service partnerships, and highlight

the latest ways Tasmanians can come together to bring addiction out of the shadows.

Most of us know or have supported someone living with addiction. We know that addiction is often misunderstood, hidden and damages lives every day. The resulting stigma and discrimination are just as damaging.

It's time to talk, share, support and reframe the way we think about addiction.



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- 8 **Keynote from Chris Gough**  
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- 9 **AOD Pathway Panel**  
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The addiction treatment pathway in practice
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- 9 **Networking + Meet and Greet**  
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Welcome to Day 2 | 9.30am - 10.00am

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- 9 **Keynote from Dr. Eli Kotler**  
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- 9 **Session #1.2 Kyle Perry**  
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- 10 **Session #2.1 Nancy Thomas**  
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- 10 **Session #2.2 Emily Adamson  
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- 11 **Keynote from Three Sides of the Coin**  
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Our work ignites conversation. Gambling is  
a public health concern which affects us all.
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- 11 **Panel Discussion | 2.45pm - 3.15pm**  
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- 11 **Closing Note from the  
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3.15pm - 3.30pm
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# Conference

The Reframing Addiction Conference is a two-day professional development and capacity building opportunity which includes leading national keynote speakers and plenary discussions.

The conference invites delegates and industry experts to engage in plenary sessions and openly discuss ways to improve the community services sector and improve the support provided to people affected by addiction.



# Speakers

## Emily Adamson

*Burnett Institute*

Emily Adamson is the Health Promotion Program Manager, Eliminate Hepatitis C (EC) Australia for the Burnet Institute.

Emily joined the Burnet Institute in 2019 and is the Health Promotion Program Manager for the national Eliminate C Australia Partnership. Emily has over 15 years' experience working with a range of community-based organisations in health promotion, cancer screening, chronic disease self-management and advocacy.

She has led and delivered a range of health promotion initiatives which are community led and participatory from design to implementation. Emily's expertise has a strong focus applying behavioural insights from formative and qualitative work to develop communication strategies for culturally and linguistically diverse and marginalised population groups.

## Tony Clarkson

*Responsible Gambling VIC*

Before moving to Australia, in July, 2013, Tony worked as a psychodynamic psychotherapist in private practice in Farringdon, London, and as an honorary psychotherapist in the NHS with Camden Psychological Therapies Service (Russell Unit).

He also worked as a Family Psychotherapist with 18-24 year old care leavers for the London Borough of Camden's 16+ Team in Safeguarding & Social Care.

Tony has extensive experience including the Clinical Services Manager for Gamblers Help Southern, the largest gambling harm service in Australia and as the Executive Manager of Psychological Services at Better Place Australia (formerly FMC), a statewide family and relationships counselling and mediation service provider.

In addition, Tony was Director of Clinical Partnerships and Sector Development at the Victorian Responsible Gambling Foundation, where he worked to translate evidence-based clinical

research on gambling addiction, trauma and other co-morbid conditions for a broad sector helping to develop a more integrated service system for people experiencing complex mental health issues.

Tony currently lives in Melbourne, and works as the Principal Clinical Advisor to the Victorian Responsible Gambling Foundation, where he is responsible for leading work on clinical partnerships across government and the community services sectors in Victoria, across Australia and internationally. Tony is the agency's lead on clinical treatment and projects, focusing on how the gambling treatment sector intersects with drug-alcohol, mental health, family violence and the family and relationships sectors.

## Amelia Gates

*Anglicare Tasmania*

Amelia is a recent addition to the Health and Wellbeing team with Anglicare, working as an Addictions Practitioner across the North West and West Coast. She has many years' experience working in community services, and holds a bachelor's degree in social science with an interest in criminology and social systems.

## Chris Gough

*Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)*

Mr Chris Gough is Executive Director of the Canberra Alliance for Harm Minimisation and Advocacy (CAHMA) and The Connection health service. He holds a Bachelor of Science and Bachelor of Honours in entomology and developmental parasitology from the University of Queensland.

