



Contact us on 02 8572 7444 or info@whos.com.au

Message from the Executive Director

Welcome to the Summer 2016 WHOS Newsletter.

As many of you know, there continues to be a tremendous amount of media about 'ice' across the country. A lot of this reporting is based on research and evidence which is informative and enhances public debate and understanding. However, at times there are articles that serve little purpose other than to sensationalise the issue, increase anxiety in the community and heighten fear, as well as stigma against those using the drug and their families.

There are a lot of issues that could be canvassed when writing about 'ice' but I will give a short insight on one issue from a WHOS perspective. That is, it is imperative that we do not mislead the public into believing that no treatment is available. For some users, outpatient services can be appropriate and effective. However, at WHOS where the proportion of clients we have with severe problematic 'ice' use has risen sharply in recent years, it is the residential therapeutic community program that works best for them.

Many of us working in this sector have become quite concerned about a marketed perception that all problematic 'ice' use can be dealt with on an outpatient basis. There is an important role for both outpatient and inpatient services but to believe that the severity of dependence and complexity of issues faced by our clients could be treated with a few outpatient services needs to be challenged.

On a brighter note I hope you enjoy our latest newsletter and its focus on our refurbishment work at Broughton Hall, Callan Park and the services WHOS provides in the Hunter Valley Region. It has been quite a journey for WHOS and we hope the future is as positive as our past has been.

As always your feedback is welcome and on behalf of everyone at WHOS we wish you a safe and relaxing Christmas period.

Garth Pople
Executive Director - WHOS





Client Stories



Najara

My life before WHOS was like a revolving door of starting and stopping drinking and using drugs throughout my life constantly and forever relapsing. Fourteen detoxes in the HADs unit with the staff there always telling me that I needed rehab, and I thought that I could do it on my own and my way.

[Read more](#)



Hunter

Since getting out of prison in February of last year I have been trying to get clean. It has been an uphill battle the whole time. I was bailed to a rehab and I went there simply because it was the only place that would accept me.

[Read more](#)



Before





And now

Broughton Hall, Callan Park, Rozelle

In 2008, after negotiations with the NSW Government, WHOS was able to move from the space it had outgrown in its Chippendale terrace houses to the wonderful therapeutic environment provided in Broughton Hall, Callan Park at Rozelle.

The buildings WHOS relocated to took a lot of work to make habitable again after a long period of some buildings being left vacant. With the support of the community, particularly the Friends of Callan Park, volunteers, staff, clients and the generous contributions of people in the business community we were able to restore and refurbish the buildings and grounds for use as residential centres and other activities.

It is said that a picture is worth a thousand words and so rather than describe all the work that happened we hope you will enjoy a pictorial snapshot of the transformation of a former medical records archive building into the vibrant WHOS Cafeteria we see today.



Glen's Story

Glen Pinnock is the WHOS Groundskeeper and Caretaker at the Rozelle Campus. Back when WHOS began its move from its cramped Chippendale terrace houses to its 12 hectare Callan Park site, Glen was part of a volunteer group that spent 6 months prior to the relocation cleaning up the site and beginning the hard work of fixing buildings which had laid unused and underutilized for many years. It meant climbing in and

out of building ceilings and removing tonnes of rubbish from inside buildings and around the overgrown and hidden treasure of the grounds. Today, Glen has a team of 2-6 WHOS residents volunteering with him everyday to maintain the now picturesque grounds and learn the work of grounds keeping as part of their job readiness program at WHOS. A key component of their work is to always protect the heritage of the site including the stone-paths built by World War 1 veterans and the 'fleur de lis' decorative symbols they embedded in them in some areas. The grounds are now acknowledged to have some of Australia's best tree and plants specimens, including those at the Royal Botanic Gardens, a feature which has led to the Ryde Horticultural College including the grounds as part of their student's visit schedule.

More information on the heritage and historical aspects of Callan Park can be found at the [Friends of Callan Park website](#).

Foodbank & Red Rooster

Recently WHOS Rozelle was the recipient of some wonderful generosity from our friends at Foodbank who organised a Red Rooster donation of roast chickens, roast potatoes and peas and coleslaw for over 150 people. It was held as an outdoor lunch and was a real treat for all the residents and staff.

WHOS has a long standing relationship with Foodbank - going back over 20 years - in providing heavily discounted bulk (and sometimes free) grocery items. The savings for WHOS over these years is incalculable but without doubt very substantial.

