

# 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

## **AUTHORS:**

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# Kirketon Road Centre



**KRC SERVICES**  
FREE & CONFIDENTIAL HEALTH CARE

**GENERAL HEALTH**

- ✓HIV, HEPATITIS & SEXUAL HEALTH
- ✓SEX WORKER HEALTH ✓LGBTQI+ HEALTH
- ✓TRANS HEALTH ✓REPRODUCTIVE HEALTH
- ✓DRUG USER HEALTH & TREATMENT
- ✓VACCINATIONS

**HARM REDUCTION**

- ✓NEEDLE & SYRINGE PROGRAM
- ✓NALOXONE TRAINING
- ✓MOBILE & POSTAL DELIVERY
- ✓NEEDLE CLEAN-UP & HOTLINE
- ✓AUTOMATIC DISPENSING MACHINES

**COUNSELLING**

- ✓TRAUMA INFORMED CARE
- ✓CRISIS SUPPORT ✓LEGAL SERVICES
- ✓HOUSING ASSISTANCE
- ✓WORK & DEVELOPMENT ORDERS

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- ✓ABORIGINAL HEALTH & HEALING
- ✓CULTURAL SAFETY

**OUTREACH**

- ✓HOMELESS HEALTH ✓YOUTH OUTREACH
- ✓SATELLITE CLINICS ✓SEX WORKER OUTREACH

**HEALTH PROMOTION**

- ✓PEER PROGRAMS ✓TRAINING & EDUCATION
- ✓COMMUNITY EVENTS

# 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

A hand is shown placing a golden puzzle piece into a larger structure. The puzzle piece is being held by a hand from the right side of the frame. The background is a bright, hazy yellow, suggesting a sunrise or sunset. The puzzle piece is being placed into a gap between two other pieces. The overall image conveys a sense of progress and completion.

## 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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