

If you or someone you know is considering moving on from opioid substitution to abstinence, 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.

Assessment by appointment only.  
Call us now on (02) 8572 7477 or (02) 8572 7444 or visit us online at [whos.com.au](http://whos.com.au)



## OSTAR<sup>®</sup> Opioid Substitution to Abstinence Residential

Assessment by appointment only –  
Male and Female places available

PO Box 1779, Rozelle NSW 2039  
PHONE 02 8572 7477 FAX 02 8572 7460  
[info@whos.com.au](mailto:info@whos.com.au)



## Opioid Substitution to Abstinence Residential

# The Program

WHOS® OSTAR® (Opioid Substitution to Abstinence Residential) is a residential Therapeutic Community (TC) set in the tranquil and heritage grounds in inner Sydney. Its goal is to assist you to reduce off methadone/other opioids while learning the skills necessary to live drug free.

The Therapeutic Community's aim is to provide a safe and secure environment where you can concentrate on your recovery from alcohol and other drug dependence.

## WHOS PROGRAMS

Residents are encouraged to take on increasing levels of responsibility in the running of the OSTAR® 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.

**“The staff at OSTAR® are always here to support me wherever necessary, they have been really supportive through my detox as have my fellow peers. Through the program I have learnt the importance of a strong foundation for recovery. I reached my first goal of withdrawing from methadone and now I intend to move through to the WHOS® Gateway aftercare program.”**

OSTAR® RESIDENT

# Treatment

<b>90 DAYS</b> DURATION	<b>THERAPEUTIC COMMUNITY:</b> Looking inward and understanding your dependence issue
<b>120 DAYS</b> DURATION	<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
- Support from your prescriber to reduce
- No minimum dose
- Dispensing of your Methadone or Buprenorphine – no cost
- Please discuss any 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
- If you choose not to complete the OSTAR® program and return to OST Maintenance your OST registration can be recommenced

## ACTIVITIES

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

# Details

- AOD dependence education and relapse prevention
- Living, social & communications skill development
- Relationship skills, parenting, self esteem building
- Stress management
- Harm reduction including infection disease education

## 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® OSTAR® staff on (02) 8572 7477 or general (02) 8572 7444.

## 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.