



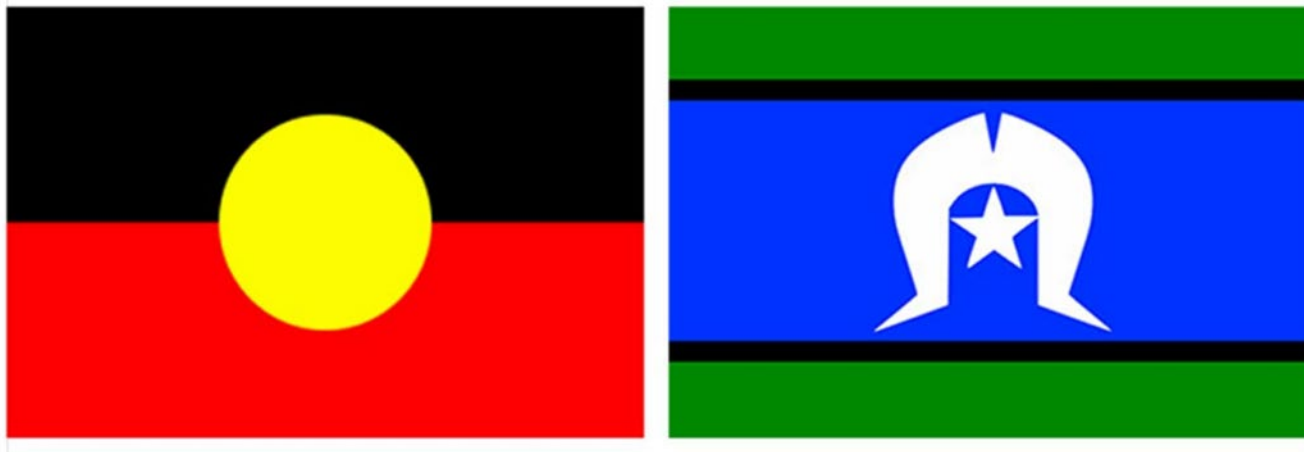
Saranna Women and Children's Program

Ciara Sheppard
Clinical Co-Ordinator, SWCP

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Acknowledgement of Country

“I acknowledge the traditional custodians of the land on which we are gathered, the Gadigal people of the Eora Nation, I pay my respects to their Elders past and present, and I extend that respect to Aboriginal and Torres Strait Islander peoples here today.”



**Who are we?
&
Where are we?**

Who are we?

- We are a women only residential therapeutic community program for women with alcohol and/or other drug problems. The program sits alongside a 50 bed adult TC program called the Gnangara Program and together we comprise the Rick Hammersley Centre Therapeutic Community.
- This unique program is one of only a few programs in WA for Aboriginal and non-Aboriginal women and children who have been impacted by alcohol and drug use
- Women and their children form an integral part of the TC, living in self contained cottages to maintain the development of the family unit whilst engaging in the daily program of recovery
- There are currently fourteen cottages (designed to support a range of family sizes)
- The Saranna Program can accommodate mothers with children 0-12 years.

Where are we?

We are located 30 minutes north of Perth at the Rick Hammersley Centre Therapeutic Community on 32 acres of natural bushland. (And with that comes a few extra residents).



Our extra residents



Assessment and Admission

The program accepts referrals from a broad range of sources. These referral pathways include but are not limited to:

- Department of Communities
- Self referrals and family referrals
- GPs and hospitals
- Diversion Officers
- Employee referrals
- Internal referrals
- Aboriginal specific services
- Other general and mental health and community services
- Department of Justice
- Other Cyrenian House services
- Support and referral to additional services such as detox providers is provided where necessary for people preparing for admission to the Saranna Program. Cyrenian itself has 3 low medical detox units based in Nannup, Rockingham and Midland.



What do we provide?

The Saranna Program utilises the evidence-based Community as Method Treatment Model that is further enhanced by targeted interventions pertinent to the consumer group. The program uses a staged approach and residents stay between 6 and 18 months.

