

Good/Not so good

Weighing up the good things and the not so good things about your alcohol and/or other drug use helps you to decide whether you want to make some changes.

List the good things about your use for your inner spirit, you, your family and your community.

Your Inner Spirit

You

Family

Community

List the not so good things about your use for your inner spirit, you, your family and your community.

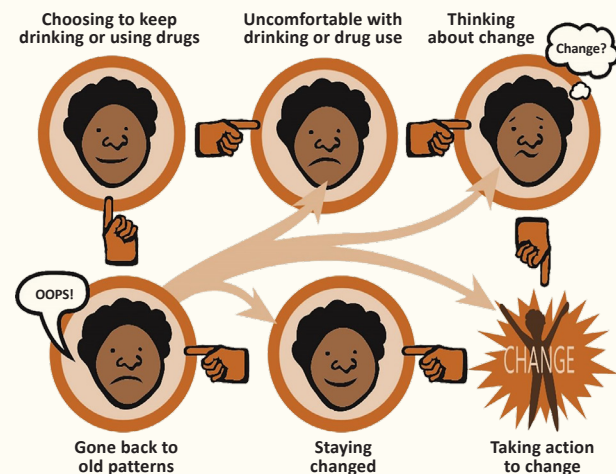
Your Inner Spirit

You

Family

Community

Stages of change



Making changes takes time. People go through different stages when making changes.

If you're choosing to keep using there are things that you can do to reduce the harm and to think about stopping.

If you're uncomfortable with using or are thinking about making changes, it is useful to get some information and support.

Going back to using sometimes happens. It doesn't mean you've failed. You can always get back on track. Keep in mind the reasons you wanted to make changes in the first place.

There are people who can help and support you through any stage.

Getting help and information

If you are thinking about reducing your alcohol and other drug use you might like some help or information. Or if you are worried about somebody and how their alcohol use is affecting you and your family, perhaps you would like some help regarding them as well.

Sometimes people don't get help because they feel shame talking about how alcohol is affecting them and their families. Aboriginal Alcohol and Other Drug Workers, Aboriginal Health Workers or other health professionals are there to help you. They will not put you down or judge you. They will listen and help you work out what you want to do. They can show you ways to reduce harm, cut down or stop using. They can help you access medical support, rehabilitation services, counselling and support.

It may not be easy reducing your alcohol use but your friends, family and other people in your community can support you to make changes.

Aboriginal Support System

Siblings (Brothers, Sisters, Cousins, Nephews and Nieces)

Parents (Includes Aunties and Uncles)

Elders (Includes Grandparents)

Partner (and Children)

Aboriginal health worker or support worker



For more information and help

Local Contact

Alcohol & Drug Support Line

The Alcohol and Drug Support Line can provide information about culturally secure alcohol and drug services in your area. They are a confidential, 24 hour, statewide telephone counselling, information and referral service for anyone concerned about their own or another person's alcohol or other drug use. Call backs are available.

Ph 9442 5000 or 1800 198 024 (country callers)

Em alcoholdrugsupport@mhc.wa.gov.au

Web alcoholdrugsupport.mhc.wa.gov.au

Parent & Family Drug Support Line

Confidential, 24 hour, statewide telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or other drug use. Parent callers can speak to a Parent Peer Volunteer with a lived experience of their own son or daughter's alcohol or other drug use. Call backs are available.

Ph 9442 5050 or 1800 653 203 (country callers)

Em alcoholdrugsupport@mhc.wa.gov.au

Web alcoholdrugsupport.mhc.wa.gov.au

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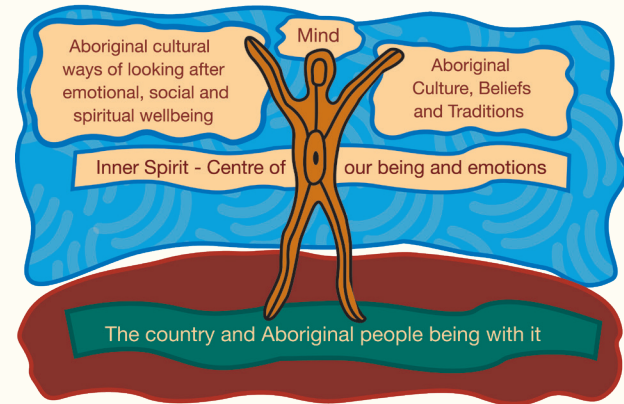
Brochure design by Nani Creative
The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph 'Nipper' Roe, who belonged to the Karajarri and Yawuru people.
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Making Changes

Aboriginal ways of reducing harm from alcohol and other drugs

Aboriginal Inner Spirit Model



Our Inner Spirit is the centre of our being and emotions.

