

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:

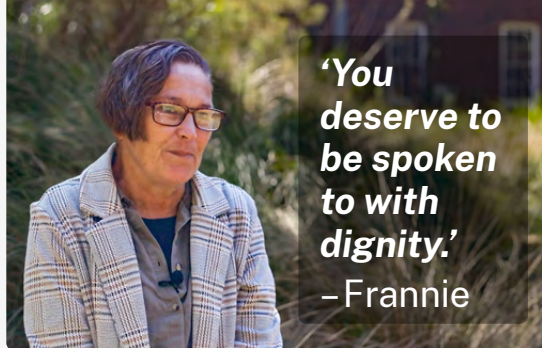
They help you understand what to expect with your treatment so you can make informed choices about your care.

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



'You deserve to be spoken to with dignity.'
– Frannie

What the Standard says:

'Assessing risk is an important part of AOD treatment. Identifying and responding to risk starts at intake and continues throughout treatment.'

There are a range of risk factors to be considered, including personal characteristics and circumstances, behaviours the client may be engaging in, and risks associated with the substances being used.'

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



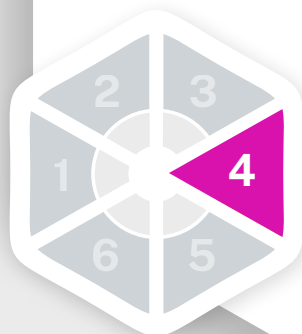
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Alcohol and Drug Treatment Clinical Care Standards



Risk Monitoring

Identifying hurdles



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Experiences of Risk Monitoring

Risk Monitoring is...

partnering with your AOD worker to identify any problems or challenges that may cause you harm or have a negative effect on your treatment. They will help you build your strengths and skills to reduce harm.

Together, you will continue to monitor risks so you can keep your treatment on track.

What can I expect?

You'll be asked regularly about challenges in your life and any risks you are facing. This might include questions about your substance use, children, violence, housing, mental and physical health, and legal circumstances.

Your AOD worker will discuss how these may impact you and your treatment outcomes, and suggest strategies to reduce the likelihood of harm occurring.

There may be times when your worker needs to involve others to keep you and the people you care about safe. Your team may include people from within and outside the service.

'Don't feel like you can't open up – what you say is confidential.'

– Anon

'Getting help is the best thing you can do for you and your kids.'

– Frannie



'Workers will focus on your mental health as well as your drug use.'

– Anon

Preparing for Risk Monitoring

Addressing the risks and harms that may occur can make sure your treatment is a success.

Changes in your circumstances may affect your journey. Getting on top of problems before they get worse will help you reach your goals.

Talking openly with your AOD worker about any risks or harms you face helps them to support you to get the help you need to reduce these risks and their impact.

If you are worried about talking about the risks and harms you face, you can ask what will happen with the information you provide.

Remember: Risks are not failures – they are just challenges we must face and overcome.

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?

Together with your AOD worker, you will review how things are going and if there is anything you need help with.

If your worker needs to refer you to another person or service provider, this will be outlined in your Care Plan. Sometimes there will be reporting your worker must do by law, but they will almost always tell you about it first.

Remember!

- ▶ You have the right to expect good treatment that meets your needs.
- ▶ Peer workers are on hand at some service providers – they can tell you first-hand about their experiences of treatment.
- ▶ Don't be worried about saying your circumstances have changed or that things are not working out as planned.