



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

Welcome to the August 2018 Edition of WHOS NEWS

Message from the Executive Director

As you will see from this bumper edition of WHOS News, it has been a tremendously busy year already for WHOS. Although this newsletter contains only a fraction of all the work that happens at WHOS it does give you a good idea of the breadth of our activities so far this year.

In particular, I want to highlight all the international delegations we receive each year and encourage everyone to take the opportunity to be part of the World Federation of Therapeutic Communities conference in Bangkok in a few months. It will be a great conference with many high profile speakers and a chance to meet with colleagues from all around the world. Please see further information below.



I also want to highlight that it has also been a very busy year for our staff as all our services continue to experience high demand and we continue to try and find the necessary resources to meet these community needs. This is not an easy process for WHOS as it often means putting more pressure on our administration team to prepare numerous submissions to increase service levels, while at the same time our front line staff need their support to deliver the services for residents and clients we have in our care. WHOS relies on all our staff to be able to provide the high quality services and I am forever thankful for the great team of dedicated people we have and their ability to deliver, in some very trying circumstances at times.

Something we don't do very often at WHOS is ask for your help directly but if you can help I would encourage you to give to WHOS - there is a link at the end of this newsletter to direct you to the right place to help us.

Please enjoy this edition of WHOS News and as always we welcome your feedback and contributions.

Garth Popple
Executive Director

NAIDOC Week at WHOS Rozelle

The theme for NAIDOC week 2018 was 'Because of her, we can' which honours the role of women in the community and at local, state and national levels .

WHOS Rozelle celebrated NAIDOC by inviting residents and staff to submit creative media for an exhibition displayed in the medical area for the week. Submissions included art, poetry, multi media installations connected to the NAIDOC theme this year.

The week long exhibition was celebrated with a closing event on the Friday with guest speaker, Susan Moylan Coombs , founding Director of The Gaimaragal Group and part of the Stolen Generations group, who spoke on the power of sharing and creating new stories of connection and wellbeing for Indigenous and non Indigenous Australians. NAIDOC week was a milestone for WHOS as we also welcomed its first two First Nations employees Chris Duckett, WHOS Aboriginal and Torres Strait Islander Engagement Worker and Calley Clarke, Aboriginal and Torres Strait islander Consumer Liaison Worker, who will work with Australia's First Nations peoples in the WHOS therapeutic community - all are pictured below with Jen Grindell, WHOS Corporate Services Manager.

Our Indigenous clients from the Yarning Circle lunch group performed with poetry reading, dancing and singing, followed by an afternoon tea. This event was supported by WHOS Reconciliations Action Group.



The Big Anxiety: A festival of arts + science + people

In anticipation of The Big Anxiety Festival being held in Callan Park next year, WHOS Rozelle hosted some of the Callan Park tenants so the organisers could brief them on what the festival aims to achieve and how different organisations could potentially participate. The Festival has the support of the Inner West Council and is the first international biennial arts festival devoted to mental health, uniquely combining ground-breaking research, art and community engagement.

Running throughout mental health month (October), the Festival encompasses visual arts, multimedia and immersive environments, social engagement projects, literary and film competitions, performances, discussion forums, and more. Unlike awareness campaigns that aim to change minds, The Big Anxiety aims to transform experience.

[Click here for more information](#)



Japanese Delegation

For a number of years now, WHOS has hosted an annual delegation of staff from the Japanese AOD and therapeutic community sector. They all spend time learning about the WHOS model of care and meeting with staff and residents to get an understanding of our services. We also always spend time discussing policy developments in our two countries and visiting other important services such as the Drug Court, the Stimulant Clinic at St Vincent's Hospital, Family Drug Support and the Medically Supervised Injecting Centre in Kings Cross.



Bunning's Produce Garden

As part of WHOS environmental sustainability program we have started a vegetable and herb garden to supplement the food prepared every day in the WHOS Community Cafe. The staff and residents were able to construct the new garden beds outside because of the generosity of our local Bunnings store.

