



Australasian Therapeutic Communities Association

2016 Gathering

"come sit together"

21-23 November 2016 Rydges Hotel, Melbourne



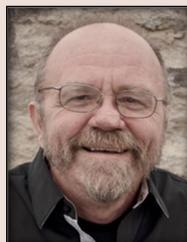
Keynote Speakers Announced!



John Challis – Vice President Center Point, California

John will be well-known to many as CEO of Odyssey, Auckland from 1987-2004, before moving to the US, where he became

State Project Director of SAMHSA's Co-occurring Center of Excellence from 2005-2009. It is thrilling to have John return to an ATCA Conference for the 30th Birthday celebration – and particularly as he was one of the prime movers in bringing New Zealand into the Association, heralding the change from "Australian" to "Australasian" Therapeutic Communities Association.



Tom Regehr – Founder and President CAST, Canada.

Tom is the Founder and President of CAST, which stands for: *Come and Sit Together*, an organisation helping professionals to better understand the role of trauma and unresolved grief in addictions, homelessness, chronic unemployment, mental illness and other concerns. Tom will be providing both a keynote address and a professional development workshop, which will follow the conference on Thursday 24 November.

Stan Grant – Aboriginal Journalist and one of Australia's finest storytellers and public speakers, who will present the James A. Pitts Oration.



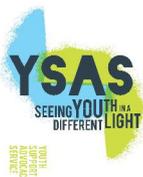
Registration for this event may be purchased separately for those not attending the full conference. This event will take place on Wednesday 23 November, which is the third and final day of the conference.

The ATCA Gathering 2016: “come sit together”- Working together with Aboriginal health organisations will bring together people from across the alcohol and other drugs sector and will provide a forum to highlight and foster interagency partnerships that improve outcomes for clients, especially Aboriginal clients. It is an important opportunity for ATCA members and their staff to exchange best practice and learn from one another.

This year’s conference will steer away from the traditional conference format to one of a gathering with the theme of “come sit together” bringing together “mainstream” alcohol and other drug treatment and support programs and Aboriginal health organisations that work together to bring about positive outcomes for first nations clients, their children, their families, their mobs and the community.



The conference organising committee is made up of: Odyssey House Victoria, Windana, Youth Support and Advocacy Service (YSAS), the Salvation Army and for the very first time, Ngwala Willumbong Ltd.



VACCHO has also come on board to support the development of the conference as a genuine first people’s event hosted by what is referred to as a “mainstream” association.

Registrations are open and information available on the special ATCA Events website at: www.events.atca.com.au

When you open the Events website, you will see all the conference information presented – registration fees for members and non-members, with Early Bird available until 31 August, and registration fee inclusive of the three-day conference program, including site visits and Welcome Event on Monday 21 November,

and the James A. Pitts Oration – presented by Mr Stan Grant. Tickets are also available separately for the Oration, for those not attending the full conference. Day registrations are also available for members and non-members.

The Conference Dinner will take place on the evening of Tuesday 22 November, and bookings for this are separate to the registration fee. As in previous years, this is an important event in the ATCA calendar as it will include the awards ceremony. A reminder that award nominations are now open, and have been extended to Monday 10 October 2016 – so please consider your nominations now – it is important that we honour and celebrate the many people who contribute to the TC movement.

We will also have some important announcements in the coming weeks in relation to awards – so please “Watch this Space!”

The opportunity for delegates to visit some of our therapeutic communities and other services is an important part of the ATCA Conference program. This year we are offering two fantastic opportunities for delegates to visit services in Victoria. Please choose one of the options below.

Buses will depart from the Rydges Hotel on Monday morning and journey to the first of the programs listed for each tour (Windana Site visit 1; and Birribi Site visit 2). Costs for each of these is included in your registration fee, and will include bus travel, morning/afternoon teas, and lunch. You will have the opportunity to meet with staff and residents of each of these unique programs and discuss the variety of services offered.



