

April 2009



ATCA Board Update

The ATCA caravan continues its 'magical mystery tour' around the country promoting therapeutic communities and encouraging health professionals and government in different States to learn more about the history of TCs and to visit the TCs close by for a first hand look at how the local communities operate. Our last visit was to New Zealand and in April the Board met in Adelaide where we were welcomed by the staff and residents of The Kuitpo Community and The Woolshed. Both services are on rural properties located in the rolling hills above Adelaide in typical Australian bush settings, surrounded by grazing farms suffering from the drought but showing the first signs of green on barren soils as the rains of last week have caused the land to come to life. In typical TC style the Board and local visitors were made to feel very welcome, we were given a tour of the facility and an explanation of the program. Local health professionals who had never been to either service were impressed by what they saw as were the Board Directors.

After a busy day of touring the Board convened a meeting to review progress on the Standards Project. Jill Rundle provided an update on the Standards, which now reflect the feedback from the consultation with members. The Standards are on target for completion in June 2009 along with the training package which will be a web based program allowing management, staff and community members to work through the modules at their own pace. Feedback on the Standards has been extremely positive and constructive, allowing Jill to refine them to the point where they are both user friendly and easily integrated into existing accreditation process, allowing agencies to review themselves and prepare for a peer review if they decide to engage in such a process. The Standards will also provide a 'map' for Provisional members wishing to become Corporate members.

Also on the agenda was the ATCA funding submission seeking a grant from the Jobs Fund. In a recent email update Janice Jones has mentioned ATCA's intention to establish a network of 'Job Creation Positions' to work with local TCs in job creation schemes for residents and ex-residents as they reintegrate back into society after treatment. ATCA will be approaching member agencies seeking your

support and interest in becoming a partner in this project.

With four months to go before our annual Conference plans are well underway, you will have received preliminary information in an emailout from Janice and information is also available on the ATCA website. A reminder that September is 'Floriade' in Canberra so accommodation will be at a premium, I encourage you to book now if you don't want to be disappointed. 'Getting better all the time' is the theme this year and a strong program is coming together, abstracts close at the end of May so you don't have much time to write up that program you always wanted to promote or the lasted innovation/research taking place in your TC. Despite the Beatles flavour to the Conference 'bell bottoms and paisley shirts' will not be the dress code for the Conference Dinner, however if any of you survivors of the 60's and 70's have photos of your TC or yourselves working in TCs in the seventies then we would love to have a copy for a bit of fun and to build an archive of TC history in Australia. copies of photos would be preferred, either emailed or posted to Lynne Magor-Blatch at: magor-blatch@grapevine.com.au or posted to Lynne at PO Box 3075, Sangster Place, Wanniassa ACT 2903.

For those staff who have recently joined the therapeutic community movement and relate more to John Butler than the Beatles it would be interesting to have your thoughts on the TC movement as you experience it today.

See you at the Conference,

Barry Evans Chairperson

TC News

A Wonderful Result

The final stage of the Amphetamines Type Substances Project in consultation with ATCA members in Australia and New Zealand has been completed. The project focuses on the treatment protocol for people dependent on amphetamine type substances with particular focus on the initial phase of treatment.

The findings of this project have been accepted to be presented at the European Federation of Therapeutic Communities conference in June this year by ATCA Board members Lynne Magor-Blatch and Odyssey House CEO, James A Pitts.

"We are very excited to be able to make this contribution to those residents of therapeutic communities who are dependent on Amphetamine Types Substance" James said.

Odyssey House New Young Adults program

The Odyssey House 'Young Adults Group' (YAG's) is a group of young people aged 18-25 who are currently undergoing rehabilitation.

This group is specifically designed to cater for the younger people in our residential program to encourage young adults to actively participate in social events and learn to interact positively without the use of drugs or alcohol. There are a number of important aspects of the YAG's group such as learning to have fun and build positive relationships through interacting with people in the same age group.

New staff member Justin Famularo is the Youth Recreation Counsellor establishing the important foundations of the YAG's group.