The generosity of the business sector never ceases to amaze us at WHOS and we hope to build even greater links with businesses in the coming years.

Click on the link to read more about the great work of [Foodbank](#).



Mr Jevan Sayer, WHOS Vocational Educator - Chef, is pictured serving the Red Rooster donation for the outdoor lunch.

Maitland Thermomix

Maitland Thermomix and WHOS Hunter joined together on the first day of November to give Hunter residents something the majority of them had never experienced before, a five course fine dining meal, waited on by staff.

The initiative behind the event was for the Maitland Thermomix team to “give back” to the community; donating their time, expertise and food to provide an elegant meal.

VORWERK

thermomix



The WHOS Hunter NSW Service

(funded by the Commonwealth Department of Health and the NSW Ministry of Health)

Our Hunter service is set in the beautiful Lower Hunter Valley and is surrounded by natural settings. WHOS Hunter is a 24 single bed Drug and Alcohol Residential Therapeutic Community where residents have ownership over their recovery and learning opportunities. Staff facilitate a number of groups including harm minimisation, relapse prevention, mental wellness and PTSD amongst others.

The residents have a program schedule to follow that includes, activity nights and weekend day outings, to experience enjoyable outings while living a drug free life. There is outdoor gym equipment and a yoga teacher delivers classes weekly and after care meetings such as Narcotics Anonymous are accessed by the residents 6 days a weeks.

Additional to our residential service, Hunter has a nearby transition house to assist resident's transition back into the wider community. We also offer a three-quarter way house, which includes aftercare services, case management and referrals. This Newcastle based exit stage house is available after the transition stage to further assist the residents with their needs for a holistic, stable and supported recovery.

Children visits occur every Saturday and once a month we have a Family Day picnic in Newcastle for residents to spend time with their family and those close to them to foster relationships through connection and inclusion.

Additional activities we offer at WHOS Hunter are:

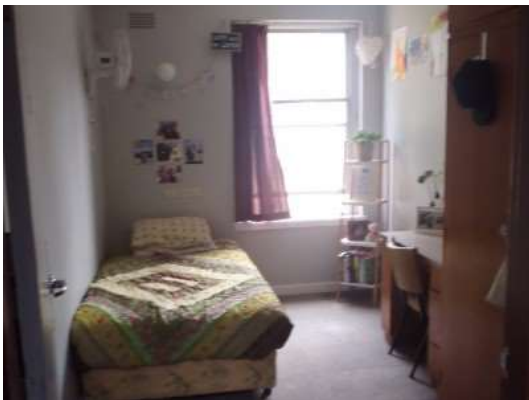
- Self care day every 5th Sunday
- Pet therapy (Hunter our cheeky Labrador)
- Barista training with external provider
- ¾ way house individual case management

- In house leisure activities (karaoke, craft, trivia, game nights)
- Regular Skype sessions with Psychiatrist
- Regular appointments with Psychologist
- Family worker
- Client feedback and suggestion processes
- Currently incorporating a chicken coup for additional produce with the vegetable garden

Hunter prides itself on our reputation in the local community and has established many partnerships with local services. These partnerships include training companies, employment agencies as well as various Allied Health Services:

REACH training
 Castle Personnel
 Yoga Sanctuary
 Priceline Pharmacy
 Local medical centres
 Carrie's Place
 Second Bite
 FoodBank
 Baker's Delight
 Coles
 Bunnings Warehouse

We are currently in a planning partnership with Newcastle University to have student placements from the Exercise and Sports Science department, such as Occupational Therapist and Nutritionist students to assist our residents in using our outdoor gym equipment and with nutrition plans.



International activities

Official opening in Macau and Japanese visit

WHOS has a number of established relationships with organisations in the South East Region. As a leading provider of therapeutic community and residential services we receive numerous requests for advice, assistance and training.

Recently, our relationship with Macau went to a new level with an MOU being put in place with ARTM (the largest NGO provider of alcohol and other drug services in Macau) for WHOS to provide ongoing training and assistance at their residential centres. The MOU was signed in front of a number of Macau based and international dignitaries, including United Nations representatives and a number of Ambassadors, as part of the opening ceremony of the new 70 bed ARTM residential facility.