He has over ten years of experience in the blood borne virus and alcohol, tobacco and other drug sectors, and has identified as a person who uses drugs for 25 years.

Chris' expertise centres around peer and consumer driven programming including peer treatment support, community development,



consumer navigation, health equity and empowerment, consumer representation and individual and systemic advocacy.

He is passionate about true person-centred healthcare and creating a health system where there is no power imbalance between the consumer and the healthcare professional.

He has worked at the Medically Supervised Injecting Centre (MSIC) and the NSW Users and AIDS Association (NUAA). Chris has served on the Boards of the Australian Federation of AIDS Organisations (AFAO), NUAA, the ACT Alcohol Tobacco and Other Drug Association (ATODA) and is currently the Secretary of the Australian Illicit and Injecting Drug Users League (AIVL).

## Dr. Eli Kotler

*Malvern Private Hospital*

Eli is a consultant psychiatrist and the medical director of Malvern Private Hospital, the only stand-alone addiction hospital in Australia.

At Malvern, Eli has overseen the development of a trauma-informed inpatient treatment program. He has extensive research experience with novel therapeutics for neurodegenerative diseases, and is the Principal Investigator on an upcoming trial of MDMA-assisted therapy for PTSD run by Emyria.

As an adjunct lecturer at Monash University, he oversees medical students on their addiction medicine rotation. He is a director of Mind Medicine Australia, and completed the inaugural Certificate in Psychedelic-Assisted Therapy.

He is currently on the teaching faculty for the certificate, run by the Mind Medicine Institute. Clinically, Eli is a psychodynamic psychotherapist, and works in a neuropsychanalytic framework, which attempts to bridge depth-psychology with contemporary neuroscience. He founded the Melbourne Neuropsychanalytic Group.

## Jack Nagle

*Real Drug Talk*

Jack is a passionate advocate interested in finding and creating solutions for service consumers in the Alcohol and Other Drugs sector. Jack's passion comes from his own experience of substance addiction and accessing services in some of his most vulnerable moments.

Currently, Jack is the Director and Founder of Real Drug Talk (Aus) Pty Ltd. Real Drug Talk is a grassroots public health communications company with the mission of changing the paradigm in dealing with alcohol, drugs and addiction.

Due to Jack's advocacy, he has appeared on all major national media outlets commenting on contemporary alcohol and drug issues, is a part of Government and research bodies such as the Australian National Advisory Council on Alcohol and Other Drugs (ANACAD), and has been involved with a number of research projects, including being published as an author on the paper: "A Web-Based Toolkit to Provide Evidence-Based Resources About Crystal Methamphetamine for the Australian Community: Collaborative Development of Cracks in the Ice".

## Kyle Perry

*Alcohol, Tobacco and Drugs Council of Tasmania*

Kyle Perry is the Lived Experience Advocate Service (LEAS) Coordinator for the ATDC, and brings a front-line perspective to his role, having worked in AOD services, high schools, youth shelters, and rehabs. Kyle holds a Bachelor of Counselling and Coaching from the Australian College of Applied Psychology, and is also an international bestselling fiction author. In 2021 he was awarded the Minister's Emerging Leader Award for his contributions to the AOD sector at the ATDC Conference.

The Alcohol Tobacco and Drugs Council of Tasmania is the peak body peak body representing and supporting community organisations, and the people they assist, to reduce alcohol, tobacco and other drug related harm for all Tasmanians. Their vision is a Tasmania without alcohol, tobacco or other drug related harm or discrimination.

## Nancy Thomas

*Youth Family and Community Connections (YFCC)*

Nancy commenced working in the Alcohol and Other Drug Sector in 2005. Nancy has held positions in Health Promotions and Education, Comorbidity Capacity Building, Drug Diversion, Project Work and Counselling during this time.

Nancy is currently employed by Youth Family and Community Connections Inc. as the Senior AOD Clinician Regional Alcohol and Drug Service (RADS) based in Devonport on the North West Coast.