- A safe and caring environment for women and children
- A comprehensive psycho/educational program which supports residents to address a range of issues associated with their AOD use for example; self-esteem, family domestic violence, grief and loss and boundaries (Saranna residents attend the Gnangara Program as well as having their own specific groups.
- Individual Treatment Plans; developed by residents with the support of their counsellor
- Group work e.g., interpersonal processing groups
- 1:1 Counselling
- Access to vocational learning opportunities e.g Certificate 3 in Community Services, participating in barista training and work in our Café based at our Munda Mia Service
- Weekly attendance at Narcotics Anonymous/Alcoholic Anonymous meetings. The purpose of which is to increase consumers' interactions in the wider community and improve their opportunity to engage with potential sponsors and expand their network
- Outreach – Pre treatment and a Continuing Care program post treatment

Services specific to our cohort

- An onsite Saranna Early Childhood Education and Care Centre (SECECC). (Preschool children who live on property attend). Saranna and SECECC meet on a regular basis and work collaboratively to discuss and support children's developmental progress and wellbeing.
- A Family Support Program that supports mothers to develop parenting strategies, structure and routine whilst supporting secure attachment
- A Circle of Security Program
- Protective Behaviours educational groups for mothers and children
- A Parenting in Recovery Group
- Creative Arts Therapy
- Moral Reconciliation Therapy
- School Holiday Program for mums and children
- Fitness program conducted by an accredited provider
- On site Gym – with dedicated women's only sessions

Coordinated Care, Case Management and Collaboration

As part of the primary health care of mothers and children, a weekly, on-site medical clinic is available to Saranna consumers as well as a physiotherapist and an Aboriginal Health Nurse

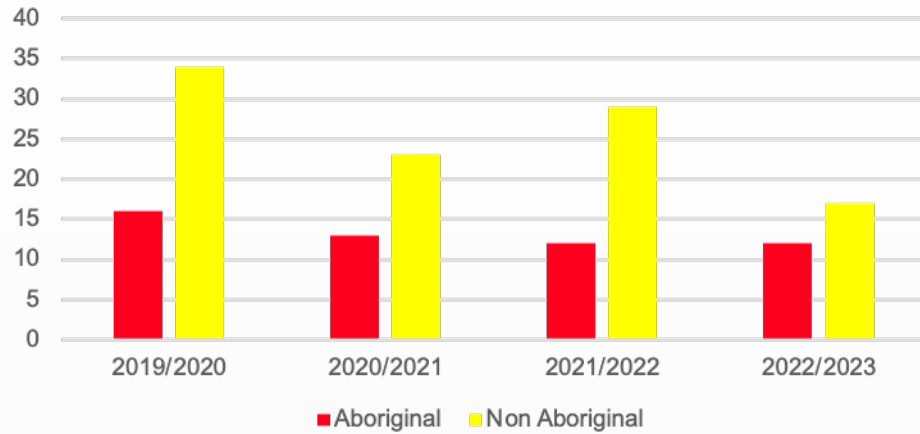
Many of our mothers have other children still in the care of DOC or other family members care and require support to organize onsite visits and contact. They may also be in the process of reunification with their other children, this may involve engagement with intensive family support services and meetings with DOCs. Staff are constantly forming relationships with other organizations for the benefit of our consumers

As women progress through treatment, we link them with services to help them obtain housing, for example St. Barts, Anglicare, Mission Australia and Indigo Junction

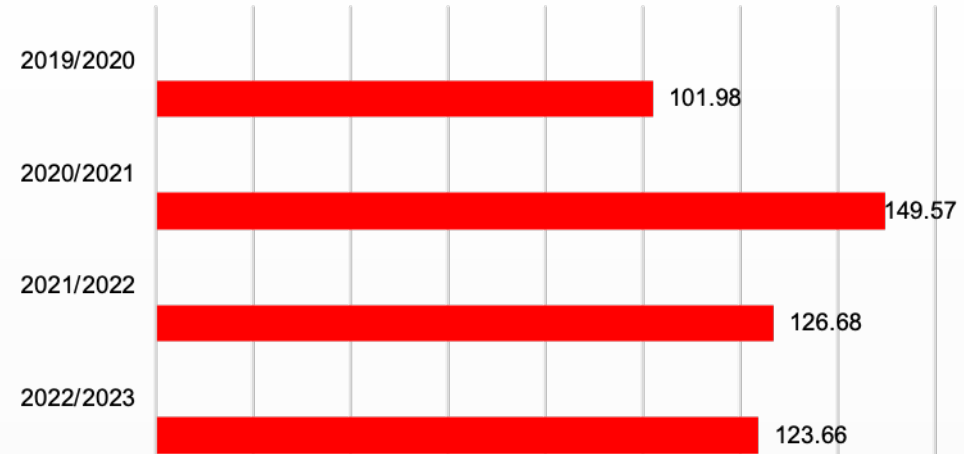
Whilst in treatment they also access services such as Moorditj Djena providing Aboriginal clients with a Senior Podiatrist, Aboriginal Health Professional and a Dietician/Diabetes Educator

