

Life Without Barriers Approach

We see people as individuals with unique needs and tailor our services to meet their needs by adopting a person-centred approach.

We utilise a harm-minimisation framework in our alcohol and other drugs programs, supporting our clients to identify and achieve their personal treatment goals.

Our aim is to partner with people and use their personal strengths to achieve long lasting changes in their lives.

Life Without Barriers' services are designed and delivered in ways that are inclusive, appropriate and respectful to all people.

We'd like to hear from you

For more information on our services:

Phone: 08 8193 9400

Email: nextsteps@lwb.org.au

Web: www.lwb.org.au



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Government
of South Australia

Next Steps

Alcohol and Other Drugs
Assertive Outreach Service



LIFE WITHOUT BARRIERS

Life Without Barriers provides alcohol and other drugs assertive outreach services for people with identifiable alcohol and/or other drug dependency who have previously not engaged with services. The service aims to help build the skills and resilience of family members who are seeking to support a loved one.

Based in Port Augusta and Onkaparinga, the Next Steps program provides a holistic approach to recovery combining multiple interventions to assist people, such as assertive collaborative case management, supported referral, family therapy, and follow up post-treatment.

Please contact us on (08) 8193 9400 for any questions regarding the program.

Assertive Outreach Service

Next Steps is an innovative program that encourages people affected by alcohol and other drug (AOD) related problems who have not successfully engaged in other AOD treatment to engage with assessment and treatment services.

The program uses a range of interventions to achieve this, including:

Assertive Outreach - Intensive, highly coordinated, flexible support provided by our specialised team to people in the locations they frequent.

Case Management - Comprising a comprehensive assessment, case planning, service facilitation and implementation, outcome monitoring and review of needs.

Family Therapy - Counselling to support family members alongside their loved one to improve communications and help resolve issues.

Therapeutic Intervention - Provided by a specialised team of professionals to people who have been traditionally difficult to engage with. Therapeutic Intervention aims to improve wellbeing and address long standing issues.

Supported Referral - Contacting and engaging with another related service on behalf of, or with, a person to support their goals and needs.

Post Treatment Care - The provision of individualised support planning for ongoing care in the community.

The Next Steps program works alongside existing alcohol and drug assessment and treatment services in the Onkaparinga and Port Augusta regions, as well as other state-wide services such as hospitals, GPs, police, and community services, to identify young people at risk and their families.

Service Principles

- Services are voluntary.
- Intervention at the earliest possible point of crisis to minimise ongoing dependency on services.
- Collaboration with other agencies, ensuring a comprehensive and holistic approach in meeting the client's needs, safety, and recognising/addressing the needs of the client's children where applicable.
- Provision of relapse prevention strategies through education and group activities.
- Adoption of a recovery methodology which teaches practical skills to help individuals build and maintain momentum, cope with urges, and problem solve enabling.