

# Orkney Alcohol Counselling & Advisory Service

## We offer:

- General Information and Advice
- One-to-one Counselling
- Counselling for Couples and Families
- Support Groups for individuals affected by another's alcohol misuse.
- Youth Counselling Service.
- In School Counselling

## If you require our assistance or want to find out more about what we offer:

- Telephone for a confidential discussion
- Telephone to arrange an appointment
- Drop in to see us



You can also ask a friend, relative or your GP, employer, social worker, solicitor to make an appointment for you.

## All counselling is confidential and free of charge

British Association for Counselling & Psychotherapy  
"As an Organisational Member of BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy, and subject to the Professional Conduct Procedure for the time being in force."

# OACAS

## Orkney Alcohol Counselling & Advisory Service

### What is OACAS and what does it do?

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## **BACKGROUND**

The Orkney Council on Alcohol, known as Orkney Alcohol Counselling and Advisory Service (OACAS), has been operating since 1975, as part of the network of local Alcohol agencies in Scotland affiliated to Alcohol Focus Scotland (AFS) with its headquarters in Glasgow.

OACAS is a charitable company limited by guarantee working from our own independent Office at 6 Bridge Street Wynd, Kirkwall. We receive our funding from Orkney Islands Council and NHS Orkney, as well as from numerous charitable funders. We also benefit from donations from private individuals and organisations. Although we are an information and educational resource our main activity is one-to-one Counselling for those who wish to address and overcome their own and others' problems connected with inappropriate consumption of alcohol and other substances. Whilst some of our clients are referred to us by GPs and the Social Work Department, the majority are self-referred. We are not tea-total, but rather seek to promote healthy and responsible attitudes to alcohol for the individual, and society at large.

Our working strategy is formulated by our Board of Directors; Counselling is carried out by our qualified Counsellors, trained to national standards set by AFS. Practice Supervisors monitor the work of the Counsellors. Day to day administration is carried out by our Manager and his Administrative Assistants.

## **MISSION STATEMENT**

OACAS believe people who are affected by their own or others' misuse of alcohol and/or drugs and those who have personal problems or life style issues, should be able to source a range of services. These could include information, education, one-to-one Counselling and/or group support.

We will:

1. Actively promote and encourage healthy and responsible attitudes to alcohol and drugs misuse.
2. Assist those seeking to address their problems by offering counselling and support.
3. Respond effectively to clients needs in a professional and confidential manner.
4. Develop and manage the service in a way that merits the confidence of our funding agencies and clients.
5. Develop partnerships where appropriate.
6. Maintain a working environment in which employees and volunteers find job satisfaction, take pride in the agency and feel their views are valued.