Our thanks and gratitude go out to Amanda O'Connor, the Activities Coordinator at Bunnings Ashfield, and their horticulturist for their assistance and donation.



Fair Day at Victoria Park

Every year 70,000 people gather in the Camperdown area to take part in Fair Day. They are there to celebrate the beginning of Mardi Gras and the beauty of diversity - and this year WHOs was proud to be there to inform the community about the work we do at WHOS, and of course to join in the celebrations as well. Our thanks go to the WHOS staff for preparing and running our information stall - pictured below.



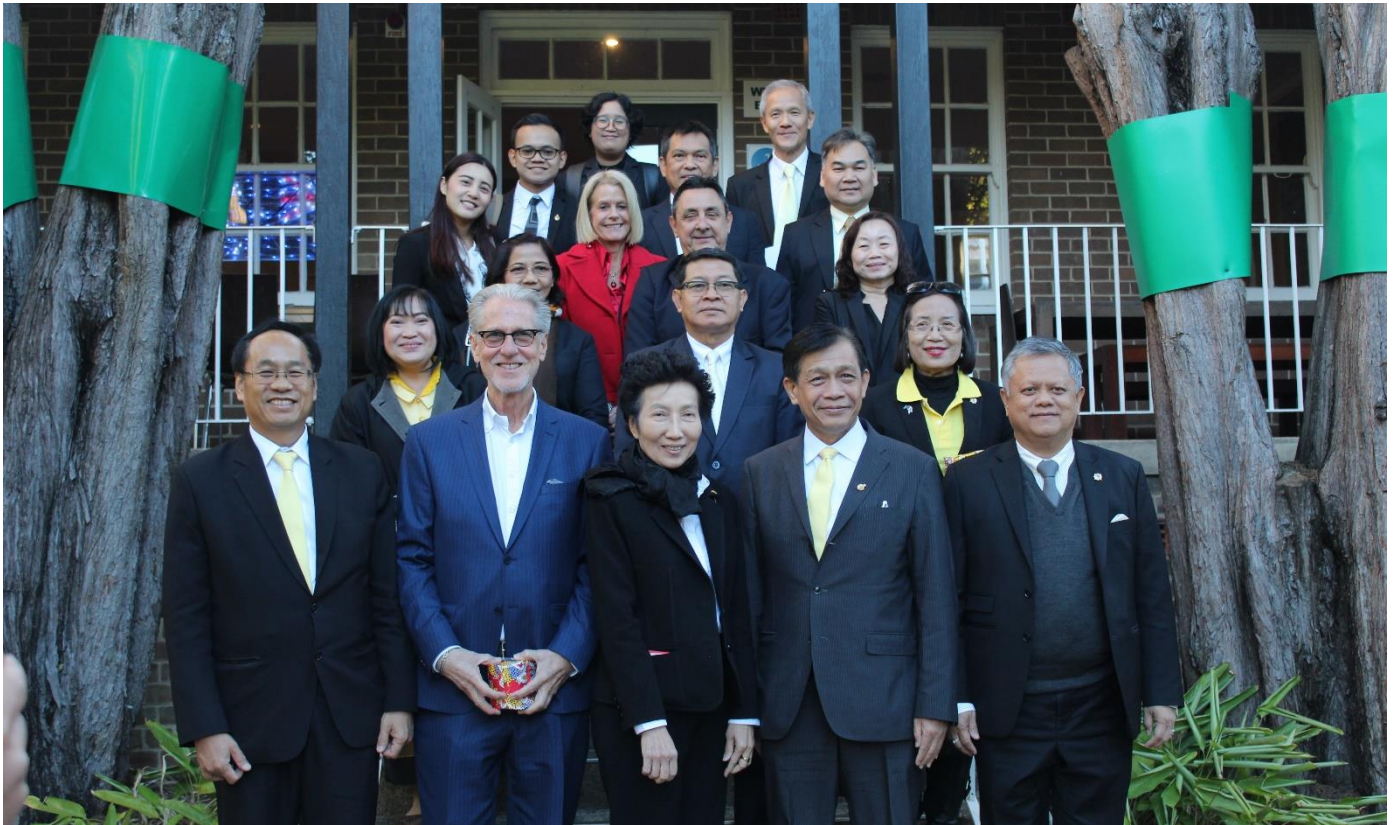
Thai Delegation of Senior Officials

WHOS was proud again to receive a very senior delegation of officials from Thailand.

