

Post Custodial Support Program

Help for people leaving custody who use alcohol and other drugs

What is Post Custodial Support (PCS)?

Post Custodial Support (PCS) is a new drug and alcohol support program aimed at helping people who are being released from prison. You can apply for PCS when you are 3 months from your release date or within 4 weeks after being released. The program continues for up to 12 months after you leave custody.

What kind of support does it give?

PCS provides integrated case management for people with harmful use of drugs and alcohol. This means it helps you to get treatment for drug and alcohol use as well as support for other issues that can affect your health and wellbeing. These include medical issues, mental health, accessing employment or Centrelink and making community connections. The types of case management support can include:

- individual and group AOD counselling
- peer support from someone with lived experience of drugs and alcohol or being in custody
- assistance with getting Centrelink or other government services
- help getting connected with a GP and other health specialists, like a dentist or a mental health counsellor.

Planning care is done together with the person getting support and, if they wish, family, partners or a friend can be involved too.

What are my responsibilities in PCS?

The program is voluntary and you can set your own goals about substance use such as stopping or reducing use or staying safe. During the program, you will still need to follow any post-release legal obligations you have, like parole conditions, which might include staying off drugs or alcohol.

What are the benefits of the PCS program?

Getting support through the PCS program can help with reducing drug and alcohol use, reducing harm from drug and alcohol use, and with adjusting to life after leaving prison. It may also help improve your health and wellbeing in different areas of life that might contribute to using drugs and alcohol, or your history of contact with the justice system. This includes trauma, social isolation, lack of opportunities for study or work, and lack of access to health services because of factors like cost or travel distance.

I am interested in getting support – how do I apply?

Currently, the PCS program is available in the following areas of NSW: Mid North Coast, Northern NSW, Singleton, Muswellbrook, Dubbo, Wagga Wagga and Southern NSW). If you plan to move to one of these areas when you get out or have been released in the last 4 weeks and live in one of those regions you can apply to receive support by calling, emailing, or using the online referral form (see QR link).

If you are currently in custody you can also ask the Drug & Alcohol staff at the Health clinic, or a SAPO, a welfare officer or a friend to make a referral for you using the same referral routes.

Geographic area	Service provider contact
Mid North Coast and Northern NSW	The Buttery Ph: (02) 6687 1111, Email: intake@buttery.org.au
The Hunter Valley	Odyssey House & Drug and Alcohol Health Services (DAAHS) Ph: (02) 6543 2677 Email: pcsadmin@daahs.org.au
Central West (Dubbo region)	Wellington Aboriginal Corporation Health Service (WACHS) Ph: (02) 68459310 Email: PCS@wachs.net.au
Riverina (Wagga Wagga region)	Riverina Medical and Dental Aboriginal Corporation (RivMed) Ph: (02) 6923 5200 Email: wellbeingintake@rivmed.org.au
Southern NSW and Murrumbidgee	Directions Health Ph: (02) 6132 4800 Email: postcustodial@directionshealth.com



Scan the QR code to go directly to the online referral page

www.health.nsw.gov.au/postcustodialsupport

What happens if I'm accepted?

A worker from your area's PCS provider will first meet with you while you're still in custody and you can talk about what kinds of support you need when you get out. The meeting will either be in person or by phone or audiovisual link. With this information they will start putting support in place so it will be available when you are released. The support worker will **not** involve anybody without your consent, and you can change your mind around this at any time during the PCS program.

What happens when I finish the PCS program?

The PCS program continues for up to 12 months after you are released. If you would like to return to the program, you can contact the PCS provider in your area. If you have previously left the program without finishing it, you can still re-apply for support.

I have questions about the program. Who should I ask?

You can contact the PCS service provider in your local area listed above.

What if there is no PCS service in my area?

You can still seek help from other support providers. They and the areas they cover are listed below:

Other services for people exiting custody needing drug and alcohol treatment and support

Waminda

Aboriginal women returning to Nowra area
Ph: (02) 4421 7400
Email: intake2@waminda.org.au

Australian Community Support Organisation (ACSO)

Shellharbour area, opening mid 2024
Ph: TBC Web: TBC
Email: TBC

Odyssey House

Statewide for people from culturally & linguistically diverse backgrounds
Ph: (02) 8706 0150
Web: www.odysseyhouse.com.au
Email: multicultural@odysseyhouse.com.au

CRC (Community Restorative Centre)

Adults: Inner city, Inner West, Western or South West Sydney
Young people aged 24 years and under: Greater Sydney
Web adults: www.crcnsw.org.au/services/alcohol-and-other-drugs-support/
Web YP: www.crcnsw.org.au/services/pathways-home/
Ph: (02) 9288 8700
Email (adults): aod.transition@crcnsw.org.au
Email (young people): pathwayshome@crcnsw.org.au

Connections Program (Justice Health)

Statewide for people exiting public correctional centres (excludes Parklea, Clarence and Junee)
Email: jhfmhn-connectionsprogram@health.nsw.gov.au