

**STOP PRESS!**  
**MORE THAN 250 NOW BOOKED FOR THE ATCA**  
**CONFERENCE IN FREMANTLE COMMENCING**  
**MONDAY 30 MAY!**  
**IF YOU HAVEN'T YET BOOKED - GET YOUR**  
**REGISTRATION IN FAST!**

May 2011



## Flood help



*Replacing fencing at Fresh Hope*

Fresh Hope is a member of the ATCA and a Therapeutic Community on the Darling Downs that works with mothers and children. During the floods that came earlier this year the creek at the back of the property flooded and Fresh Hope lost about 250m of fencing, their driveway, due to road run off, and a forty foot container.



*Driveway after the flood...*



*...and after repairs*

Fresh Hope received many offers of help from around the country, from those in the ATCA and from QNADA members.

"We at Fresh Hope have been overwhelmed by the support we have received", John Bartlett the Executive Director reported. "We even had emails from people who no longer worked in this field". The staff at Fresh Hope took courage from this. "Fresh Hope fared much better than others and for this we were thankful, we had no loss of life or buildings".

One of the many emails they got was from Mary Alcorn of Mirikai on the Gold Coast. Mary offered, as many did, to send a team up to help with the restoration. John and Karen gladly accepted, and Murray and a team of nine young men went up for three nights. They arrived late after finally making their way through the Lockyer Valley - a five hour trip that would normally only take approximately three hours.

The following day they split into two teams - one on repairing the fencing and the other on the driveway. (See before and after photos). This took two days of hard labour but was all finished by the end of the second day with just a bit of touch up work needed on the third day.



Unfortunately for them it was during a heat wave and so lots of sunscreen and water were needed. At the end of the day they did enjoy a swim in Fresh Hope's large swimming pool (the waterhole in the creek). These young men are to be congratulated for the way in which they conducted themselves and the work they did during their time at Fresh Hope.

The counselling staff also took the opportunity while they had such an experienced TC co-coordinator (Murray Sutton) on site to have a number of meetings with him and with the mothers in the program. This was a most valuable time for them and very encouraging - learning from someone with twenty years experience.



*Murray "in the saddle" on one of the Fresh Hope horses*

"A big thank you to all for your emails of support and for the help we received".



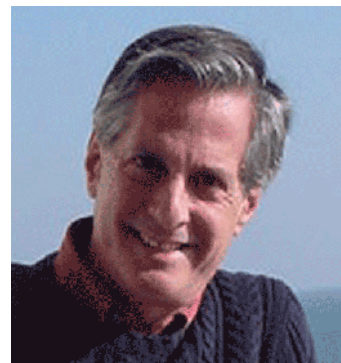
*Thank you lunch at my favourite restaurant!*



*Riding motorbikes at Fresh Hope*



With only two weeks until the **25<sup>th</sup> Annual Conference of the ATCA**, the Perth Organising Committee is promising us a fantastic event. Doctors Ken Minkoff and Christie Cline will depart the US in the next few days and will join us in Fremantle to present keynote addresses, workshops and 'fishbowl' case discussions, which will provide the opportunity for discussion of complex client cases.



**Dr Cline and Dr Minkoff** are the leading experts on the implementation of the CCIS - the Comprehensive Continuous Integrated Systems of Care Model in adult and child and adolescent systems of care.

These projects have involved working in all types of systems and service settings with extraordinarily diverse populations.



Since 2001, Chris and Ken have worked as a team in the process of system transformation for individuals and families with co-occurring issues in over thirty US states, four Canadian provinces and in Australia.

**Professor Michael Farrell** has recently taken up the position of Director of NDARC at the University of NSW. He is a co-founder





and editor of the Cochrane Collaboration Drug and Alcohol Group and an assistant editor of the Journal of Addiction. He is a member of The Expert Committee on Drug Dependence at the World Health Organisation and has been a consultant to the United Nations, European

Commission and World Health Organisation and a range of National Governments. He was Chair of the Addictions Faculty of The Royal College of Psychiatrists and a member of the Executive of the Society for the Study of Addictions. He is particularly interested in the integration of policy, research, training and clinical practice with a particular focus on national policies.

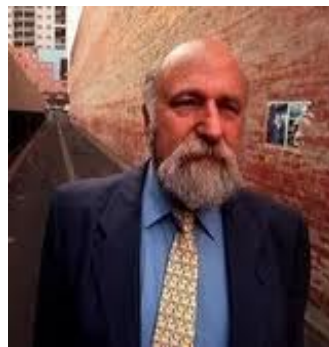


We are also delighted to be able to bring **Barry Abbott**, an Arrente stockman who has had remarkable success rehabilitating at risk boys, to the conference as a keynote speaker. Barry, a Wallace Rockhole elder, established the Ilpurla

Aboriginal Association, a treatment outstation in a remote south-west corner of Central Australia, in the seventies. Barry won the Prime Minister's award in 2005 for excellence and outstanding contribution in drug and alcohol endeavours and the Northern Territory Australian of the year Award in 2011.