## Three Sides of the Coin

*Self Help Addiction Resource Centre (SHARC)*

Three Sides of the Coin (3SOC) mobilizes the voices of people who've lived through gambling harm, engaging audiences in conversations about change. Judy Avisar has coordinated the project since its inception 11 years ago.

3SOC is now located at SHARC Self Help Addiction Resource Centre in Vic.

Artistic director Catherine Simmonds OAM works with people to devise their stories of gambling harm, transforming them into powerful performances about addiction and recovery.

3SOC is recognized as a successful model for Professional Development in allied sectors (mental health, drugs, alcohol, family violence, criminal justice). Their work strives to raise general community awareness about gambling harm, disrupt the normalisation of gambling, reduce stigma, humanize the people behind the addiction, encourage help-seeking, and frame gambling as a public health issue.

## Dan Vautin

*Alcohol, Tobacco and Drugs Council of Tasmania*

Dan has over 15 years of leadership experience across a broad range of industries including banking, fast-moving-consumer-goods, and most recently, not-for-profits.

As State Manager at Mates4Mates, Dan grew the family recovery centre and built an outreach model servicing veterans across the state. More recently, as State Manager for the Alcohol & Drug Foundation, Dan built a strong reputation as an action-oriented leader and strategic thinker.

Dan is now focused on supporting the Alcohol, Tobacco and other Drugs Council of Tasmania (ATDC) in its mission to build the most resilient and effective ATOD sector and in helping deliver on the ATDC's promise of "No Harm, No Discrimination".

Current passions include working to reduce stigma towards people who use drugs, men's health, psychology, and ADHD.



# Conference Program

## Day 1

**Keynote from Jack Nagle**  
2.00pm - 3.00pm

### **Stigma - The Invisible Cancer of The Alcohol & Drug Sector**

There's a silent killer stalking the alcohol and drug sector. It's stigma - that unspoken judgement that tells people they're not good enough, that they're weak, that they can't make changes in their life.

Stigma is the invisible cancer of the alcohol and drug sector, and it's time to talk about it.

In this presentation, we'll explore:

- How stigma destroys client outcomes and why it's our fault as a sector.
- How it has impacted the sector structurally and stifled innovation
- Why our politicians still channel their inner Nancy Reagan... and how it has frozen our policy conversations in time
- Practical solutions to help reduce stigma in everyday life.

## Day 1

**Keynote from Chris Gough**  
3.15pm - 4.15pm

### **Innovative service models fostering integrated care and community development in the peer based ATOD Organisation CAHMA (The Canberra Alliance for Harm Minimisation and Advocacy).**

CAHMA is a peer-based alcohol, tobacco and other drug (ATOD) organisation that is part of the specialist ATOD sector in the ACT.

CAHMA employs a number of service models that come together to provide an integrated service delivery system that aims to help empower service users to successfully navigate the ACT health system by putting them in the driver's seat of their health and wellbeing. This model of care promotes person centred care, integrated care and continuity of care approaches.

These approaches begin with building trust and rapport and transition to engaging service users around priority setting and support through relevant services and treatment settings. As part of this approach CAHMA works in partnership (both in-reach and outreach) with clinical service providers to ensure maximum service user treatment choice, access, treatment matching, adherence and efficacy.

CAHMA then utilizes a community development approach allowing service users who have stabilized their health and wellbeing to participate in CAHMA through a structured volunteer program as well as providing opportunities for people with lived experience to enter the ATOD workforce.

This talk aims to outline these models, their strengths, and how they fit into the broader health system in particular how peer support can play an important role in integrated care and continuity of care.





## Day 1

### AOD Pathway Panel 4.15pm - 5.00pm

#### The addiction treatment pathway

The AOD Pathway Panel comprises some of the leading experts in the field of addiction and mental health.

The aim of the panel is to guide Delegates through the various treatment pathways for people experiencing addiction in Tasmania.