The Thai delegation was led by the Deputy Prime Minister of Thailand and included senior Ministers, the Secretary General of the Thailand Office of Narcotics Control Board, senior Health Department officials, Foreign Affairs officials and officers from the Thai Embassy in Australia.

WHOS was the only NGO service to be visited by the service and was a result of the special request of the delegation to visit WHOS because of our strong links with the Thanyarak Hospital system in Thailand and their delivery of residential rehabilitation programs.

The delegation toured the facilities at Rozelle, met with staff and residents and thanked WHOS for our continued support of Thai organisations and staff - some of whom receive training at WHOS.



New House for WHOS Najara – Sunshine Coast

More Sunshine Coast women suffering alcohol and drug addiction will have access to a rehab bed thanks to Federal funding to build a new transitional home.

Member for Fairfax Ted O'Brien said \$256,060 awarded under the Building Better Regions Fund (BBRF) would help pay for a women's only six-bedroom rehabilitation building in the Nambour area.

The project will enable WHOS to support female clients in their recovery from drug and alcohol dependence and regaining their lives.

The project is one of 136 in Australia funded under the \$200million BBRF Infrastructure Projects stream.

Mr O'Brien joined WHOS Executive Director Garth Popple and Manager of the Nambour residential therapeutic community, Trevor Hallewell, for a soil-turning ceremony at WHOS' Najara Nambour Service.

The new six-bedroom home with designated dining and living areas for group work and relaxation activities will be built on WHOS' existing Najara property which currently has capacity for 20 clients at a time.

Mr O'Brien said the new transitional home would enable up to 40 additional people each year to access the live-in service, a 20 per cent increase on current admissions.

"There is a huge need in the community for residential-style rehab centres like this which is evidenced in the fact that only 15.7 per cent of people inquiring are currently able to access a bed," said Mr O'Brien.

"This facility will hopefully make a difference to the lives of more women and their families as they struggle with addictions and the associated problems of crime, homelessness and unemployment.

"Clients will share cleaning, cooking, gardening as they would in their own home and will establish new routines in their lives.

"It's about helping them develop a sense of responsibility and learning to contribute back to their transitional house community."

WHOS Executive Director Garth Popple said without the chance at rehabilitation, people could end up in prison, homeless or dead.

"We have huge demands for beds and timing is so important. It's vital that someone is able to get a bed when they need it," said Mr Popple.

"The average stay at one of our facilities is about 90 days and our therapeutic community care model is highly effective, reducing illicit drug and alcohol use to zero.

"The severity of dependence is also reduced by 47 per cent and people experience improved psychological health and quality of life."

Established in 1972, Mr Popple said WHOS operated more than 260 beds nationally, supporting more than 800 alcohol and drug affected individuals each year.



Rozelle Kitchen & Cafe Revamp

Recently, the WHOS Kitchen & Community Cafe underwent a revamp. The kitchen serves meal to over 150 people every day and is an integral part of the vocational and employment pathways program at WHOS. Visitors are always impressed with the quality of the food prepared and served by WHOS residents so keeping up appearances that match this quality is important.

Our thanks to all the residents and staff that helped in this important kitchen and cafe improvement.



Indonesian National Narcotics Board (BNN) Visit to WHOS Rozelle

Recently WHOS hosted a delegation of senior Indonesian officials from the National Narcotics Board (BNN) who had requested a visit to WHOS so as to provide them with a greater understanding of residential drug and alcohol treatment services. The BNN runs a number of residential services across Indonesia and are very interested in re-developing their current models of treatment in these services. It is expected that follow-up visits will happen next year, including potential assistance from WHOS to develop more effective and evidence based services in Indonesia.