Saranna Residents 2019-2023

Aboriginal and Non Aboriginal Consumers 2019-2023



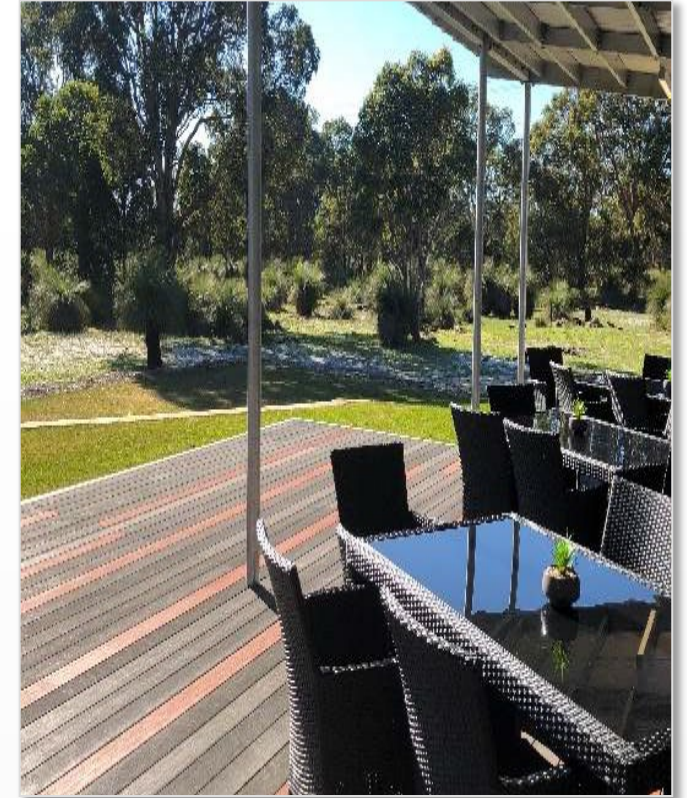
Average Length of Stay (Days)



Everyone is welcome



Cyrenian House supports and upholds a robust standard of cultural competence by recognising cultural needs and reviewing programs to ensure they meet the needs of Aboriginal, Torres Strait Islander CaLD and LGBTQI+ communities



Cultural Security



Cyrenian House promotes substantive equality in its practices. Services are tailored to meet the needs of Western Australia's diverse community including individuals and groups from Aboriginal, ethnic and gender minority communities

- Staff and residents are supported to develop their understanding of Aboriginal history
- Cultural Security training is part of our mandatory training program and is provided to all staff
- RHCTC residents attend a Cultural Awareness Group during their first three weeks in the community
- We have four Aboriginal workers on our staff team who participate in groups, provide 1 to 1 support to Aboriginal residents and develop relationships with the local Aboriginal community
- Community learns from these staff members who can draw on their skills, experiences and expertise to enhance cultural security at RHCTC

Cultural Security

RHCTC has an annual calendar of Aboriginal Cultural events that recognise, encourage and celebrate Aboriginal Culture including, Harmony Day, National Reconciliation Week (including a Smoking Ceremony), National NAIDOC week and the National Aboriginal and Torres Strait Islander Children's Day (NAICD).



Any Questions?



Ciara Sheppard
Clinical Co-Ordinator, SWCP
csheppard@cyrenianhouse.com