

8 April 2025 | **Launceston**



Reframing
Addiction
FORUM 2025



AnglicareTAS

Welcome

Anglicare Tasmania is proud to present the Reframing Addiction Forum.

This is a forum for people who care deeply about the wellbeing of individuals, families and communities. Thank you for the contribution you are making - whether through your work as a practitioner, sharing insights as a person with lived experience, or your efforts to improve the effectiveness of policies and practices.

Like you, Anglicare Tasmania cares about reducing harm. Our team helps to deliver a wide range of supports such as the vital public health initiative the Needle and Syringe Program, the Gamblers Help service and SMART Recovery groups.

Anglicare also advocates for systemic changes to make a positive difference to people's lives. This includes seeking improved access to bulk-billed health care, the removal of criminal sanctions for the possession and personal use of illicit drugs, and providing safe injecting rooms in Tasmania. Anglicare continues to share evidence that shows a mandatory pre-commitment card system is the best way to reduce harms from poker machine gambling.

Today's forum is an opportunity for you to hear from a diverse range of speakers, connect with others, and engage with some new information and tools. I trust it also sparks renewed energy and enthusiasm for this important work.

A handwritten signature in white ink that reads "+ Chris Jones".

Chris Jones
CEO Anglicare Tasmania



Introduction

This forum will focus on the different roles we all play in the life of someone experiencing addiction.

These roles include but are by no means limited to:

- medical professionals
- community pharmacists
- macro systemic councils and organisations
- people with lived experience; and
- carers including community service support professionals, friends and family.

For example, the community Pharmacist acts as a conduit between clinical health services and the community, providing additional information to people in the context of medication management and how medicine is used in addiction treatment.

Presentations have been curated to share perspectives and insights from people holding these various roles. We aim to provide you with the space and time to network with people holding different roles and then conclude with a panel discussion to explore how these roles can and should intersect to create better outcomes for people experiencing addiction across Tasmania.

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.



Program

9am

Registration and refreshments

9:30am

Welcome to Country and opening address

9:50am – 10:20am

The health professional role

Tina Goodwin, AOD Coordinator Tasmanian Aboriginal Centre (TAC)

“Culturally safe practices in AOD for the Palawa community and how you can help!”

Tina is a strong Pakana woman who has worked for the Palawa community for 25 years as an Aboriginal Health Worker in many roles. She has been the statewide AOD Coordinator for the TAC for the last two years.

Tina supports the Aboriginal community in their pathways to address AOD addictions, with culturally safe options and supports statewide. She is based in Nipaluna at the Tasmanian Aboriginal Centre, providing AOD supports across Lutruwita including the Palawa community in the prison system.

Cheryl Rose, AOD Worker, TAC

Cheryl has returned to TAC after a few years working in AOD rehab, social housing and TasTafe. She brings her experience back to her AOD role based at Pataway and across the North. She stands with her community to access services for a smooth and culturally safe environment and practices. Cheryl's motto is “Keep doors open so we can walk through”.

10:20am – 10:50am

The carer role

Lauren James, Policy Officer with Mental Health Families and Friends Tasmania (MHFFT)

“The realities of supporting someone in the addiction space”.

Lauren will provide insight into who MHFFT are and will bring the voice of families and friends who support someone living with an addiction. She will discuss the courage it takes to advocate for both themselves and their loved one - in their care and recovery journey and at a systemic level. Lauren will paint a picture of how essential hope and connections are to the role of families and friends.

Lauren has worked in the community sector as a Social Worker for over a decade and has a strong interest in AOD issues. She is passionate about the lived experience voice being heard at all levels and is privileged to share the stories and realities of individuals to promote systemic and social change. Lauren also brings personal experience in providing carer support within her family.

Kym Ridgway, Family and Friends Representative with MHFFT

“Stories of life and addiction from the front line”.

Kym will share her inspiring and heartbreaking story of losing her sister to suicide after a long battle with a heroin addiction and the role she plays in supporting her husband in his journey with alcoholism. Kym will provide an insight into the importance of connections, and the courage it takes to remain hopeful and advocate for change.

Kym brings over 20 years of experience in the community sector, with a background in youth services, disability support, homelessness advocacy, and rehabilitation counselling. For the past two years, she has been a dedicated Mental Health Family and Friends Representative.

10:50am – 11:30am

The medical professional role

Dr. Colin Mendelsohn, Founding Chairman,
Australian Tobacco Harm Reduction Association

Dr Mendelsohn will speak on *“Evidence-based approaches to smoking cessation and the role of vaping”*.

