

For further information about PACT

- Contact DACAS 1800 812804
- Visit our website www.dacas.org.au
- Send an email to dacasenquiries@turningpoint.org.au

The DACAS service is operated by Turning Point Alcohol and Drug Centre with funding from the Victorian Department of Health. Turning Point has been operating telephone advice lines for more than ten years and is a leading Australian provider of helpline and online programs. Turning Point also provides national and state focused services for problem gambling.

24/7 free services for the general public include:

- **DirectLine 1800 888 236** – provides confidential counselling, information and referral in relation to alcohol and drug issues.
- **Counselling Online** – provides live online text-based counselling and email support to anyone concerned about an alcohol or drug related issue. www.counsellingonline.org.au
- **Gambler's Helpline 1800 858 858** - provides confidential counselling, information and referral in relation to gambling issues and a structured telephone-based intervention.
- **Gambling Help Online** – provides live online text-based counselling and email support to anyone concerned about a gambling issue. www.gamblinghelponline.org.au



PACT

Portal to Alcohol Counselling & Therapy

VICTORIA

A service for GP's

provided by

DACAS

Drug and Alcohol Clinical Advisory Service

1800 812 804

Toll free across Victoria

What is the Drug and Alcohol Clinical Advisory Service?

DACAS is a 24-hour specialist consultancy service to assist health and welfare professionals with the clinical management of drug and alcohol problems. The service provides telephone-based secondary consultation to health professionals to enhance their capacity to respond to the variety of clinical scenarios that arise within generalist settings.

Is alcohol a problem for your patient?

PACT – Portal to Alcohol Counselling & Therapy

is a referral service for general practitioners seeking counselling for patients with concerns about their drinking. The service provides GPs across Victoria with accessible alcohol counselling for patients, including the option of a telephone-based structured psychological intervention.

The PACT service provides GPs with a range of alcohol treatment options, including referral to local alcohol counselling services, a specialist medical assessment at the Turning Point Clinic, secondary consultation with DACAS consultants or a telephone-based psychological intervention.

The telephone-based intervention is a free, 4-6 week structured program that provides a viable alternative pathway for those that can't easily access face-to-face services. This is of particular value to people in rural areas with limited access to alcohol & other drug treatment agencies. Updates are provided to GPs for all patients engaged in the telephone intervention.

The steps to refer a patient to PACT

- Identify any concerns you or the patient has about their alcohol use
- Consider using the World Health Organisation's AUDIT-C screen (see below) to gauge the patient's level of alcohol consumption
- Contact DACAS during the patient consultation. DACAS staff will:
 - assist with a referral to a face-to-face counselling service, or book an appointment for the telephone based PACT intervention
 - organise a secondary consultation with an Addiction Medicine Specialist or referral to the Turning Point Alcohol Clinic if needed.

AUDIT-C

Please circle the answer that is correct for you.

	SCORE
1. How often do you have a drink containing alcohol?	
Never (score 0)	
Monthly or less (1)	
Two to four times a month (2)	
Two to three times per week (3)	
Four or more times a week (4)	_____
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	
1 or 2 (0)	
3 or 4 (1)	
5 or 6 (2)	
7 to 9 (3)	
10 or more (4)	_____
3. How often do you have six or more drinks on one occasion?	
Never (0)	
Less than Monthly (1)	
Monthly (2)	
Two to three times per week (3)	
Four or more times a week (4)	_____
Total Score	_____

Scores of > 5 indicate risky drinking and further assessment or treatment is recommended.