



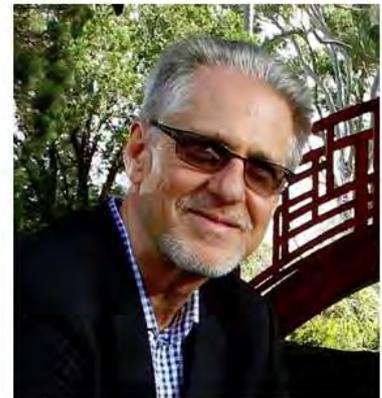
Contact us on 02 8572 7444 or [info@whos.com.au](mailto:info@whos.com.au)

## Welcome to the first edition of WHOS NEWS

### Message from the Executive Director

Since our humble beginnings in 1972, We Help Ourselves (WHOS) has operated therapeutic communities to provide treatment and support for people experiencing alcohol and other drug problems.

Over its many years of operation WHOS has developed and expanded to **become one of Australia's leaders in the field. However, what we have achieved has only been possible because of the support and assistance WHOS received from many former clients, families and people in the community, businesses and Governments.** The support of both State and Federal Governments over the years has been critical to the success and sustainability of our programs and services. We look forward to ongoing support by our funders in these crucial times when the taxpayers dollar is stretched to its limit.



WHOS News will be our regular e-newsletter to help keep you and many others informed about the work of WHOS. It is part of our efforts to expand our connections, renew and further enhance our relationship with you as one of our key stakeholders and supporters. We have also established a new website to include videos of personal stories which I hope you can spend some time to visit to find out more about the range of innovative services we provide. I hope you enjoy this first edition of WHOS News which takes in some key events in the year so far and please feel free to share it with others that may be interested in our work.

As always we also value your feedback and contributions so please let us know your thoughts.

Garth Popple  
Executive Director – WHOS



## Client Stories



**New Beginnings**  
I sought treatment through New Beginnings after 17 years of everyday use of drugs and alcohol. This had spun my life out of control.

[Read more](#)



**Gunyah**  
I did not understand that this program (WHOS) was about addressing my core issues in problems surrounding my behaviours. I had so many fronts and I was not opening up and talking to my peers in the therapeutic community.

[Read more](#)



**Hunter Story**  
When I leave WHOS I want to study to become a journo or radio announcer, I want to start a family and not use and be able to be content and happy with myself.

[Read more](#)



**OSTAR**  
I did a selective detox program and was re admitted into MTAR now known as WHOS OSTAR. I knew what worked for me and I wanted Recovery. I also knew I **couldn't do it alone.**

[Read more](#)



## National Family Drug Support Day

WHOS was pleased to be a sponsor and supporter of the inaugural National Family Drug Support Day on the 24<sup>th</sup> February. Simultaneous events were held in Parliament Houses across the country with many Ministers and members of Parliament attending. Garth Popple, Executive Director of WHOS (pictured with FDS CEO Tony Trimmingham) represented both WHOS and the Australasian Therapeutic Communities Association Chairperson at the major event in Parliament House Canberra and gave an impassioned speech on the benefits of treatment and working with families of people in treatment.

When clinicians, politicians and media talk about drug and alcohol issues affecting our communities they often raise the importance of assisting, supporting and engaging more with families. Unfortunately for many families the reality is much different. As we know, behind every statistic of a drug related overdose death, arrest or hospitalisation there is a family suffering the pain. All too often in a cloud of stigma and shame.

The first National Family Drug Support Day which was held on the anniversary of the passing of Damien Trimmingham from a drug related overdose will now become an annual event to highlight the need for families to not only be recognised and heard but to be supported and encouraged to speak about their concerns and their needs.

Details on the event and the National Day can be found at <http://nationalfdsday.fds.org.au/>.



### **Gilbert & Tobin**

WHOS has been very fortunate in recent times to receive support from the leading law firm, Gilbert & Tobin. This internationally recognised law firm has very generously donated a range of office equipment and furniture to WHOS for use across its centres. WHOS was also pleased to have staff from Gilbert & Tobin come to the Rozelle campus so they could meet the staff and some clients and see how their contributions have assisted the important work undertaken by WHOS. This visit also led to Gilbert & Tobin establishing a new free and regular legal support and advice clinic for all female clients at WHOS. Gilbert & Tobin staff will be providing their services on a pro-bono basis to directly assist WHOS female clients with any legal issues. This is a great new initiative for WHOS and clients are excited at the opportunity to access such critical services during their time at WHOS. The support of Gilbert & Tobin has been fantastic and greatly appreciated by WHOS. Further information on Gilbert & Tobin can be found at <http://www.gtlaw.com.au/>