- Smoking in Tasmania: the prevalence, health impact and health and financial inequality
- Why is it so difficult to quit?
- The role of vaping in tobacco usage reduction
- Tobacco harm reduction
- How to encourage clients to quit from a health professional perspective

Colin has worked as a clinician, academic and researcher in smoking cessation and tobacco harm reduction for over 40 years.

He was a Conjoint Associate Professor in the School of Public Health and Community Medicine at the University of New South Wales and the founding chairman of the Australian Tobacco Harm Reduction Association. Colin is also a member of the expert advisory group that develops the Royal Australian College of General Practitioners national smoking cessation guidelines.

Colin is the author of the book, *Stop Smoking Start Vaping* and has no financial or commercial ties with any electronic cigarette or tobacco company.

www.colinmendelsohn.com.au

11:30am – 12:40pm

The lived experience role

Three sides of the Coin, Self Help Addiction Resource Centre (SHARC)

“Still got something to give”.

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

3SOC is recognised 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, humanise the people behind the addiction, encourage help-seeking, and frame gambling as a public health issue.

The 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 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.

threesidesofthecoin.org.au

12:40pm-1:30pm

Networking and lunch



1:30pm – 2pm

The macro systemic role

**Jackie Hallam, Chief Executive Officer,
Alcohol, Tobacco and other Drugs Council
of Tasmania (ATDC)**

*“The role of the peak body – advocacy,
connection, capacity”.*

Jackie will provide an overview of ATDC’s role and its current strategic priorities. She will highlight the value of co design that is inherent in the ATDC’s approach and sees it working closely with and leveraging member organisations’ expertise. Jackie, through the adaptive leadership mindset, will highlight major opportunities for our sector to collectively

drive down alcohol and drug related harm in Tasmania and how everyone in the sector can contribute to driving change at many levels.

Dr Jackie Hallam is the Chief Executive Officer of the ATDC, the peak body representing community sector organisations who deliver alcohol, tobacco and other drug services across Tasmania. Jackie has a PhD in Political Science from the University of Tasmania and over two decades experience in the alcohol and other drug sector in a variety of roles and settings. Jackie is deeply committed to the reduction of alcohol and other drug related harm and stigma, and sees many opportunities in Tasmania to make positive change.

atdc.org.au



2:00pm - 2:30pm

The community pharmacist role

Jason Martin, Pharmacist and Pharmacy Guild of Tasmania Branch Committee

"Pharma and Chips thanks - How is pharmacy supporting Tasmanians with addiction?"

Jason will provide an outline of the types of services available through a community pharmacy for patients with addiction and related health challenges, and how his pharmacy is using technology to free up staff and support patients in his community.

Jason is the owner of Youngtown Pharmacy in northern Tasmania and has a strong passion for helping people and delivering pharmacy services in his community that are trusted and reliable.

www.youngtownpharmacy.com.au

2:30pm-2:45pm

Break

2:45pm-3:45pm

The lived experience role

Luke Kennedy - author, motivational speaker and lived experience mental health advocate

"Moving beyond Addiction - Practice, Patience and Perseverance".

Luke Kennedy will speak to his over a decade fight to inspire, invigorate and energise people in the addiction space. He will bring that energy as he talks to the power of lived experience and the vital role it plays in encouraging individuals to reflect on their attitudes and actions, fostering environments of honesty and self-improvement that ultimately lead to lasting change.

Luke is a motivational speaker known for his powerful talks on resilience, overcoming adversity and mental health all shaped by his lived experience. After eight years of battling addiction, crime and violence, he transformed his life through personal development. Today he is a highly sought after motivational speaker, bestselling author, mental health advocate, state champion boxer, and successful business owner.

www.lukeskenedy.com

3:50pm - 4:20pm

Panel session "Cultivating recovery through the roles we play"

This session will explore how roles spoken about in today's forum can and should come together to create better outcomes for people experiencing addiction across Tasmania.

The panel features our keynote speakers from across the forum:

Dr Jackie Hallam

CEO Alcohol, Tobacco and other Drugs Council of Tasmania

Lauren James

Mental Health Families and Friends Tasmania

Dr Colin Mendelsohn

Founding Chairman, Australian Tobacco Harm Reduction Association

Luke Kennedy

Lived experience advocate and speaker

Jason Martin

Pharmacy Guild of Tasmania Branch Committee

Judy Avisar

Coordinator, Three Sides of the Coin gambling harm project, Self Help Addiction Resource Centre Inc.

Catherine Simmonds OAM

Artistic Director, Facilitator and Consultant, Three Sides of the Coin gambling harm project.

4:20pm - 4:30pm

Event close - "What have we learned, where are we going and what is the future of addiction in Tasmania?"



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