You'll hear from services ranging from acute medical facilities to local community support agencies on their involvement in the transition along the treatment pathway and exactly what it is they do for Tasmanians experiencing addiction.

## Day 1

### Networking + Meet and Greet 5.00pm - 6.30pm

Thursday, 23 November at 5.00pm please join us for a networking event at the Paranal Convention Centre featuring local Tasmanian canapes and drinks.

## Day 2

### Keynote from Dr. Eli Kotler 10.00am - 11.00am

#### Addiction in the broad sense

Addictions, when seen from a narrow diagnostic perspective, are behavioural disorders to be diagnosed and treated.

They are perceived as genetic, biological diseases based in dopaminergic circuits of the brain. Yet, in truth this reductionistic approach is full of flaws and misunderstandings.

When seen from a broad, humanistic perspective, addictions become a mechanism to escape the intolerable parts of ourselves. Eli will first review what it means to be human from a depth-psychological perspective, followed by a deep-dive into what addictions are in the broadest sense.

This trans-diagnostic approach has important implications for treatment.

## Day 2

### Concurrent Session #1.1 Dan Vautin 11.20am - 12.00pm

#### ATOD Stigma, the power of language and the need to start to address this issue to remove barriers to people seeking treatment for alcohol, tobacco or other drug (ATOD) dependency.

"Reducing stigma towards those who use alcohol, tobacco and other drugs. Reflections, learnings, and the power of language after two-years working on an anti-ATOD-stigma project."

Funded by Primary Health Tasmania, the ATDC undertook a two-year project to address ATOD-stigma. A key element was providing training across the community sector, primary and allied health sectors. The ATDC also developed a Communications Charter, the first of its kind in Australia, setting out a shared commitment to non-stigmatising language when reporting, communicating or publishing materials in relation to ATOD, along with guidelines on what images to use, and many other resources.

Dan Vautin will discuss these elements and share insights on how we might all address ATOD-stigma, and by doing so, reducing one of the most critical barriers to people seeking help when they need it, and improving outcomes for those who experience dependency on ATOD.

## Day 2

### Concurrent Session #1.2 Kyle Perry 11.20am - 12.00pm

#### Increasing Lived Experience in AOD Services

Tasmania's AOD sector has gone through a cultural change in the way it listens, incorporates and values the voice of people with a lived experience of alcohol and other drug use. The AOD peak body, the Alcohol, Tobacco and Other Drugs Council, is funded to provide the Tasmanian AOD Lived Experience Advocate Service (LEAS), a fee-for-service consumer representative program that connects trained and supported AOD consumer reps (now called 'Lived Experience

Advocates') – to the services and organisations that request them. The LEAS facilitates a space for dignified, mature and reform-bringing contact. Far from being exclusive, the LEAS ensures representation of current users, those in treatment, those who are years into their recovery journey, and every point on the spectrum between.

Kyle Perry will describe how there has been a growing momentum in organisations and their staff in the AOD sector when listening to people with lived experience, and specifically how there is a paid seat at the table when having conversations and making decisions around systemic change. He will provide stories of triumphs in the lived experience space, direct quotes, insights into how it all connects and works together for the good of the sector, and identify areas for growth as the sector keeps working towards the ideal of 'nothing about us without us' when making decisions that affect the lives of Tasmanians who use alcohol and other drugs.

The presentation will conclude by offering some reflections on the future of the lived experience voice in Tasmania. Where can it go? What does the future hold? Where will be in 5 years?

## Day 2

### Concurrent Session #1.3

**Tony Clarkson**

**11.20am - 12.00pm**

#### Holistic service integration

Tony Clarkson will discuss service integration and what that looks like from a holistic approach including current cross-government and community initiatives and the Victorian Responsible Gambling fund to develop better screening, referral and brief intervention for related sectors (AOD, Mental Health, Family Violence etc.)

## Day 2

### Concurrent Session #2.1

**Nancy Thomas**

**12.00pm - 12.40pm**

#### Psychonauts in Space

An exploration of psychedelic compounds in the space of AOD and trauma therapy and recovery.