Another special segment in the conference is, **Father and Son: Drug Use Has Many Faces**, the personal experiences of **Bryan Cousins, Karl O'Callaghan and Tony**



**Trimingham.** This session will be chaired by **James Pitts**, CEO of Odyssey House McGrath Foundation and ATCA Board Member.

The conference also includes thirty-five presentations, including papers, 'snapshots', workshops and roundtable symposia. These address the areas of –

- Co-morbidity: best practice for consumers with co-occurring AOD and MH issues
- Families and Children
- TC Standards and Quality Processes
- Assessing and working with the possibility of violence in TCs
- Innovations in Treatment in Therapeutic Communities
- Indigenous Consumers: best practice, cultural security
- Evidence Based Practice
- Corrective Services

The conference commences on Monday 30 May with site visits to the three ATCA members in WA – Cyrenian House, Serenity Lodge and Palmerston Farm, and will be followed that evening by the Welcome Celebration at the Esplanade Hotel.

On Wednesday evening we will enjoy the music of Natalie Gillespie and Dave Brewer at the ATCA Awards Dinner Dance.



Guest speaker for this occasion is **Associate Professor Ted Wilkes**, a Nyungar man from Western Australia, and leader of the Aboriginal Research Program at the National Drug Research Institute at Curtin University.

**We welcome you to the ATCA Conference from 30 May to 3 June, at The Esplanade Hotel, Fremantle, Western Australia**

## DASA Website

Drug and Alcohol Services Association in Alice Springs recently announced the launch of their new website.



The new site has referral documents, contacts, information on all of DASA programs, as well as an array of other useful information about services.

Please check out the new site at [www.dasa.org.au](http://www.dasa.org.au)

## Greetings from MiHi



A few weeks ago the following greeting was received from Stuart Anderson, former CEO of Higher Ground in Auckland and Director of the ATCA Board –

“Hello there in the land of OZ, I know it has been such a long time since you have heard from me. We are alive and doing well. We opened our cafe 13 April (obviously not superstitious!) and I think we are going to do well. Great local community support. I keep telling them they deserve to have their own cafe and they keep buying food and coffee”.

John and Karen from Fresh Hope had just called in to see Jan and Stuart, and they also sent through some photos of MiHi, which is situated at Reporoa, New Zealand – you will find it on the road between Taupo and Rotorua.

We wish Jan and Stuart all the best with this new venture, and judging by the Facebook entries so far, MiHi is going to do famously!

In his email, Stuart also added, “the Didgeridoo (Stuart’s gift from the ATCA Board) has pride of place in our lounge and I occasionally convince visitors that I can play, with some level of expertise (Ha). Who says Kiwis aren’t gullible!”

## Missiondale Tasmania

Missiondale, our only ATCA member in Tasmania to date, recently made a change to their program structure. Previously the program included a three week pre-program stage with an emphasis on the resident staying for 9 to 12 months. One of the negative aspects of this was that residents focused on achieving 12 months rather than engaging in the program and embracing change.

Another negative factor was that many saw the 12 months as a real barrier to entering the program. With this in mind, Missiondale has changed the pre-program stage to be called ‘Foundation’ and this now lasts for 8 weeks. While still committed to longer term services, it is hoped the new program will increase access to Missiondale and build a sense of achievement. Missiondale’s membership of the ATCA has helped the organisation to reflect on their program and make these changes.



Missiondale is a residential Therapeutic Community offering an alternative for those wanting to make positive changes in their lives. It’s all about change.

There are 3 stages to the program:

- **Foundation** – takes 7-9 weeks to complete. During Foundation, residents talk with their Case Manager and make a decision to leave at the end of Foundation or continue on to the next stage of the



program. Foundation covers topics of Shame & Addiction, Chemically Speaking, Self Awareness and AA Steps 1-3.

- **Framework** – takes 7-9 months to complete, and is made up of 3 parts – Team Leader, Senior Resident and Mentor. Framework looks at Family Systems, Self Esteem, Understanding Anger and AA Steps 4-12.
- **Future** – takes 12 months to complete. Future can be done as a Graduate of the program at home, or at Missiondale as an Intern. Clients receive aftercare if they are at home for the 12 month period. Interns who stay on at Missiondale are provided with support from staff and can undertake study, or volunteer work within Missiondale and other City Mission areas, as well as being active as contributing members of the Missiondale community.

Clients receive a Certificate of Completion at the end of the Foundation Stage and will be encouraged to stay on and complete the Framework and Future Stages, but Missiondale is keen to remove some of the barriers for people entering the program.

The new focus will allow clients to develop and learn at their own pace and will assist them to really embrace the changes and new thinking, gained through their group work and counselling sessions.

funny4money

What would you pay to see your boss do for a laugh?



As part of a new fundraising campaign "funny4money", Odyssey House Victoria's CEO, Dr. Stefan Gruenert was sponsored by over 40 members of his family, friends, and work colleagues to spend April Fool's Day dressed as **Spiderman**.

