Good/Not so Good

Weighing up the good things and the not so good things about your alcohol and/or other drug use helps you to decide whether you want to make some changes.

List the good things about your use for your inner spirit, you, your family and your community.

- Your Inner Spirit
- Yes
- Your Family
- Community

List the not so good things about your use for your inner spirit, you, your family and your community.

- Your Inner Spirit
- Your Family
- Community

STAGES OF CHANGE

- Making changes takes time. People go through different stages when making changes. If you’re choosing to keep using, there are things that you can do to reduce the harm and to think about stopping. If you’re uncomfortable with using or are thinking about making changes, it is useful to get some information and support. Sometimes people don’t get help because they feel shame talking about alcohol and/or other drug use.
- Aboriginal Alcohol and Drug Workers, Aboriginal Health Workers and other health professionals are there to help you. They will not put you down. They can help you to reduce the harm, cut down or stop using, and support you while you make changes. It may not be easy to make changes but your family, friends and other people in your community can support you.

Getting some help and information

If you are thinking about changing your alcohol and/or other drug use, maybe you could do with some help and information. If you are worried about someone in your family who is using alcohol and/or other drugs, perhaps you could use some information and support.

Sometimes people don’t get help because they feel shame talking about alcohol and/or other drug use. Aboriginal Alcohol and Drug Workers, Aboriginal Health Workers and other health professionals are there to help you. They will not put you down. They can help you to reduce the harm, cut down or stop using, and support you while you make changes. It may not be easy to make changes but your family, friends and other people in your community can support you.

The Alcohol and Drug Information Service (ADIS)

ADIS can provide information about culturally secure alcohol and drug services in your area. They can also provide other information, counselling and advice for people concerned about their own or another’s drug use. This is a 24-hour, statewide, confidential telephone service.

ADIS: 9442 5000 Toll free: 1800 198 024
E-mail: adis@health.wa.gov.au
Website: www.dao.health.wa.gov.au

The Parent Drug Information Service (PDIS)

Confidential telephone support, counselling, information and referral service for parents.

Telephone: 9442 5050
Toll free: 1800 653 203

Produced by the Aboriginal Alcohol and Other Drug Programs

The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph ‘Nipper’ Roe, who belonged to the Karajarri and Yawuru people. The Aboriginal Alcohol and Other Drug Programs is funded by the Australian Government, Department of Health and Ageing.

Illustrations: Workspace Design.

© Drug and Alcohol Office 2010
ABORIGINAL INNER SPIRIT MODEL

Our way of being healthy is to look after ourselves by making good choices, and to care for our family, community and culture. Alcohol and other drugs can tangle and weaken our spirit and mind. This can affect our emotional, social, spiritual and physical wellbeing. This can weaken our connection to family, community and culture.

Alcohol and other drugs can tangle your spirit and weaken your mind and community. These drugs can affect you, your family and community in many different ways:

- Sometimes people use alcohol and/or other drugs to cope with problems already in their life and this can make those problems worse.
- Sometimes people don't realise their alcohol and other drug use is causing problems for themselves, their family and their community.

Too much alcohol and other drugs affect you, your family and your community

Our Inner Spirit is the centre of our being and emotions. When our spirit feels strong, our mind feels strong.

Strong Inner Spirit is what keeps people healthy and keeps them connected together.

Strong Inner Spirit keeps our family strong, our community strong and our country alive.

Alcohol and other drugs can weaken your spirit and your connections with family, community and country.

When our spirit feels tangled our mind feels strong.

Our Inner Spirit is getting sick.

Grief and Loss

You use alcohol and/or other drugs to cope with issues of family and friends passing away, legal issues, or have a criminal record. You've been charged or other crimes while you were drunk or out of it. You've been to jail or have a criminal record.

Family and Community Relationships

Putting pressure on your family. Fighting with your partner. Not respecting and neglecting your elders and your children. Your family are worried and angry about your behaviour. Not observing your family and community responsibilities.

Legal

You've been busted for drugs. You've been charged with assaults, breaking and entering, drug driving, or being drunk or out of it. You've been to jail or have a criminal record.

Money and Work

Spending too much money on alcohol and/or other drugs. Not buying food for the family, not paying the rent of bills. Humbugging your family for money. Lose your job or can't be bothered looking for work. Can't be bothered with finishing school or getting a career.

Aboriginal Law, Culture and Country

Not keeping your social and cultural obligations. Breaking Aboriginal Law when drunk or out of it on drugs. Not respecting, passing on or learning your culture. Not looking after and respecting your country.