Site visit 1
The Windana Therapeutic Community is a 40 bed residential facility located on a 40-acre property in Maryknoll, Victoria. The program is

delivered through four different phases over a period of 6-12 months. Residents of all phases live together in shared accommodation across five separate houses to support each other through the program.



Bunjilwarra provides a 12 bed residential rehabilitation and healing service for Aboriginal young people (male and female) aged

between 16 and 25 years. It is a purpose-built, statewide service situated on a 1.7 hectare site in Hastings, Victoria.

Site Visit 2



Birribi (YSAS) provides a structured, experiential environment based on therapeutic community principles for vulnerable young people managing their alcohol and drug use. Birribi is a 15-bed residential program, located in the north-east of Melbourne, providing a holistic program comprising a mix of group and individual therapy, recreational, vocational and educational activities, with an overall focus on community living and shared responsibility



Odyssey House is a 113 bed therapeutic community that integrates a 32 bed family program into its operations. Following a social psychiatric model of recovery, the program offers a comprehensive assessment of medical, psychological, and psychiatric need and follows a balanced daily routine of maintenance/ work related activity, passive and active recreational pursuits, good nutrition and adequate rest.

Odyssey has beds allocated specifically for parents with accompanying children from birth to age twelve. Onsite child care and family sensitive practice are central to program planning.

Registrations and bookings this year will be all done on line. When you are ready to register, please click on the link shown on the ATCA Events page and you will be taken directly to *Conferences on Line* to complete the registration process. You can register and pay by credit card (either individually or as a group) or by direct deposit. The payment will be receipted on booking and you will be provided with a booking reference in case you need to make any changes.

Please note the conditions of registration are as usual: **Registration Cancellations & Amendments** must be notified in writing to the ATCA Executive Officer via email to atca@atca.com.au

Cancellations or changes received before **22 October 2016** will receive a refund less 20% administration fee.

Refunds (less administration fee) for cancellations received in writing after **22 October 2016** will only be made in exceptional circumstances at the discretion of the ATCA Board in consultation with the Conference Organising Committee.

Substitutions: As an alternative to cancellation, your registration may be transferred to another person without incurring any penalty. The ATCA Executive Officer must be advised of the transfer in writing. Please email the name, position, phone and email address of the new delegate to atca@atca.com.au. There will be no refunds for the Conference Dinner purchased by the original delegate.

This year's conference will be a unique event and we are excited to invite you to register now through the special ATCA Events website: www.events.atca.com.au

Professional Development Workshops Thursday 24 November

The Conference Organising Committee has organised two workshops to follow this year's conference.

'Tomorrow Does Not Exist' - Working With People Who Have Suffered Enough Loss That They Feel That A Positive Tomorrow Cannot Exist, will be presented by **Tom Regehr from CAST, Canada.**

Do you see people who are *Perpetually Angry and Profoundly Stuck*? Gather a deep understanding of The Role of Trauma, Loss and Unresolved Grief in your clients for whom *"Tomorrow Does Not Exist"* and learn safe, productive ways to move ahead.

A Dynamic Blend of Lecture, Reflective Experience, Room Discussion and Tools

Morning: Introduction, Experiential Exercise and Debriefing

- Introduction - 'trauma', traumatic stress, cycles of loss, unresolved grief, addiction etc.
- Room discussion about the challenges of working with these folk
- The "Heartset Exercise", an experiential exercise
- Debriefing and application

Afternoon: Lecture and Discussion – 5-part guide. You will learn how to:

- Identify clients for whom *"Tomorrow Does Not Exist"*

- Talk with a client for whom Tomorrow Does Not Exist without doing harm
- Identify the scope and nature of their 'today'
- Introduce them to a functional healthy tomorrow and empower them to move ahead independently
- Reflecting on Addiction/Substance use and self-harm

The Organic Origin of the TDNE concept and tools

Over a period of 6 years, CAST Canada held more than 100 Panel discussions in which 3-4 people with direct experience with complex trauma and addiction spent 2-3 hours with 25-40 working with health/helping professionals in open, frank and safe discussion. Over time, themes and concrete ideas emerged about the important pieces of the individual experience as well as what was helpful in therapeutic relationships. These ideas were captured, proofed and re-visited by fresh panel members and audiences.