A focus on Mind Medicine Australia's movement at present with clinical trials of MDMA and Psilocybin. How the use of these compounds in conjunction with psychotherapies measure up, how psychedelic psychotherapy works, what is happening on an international stage.

Is this the future shift in AOD treatment provision?

As health professionals what is the dialogue we should be undertaking with Client presenting to services either inquiring or disclosing the interest or use in psychedelics as a therapeutic tool, what is our ethical stance in this instance in particular if working within a harm reduction – minimisation framework compared to an abstinence only framework.

## Day 2

### Concurrent Session #2.2

**Emily Adamson & Amelia Gates**

**12.00pm - 12.40pm**

#### It's Your Right – a national peer led hepatitis C testing and treatment campaign for people who inject drugs

Emily Adamson, Louisa Walsh, Jacqui Richmond, Alisa Pedrana, Myf Briggs, Tammy Townsend and on behalf of EC Australia's national reference group.

EC Australia is a partnership project to ensure Australia sustains high numbers of people accessing hepatitis C treatment, with the aim of eliminating hepatitis C as a public health threat. Despite the widespread availability of direct acting antiviral therapy (DAAs) in Australia, significant barriers to treatment remain, particularly for people who inject drugs. To address some of the key barriers related to stigma and discrimination, the Australian Injecting & Illicit Drug Users League and EC Australia co-chaired a National Reference

Group to co-design a peer led national health promotion campaign to increase treatment uptake in people who inject drugs.

Launched across Australia from March 2022, including in Tasmania in August 2022, the It's Your Right campaign used bold and vibrant street advertising to promote key messages about DAAs to people who inject drugs. Going beyond just raising awareness, campaign strategies included local partnerships with trusted services to increase conversations about treatment and to link people to testing and treatment, and the provision of incentives to support people to be tested and treatment. In Tasmania, the campaign was delivered in collaboration with Anglicare, 8 NSP sites, Sexual Health Tasmania, and the Department of Health.

This presentation will showcase It's Your Right and describe the benefits of co-design when developing social marketing campaigns. We will also highlight how each jurisdiction tailored the roll out of the campaign and will explore the role of peer-led services in addressing stigma and other barriers to care.

## Day 2

### Concurrent Session #2.3

**Tony Clarkson**

**12.00pm - 12.40pm**

#### **The Reset App**

Tony Clarkson will discuss the Reset App – based on an RCT/clinical evidence base, it is a self-paced app allowing people who gamble the opportunity to navigate through five modules (based on the stages of change) each with a variety of activities including urge management and reduction, motivations, strengths and values.

## Day 2

### Keynote from Three Sides of the Coin

**1.30pm - 2.30pm**

#### **Our work ignites conversation. Gambling is a public health concern which affects us all.**

Three Sides of the Coin (3SOC) will present a 30-minute performance by people who have experienced gambling harm, followed by a guided 5-10min discussion amongst delegates, enabling the audience to unpack and gain insights from what they've just witnessed, and explore ways of approaching the often un-asked gambling question with clients.

3SOC project places people with lived experience of gambling harm as consultants for change. As knowledge-holders and change-makers their stories are told using theatre, and will challenge the Conference audience to think about the intersectionality of gambling. The performers know gambling from the inside, and have the courage to share their painful experiences, both of gambling and being affected by a loved one's gambling.

## Day 2

### Panel Discussion

**2.45pm - 3.15pm**

#### **What does the road to community wellbeing look like?**

Panel MC – Dan Vautin

Panellists – Wendy Edwards, Chris Gough, Kyle Perry, Jack Nagle, Tony Clarkson, Judy Avisar and Catherine Simmonds

## Day 2

### Closing Note from the Conference Committee

**3.15pm - 3.30pm**

What have we learned, where are we going and what is the future of addiction in Tasmania.



# Notes

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**Anglicare**<sup>TAS</sup>  
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