When our spirit feels strong our mind feels strong.

When our spirit feels tangled our mind feels tangled.

Strong Inner Spirit is what keeps people healthy and keeps them connected together.

Strong Inner Spirit keeps our family strong, our community strong and our country alive.

Alcohol and other drugs can weaken your spirit and your connections with family, community and country

Our way of being healthy is to look after ourselves by making good choices, and to care for our family, community and country. Alcohol and other drugs can tangle and weaken our spirit and mind. This can affect our emotional, social, spiritual and physical well-being. This can weaken our connection to family, community and country.



People who don't use at all

- o Strong Spirit
- o Strong Family
- o Strong Community
- o Strong Country



People who use a lot

- o Weak Spirit
- o Angry & Worried Family
- o Worried Community
- o OK Country

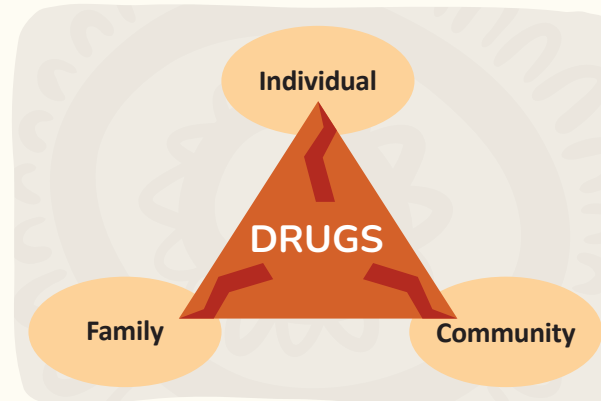


People who use all the time

- o No Spirit
- o Sad Family
- o Sad Community
- o No Country

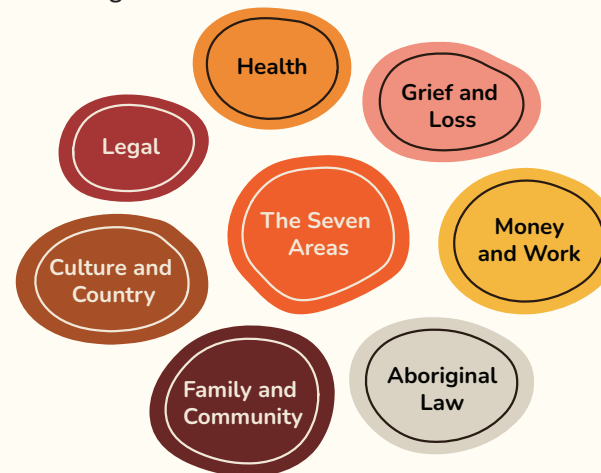
How is alcohol and other drugs affecting your inner spirit and connections to family, community and country?

- o Sometimes people use alcohol and/or other drugs to cope with problems in their life and this can make those problems worse.
- o Sometimes, it is the alcohol and/or other drug use that causes the problems.
- o Sometimes people don't realise their alcohol and/or drug use is causing problems for themselves, their family and their community.



Alcohol and/or other drugs can affect your life in many different ways

When your alcohol and/or other drug use has become a problem it will affect you, your family and your community in one or more of the following areas.



Health

You may be getting sick. Your inner spirit is feeling tangled. You may be feeling confused, stressed, worried, sad, depressed, angry or fearful.

Family and Community Relationships

Putting pressure on your family. Fighting with your partner. Not respecting and neglecting your Elders and your children. Your family are worried and angry about your behaviour. Not observing your family and community responsibilities.



Money and Work

Spending too much money on alcohol and/or other drugs. Not buying food for the family, not paying the rent or bills. Humbugging your family for money. Lose your job or can't be bothered looking for work. Can't be bothered with finishing school or getting a career.



Legal

You've been busted for drugs. You've been charged with criminal offences whilst you were drunk or out of it. You have been to jail or have a criminal record.

Grief and Loss

You use alcohol and/or other drugs to cope with issues of: family and friends passing away; loss of family connections due to Stolen Generations; family members being in jail; experiencing painful events within your family and community.

Aboriginal Law, Culture and Country

Not keeping your social and cultural obligations. Breaking Aboriginal Law when drunk or out of it on drugs. Not respecting, passing on or learning your culture. Not looking after and respecting your country.