The ideas were then held up to known concepts of trauma and addiction from leading experts for connections. The result is a workshop based on the real experience of suffering and recovery and evidence based approaches. The tools and language are *concrete, easy to remember, easy to use, holistic, helpful, respectful*. Over 2,700 professionals participated.

Outcomes: You will:

- Gain a better understanding of the effect of cumulative loss and traumatic stress.
- Improve listening skills
- Shift your expectations and definitions of what 'progress' is
- Reduce your stress around these challenges
- Be more able to be 'present' with your client and self.

Concrete - Easy to remember - Easy to use - Holistic - Helpful - Respectful

For more details and information on Tom Regehr and CAST see: <http://www.cast-canada.ca/>

Workshop restricted to 44 participants - so Book Fast! At \$185.00, this is amazing value for a full day professional development workshop.

ATCA Standard – Technical Expert training will be presented by Barry Evans in conjunction with Institute for Healthy Communities Australia Inc (IHCA)

Members of ATCA have always prided themselves on their willingness to share information and innovation

amongst each other at Annual Conferences and via the Newsletter. This practice is currently being challenged as the sector is forced into an increasingly competitive funding environment, which in turn may have an impact on the recently introduced certification process.

At the Annual General Meeting held in October last year, the members attending voted to make certification against the ATCA Standard a requirement for ongoing membership of the Association. It was heartwarming to see the level of support for this initiative, a move which the ATCA Board hopes will assist in maintaining the integrity of the TC model over time and encourage residential rehabilitation programs to move in the same direction.

As part of the preparation for the introduction of the certification cycle, ATCA provided training late last year to a number of TC staff who expressed an interest in becoming Technical Experts. Once registered with the Institute for Healthy Communities Australia (IHCA) these Technical Experts will accompany audit teams when a member agency is audited against the ATCA Standard.

Currently the pool of Technical Experts that IHCA can call upon is small, many of those who are qualified are Senior Managers in their organisation and not all States/Territories are represented. This may pose some challenges when it comes to appointing the team that will carry out the audit of your organisation.

IHCA and any future certifying body with which we are able to contract, will work to keep the cost of the audit as low as possible, but in order to do this the most efficient way is to increase the pool of Technical Experts so that we have good coverage across all States and Territories.

This workshop is particularly aimed at CEO, senior and middle management level and is restricted, under the terms of the *ATCA Standard*, to those who have worked for five years or more within a therapeutic community at an operational level. If you are interested in this training, please register on line. You will be notified of your acceptance into the training following registration. This training is free.

ATCA Conference Sponsorship Opportunities

The 2016 conference offers a number of sponsorship opportunities for individuals and organisations to contribute to the work of ATCA and to recognise and

support the valuable contribution of staff, volunteers and others to the work that we do. The Sponsorship Prospectus can be downloaded from www.events.atca.com.au or a copy can be provided by emailing atca@atca.com.au

This year, opportunities range from the large to the small contribution – from Platinum Sponsor to funding refreshment breaks, delegate badges and satchel inserts.

Sponsorship Packages will contain various levels of exposure and will be offered as:

For the Event	GST exclusive
Platinum	\$25,000
Gold	\$15,000
Silver	\$10,000
Bronze	\$5,000

ATCA Awards

Significant Contribution: TC Programs and Initiatives	\$500 per award
Significant Contribution: Individual Award	\$500 per award

Other Sponsorship Opportunities

Gala Dinner	\$6,000
Travel Scholarships	Available upon negotiation
Welcome Event	\$2,500
Site Visits	\$3,000
Plenary Session	\$3,000
Non-seated Lunch	\$3,000
Refreshment Break	\$2,000
Professional Development	\$3,000
Audio-visual	\$5,000
Name Badge	\$1,500
Satchel Inserts	\$300

Exhibition

Trade Exhibitor	\$2,500*
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Advertising

Quarter page	\$250
Half page	\$500
Full page	\$900

*For small or charitable organisations, there is the opportunity to negotiate a package to suit your specific needs. Please contact us for more information.