"My main objective is to support the young adults in their journey to recovery, and to build strong foundations of knowledge and promote positive alternatives to drug use" said Justin.



Justin and YAG's group members Joseph and Ashley

"Many young people turn to drugs as an outlet or to have 'supposed' fun. Through positive peer interaction, social and sporting activities, I simply wish to show members of the group, alternatives to having fun and living a healthier lifestyle" Justin continued to say.

Almost half of the clients entering Odyssey house are young people aged 18-25. It is an important part of their treatment process to learn how to

'socialise' in the community, a skill that is often taken for granted. 'socialise' in the community, a skill that is often taken for granted.

Justin said "Hopefully this group will assist the youth of the program to form life long relationships with their peers".

As the needs of our residents grow, so do the needs of Odyssey House. We were fortunate to receive funding from the Vincent Fairfax Family Foundation which subsidises Justin's salary. However, the YAG's program needs the help of the community to develop the right tools and equipment to really assist the youth in the program.

Conferences

Australian Winterschool Symposium Integration: Research, Policy & Practice 25th - 27th May 2009. Brisbane, Qld http://www.winterschool.info/

12th E.F.T.C Conference Rehabilitation and Drug Policy 2nd - 5th June 2009. The Hague, The Netherlands. www.eftc-bepartofthesolution.eu

Interagency National Conference -Alcohol and Other Drugs Working Well Together - Diversity in the Desert 11-13th August 2009 - Alice Springs, NT www.handsacrossthedesert.com

ATCA Conference

As Barry mentioned the conference preparations are well underway and we are looking forward to receiving your abstracts and conference registrations.

Dates to remembers:

The Call for Abstracts deadline is 29th May 2009 The Early Bird registrations end 30th June 2009

All the conference information is available on our website www.atca.com.au but to make it easier for you I have added it to this edition of the ATCA E-NEWS below.

The following pages also include the Call for Abstracts Guidelines and the Conference Registration form.



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CALL FOR ABSTRACTS

Annual Conference 14 - 17 September The Rydges Hotel Capital Hill, Canberra



Canberra in the spring is one of the most beautiful times in the Nation's capital when the annual Floriade festival offers a range of tourism delights for visitors from Australia and overseas.

Mark this in your diary NOW - and book early!

The conference program features:

Monday 14 September - Visits to Canberra TCs and a special Welcome Ceremony.

Tuesday 15 - Thursday 17 September - An exciting conference program with keynote speakers Joel Porter, Christine King, Lauren Porter and Bob Jacobs.

Friday 18 - Saturday 19 September - Four separate one day workshops conducted by : Joel Porter (Motivational Interviewing and Stages of Change), Bob Jacobs (Wholistic approach to working with Young People), Lauren Porter (Families in Addiction, Attachment and Children at Risk) and ATCA Workshop (Working within the TC Model – especially for new programs and new staff).

Conference themes are:

- 1. Comorbidity: same people different settings?
- 2. Indigenous Cultural Issues here and across the water. What can we learn?
- 3. Corrections Drugs and Mental Health, getting the mix right for rehabilitation.
- **4. Families** Working with complexities.
- **5. Youth** More understanding and less pathologising.

ATCA invites applications for presentation of papers, project snapshots, agency displays, seminars and/or workshops which address the Conference themes.

We particularly invite presentations on Cultural Indigenous Issues from Australian and New Zealand delegates.

Poster presentations and agency displays will be on view at specified times.

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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 programs to other practitioners in the field.

Presenters are required to register for the Australasian Therape utic Communities Conference. Abstracts & Biographies are to be submitted at abstracts@atca.com.au 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

Closing date for the submission of extracts is 29 May 2009.

Clearly indicate the contact person for all correspondence and include their full name, organisation, telephone 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 program 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. Innovative programs should be supported by evaluation evidence. This evidence may range from impact evaluation and action research, to independent research.

Types of Abstracts you may submit

Paper: A typed paper for oral presentation. Presentations in concurrent sessions are normally 20 minutes, plus a five minute question and answer period.

