

Information for patients

What is the PACT program?

While most Australians drink alcohol socially, regular or heavy drinking may lead to health problems, make a current health problem worse and have a negative impact on a person's mental health. The Portal to Alcohol Counselling and Therapy (PACT) is a brand new initiative that provides telephone support for people seeking help through their GP for alcohol related problems.

The PACT Program is a 4-6 week telephone counselling program providing information and counselling for people wanting to cut down on their alcohol use. Our program also aims to provide counselling to those who cannot access face-to-face services due to disability, a remote rural location or for those who have a preference for telephone contact.

The telephone counselling program is new and will be evaluated to make sure it's useful. If you are happy to provide input, a researcher will contact you before your first appointment to ask you a few questions. The call will take about 10 minutes and the researcher will ask you what you'd like to achieve from counselling and why telephone counselling appeals to you.

What happens next?

Our counsellor will contact you by telephone at your scheduled appointment time. On the first assessment phone call, our trained counsellor will:

- Ask you some questions about your drinking and how you have been feeling over the past month
- Provide an outline of the counselling program
- Develop some goals with you around your drinking (e.g. to cut down or stop drinking altogether)
- Send you some support materials

The PACT telephone counselling program is a 4-6 week treatment program. If you feel that you may not be able to attend all 6 sessions, our counsellors can develop a shorter treatment plan for you.

What else do I need to know?

It is important to note that all calls with our counsellors are confidential. We can report your progress on the program to your GP, which might help your treatment discussion at your next visit, but only with your consent. Please refer to the attached consent form.

If you would like us to provide more detailed information to your GP, such as the goals you have set, please discuss this further with your assessment counsellor. A more detailed consent form will then be sent to you.

Appointment time: _____ **Appointment date:** _____

A Turning Point Counsellor will contact you at the scheduled appointment time on the contact number you have provided. If you need assistance or want to alter the appointment time, please ring 0394181036 and leave a message. A counsellor will return your call.

PACT Patient Consent Form

I, (Patient's name) _____ hereby consent to;

(tick box) Commencing telephone counselling treatment with Turning Point Alcohol and Drug Centre and for my information to be recorded by Turning Point,

Turning Point informing my GP;

(tick box) when I commence the program

(tick box) when I complete/end the program

(tick box) Contact from a Turning Point research representative about the evaluation of my telephone counselling treatment.

- I have read, or have had read to me in a language that I understand, this document and I understand the purposes and procedures of the PACT Program
- I have had an opportunity to ask questions and I am satisfied with the answers I have received
- I understand that I will be given a signed copy of this document to keep

Participant's name (printed) _____

Signature: _____ Date: _____

Declaration by Doctor*: I have given a verbal explanation of the PACT program, its purposes and procedures and I believe that the participant has understood that explanation.

Doctor's name (printed): _____

Signature: _____ Date: _____

Note: All parties signing the consent section must date their own signature.

General Practitioner Information

Doctor's Name: _____

Practice Name: _____

Contact Number: _____

Fax Number: _____

Email Address: _____

Practice mailing address: _____

PLEASE FAX A COMPLETED COPY OF THIS FORM TO TURNING POINT ON 03 94181012. PLEASE PROVIDE THE PATIENT WITH A COPY AND RETAIN THE ORIGINAL AT THE PRACTICE.