If you know of any possible supporters or sponsors, please forward their details and alter them to the Sponsorship Prospectus at www.events.atca.com.au

Call for Abstracts for the 2016 ATCA Conference

The Conference Committee of the ATCA 30th Anniversary Gathering warmly invites you to submit abstracts for oral presentations and posters. As well as these tried and true ways of showcasing your work, there will be two new forums available; message stick sessions and the Yarning Circle. The closing date for all submissions has been extended to **Friday 19 August 2016**.

ATCA recognises that not all innovation comes from research but from the need to tackle a persistent problem, using creativity, imagination and ingenuity. If you've got a story, message or anecdote to share then these sessions might be for you. We strongly encourage people who have not presented at an ATCA gathering before to use these sessions as well as the celebrities among us!

Conference Themes include:

- First Nations Peoples and residential programs: What works?
- Collaborations that enhance the relevance of residential programs for diverse communities
- Working in residential programs: Challenges, transitions and success as a staff member
- "Learnings" from the residents.

Applications will be assessed on the following criteria:

- The relevance of the abstract to the themes
- The validity of the evidence on which the presentation is based
- The implications for practitioners implementing the findings
- The relevance of innovative programmes to other practitioners in the field.

Presenters are required to register for the Australasian Therapeutic Communities Conference.

Presentation Types:

Oral Presentations: Oral presentations take place in chaired sessions and are 20 minutes in length plus 5 minutes' question time.

Please ensure the file you send is named the same as your presentation. Abstracts should be submitted in Microsoft Word Format (not Vista) in accordance with the following guidelines:

- Name of the presentation and the name of the presenter

- Abstract submission document must have the same name as the presentation topic
- Maximum of 250 words
- Biographies maximum of 100 words.

Message Stick: Selected presenters will have allocated up to 5 minutes within a chaired session (a limit of four slides would be advisable to meet this timeframe if you are using PowerPoint). On completion of each presentation the Message Stick will be passed to the next presenter. A prize will be awarded for best presentation. Your submission should include:

- Name of the presentation and the name of the presenter
- Presentation topic
- Brief overview of presentation
- Biographies maximum of 100 words

A message stick is a form of communication traditionally used by Indigenous Australians. It is usually a solid piece of wood, around 20–30cm in length, etched with angular lines and dots. Traditionally, message sticks were passed between different clans and language groups to establish information and transmit messages. They were often used to invite neighbouring groups to corroborees, set-fights and ball games.

Alfred Howitt wrote of the Wurundjeri people of the Melbourne area:

The oldest man (Headman) having made such a message stick hands it to the old man nearest to him, who inspects it and, if necessary, adds further marks and gives corresponding instructions. Finally, the stick having passed from one to the other of the old men present is handed to the messenger, who has received his verbal message in connection with it. If any duration of time is connected with the message, or if an enumeration of stages or camps is made, a method is used.

Yarning Circle: The Circle will be permanently accessible as a Cultural Space as well as having times for organised sessions during the conference gathering. These sessions will be led by a main presenter, or group of presenters, and be approximately one hour in duration with the opportunity for multiple speakers on given themes. Submissions should include:

- Name of presenter/s (to lead discussion)
- Yarning theme and description
- Biographies maximum of 100 words

Yarning is an informal conversation that is culturally friendly and recognised by Aboriginal people as meaning to talk about something, someone or provide and receive information (Dawn Bessarab, 2012). In our conference context it is a place where all people can have a casual or deep conversation about something or anything...

But the truth is always spoken in a yarning circle. Yarning circles are designed so that everyone has an opportunity to contribute in a safe and respectful setting. Our yarning circle will have a few main speakers to lead discussion however, all attendees are encouraged to participate in the conversation if they feel comfortable.

