Guidelines and Resources

Alcohol

Alcohol Guidelines

Guideline 1: Reducing the risk of alcohol-related harm for adults

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

The less you drink, the lower your risk of harm from alcohol.

Guideline 2: Children and people under 18 years of age

To reduce the risk of injury and other harms to health, children and people under 18 years of age should not drink alcohol.

Guideline 3: Women who are pregnant or breastfeeding

A. To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol.

B. For women who are breastfeeding, not drinking alcohol is safest for their baby.

Drinking in Pregnancy

2020 Australian Guidelines to reduce health risks from drinking alcohol – full

2020 national guidelines – Reduce your risk

Quick Reference Guide to the Treatment of Alcohol Problems

Consultation Draft National Alcohol Strategy 2018-2026

ICD classification Mental and behavioural disorders due to psychoactive substance use

Opioids

The NSLHD (Northern Sydney Local Health District) OTP (Opioid Treatment Program) provides dosing, support and case management – both methadone and buprenorphine.

The program provides information, education and counselling on alcohol and drugs, screening for blood borne viruses, and psychiatric assessments.

Phone: 02 9462 9177

The NSW Opioid Treatment Program (OTP)

The NSW Opioid Treatment Program (OTP) seeks to reduce the social, economic and health harms associated with opioid use. The OTP delivers pharmacotherapy and associated services to opioid dependent patients in NSW.

To enrol a patient on the NSW OTP authorisation from the NSW Ministry of Health is required.

Refer to **NSW clinical guidelines: Treatment of opioid dependence** for further information. Information is also available on **Long-acting injectable buprenorphine (LAIB) for opioid dependence treatment** .

Updated Centre for Alcohol and other Drugs (CAOD) guidelines are available to guide practitioner on using micro-dosing or bridging transfer techniques.

OTP medicines are part of the **Section 100 Highly Specialised Drugs (HSD) Program (Community Access)** arrangements. For further information, including FAQs and example PBS scripts see **Opioid Treatment Program – Transition to Section 100 Highly Specialised Drugs Program**.

Specialist advisory line

Contact **NSW Drug & Alcohol Specialist Advisory Services (DASAS)** on (02) 8382 1006 in Sydney metropolitan areas or 1800 023 687 in NSW regional/rural areas for clinical advice on the diagnosis and clinical management of patients with alcohol or other drug related problems.

Forms

From 13 November 2023 **SafeScript NSW** can be used to submit and manage applications for authority to prescribe or supply Schedule 8 medicines under the OTP. SafeScript NSW allows prescribers to apply online to enrol a patient on the NSW OTP and add and update dosing points allowing health practitioners involved in patient care to have clarity on where the patient is being dosed.

If you are unable to register for SafeScript NSW you may submit a completed application form via email to **MOH-OTP@health.nsw.gov.au**, or via fax to the Pharmaceutical Services Unit at (02) 9424 5885

- **Application for Authority to Prescribe or Supply Methadone, Buprenorphine or Other Opioid Agonist Therapy (OAT) Treatment under the NSW Opioid Treatment Program (updated form)**
- **Exit from Methadone, Buprenorphine or Other Opioid Agonist Therapy (OAT) Treatment under the NSW Opioid Treatment Program (updated form)**

- Application for Authority to Prescribe or Supply Methadone (>200mg/day) or Buprenorphine (>32mg/day) under the Opioid Treatment Program (OTP) (updated form)

Notifications and other information

- Prescribers are responsible for notifying the NSW Ministry of Health of any permanent change to a NSW OTP patient's dosing point. Dosing point changes can be made on SafeScript NSW or by submitting a NSW Opioid Treatment Program: Notification of Permanent Change in Dosing Point. For more information refer to Change in dosing point.
- Locum arrangements during planned leave
- OTP patients overseas travel dosing arrangement
- Updated temporary guidance on opioid agonist treatment (OAT) takeaways - dated 25 October 2023.

Interstate transfers

Interstate prescribers who wish to temporarily transfer a patient to the NSW OTP are required to complete and submit an Application for Temporary Interstate Transfer to NSW Opioid Treatment Program.

For information about permanently transferring an OTP patient to NSW or temporarily transferring a NSW OTP patient to another State/Territory refer to the NSW Opioid Treatment Program.