Project Snapshot: Each project snapshot will be allocated 10 minute oral presentation time with the use of audio-visual equipment if desired and four minutes of questions.

Seminar: Several presenters are encouraged to submit a group of abstracts on a specific topic and share a 90 minute presentation time as they explore the topic in depth. These sessions will be led by a facilitator.

Workshop: Interactive training and skills enhancing session involving active participation of delegates. Workshops are of one hour duration.

Agency Displays: Please be aware that there may not be any hanging space available.

Note: The ATCA will invite presentations to be posted on its website and seek to further publish articles and presentations in its newsletter and other relevant publications.

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

Any correspondence should be sent to conference@atca.com.au





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Mark this in your diary NOW - and book early!

The conference program features:

Monday 14 September - Visits to Canberra TCs and a special Welcome Reception. (Announcement to follow!)

Tuesday 15 – Thursday 17 September - An exciting conference program focusing on the increasingly important area of evidence-based practice within our TCs, with keynote speakers Joel Porter, Christine King, Lauren Porter and Bob Jacobs. The program will also include more than 20 peer refereed presentations and workshops, projects napshots and seminars, hig hlighting innovative and evidence-based practice currently being undertaken.

Friday 18 - Saturday 19 September - Four professional practice workshops.

The Venue:

This year's conference will be held at **The Rydges Hotel**, **Capital Hill**, **Canberra**. The Conference Organisers have negotiated a special rate, set at 2008 prices. This is exceptional value, considering the Conference will occur during Floriade – a wonderful time to visit Canberra. Because it is a busy time, we urge everyone to book early. Rooms are **Superior Queen** and **Twin Rooms** at \$199 per room (based on double or twin occupancy). **Breakfast is an additional \$18.00 per person**. Please quote Block Code **R-1309ATCA** when booking.

Rooms have also been reserved at **The Diplomat Hotel** in **Manuka**, on the corner of Canberra Avenue and Hely Street. This is not far from the Conference venue (5 mins by car, along Canberra Ave). Rooms are **Standard** and **Deluxe**. Cost is **\$174.00 Standard** and **\$185.00 Deluxe per room** (based on double or twin occupancy). **Breakfast is additional**. Please quote Group Number **61930**, when booking.

There are a range of other hotels and serviced apartments nearby if you would like to consider alternate accommodation. Once again, we urge everyone to consider the dates – including Agency visits on Monday 14 September, the Conference from Tuesday 15 – Thursday 17 September and Professional Development Workshops on Friday 18 & Saturday 19 September when making flight and accommodation bookings.



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ATCA Conference The Rydges Hotel Capital Hill, Canberra

The focus of the 2009 Conference is on Evidence-Based Practice within the TC and other settings in which we work. The Conference will attract delegates from TCs, other AOD, Mental Health, Youth and Family sectors. It will particularly address the populations with whom we work & focus on the Conference themes of Comorbidity, Indigenous Cultural Issues, Families – including discussion of childcare programs, Youth and Correctional settings. All speakers will develop these themes within the context of the TC setting. There will also be more than 20 refereed papers and presentations, highlighting the range of innovative programs we provide.

Tuesday 15 September:

Keynote Speakers Joel Porter will present Plenary and Workshop sessions which address Addiction: An intimate relationship and Personality Disorders and Addiction. Christine King will focus on Aboriginal cultural learning with her presentation, Aboriginal Learning Circles within Therapeutic Practice, expanding this in a short experiential workshop, Running a Therapeutic Learning Circle.

Wednesday 16 September:

Keynote Speakers Lauren Porter will shift our focus to Families and Children with Through the Eyes of a Child: Essential Understandings and Misunderstandings about Attachment and a workshop session: Babies need Love, not Education: What Attachment, Neurology and Research tell us about Non-Parental Early Care. This workshop is particularly important for programs working with families, and for those who are concerned about the issue of childcare within AOD settings. Bob Jacobs will focus on Young People with a Plenary entitled "Celebrate, Don't Medicate" and Workshop, "Psychiatric Diagnoses of Children: Who Benefits and Who Suffers" – a key focus for programs working with young people with comorbidity.