Poster Presentations: Posters will be displayed at the conference venue and a prize will be awarded to the best poster. Submissions to include:

- Name of the presentation and the name of the presenter/organisation
- Presentation topic
- Brief overview of presentation

**CLOSING DATE FOR THE SUBMISSION OF
ABSTRACTS IS EXTENDED TO 19 AUGUST 2016**

Clearly indicate the contact person for all correspondence and include their full name, organisation, phone number and email address. Abstracts submitted will be published as submitted. Copy should be checked for accuracy and misspelling prior to submission.

Abstract acceptance and programme scheduling will be communicated via email only to the main contact person. Abstracts submitted with your application must be able to demonstrate the practical application of evidence available. The evidence may range from impact evaluation and action research, to independent research.

Confirmation of submission:

Immediately following successful submission, confirmation will be sent via email.

Abstract review notification:

Abstract review notification, program scheduling and allocated presentation format will be communicated to the corresponding authors email address by Monday 19 September 2016. Please note, the details provided, as the author contact should be for the nominated main contact for your abstract. All correspondence relating to the submission will be

directed to this person, and they should in turn distribute to any/all co-presenters.

Abstracts should be sent to: abstracts@atca.com.au

Calling for your 2016 ATCA Award Nominations

Nominations are now open for the 2016 awards. Please consider nominating to the categories of significant contribution by an individual and program; and putting forward staff who have devoted 10 or more years to the TC movement – remember this may be across different TCs and different job positions – and does include volunteers who provide valuable support to our services.

The award for Significant Contribution to the Therapeutic Community Movement in Australasia: Program, Service or Intervention recognises an exemplary or commendable contribution to the Therapeutic Community movement in Australasia made by a program or intervention.

The criteria for this award is based on current best practice; has found to be effective on a range of measures, including the improvement of social and psychological functioning; and is making a meaningful contribution.

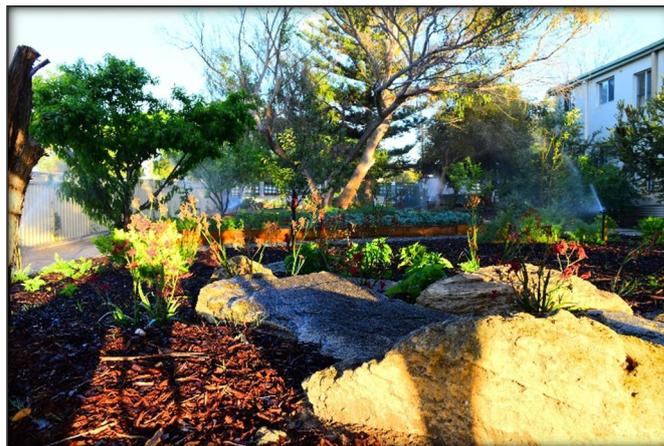
The award of **Significant Contribution to the Therapeutic Community Movement in Australasia by an Individual**, recognises the individuals who have made a significant contribution to the Therapeutic Community movement in Australasia over a considerable period of time. These people have worked tirelessly over a number of years to promote and develop the therapeutic community approach to treatment within the sector.

**All nomination forms are available from the ATCA website or by emailing atca@atca.com.au.
Nomination close on Monday 10 October 2016 – please get your nominations in within good time.
Don't miss out!**

CBRE Cares, Cyrenian House

In November 2015 CBRE, the largest commercial real-estate company in the world undertook a huge

landscaping project at Serenity Lodge, a Therapeutic Community run by Cyrenian House.



In an overwhelming demonstration of citizenship, CBRE staff worked side by side with the TC residents to give the Serenity Lodge grounds a massive overhaul. Over the course of a week approximately 75 different CBRE staff volunteered their time to work on a number of projects, such as:

- Creating an immaculate vegetable garden including 4 garden beds, over 400 seedlings and about a dozen established citrus plants.
- Rejuvenating the grounds and planting almost 100 native plants.
- Building a new BBQ area for residents and a new playground for children who visit Serenity Lodge.