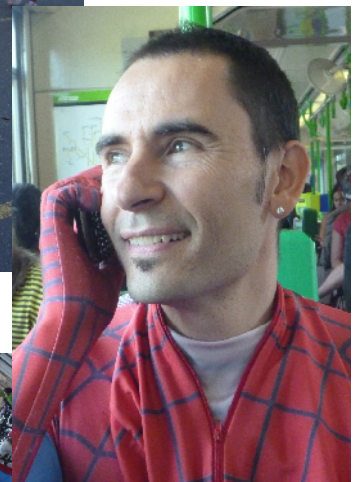
Spiderman's day began by dropping off his kids at school, followed by morning meetings with staff and residents at Odyssey's Therapeutic Community. After a quick lunch, and some time at his Richmond office, Spiderman climbed on

board public transport to attend a meeting at the Department of Health in Melbourne's CBD, before a bit of shopping on his way home.

Spiderman commented, "Some superpowers would be useful in the AOD sector, but I did this all for a good cause, and to prove that you don't need to drink to be silly. With all the natural disasters at the moment, it was great to bring some smiles and laughs to a lot of people".

Stefan elaborated by saying that, "funny4money was a new online fundraiser where people are sponsored to do something funny or a bit whacky during the first week in April. It's a great excuse to get in touch with your inner larrikin, give the fun police a day off, and enjoy a crazy hair day at school or play dress ups at work".

Stefan went on to say that, "It was our first year, and while I've done Febfast, Movember and lots of other fundraisers in the past, this was the hardest and the most fun thing I've done yet. All funds went toward our drug and alcohol treatment, education and support programs. With a focus on raising awareness around alcohol problems, we hope to get lots of people, offices, and schools involved to make it bigger and better next year".



## ATCA Board update

Late last year we received the news we had been hoping for – the ATCA was to receive funding for a further three years, taking the Secretariat to the end of June 2013.

While we were asked to wait until the 'official' announcement by the Minister for Health, clearly a number of other things in the public arena delayed the announcement, and in the end the news came out quietly through an official letter from the Department of Health and Ageing. It is tremendous news for the Association, and places us firmly in the picture as a national peak body. Our involvement at the table of the Intergovernmental Committee on Drugs (IGCD) Expert Reference Group further confirms our position in the sector.

The Board has been particularly busy over the past year with the rollout of the ATCA Standards, and with the four reviews which we are conducting prior to moving through the certification process with JAS-ANZ, the Australian New Zealand accreditation body.

Three reviews have been conducted so far – Karralika in the ACT, Cyrenian House in WA and Selah Farm in NSW. Later this month, a team will conduct the peer review at Logan House in Qld. The Review Teams are coordinated by Rebecca Davey, ATCA Project Officer, whose primary role includes the development of the Peer Reviewers Manual based on the TC Standards; the co-ordination of the Peer Reviews of ATCA member agencies, prioritising those agencies who have Provisional Membership of the Association; assisting the Peer Review teams in the preparation and execution of the Reviews of member agencies, and advising them on the best procedure and approach for each Review.

In 2011-2012, we will be concentrating on the objectives agreed in the most recent project plan with DoHA. In particular:

- Implement and monitor the evaluation and quality improvement for therapeutic communities
- Manage the certifying of the ATCA Standards with JAS-ANZ in partnership with another suitable body to provide an accrediting body for therapeutic community and residential treatment services
- Utilise accredited ATCA Standards as part of a quality framework for residential and TC services in Australasia
- Provide peer support and training for indigenous therapeutic communities

We are progressing talks with JAS-ANZ and will also be discussing a possible joint process with the Western Australian Network of Alcohol and other Drug Agencies (WANADA) during the ATCA conference in Perth.

With the four pilot reviews conducted and the Peer Reviewers Manual and review process further refined, we will move to begin the process of bringing Provisional Members up to Full Membership status.

Bec is also currently working with our prison-based TCs to modify the TC standards so that they are suitable for prison populations. This will particularly acknowledge the correctional setting and the unique governance structure.

## Welcome to new members

The ATCA Board approved two new members at the meeting in April. Family Drug Support (FDS) has been welcomed as an Affiliate Member of the ATCA. All members will be well aware of the work of the FDS, and the tremendous leadership of Tony Trimmingham. FDS aims to support families affected by alcohol and other drugs through telephone support, support groups, course, materials and website.

The Board also approved One80TC (Teen Challenge NSW) as a Provisional Member. The organisation, situated in the NSW Blue Mountains, provides a TC for males aged 18-35 years, and includes education, adventure-based activities, group and individual counselling and goal setting as part of the program.

**This brings current membership of the ATCA to 24 Full Members, 9 Provisional Members and 4 Affiliate Members, operating 66 Therapeutic Communities across Australia and New Zealand!**

As we celebrate our Silver Anniversary we can indeed be proud of our achievements!

