

If you or someone you know needs help, call our service for a free and confidential assessment.

Our staff are available between 9.00am and 4.30pm to answer your questions about our program and work with you to decide the best treatment plan or referral possible.

Call us now on (07) 5476 0877 or visit us online at [whos.com.au](http://whos.com.au)



## NAJARA TC

### For Men and Women Seeking Recovery

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For Men and Women Seeking Recovery

# The Program

WHOS® Najara TC is a residential Therapeutic Community (TC) for men and women set in the tranquil hinterland of the Sunshine Coast. Its goal is to help individuals find freedom from alcohol and other drug dependence (AOD) and discover a better way of living.

Our Therapeutic Community's aim is to provide a safe and secure environment where men and women who suffer from alcohol and other drug dependence and its related problems can concentrate on their recovery.

## WHOS® PROGRAMS

Residents are encouraged to take on increasing levels of responsibility in the running of the Therapeutic Community (TC). As a resident moves through the various stages of the program they receive increased levels of personal freedom and gain greater awareness of the effect their behaviour has on themselves and the community around them.

**"I finally realised my addiction and life had become unmanageable and I sought help from WHOS® Najara on the Sunshine Coast. This has been the best move of my life. This facility has re-educated and taught me how to live a life on life's terms without alcohol and other drugs."**

NAJARA RESIDENT

# Treatment

<b>90 DAYS DURATION</b>	<b>THERAPEUTIC COMMUNITY:</b> Looking inward and understanding your dependence issue
<b>120 DAYS DURATION</b>	<b>TRANSITION:</b> Moving from the therapeutic community to semi independent living – Pre employment/education
<b>AS REQUIRED</b>	<b>EXIT STAGE:</b> Living independently in the wider community. Residents move from transitional accommodation into the broader community

## THINGS TO CONSIDER

- Minimum age is 18 years
- Please discuss your detox needs with staff
- If you have medical and/or mental health needs that need specialist care or supervision please discuss with our staff to make sure we have the resources to meet your needs
- Court/legal business will need to be deferred for the first six weeks of the program. We may be able to assist with deferment

## ACTIVITIES

Group work and individual support is provided by AOD workers who deal with your specific needs.

- AoD dependence education and relapse prevention
- Health support and education
- Social, living and communication skills
- Stress management
- Harm reduction including infection disease education
- Skills based education

# Details

## OTHER COMPLEMENTARY ACTIVITIES

- External recovery based support networks
- Regular structured exercise
- Wellness training

In addition there are a wide range of community based social gatherings and shared activities which help to build a sense of collaboration and support.

## ADMISSIONS PROCESS

Initial assessments are carried out over the phone by staff Monday to Thursday 9.00am to 4.30pm.

If eligible you will be required to come to the service for a face to face interview and potential admission.

For more information please contact WHOS® Najara staff on (07) 5476 0877.

## COSTS

WHOS® Services are mostly funded by State and Federal Governments. However to cover costs not provided by funders it is necessary to charge a fee from your benefit entitlement for your first 4 months. After 4 months, you will only need to contribute for food and accommodation.