

Residential Therapeutic Programs Admission Information Leaflet

We Help Ourselves (WHOS®)

ADMISSION TO WHOS

STEP
1

Select the Program that appears to best suit your needs from the table over page.

STEP
2

Phone Assessment – phone the program you are interested in for further information and a phone assessment. The WHOS staff member will take initial information from you, provide a brief outline of the WHOS program and organise your admission process if appropriate. See website if available, www.whos.com.au for downloadable pdf pamphlets

STEP
3

Admission Preparation, follow the 'Admission Guidelines' to ensure you are fully prepared for your admission to WHOS.

STEP
4

Admission: Arrive at WHOS for an admission assessment, discussion on treatment options and admission to the program if appropriate. Admissions are by appointment only, and no admissions are conducted on Fridays.



ADMISSION GUIDELINES

(What you need to arrange prior to admission)

If you are having difficulties with these tasks, WHOS staff members are available to assist.

1. Centrelink benefit reference number (CRN), if new to Centrelink benefits, bring 3 forms of ID
2. Medicare card, if lost we can support you in contacting Medicare to obtain your details

Please Bring With You:

- Adequate casual clothing if possible (maximum of 2 bags/suitcases)
- Closed toe shoes and thongs if possible
- If you are on medications, bring a supply of your medications in their original containers
- Enough money to purchase personal items eg. Phone calls, snacks, refreshments etc.

Please Do Not Bring:

- Valuables eg. Jewellery, laptops/ipads
- Knives or items that could be used as weapons
- Drugs or drug use paraphernalia

Centrelink Benefit Contribution:

- Please phone the service you are interested in to discuss your financial contribution toward your participation in the program. Resident's contribution is a set rate depending on how long a person has been with WHOS and is usually a portion of their unemployment or welfare benefit. A savings plan is also set up so that you will have some funds available when you complete the program.

WHOS – Gunyah	Men's program, Lilyfield, Sydney	02 8572 7455
WHOS – New Beginnings	Women's program, Lilyfield, Sydney	02 8572 7433
WHOS – Hunter Valley	Men and Women's program, Cessnock, NSW	02 4991 7000
WHOS – Sunshine Coast	Men and Women's program, Sunshine Coast, Qld	07 5476 0877
WHOS – OSTAR	Men and Women's Methadone (and other prescribed opioids) reduction program, Lilyfield, Sydney	02 8572 7497
WHOS – RTOD	Men and Women's Opioid stabilisation program, Lilyfield, Sydney	02 8572 7488
WHOS – West	Residential Supported Care and Referral to other WHOS programs, Western Sydney	0422 055 700
WHOS – Southern NSW	Men and Women's program, Goulburn, NSW	02 3813 7400

WHOS Programs Admission Information

WHOS Service	Gunyah	New Beginnings	Hunter	Sunshine Coast	OSTAR	RTOD	Southern NSW
Location	Lilyfield	Lilyfield	Cessnock	QLD	Lilyfield	Lilyfield	Goulburn
Alcohol/drug dependence	✓	✓	✓	✓	✓	✓	✓
Methadone & other opioid substitutions withdrawal*					✓		
Methadone/BUP/other opioid stabilisation*						✓	
At least 18 years of age	✓	✓	✓	✓	✓	✓	✓
Men	✓		✓	✓	✓	✓	✓
Women		✓	✓	✓	✓	✓	✓
Pregnant Women		✓	✓	✓		✓	✓
Prescribed medications ***	✓	✓	✓	✓	✓	✓	✓
MERIT, Drug Court, legal referrals **.	✓	✓	✓	Courtlink	✓	✓	✓
Co-existing mental health issues ***	✓	✓	✓	✓	✓	✓	✓
Clients with a physical disability	✓	✓	✓	✓	✓	✓	✓
Wheelchair access			✓			✓	
Referral to Interpreter Service	✓	✓	✓	✓	✓	✓	✓

* WHOS OSTAR and RTOD services are the only WHOS programs that provide access to an opioid substitution dosing clinic. Please Note: Your prescriber will need to provide OSTAR with a letter of support for your withdrawal off methadone or other opioid substitution treatment. WHOS RTOD will liaise with your prescriber prior to admission.

** Subject to coordination with legal system.

*** Subject to assessment.

PROGRAM DURATION

All WHOS programs are up to seven months in duration; however completion of treatment may occur at a number of points during the program.

WHOS WEST RESIDENTIAL SUPPORT SERVICE (Western Sydney)

This assessment, referral and residential support service operates within Western Sydney. This service provides assessment/referral, including case managed beds within close proximity to Nepean Hospital and referral to other WHOS residential services for clients requiring a more structured program.

Information is also available at the WHOS website www.whos.com.au and from WHOS admission staff at each of the WHOS programs.