Non-accredited prescribers

Medical and nurse practitioners must successfully complete the Fundamentals of Training and Opioid Treatment Accreditation Course (OTAC) to become an accredited OTP prescriber in NSW.

A NSW medical practitioner who has not received accreditation as a NSW OTP prescriber may be authorised by the Ministry of Health to manage up to 30 patients including:

- maximum of 10 patients treated with methadone who are referred by an accredited OTP prescriber
- maximum of 20 patients treated with buprenorphine or buprenorphine-naloxone, who may be inducted by a non-accredited prescriber or referred by an accredited OTP prescriber.

Non-accredited prescribers are encouraged to complete the free online **Fundamentals Training** course to ensure they understand the requirements for prescribing opioid pharmacotherapy for patients.

Authorisation to prescribe or supply methadone or buprenorphine (including buprenorphine-naloxone) must be granted by the NSW Ministry of Health before a prescription may be issued to commence treatment.

Current as at: Tuesday 20 February 2024

Contact page owner: **Pharmaceutical Services**

For more information contact the OTAC course provider, the University of Sydney Discipline of Addiction Medicine, by email **otac.info@sydney.edu.au** or phone 9515 9811.

Performance and Image Enhancing Drugs (PIEDs)

GP Guide to harm minimisation for patients using non-prescribed anabolic-androgenic steroids (AAS) and other performance and image enhancing drugs (PIEDs)

This Guide provides GPs and other health professionals with up-to-date, evidence-informed guidance on how to manage and minimise harm for people who are contemplating, currently using or wanting to stop non-prescribed anabolic-androgenic steroids (AAS) and other performance and image enhancing drugs (PIEDs).

The Guide is based on the best available evidence and draws upon an extensive literature review and the experience and knowledge of health professionals, researchers, and people who use non-prescribed AAS and other PIEDs.

Local Counselling Services

Northern Sydney Local Health District provide counselling services across a variety of locations in Northern Sydney.

DAYSS provide Drug and Alcohol support to young people living in the Northern Beaches area

Odyssey House Adult - drug and alcohol counselling

Odyssey House NSW - Alcohol & other drug rehab services in Sydney and NSW
Aboriginal & Torres Strait Islander People - Drug & Alcohol Counselling

Lesbian, Gay, Bisexual, Transgender and Intersex People

Eligibility

These services are for people who live, work or go to school in the Northern Sydney Health Network region. People can access these services without a referral.

How to access the services

Anyone can make a referral by calling the number listed under each program; this includes self-referrals. GPs can also refer people through the Mental Health Triage on **1300 782 391** or send a referral form via secure fax on **02 8072 6899.**

Local Rehabilitation Services

- **Northern Sydney Local Health District**
- **Northside Group** and **South Pacific Private** (private healthcare providers) provide inpatient drug and alcohol residential services.

Telephone Support Services

For Clinicians: NSW Drug and Alcohol Specialist Advisory Service – DASAS

This service is a 24-hour free telephone service that advises on the clinical management of consumers with alcohol and other drug related problems. Advice is provided by on-call specialist medical consultants.

Advice includes:

Management of intoxication and withdrawal, Management of other clinical problems arising from AOD related issues, Advice on methadone and opiate treatments, Interactions between medications and illicit drugs, Referral and treatment options around NSW.

Inside Sydney Metro Area: 02 9361 8006
Outside Sydney Metro Area: 1800 023 687

More Info

For Consumers: Alcohol and Drug Information Services

- **Alcohol and Drug Foundation** – talking about drugs, reducing risks, drug facts, resources
- The **Alcohol and Drug Information Service (ADIS)** – a 24-hour telephone service for alcohol and drug information, referrals and counselling
  Ph: (02) 9361 8000 or 1800 422 599

- The **Opioid Treatment Line (OTL)**, provides information, support and advice regarding opioid substitution therapy
  Available 9:30am-5pm Monday- Friday
  Ph: 1800 642 428
- **The Stimulant Treatment Line (STL)** – a 24-hour service providing education, referrals, crisis counselling and support specifically around stimulant use (e.g. speed, ice, ecstasy, cocaine)
  Ph: (02) 9361 8088 or **1800 101 188**
- **Family Drug Support (FDS)** is a caring, non-religious organisation which provides non-judgmental, non-directive support and information for families and friends of drug and/or alcohol users across Australia. Ph 1300 368 186
- **Your Room** A to Z of Drugs