WHOS also hosted a large Japanese delegation from NGO residential services and health services. The visit was part of an ongoing relationship with Drug Addiction Rehabilitation Centres (DARC) which have residential centres across Japan. DARC has visited WHOS a number of times and on this most recent visit included a number of senior public health and legal officials to learn about the WHOS model and Australian drug policies and programs, including a visit to the NSW Drug Court, the MSIC and St Vincent's Hospital Stimulant Clinic, as well as presentations from Harm Reduction Australia and other national organisations.



Some of the dignitaries at the Official Opening Ceremony



The Japanese delegation at WHOS Rozelle

Awards

Recently WHOS received the support of our peers when the project chosen to take forward as a Network Initiative at the Agency for Clinical Innovation (ACI) Forum from a shortlist of projects was the Cognitive Remediation – Improving Clients' Capacity to Successfully Engage in AOD Treatment by WHOS and Advanced Neuropsychological Treatment Services. The award was proudly accepted by Jo Lunn from WHOS.

Ms Jo Lunn is pictured receiving the award from Antoinette Sedwell and Dr Tony Gill from St Vincent's Drug and Alcohol Service.



At the recent Australasian Therapeutic Community Association (ATCA) conference in Melbourne our long serving Operations Manager, Ms Janet Woolley, received the award for Significant Contribution (Individual) to the Therapeutic Community Sector.

Janet is pictured receiving the award from Mr John Challis, former CEO of Odyssey House (NZ) and now Vice President at Center Point a community-based, not-for-profit agency providing comprehensive residential and out-patient services in the USA.

Farewell

Farewell Ms Janet Woolley – after 27 years of dedicated service to WHOS, Ms Janet Woolley is saying goodbye. Her contributions and legacy at WHOS are far too many to be properly listed here, suffice to say that she will be missed by all of us. As always we also leave the last word to Janet.

“This is not a last word I will find easy! How can I sum up the last 27 years of my life. All I can say is that I am honoured and proud to have been a part of the wonderful organisation that WHOS is.

I started by ‘helping out’ back in 1989 when the newly hired administrator couldn’t do the job and I have never left – I often equate it to Hotel California! There were 5 staff and 24 residents in 2 terrace houses in Pitt Street, Redfern and little did we know where we would be today.

Today we have 7 services in NSW and Queensland and we have almost 100 staff. I feel tremendously proud to have been a part of that growth and success of WHOS. There have been so many amazing people I have met and shared some very happy and some very sad times with. Working in this industry does not come without its challenges but I consider WHOS to be a family that gets through these times together. I have seen thousands of clients find recovery and who still live drug free or stabilised lives today. I have seen the ugly side of addiction too and said goodbye to many a soul taken too soon. WHOS has been my family for so many years and the friends I have made here will remain with me forever.

I found the decision to leave a very difficult one but I want to pursue other interests and I leave with an excitement of this next phase of my life but with much sadness to be leaving a place that has meant so much to me for so long.

I would like to thank the Board of Directors for their guidance and support and for allowing me to just get on with the job. I would like to thank Garth Popple, Executive Director, for believing in me back in 1989. We have shared this journey together and he has been an important part of my life in so many ways. His vision and passion has made WHOS what it is today and I am proud that I have been a part of that. I would also like to thank the many staff who have supported me in my role over the years and who I have forged deep friendships with. Lastly, I would like to thank the clients, past, present and future, for continually inspiring me and reminding me to always be kind, gentle, compassionate and fair. They are the reason I have stayed for 27 years."



In The Media

Recently WHOS has been featured in a number of media articles and interviews. Here are three of them that we hope you will find both enlightening and informative about the work we do:



The Daily Telegraph



**DAILY
MEDIA
SERVICE**

As part of WHOS commitment to improving the information flow in the AOD and related sectors, we were pleased in mid-2015 to introduce our new Daily Media Service. This is a valuable and free

service which was previously provided by other organisations and which many in the sector felt was a real loss for them when the service ceased. Accordingly, WHOS reinstated a similar media service so many working in our sector and related areas could once again receive a daily summary of media articles and stories of interest. The WHOS Daily Media Service is a free service to subscribe to and all you have to do is send your name and email address to admin7@whos.com.au to receive the daily service.



Copyright © 2016 WHOS (We Help Ourselves), All rights reserved.

Our mailing address is:

PO Box 1779
Rozelle NSW 2039

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)