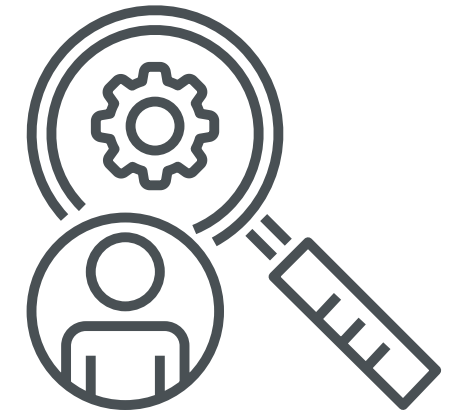


Alcohol and Drug Treatment Clinical Care Standards



Assessment

Understanding you

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 workers are there to help you.'

– Sarah

What the Standard says:

'It is essential for people attending AOD treatment services to have a comprehensive assessment conducted at the start of treatment.

This is an opportunity to explore the client's strengths and any requirements they may have to support their engagement in treatment.

The assessment also identifies what needs to be considered and included in the Care Plan.'

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

Check out more online:

www.yourroom.health.nsw.gov.au



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SHPN (CAOD) 241160.

The Standards:

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



Experiences of Assessment

Assessment is...

an in-depth interview with an AOD worker. You will be asked a lot of questions, some of which may seem very personal.

The more information you share with the worker, the more likely they can help you decide on the best treatment for you.

What can I expect?

The assessment is more in-depth than intake and includes questions about:

- 1 why you have come to treatment and what you expect from it
- 2 your past and current drug and alcohol use, even if you don't consider them a problem for you
- 3 treatment you've had before or are currently having, including what has worked and what hasn't
- 4 your physical and mental health and how it may influence your AOD use
- 5 identifying any immediate physical and mental health needs you have
- 6 your friends, family and other aspects of your social circumstances.

'Have the courage to be open about what's going on.'

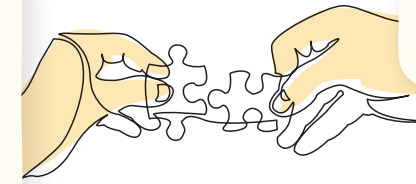
–Frannie

'You'll always be able to get help.'

–Dimitri

'Stop and ask questions if you're unsure.'

–Frannie



Preparing for Assessment

This stage is to help identify what you want and need from treatment.

Be prepared for some personal and potentially difficult questions. The workers aren't there to judge you – they choose to work in AOD treatment and are there to help.

There may be times when your worker needs to involve others to keep you and the people you care about safe.

It's okay to ask for a break or to come back to a question if you aren't ready to answer all the questions at once.

The treatment team will make recommendations after an assessment. Remember, the more information they have, the more helpful the recommendations you will receive will be.

Thanks to Curtis, Sarah, Dimitri, Ben, John, Frannie, Liane and the other members of the **Lived and Living Experience Working Group** for partnering with us on this project.

What happens next?

Treatment options will be discussed with you. These are usually with the service provider you have had the assessment with, but they may be with a different provider.

Your worker will let you know when you can start your treatment and what to expect.

Once you start your treatment you can work on a more comprehensive Care Plan.

Remember!

- ▶ If you don't know what's happening, you have the right to ask.
- ▶ Peer workers are on hand at some service providers – they can tell you first-hand about their experiences of treatment.
- ▶ If you feel like a 'fish out of water' when going to treatment for the first time, remember, everyone is there to get help.