



# FRESH START TRAINING DAY

Professor Gary Hulse

**Fresh Start Northam had the pleasure of hosting Professor Gary Hulse from UWA Medical School, at our Northam residential facility yesterday, Monday, February 5th for a training session about addiction and substance use disorders for staff, residents and the wider community.**

Professor Hulse brought a energy to the room, with his lively descriptions and association between the physical effects substance use has on the brain and how it can affect an individual's ability to maintain relationships and naturally produce hormones such as dopamine and serotonin. Professor Hulse shared with Fresh Start staff and residents an insight into how he teaches medical students and is working to make change in the profession. He described to the group that often the only and first encounters that his students will have with people with substance use disorders such as addiction will be in the emergency room, in a crisis situation and how this can often lead to young doctors developing negative perspectives and lack of understanding of how to support someone in addiction and to encourage help seeking. For many of our residents and staff this hit home, as they themselves have been faced with medical professionals who were not properly prepared to handle individuals with addiction.

We had the privilege of hearing stories of lived experience of drug use and addiction and how he had grown and overcome their addiction through community and connection. We also took this time to get feedback from our current residents and understand their needs and ways Fresh Start can make their recovery successful for the present and the future.

Some new initiatives will be coming in the future for Fresh Start to support our residents, staff and the wider community.

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