



Western Australian Therapeutic Community SITE VISITS

Annual International Conference 2011

30 May to 3 June

The Esplanade Hotel

Fremantle, Western Australia

**Tick the site visit box on
your registration form to
book your place**

On Monday 30 May to preface the ATCA Conference 2011, you are invited to visit the Western Australian Therapeutic Communities. Transport will be provided from the Esplanade Hotel to the sites. Lunch and refreshments will be served.



Cyrenian House Therapeutic Community

Cyrenian House adopted the Therapeutic Community Model in January 1999 and has been an active participant in the TC sector ever since. Cyrenian House recently volunteered to be one of the first TC's in Australasia to undertake a peer review process utilising the newly developed ATCA TC Standards.

Located on over 30 acres of bush land, the TC is 30 minutes north of Perth and offers two programs.

The Mixed Gender Program (MG)

- Open to men and women over eighteen years of age who are motivated to address their alcohol and other drug dependence.
- Accommodates 40 people and is gender balanced.
- A Four Stage program based on the Therapeutic Community (TC) model where residents stay for up to a year.
- Six priority beds for Aboriginal people

The Saranna Women and Children's Program:

- Offers treatment for 14 families - Women motivated to address their alcohol and other drug dependence with young children in their care.
- The service addresses the current inequality of service access for women with young dependents and facilitates family re-unification and strengthening.
- A Four Stage program based on the Therapeutic Community (TC) model.
- Women and their children form an integral part of the community, engaging in a daily program of recovery while living in self contained cottages to provide a home environment.



Both the Saranna and Mixed Gender programs utilise a variety of tools and interventions including counselling, therapeutic group work, community responsibilities, art projects and recreation activities.

Unique opportunities exist at the TC for residents to explore and identify issues in depth and develop practical strategies designed to support them in the long term.



Palmerston Therapeutic Community (The Farm)

Palmerston Farm is a Therapeutic Community (TC) located on a 10 acre property 30 minutes south of the Perth CBD. The Palmerston TC offers a residential rehabilitation program for 32 men and women over 18 years of age that are motivated to address their alcohol and other drug dependence. The core program is 14 weeks but provides the opportunity for residents to stay up to a year.



As well as operating within a TC model, Palmerston's TC offers programs built around the opportunities that living on a Farm presents:

The Farm program

All residents work together on the Farm each weekday morning on activities around gardening, planting and growing vegetables for consumption and general farm maintenance.

This provides opportunities to:

- develop and sustain rewarding work habits
- help restore general health and a sense of wellbeing
- work with others as part of a team
- develop new practical outdoor skills

The Vocational Program

The vocation program, run in conjunction with TAFE, provides clients with the opportunity to gain experience in horticultural skills through accredited training and improve computer skills in basic and advanced training. All residents take part in the TAFE program.



Serenity Lodge

Serenity Lodge is the newest member of the TC community in Western Australia. Serenity Lodge is a 43 bed adult (18+) Alcohol and other Drug Treatment Service located in Rockingham, 40 minutes south of the Perth CBD.

Serenity has been through a few evolutions over the last 30 or so years. Starting out as a coastal retreat for nuns in the 1960s to the transition into a TC in 2008, Serenity has never lost sight of the need to deliver the very best for the residents.

Serenity Lodge nestles amongst the trees on 2 acres and is situated just 250 metres from the beautiful Indian Ocean. Staff and residents take full advantage this: It provides the perfect setting for early morning walks,

counselling sessions, 'getting to know you' chats, graduation ceremonies and fun sporting activities on the weekends. Another great aspect of living so close the beach is that even the hottest summer day is cooled down by the lovely afternoon sea breeze.

One of the most exciting aspects of Serenity Lodge for the staff and the residents is the holistic approach that the TC model encourages and the program is witnessing increasingly positive outcomes as Serenity Lodge continues to embed the Therapeutic Community principles in the daily practice.



For further information, conference updates, registration and hotel booking information please refer to the ATCA website www.atca.com.au.