A representative of the Drug Strategy Branch, Department of Health & Ageing and Barry Sanderson, Group Manager, Families Group, FaHCSIA will highlight the Government's Policy Directions and their significance for us working within TCs and the broader AOD arena.

Thursday 17 September:

The way in which these Policy Directions impact on our programs will be further explored in a **Roundtable Session.** This will bring together Government representatives, Keynote speakers and ATCA representatives.

Conference Dinner and ATCA Awards Presentation Wednesday 16 September:

The Conference Dinner will be held at **The Lobby**, **King George Terrace**, **Parkes**, where you can dance and enjoy the music of one of Canberra's local bands. Buses have been arranged to take delegates from The Rydges and Diplomat Hotels to The Lobby, which began its life in 1968 when Parliamentarians at the Old Parliament House (opposite) decided they needed a place to entertain visiting constituents. This first class restaurant has been the scene of many political intrigues over the years, and will be a perfect location for ATCA to celebrate and present this year's awards. Numbers for the dinner are limited to **110**, the cost of **\$85.00** is not included in the Conference registration.

Please indicate your reservation for the Dinner on the registration form.



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PROFESSIONAL WORKSHOPS

18 & 19 September, The Rydges Hotel Capital Hill, Canberra

For the first time, we are offering four Professional Development Workshops as an adjunct to the Conference. These will be an important training opportunity for practitioners working with AOD clients, families and young people in a range of settings; and for those working within Therapeutic Community and residential programs.

Friday 18 September

Lauren Porter: When Love is Not Enough: Vulnerable Families, Intergenerational Patterns, Addiction and Healing. We all know that early experience creates the lens through which future experience is viewed. An adult's neurological, psychological, emotional and spiritual outlook is intimately and intricately connected to those first foundational childhood

relationships, most especially those with mother and father. This workshop will seek to define the key concepts in relational life – attachment, attunement, regulation, theory of mind, rupture/repair, empathy and shame – and explore how they get developed from infancy onward, how they become our minds and personalities, and how they are transmitted from one generation to the next. Links to addiction and other mental illness will be discussed. Finally, we will look at how healing occurs, what support or key experiences may be necessary, and how to support parents trying to move beyond their childhood traumas as they parent their own children. This is an important workshop for family-focused programs working with parents and children.

Dr Bob Jacobs: "The Parenting Centre: A New Model for Clinical Work with Young People". This works hop will present an innovative approach for clinicians who work with young people. "Dr. Bob" Jacobs developed this model in clinical practice in the U.S. and currently utilises it at The Parenting Centre in Queensland. Dr. Bob will present the conceptual framework of this brief intervention model (typically 3-4 visits) and then work through "real life" case studies to demonstrate the model in action. This is particularly relevant for programs working with young people, providing an opportunity to explore the way in which this intervention can be transferred into the TC and other AOD and Mental Health settings.

Saturday 19 September

Dr Joel Porter: Addiction and Change: Motivational Interviewing and Beyond. Addiction treatment has a dynamic history. For those of us who have been around for a while, we have seen therapies and treatment programs come and go like fashion trends. Interestingly, *Stages of Change and Motivational Interviewing* have remained as fixtures in the addiction field for decades, and **both are important tools within the TC.** Is this because we are running out of clever ideas or that these approaches are actually helpful in bringing about change? This workshop is for people who have a basic understanding of both MI and the Stages of Change. The workshop will be both didactic and experiential with the aim to advance our skills and knowledge in applying both the theory and skills in the real world.

Friday 18 & Saturday 19 September

Lynne Magor-Blatch - ATCA Workshop: Working in the Therapeutic Community: What makes the community therapeutic? This comprehensive "hands-on" workshop is particularly geared to new staff working in TCs, to newly developed TCs and programs that are working towards registration as a TC. We will explore the history of TCs; treatment and recovery utilising the TC approach, Community-as-Method, structure and stages within the TC, how residents change in the TC and staff roles.

