



FIND YOUR **PATH** TO ALCOHOL & DRUG **RECOVERY**




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AND BUILD YOUR FUTURE

SPEAK TO SOMEONE TODAY




**Lorne Community
Hospital**



Step 1 - How do I take a step forward?

The first step is to seek support from a qualified professional such as your local GP, Community Nurse or Care Coordinator.

We can help people who have become disconnected from their family, children, friends or community caused by the harmful effects of alcohol or drug misuse.

Recovery services are available for clients who self-identify, are referred into the program or are on a community order.

Step 2 - Our Program

Once you have engaged with your local health professional, Lorne Community Hospital or Otway Health will coordinate your pathway to recovery through our partnership with Windana Drug and Alcohol Recovery Inc. You will not be required to go through multiple assessments or travel beyond your local region to receive services.

Lorne Community Hospital or Otway Health will provide any additional on-site support such as primary care, psychological services and care coordination as required to develop an individual care plan for each client that ensures regular feedback and support, to get the best possible outcome for you.



Step 3 - How does this Program work?

This program will partner Lorne Community Hospital or Otway Health and Windana Drug and Alcohol Recovery Inc. to provide recovery services through telehealth technology either on site at the Hospital or in the comfort of your own home provided you have home accessibility.

Summary

Follow these 3 simple steps to take your first steps on the road to recovery:

1. Make an appointment with your preferred health care professional
2. Participate in the design of your personalised care plan with your health care team
3. Be involved with the referral pathway to recovery support services
4. Engage in telehealth appointments either at Lorne Community Hospital, Otway Health or at home.

