Two years on: Co-locating counselling with Kirketon Road Centre (KR) South – A primary Needle and Syringe Program (NSP) in "the Shire" in Sydney's southern region

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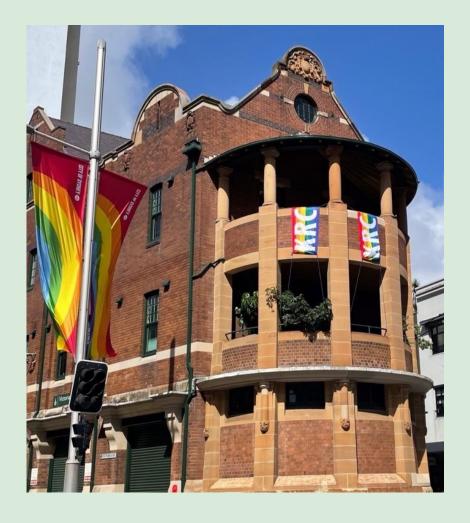
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### Kirketon Road Centre



## **⊠ SERVICES** FREE & CONFIDENTIAL HEALTH CARE + √HIV, HEPATITIS & SEXUAL HEALTH √SEX WORKER HEALTH ✓ LGBTQI+ HEALTH **√TRANS HEALTH √REPRODUCTIVE HEALTH √DRUG USER HEALTH & TREATMENT** VALUACITE INTIMINA ✓MOBILE & POSTAL DELIVERY ✓NEEDLE CLEAN-UP & HOTLINE ✓AUTOMATIC DISPENSING MACHINES √TRAUMA INFORMED CARE √CRISIS SUPPORT ✓ LEGAL SERVICES ✓HOUSING ASSISTANCE ✓WORK & DEVELOPMENT ORDERS **✓CULTURAL SAFETY**

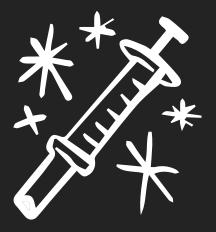
## **KRC South**





## Integrated Counselling and Harm Reduction

- Primary Needle and Syringe Program (NSP) with onsite counselling and case management
- Weekly appointments, booked and confirmed by text/phone
- 28 hours of counselling per month by qualified counsellors
- Referrals for individuals on parole or other people released from prison
- Goals:
- Reduce barriers to counselling
- Address substance use, trauma, offending, and mental health







# Impact and Client Demographics

#### **Statistics:**

(April 2022 - February 2024)

- 423 counselling consults, 72 clients (mean age 49 years)
- 57% of client's male, 16% Aboriginal and Torres Strait Islander
- Average number of visits: 6 (range 1-43)

#### **Presenting Issues:**

- Mental health (39%): Depression, anxiety, interpersonal issues
- Substance use (33%): of which Methamphetamine (61%), Heroin (16%)

#### **Client Feedback:**

- Increased openness to counselling due to trust in NSP staff
- Growing demand for services





## Real-world Impact

#### Highlights:

- Specific case studies demonstrating the benefits of integrated counselling
- Experiences of clients in overcoming barriers and achieving positive outcomes

#### Key Insights:

- Enhanced engagement with services
- Positive changes in mental health and substance use management





#### Moving Forward: Enhancing Services for PWID

- Clear need for integrated counselling and harm reduction
- Established trust with NSP staff as a key factor in service uptake

#### **Next Steps:**

- Establish a working group, including consumers
- Identify gaps and tailor services to better meet PWID needs in the Sutherland Shire



## Thank you for your attention!

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