Workshop Saturday 18 September Addiction and Change: Motivational Interviewing and Beyond

KEYNOTE SPEAKERS & WORKSHOP LEADERS

Joel Porter

Joel has over 15 years of dedicated clinical experience in the addiction field and has practiced in a wide range of community and residential treatment programs in the United States, Germany and New Zealand.



Joel received his training in Motivational Interviewing from William Miller, PhD and Theresa Moyers, PhD in Santa Fe, New Mexico, USA; and in Crete, Greece; and is a member of the Steering Committee for the International Motivational Interviewing Network of Trainers. He is also a Senior Clinical lecturer with the National Addiction Centre - Christchurch School of Medicine and a lecturer in the Wellington Institute of Technology's Alcohol and Drug Studies program.

Joel is a charter member of the New Zealand School of the Addictions organising committee. His research and professional interests include the systemic impacts of addictive behaviours, trauma and addiction, and professional training in treating addictive behaviours. Since 2004, Joel has developed a research and training interest in the area of gambling treatment. Joel has a particular interest in therapeutic communities, and has worked with TC staff over a number of years, providing training in Motivational Interviewing and Stages of Change.

Christine King

Christine King is an Aboriginal woman from the Northern Territory. Her mother is a Warumungu woman from the Tennant Creek area. Her father was a Larrakia man from the Darwin area. Christine is a social worker with experience in the areas of Juvenile Justice, Child Protection, Youth Work, Project Management, Community Violence, Community Development, Counselling, Substance Misuse, Aged Care, Policy Development, Mental Health and Suicide Prevention.



She is the head of the Indigenous social work group of AASW and the Chairperson of the National Coalition of Aboriginal and Torres Strait Islander Social Workers Association, and Indigenous Co-Chairperson of the Stolen Generations Alliance. She was heavily involved in the background work with regard to the recent Apology to the Stolen Generations. Christine is currently in the process of completing a PhD through the Australian Catholic University. Her topic is, 'The Aboriginal Kinship System: Informing Social work theory and practice in Australia'.



Works hop Friday 17 September When Love is Not Enough: Vulnerable Families, Intergenerational Patterns, Addiction and Healing

Lauren Porter

Lauren Porter is a clinical social worker, consultant and psychotherapist, and Co-Director of the New Zealand-based Centre for Attachment (www.centreforattachment). She holds a BA in East Asian Studies and a Masters Degree in Social Work. Since receiving her MSW in 1995, Lauren has been dedicated to working with families, children and adolescents in the field of mental health counselling and training.

Lauren has worked in a wide range of settings and communities, including Germany and the US, in addition to New Zealand. Her experience has focused on families struggling with issues pertaining to conflict and trauma, including child sexual abuse. Her current professional focus is the merging of attachment theory with neuroscientific data, with an eye toward the practical applications of everyday life.

She is an Executive Committee member of Infant Mental Health Association Aotearoa New Zealand (IMHAANZ) and a consultant for the 2006 and 2007 *Nought to Five* television series (TVNZ/Homegrown TV New Zealand). Lauren is the mother of two children.

g better all the time tnerships, practice & collaboration" Bob Jacobs has worked in youth advocacy for over 25 years in the United States and in Australia. He began his career as a teacher and coach, and went on to earn two masters degrees, a doctoral

Bob Jacobs

degree in psychology and a juris doctor degree in law.

Bob is a registered clinical psychologist in Queensland and is a licensed attorney in the United States. During the late 1990's Bob was host of the government-access television show "Parenting with Dr. Bob" which won a National Association of Counties award for "Innovation in County Government".

Bob has written and spoken extensively in the U.S. and in Australia on the issue of the overuse of psychiatric diagnoses and prescription drugs with children and young people. In 2003 he was a keynote speaker at the Queensland State Youth Conference in Mackay, and in August of 2005 Bob was invited to present on this issue to the Australian Senate Subcommittee on Mental Health in Canberra.