Client Stories

I was at a homeless shelter, when a former WHOS client who worked there as staff simply said, “You deserve better than this.” He had met me ten years before when I was drug free and in recovery. This comment triggered the desire in me to get ‘drug free’ via the WHOS OST reduction program at WHOS OSTAR, that both of us knew worked.

I was living in complete dereliction in Redfern; homelessness, hopelessness and despair were my daily struggles. As a young boy, I had dreams of how my life would turn out. Instead, it became the opposite. I lived in fear, and my body was wracked with leg, back and ankle injuries from violent encounters, and my methadone prescribers increasing my dose to 130mg in response to these things. The highlights of my week would be Monday and Friday mornings; these were the days the chemist would give me take away doses, and I would greedily inject them into myself.

Today I have reached my goal of reaching drug free from my OST, I weigh 80kgs (I was 66kg on arrival at WHOS OSTAR), and have self-esteem and a sense of well being. I care about other people, and they in turn have genuine concern for me. I have an external recovery sponsor (mentor), and I talk honestly when asked to share my story at Aftercare meetings. I have contact with my brother and am looking forward to seeing my niece act in a play soon. Both my mum and dad are happy to hear my voice when I call, and I have a newfound confidence.

The prospect of rehab at my age (I’m 55 yrs) was daunting. I initially felt challenged to do the full program while I was reducing off methadone. I questioned my chances at dealing with all the rules and responsibilities and what I then regarded as lack of freedom.

The upside is the routine, all the services at my disposal, the Centrelink Liaison Officer, Nursing staff, local doctors, Family Support workers, and I am now about to get weekly counselling with a visiting psychologist. I have gained much confidence in three months, which has been instilled in me via house (i.e. rehab) job function responsibilities – from cleaning our own bathrooms through to a senior role known as rehab house director (responsible for assisting staff with the day to day operations of the service), Aftercare meetings and companionship. I now have quality problems.

My goal now is to complete my Certificate IV in youth work; I had previously completed my first semester. I would love to work with medium-to-high-needs teenagers and role model to them by being a principled man in recovery. I also want to be an integral part of my family’s lives, and be happy, kind and generous.

Excellence in Research and Evaluation Award

WHOs was recently awarded a Certificate of Commendation for its Cognitive Remediation Project at the third biennial AOD Awards for the NSW Non Government Sector. This Excellence in Research and Evaluation award category recognises individuals or organisations that have contributed to building the evidence base for practices to reduce alcohol and other drugs related harms.

The awards were presented as part of the NADA Conference dinner on 8 June 2018 and was accepted by WHOS Nursing Unit Manager - Carolyn Stublely.



Lions Club of Sydney Pacific Generosity & Compassion

Recently our Rozelle campus hosted Lions Club of Sydney Pacific representatives (pictured below are Lion Eugenia Lieu, Lion Gordon Tsang, Lion Mabel Chong and Lion Kimberley Lam) as part of an ongoing partnership with the Lions Club.

During the visit, WHOS accepted a very generous donation that was raised at the Lions Club of Sydney Pacific annual dinner at the Westin Hotel in Sydney. The charity auction that accompanied the formal dinner raised funds that will go a long way towards helping us meet some of the needs of our clients and the community.

Their support is not only heart warming for our staff and residents but also shows the true generosity and compassion that lies within the business and wider communities.

WHOS hopes to keep and expand this partnership with the Lions Club of Sydney Pacific for many years.



Sydney Motorway Corporation - WestConnex Community Grants Scheme

Recently WHOs received funding from the WestConnex Community Grants Scheme. This generous donation has enabled WHOS to begin the process of providing new bedding for the Rozelle campus. We are hopeful of also securing funding from other sources so we can complete the bedding upgrade across all WHOS facilities.

Please click [here](#) for further details on [WestConnex](#)

Wests Tigers Season Launch at WHOS

It was some months ago that the National Rugby League (NRL) season kicked off and WHOS was honoured to be able to host some of the Wests Tigers players for a gourmet BBQ feast to help them get off on the right foot - and they did win 5 of their first 6 matches.

