**4th Rural Health and Research Congress**

**Armidale 4 -6 November 2015**

**Congress Stream: No 2 – Mental Health / Drug and Alcohol Worker**

**Abstract Title**: What does a multidisciplinary approach look like to a drug and alcohol patient?

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**Background:** Drug and Alcohol Dependency is a major problem throughout NSW, rural, remote and metropolitan. The IDAT Unit operates under the Drug and alcohol Act of 2007 replacing the inebriates act in an attempt to provide a comprehensive assessment and treatment facility for patients who have been deemed to have a severe dependency on drug or alcohol.

The Drug and Alcohol Treatment Act of 2007 provides for a secure facility for up to 84 days as an inpatient. The IDAT model of care has been developed using a multidiscipline framework, including medical, nursing and an allied health team approach. The intent of the program is that care is co-ordinated and enables continuity of care between inpatient and community based settings.

There are currently 12 gazetted beds in NSW, 8 of which are based at the Orange Health Service Bloomfield campus, with the majority of patients referred to the facility from regional and rural NSW areas.

**Approach**: This is a new service delivery model for the drug and alcohol field, in this presentation the IDAT team will demonstrate a case example of a "typical patient" and their journey of referral, assessment, treatment and follow up back into their community and the importance of using the allied health team approach in an inpatient and outpatient settings. This IDAT model of care focuses on the patient’s dependency and its impact on their health and wellbeing. This presentation will describe the methods and strategies that the multi discipline team approach uses to address the complex health and psycho social issues of a patient with alcohol and drug dependency in an involuntary setting.

**Outcomes/ Results**:

In this presentation we will describe to you a patient’s journey and their outcomes and the strategies that a multidiscipline team have to addressing drug and alcohol dependency. We will discuss the use of a complete multi discipline assessment process to facility a global case management plan and appropriate and relevant community based referrals to achieved to achieve best outcomes for the patients.

**Take Home Message:**

A multidiscipline approach to servicing patients from the IDAT Unit can be seen exciting and innovative and achieving excellent results for patient’s outcomes post discharge.