

What are the Clinical Care Standards?

Alcohol and Other Drug (AOD) Treatment Clinical Care Standards tell you what to expect at different stages in your treatment journey when you're seeking help for a drug or alcohol problem.

Who are they for?

People in treatment:

They help you understand what to expect with your treatment so you can make informed choices about your care.

People who help you:

They help workers and services to provide high-quality AOD treatment as part of your care program.

The Standards:

- ▶ 1. Intake
- ▶ 2. Assessment
- ▶ 3. Care Planning
- ▶ 4. Risk Monitoring
- ▶ 5. Outcomes
- ▶ 6. Transfer of Care

'If you hit milestones, share them with your clinician.'

– Ben



What the Standard says:

'Monitoring treatment progress and outcomes is an ongoing process for clients engaged in AOD treatment.

It is an opportunity to partner with clients for joint reflection on progress and priorities and informs ongoing care planning.

Clients are encouraged to give feedback and raise any matters of concern regarding their treatment at any time. A structured treatment review provides an opportunity for this.'

We acknowledge the traditional custodians of the lands that we live and work on and pay our respects to elders past and present.

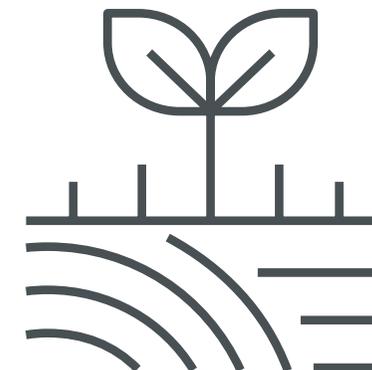
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Alcohol and Drug Treatment Clinical Care Standards



Outcomes Monitoring

Tracking progress



Experiences of Outcomes Monitoring

Outcomes Monitoring is...

taking stock of your treatment journey: what is working well, what positive changes you are making, what is not working well, and what you think needs to change.

This is a time to celebrate your achievements and re-evaluate your Care Plan.

What can I expect?

You and your AOD worker will discuss how your treatment is going. This will include using a questionnaire to track your alcohol and/or drug use, plus your health, wellbeing and any other areas of importance to you.

You and your worker will review your Care Plan together to see how you are going, what goals you have made progress on, and address any areas where you might need more support. You can update your Care Plan as needed.

Your worker will also discuss your treatment with the team they are a part of to ensure you get the best care they can provide.

'Be transparent about where you're at.'

– Curtis

'The more informed you are about your health, the better the outcome.'

– Liane



'Don't let your momentum go to waste – keep it going.'

– Ben

Preparing for Outcomes Monitoring

Tracking your alcohol and/or drug use, mental and physical health, quality of life, work, study and housing is important – it helps you and your treatment team see if the current treatment plan is working and if any changes need to be made.

Celebrate your successes and take the time to think about what's not working for you and what to do next.

Sharing your hopes and concerns can help you refine your Care Plan.

You can also give feedback to your AOD worker about how they can support you better and to raise any concerns you may have.

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What happens next?

It is important that you are involved in reviewing your progress, including discussing things that aren't going well, to make sure you achieve your goals in the long term.

As you achieve your goals or things change, you can collaborate with your AOD worker to update your Care Plan to meet your needs.

Remember!

- ▶ If you don't know what's happening, you have the right to ask.
- ▶ You should expect staff to be upfront, non-judgmental and respectful to you.
- ▶ Don't be worried about saying your circumstances have changed or that things are not working out as planned.