Bob spent over a decade on the Advisory Board of the International Center for the Study

of Psychiatry and Psychology (ICSPP) from 1993 and served a term (2002-2004) on the National Steering Committee for the Children's Rights Network of Amnesty International USA. In May of 2007 he was a keynote speaker at the Australian National Youth Conference in Melbourne. In December of 2008 Bob migrated permanently to Australia where he is working with Youth Affairs Network of Queensland (the state's peak youth body) and maintains a private practice. He is very interested in the work of TCs, particularly with young people with issues stemming from comorbidity of mental health and substance use.



Lynne Magor-Blatch

Lynne is a clinical and forensic psychologist, who commenced her training in TCs in the United Kingdom in 1974, working at both Alpha House in Portsmouth and the Ley Community in Oxford, before returning to Australia, to take up a position with the Victorian Government in Community Education and later, with the Victorian Health Department, working in drug education and prevention at school and community level.

She has more than 30 years experience within the Alcohol and Other Drug field, in both the non-government and Government sectors, as a program and clinical director, policy officer, lecturer, researcher and consultant. She has worked within Mental Health as Secretariat Manager to the National Mental Health Working Group and the National Comorbidity Taskforce, in crisis counselling and forensic services. Lynne has extensive experience in program planning and development, particularly in the area of diversion initiatives for offenders and in the establishment of therapeutic community programs for women and families.

Lynne is currently working as a specialist consultant to the AOD field and in private practice. She is also the National Convener of the Australian Psychological Society's Psychology and Substance Use Interest Group and Adjunct Professional Associate - AOD Work, Mental Health & Forensic Psychology, University of Canberra.





Workshop Friday 17 September "The Parenting Centre: A New Model for Clinical Work with Young People"

ATCA 2009 CONFERENCE: 14 – 17 SEPTEMBER 2009
"TCS: GETTING BETTER ALL THE TIME PARTNERSHIPS, PRACTICE & COLLABORATION"
PROFESSIONAL WORKSHOPS: 18 & 19 SEPTEMBER 2009
RYDGES HOTEL, CAPITAL HILL, CANBERRA.



REGISTRATION FORM & TAX INVOICE Australasian Therapeutic Communities Association ABN: 41 893 350 365 REGISTRATION DETAILS - Please use one registration per delegate Name: ______Email: _____ Organisation: _____State/Country: ____ Telephone: _____ Mobile: _____ Fax: _____ Please ensure this is the email address of the delegate **CONFERENCE FEES - Australian dollars (including GST)** Early Bird Total Registration Type Normal Book before 30.06.09 (Please tick) AUD\$ AUD\$ ☐ Full Registration (ATCA Member) \$450 \$500 □ Day Registration (ATCA Member) \$150 \$170 ☐ Full Registration \$500 \$550 \$170 \$185 □ Day Registration □ Conference Dinner & ATCA Award Presentation \$85 \$85 Day/s attending (Please tick) □ Tuesday □ Wednesday □ Thursday **WORKSHOP FEES** Friday 18 September Lauren Porter: When Love is Not Enough: Vulnerable Families, Intergenerational Patterns, Addiction and Healing \$150.00 Bob Jacobs: "The Parenting Centre: A New Model for Clinical Work with Young People" \$150.00 Friday 18 & Saturday 19 September (2 days) Lynne Magor-Blatch - ATCA Workshop: Working in the Therapeutic Community: What makes the community therapeutic? \$250.00 Saturday 19 September Joel Porter: Addiction and Change: Motivational Interviewing and Beyond \$150.00 **PAYMENT DETAILS** Name of Cardholder: TOTAL PAYMENT AUD\$

Post registration with cheque to:
ATCA 09 Conference
PO Box 154,

Collaroy NS W Australia

Expiry date: _____/ _____

Card No:

Fax regis tration with credit card details to: +61 (0) 2 9972 3044

For more information please email:

□ Mastercard □ Bankcard □ Visa

Signature: _____