The Wests Tigers have been a great partner and become a close friend of WHOS. The fitness and leadership sessions that Shaun Spence, Cass and the team run each week is a real highlight for all the residents. The community program of the Wests Tigers deserves the highest praise and accolades and we hope the NRL leadership recognises and rewards them for the incredible work they do.

We wish the Wests Tigers all the best for the finals this year and seasons into the future.

We are quietly hopeful of hosting the Wests Tigers again soon for a Grand Final winning feast - chef Jevan 'Rabbitoh' Sayer might even don a Tigers jersey for the event.



WHOS Centres - click for information



WHOS in the Media

There is always a great deal of interest in the public and the media about developments, trends and issues in the drug and alcohol arena. Here are a couple of recent examples of WHOS keeping the public informed:

[An extra six rooms will soon be available at a residential drug rehab centre on the Sunshine Coast, specifically for women.](#)

[A Nambour organisation is a step closer in helping house women suffering from alcohol and drug abuse.](#)

WHOS Hunter Staff Planning Day

Earlier this year the WHOS Hunter team, led by new Manager, Jamie Young, had a major Planning Day that included reviewing all the schedules, rosters, responsibilities and training requirements of staff.

Most importantly, and in keeping with WHOS philosophy, the Planning Day was informed by a residents survey on what aspects of the service and programs they liked, had difficulty or wanted changed. This resulted in some changes such as establishing different times for some activities so residents could co-ordinate their program better and have more control over their day.

The happy Hunter staff are pictured below.



Farewell to Scott Parker

After 16 years at WHOS, firstly working as our Harm Reduction Worker and then our Work Health & Safety Officer - we farewelled Scott Parker at an afternoon tea at Rozelle with staff.

Scott's contributions to WHOS over these years have been enormous and his good nature, humour and thoughtfulness will be greatly missed by everyone at WHOS.

We wish Scott and his family all the best in his retirement and hopefully he finds some time to visit us on occasions as he will always be welcome.



World Federation of Therapeutic Communities Conference Update

REGISTRATION

The registration fees for the Conference have been designed to support your attendance by being kept well below comparative international conference fees and we have provided even further discounts for delegates from many countries – check out the conference website for details - [Conference Registration](#).

SPEAKERS & PROGRAM

Some of the world's leading figures in drug policy and treatment will be speaking at the 27th World WFTC Conference in Bangkok – check our website for details - [Conference Speakers](#) – but here is just a sample of some of the speakers you will see:

- [Dr João Goulão](#) - Portugal
- [Dr Sarayuth Boonchaipanitwattana](#) - Thailand
- [Dr Sushma Taylor](#) - USA
- [Jeremy Douglas](#) - UNODC
- [Eammon Murphy](#) - UNAIDS
- [Garth Popple](#) - Australia
- [Rowdy Yates](#) - Scotland
- [Gilberto Gerra](#) - UNODC

An updated program is also available - [Conference Program](#).

ACCOMMODATION

For those registering to attend the WFTC Conference, we have negotiated very competitive rates from the Rembrandt Hotel, where the conference is being held - check our website for details and remember to use the special conference code - [Conference Accommodation](#).

NETWORKING & SITE VISIT

For those based outside Thailand this is your chance to learn more, interact and develop strong networks throughout the region with key colleagues, there is also a special site visit to a leading drug and alcohol agency in Thailand (but please note numbers are limited and filling fast).

ENTERTAINMENT UPDATE

A Welcome Reception (hosted by the Office of Narcotics Control Board – ONCB) will take place on Monday the 29th October and a Gala Dinner will be held on the Tuesday 30th October (hosted by Center Point & West Care) with WFTC Awards for outstanding contributions to be presented. Please remember to book your tickets when you register.



**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 re-instituted 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 free to subscribe to and all you have to do is fill in a form on our [website](#) to receive the latest industry news.

Giving Back - Donating to WHOS

[Click here to Donate to WHOS](#)



Copyright © 2018 WHOS (We Help Ourselves), All rights reserved.

Our mailing address is:

PO Box 1779
Rozelle NSW 2039