### **Radisson Blu**

WHOS is very grateful for the support provided by the international 5 star hotel, the Radisson Blu in Sydney. The hotel has generously provided WHOS with a range of furniture, bedding and manchester items for use by our clients. The Radisson Blu like many hotels regularly refurbishes its rooms and other parts of its hotel and has provided WHOS with the incredible opportunity to select furniture and other goods available that result from these refurbishments. The quality of the furniture is very high and still remarkably contemporary. More recently, the Radisson Blu has facilitated meetings with other 5 star establishments in Sydney that have resulted in similar donations being provided to WHOS. It is an extraordinary example of corporate social responsibility in action by the Radisson Blu and their counterparts. We thank the Radisson Blu for their incredible support and hope that this will be a long standing partnership. Further information on the Radisson Blu can be found at <https://www.radissonblu.com/en/plazahotel-sydney>

## Thai delegation

Recently we saw the arrival of 4 staff from the Thai Addictions Hospital system in Thailand for a 12 week training program in therapeutic community programs. The visit was sponsored by the Thai Government to provide senior staff from their residential rehabilitation centres across Thailand to be trained in the therapeutic community model utilised by WHOS.

As part of what we believe is an ongoing obligation in our Asia Pacific Region, WHOS provided this training to assist the Thai Government Hospital staff in experiencing contemporary therapeutic community models of care used in Australia and potential models of care for its hospitals which have a combined total of over 1,500 beds providing residential rehabilitation for people with drug and alcohol problems.

The transition to a therapeutic community model is not an easy process but their senior executive staff, with the support of the Thai Government, requested WHOS to assist and support them in this task. This was a request that WHOS was honoured to receive, and subsequently provided a tailored training program for the delegation.

The Executive Director of WHOS, Garth Popple, was grateful to his staff across all WHOS centres for working so hard to ensure that the Thai delegation received the best training and assistance possible. This included a period of time for the Thai staff trainees as 'temporary residents' in the WHOS Sunshine Coast facility, to understand the perspective of clients (lived experience). Fellow residents at the site were also treated to a Thai food feast one night.



## Macau delegation



In 2016, WHOS hosted senior staff from a Macau service that operates therapeutic communities, outreach programs, needle and syringe programs as well as youth outreach and drop-in services in Macau. The senior staff all work in the therapeutic centres and are training at WHOS as part of an ongoing collaborative program between our two organisations to prepare for the opening of a brand new purpose built therapeutic community centre in Macau by the Macau Administration.



There were some pre-training sessions held in Macau and the Macau staff that attended in Australia have been provided with training in the therapeutic community model at WHOS with a view to implementing a similar program in the new centre in Macau (see photos). This new centre is expected to open later in 2016 and will have 70 beds in total for both men and women.

WHOS will also be providing ongoing support and training over this important establishment period for the newest therapeutic community in the Asia Pacific Region.

## Value Your Mind



WHOS recently participated in the Mental Health Commission of NSW Living Well: Value Your Mind event at NSW Parliament House. As a leading organisation delivering co-morbidity services for people with alcohol and other drug issues, WHOS was pleased to be joined with the many community organisations that also deliver essential community mental health services. The event was attended by the Premier, the Hon Mike Baird and the Minister for Mental Health, the Hon Pru Goward and a number of MPs including WHOS Rozelle local State Member of Parliament, the Hon Jamie Parker (pictured with WHOS Managers Janet Woolley & Azul Medina).

## Awards

WHOS is proud to announce that it has received a number of awards in recent months.

Our New Beginnings Program received an award for a Significant Contribution to the Therapeutic Community Movement in Australasia for its demonstrated history of utilising and building best practice for women specific AOD work. The award was presented by Peter Kennerley from the New Zealand Ministry of Health (see WHOS Manager Sarah Etter and staff pictured).

In addition, our WHOS Harm Reduction Program received a Certificate of Commendation for Excellence in Health Promotion at the 2016 the Network of Alcohol and other Drug Agencies (NADA) Awards which was presented by the NSW Minister for Mental Health, the Hon Pru Goward (pictured with WHOS Nurse Manager Carolyn Stuble).

Mr Garth Popple was also very honoured to be one of only a handful of people to ever be presented with a Mentorship Award in Thailand. The award was presented by a member of the **King of Thailand's Privy Council in front of over 1,500 people in Bangkok in June.**





**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 [admin3@whos.com.au](mailto:admin3@whos.com.au) to receive the daily service.



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