



## CADS & Covid-19 Information for clients (June 18)

Please note this information is only about what is happening at CADS.

### Welcome to Level 1 at CADS

Welcome! Our front doors are now open!

Like the rest of the country CADS has moved to Level 1. As there are now no restrictions on gatherings we are able to restart CADS groups and walk-in clinics.

**The main ongoing advice for visitors and staff are:**

- If you're sick, stay home. Don't go to work, school or socialise
- If you have symptoms of cold or flu call your doctor or Healthline and get tested
- Wash your hands
- Sneeze or cough into your elbow and regularly disinfect shared surfaces
- You must self-isolate if you're told by officials to do so
- Stay healthy, work with your GP if you have underlying health issues
- Keep track of where you've been and who you've seen e.g. you can use the QR codes available at various premises
- Be kind to others and be kind to yourself.

### Changes for Medical Detox Services

Although the detox in-patient unit has re-opened the walk-in clinic at Pitman House has not. It will remain closed for the foreseeable future.

*Anyone who was thinking about or planning on coming to the Detox walk-in clinic is asked to:*

- *visit the walk-in clinic at your nearest CADS unit or*
- *phone your nearest CADS unit or*
- *phone the Detox referral co-ordinator 815 5830 ext 45028*

The CADS units can do an initial assessment and pass your contact info onto the detox team who will get back to you as quickly as possible.

We are really keen to hear about your experience of Detox Services so give Marc (Detox Services consumer liaison) a call by phoning 09 815 5830 or 021 982 432 or provide feedback online at [Feedback about CADS Service | CADS Auckland](#)

## Auckland Opioid Treatment Service (AOTS)

Doctor and keyworker appointments are returning to normal with some appointments happening over the phone or Zoom though most are the usual face-to-face appointments. Feel free to discuss your preferences with your keyworker.

If you meet up with AOTS at one of our satellite sites and it would be easier for you to do these meetings via Zoom let your key worker know.

Expect discussion about any changes that happened to your takeaways during Levels 2-4. If you got more takeaways and managed well chances are the conversation will include moving to shared care with your GP. Although more takeaways aren't a given there can be more flexibility when you are prescribed OST by your own GP. And it's helpful to remember you are still able to engage with your key worker when you are in shared care.

If you feel you need some more support from the service give your key worker a call. If you would like to let us know about your experience with AOTS during the Covid-19 levels give Andrew (AOTS consumer liaison) a call on 09 815 5830 or call or text **021 325 597** (*Please note this is a new mobile number. Delete the old one*)

## CADS Counselling Service

CADS groups are happening back on site!

We are still really keen to hear about your experience of Zoom groups. Covid-19 gave us the opportunity to look at how we do things and to try some new ways to provide services; some are likely to continue into the future so the more info we have from you, the better informed we will be and better able to respond to your needs.

So give Marc or Renee (Counselling Service consumer liaisons) a call or you can complete a group evaluation form at [Feedback About a Group | CADS Auckland](#)

Marc and Renee	09 815 5830
Marc (CADS Abstinence programme)	021 982 432
Renee (CADS Counselling North, West, South & Central)	021 592 143