CBRE offers their staff one day a year to work for community organisations. The team at CBRE chose to offer their services to improving the grounds at Serenity Lodge Therapeutic Community. This was a wonderful experience for both CBRE staff and the residents, and it is noted that CBRE staff in particular, were surprised about what they learnt in the process.

The fruits of this project will be enjoyed by residents of Serenity Lodge for many years to come.

The ATCA Quality Portal saves up to 80% of the time spent on quality standards assessment and compliance reporting, and avoids duplication when working with multiple standards. The Portal is a tailored version of the Standards and Performance Pathways (SPP) to meet the needs of organisations providing therapeutic communities and residential rehabilitation services.

ATCA members receive a 15% discount on their subscription to the Portal.

What is the Standards & Performance Pathways?

The SPP helps organisations complete assessments against community services and health standards, as well as efficiently meet compliance reporting requirements.

Features include:

- Quality standards assessments.
- An automatically generated quality improvement plan.
- Guides and resources to support organisations in meeting the ATCA Standard, as well as other relevant quality or service standards.
- Graphs, benchmarking and global reporting.
- Document management system for easy evidence upload.
- Compliance registers with calendar and email alerts.

If you work with multiple standards, the SPP streamlines the work by only requiring you to complete an assessment once. It then does the rest of the work for you by automatically completing corresponding assessments in other standards.

For organisations seeking accreditation, the SPP is a great tool to use in preparing your organisation for the external review process. Accessing this information via the ATCA website provides the opportunity to **take a free, two-week trial**, and the **watch a video to see how it works**.



ATCA Quality Portal

A quality management system for therapeutic communities and residential rehabilitation service providers

The ATCA Quality Portal is an easy-to-use system that helps you manage quality, risk and compliance. The Portal includes the new ATCA Standard for Therapeutic Communities & Residential Rehabilitation Services, as well as the main sets of community services and health standards.

KEY FEATURES

- **Self-assessment against standards**
Complete self-assessments against the criteria (indicators) of a set of standards. As you work through each assessment, the portal will identify gaps and let you know what the organisation needs to do to achieve completion.
- **Risk, compliance and quality registers**
Create, edit and customise registers for risk management, compliance and other quality monitoring. You can tailor registers to your organisation's needs.
- **External reviews and accreditation**
Prepares your organisation for external review and accreditation, with the ability to submit your results and evidence online.
- **Document Library**
Upload and manage pre-existing or newly completed documents, then link them to action items to provide evidence of compliance to external reviewers.
- **Automatically generated Work Plans**
As you complete assessments, a Work Plan is automatically generated based on the actions required to meet the standard. You can edit and allocate tasks, set due dates and email reminders.
- **Immediate solution to multiple standards**
Cross-referencing with all other sets of standards means you can complete multiple sets of standards by completing a single set.
- **Schedule email reminders**
Set email alerts as due-date reminders in your work plan or registers.
- **Progress tracking**
Displays graphs showing your organisation's progress against industry benchmarks.

KEY BENEFITS

- Increases service delivery capacity.
- Manages and monitors risk and compliance.
- Undertakes gap assessments.
- Work directly online – no need for paper-based reporting.
- A standards update and alert service keeps you on top of changes.
- Builds staff and organisational capacities.
- An immediate solution to multiple standards.
- Red-tape reduction.
- Increases productivity and saves up to 80% of time.

“The SPP has reduced our reporting time significantly. The system is intuitive, I found my way around quite easily.”

Ronnie Voigt
Drug Education Network

Subscribe or register for a

Free two-week trial:

Visit www.ngoserviceonline.com.au

Email info@ngoserviceonline.com.au

15% discount for ATCA members!

THE ATCA QUALITY PORTAL IS A TAILORED VERSION OF STANDARDS AND PERFORMANCE PATHWAYS

