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Welcome to the February 2021 Edition of WHOS NEWS

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Message from the Executive Director

It was certainly a very different and unexpected 2020 than we planned. Like everyone else in the community the coronavirus pandemic has forced many changes on the WHOS community.

We serve people that often already have compromised health systems and the impact of the pandemic has meant reviewing, adapting and contingency planning for every aspect of the way we work and operate to ensure the safety of our clients, staff and others connected to WHOS. Ceasing all external activities and contact was in place for most of 2020 and unfortunately continues into 2021 as various outbreaks occur in the community. It is not an easy task to maintain the discipline required to ensure the health and safety of everyone at WHOS facilities. However, I am pleased to say that this has been a challenge that has been completely embraced by our clients and staff. We all know that we will get through this health emergency and we are being incredibly well supported by health departments, local health districts, primary health networks and many health and medical staff.

Its also important in this time of crisis not to lose sight of the longer term vision of WHOS and our ability

to attract support and funding to provide even greater levels of service to those in need in our communities. Thankfully, the strong track record of effectiveness, continuous improvement and professionalism at WHOS has been rewarded with funding to establish new services and continue to expand its much needed reach - as you will see below.

As you will also see below, despite our current focus on the pandemic, our staff continue to win much deserved accolades and much deserved recognition for their work. I cannot thank them and all the staff at WHOS for their commitment and efforts to help others over so many years

I encourage all our supporters to follow the advice of health officials and to play their part in containing the pandemic. Despite the difficulties we face I want to assure everyone with families, friends and colleagues at WHOS that the health, safety and well-being of our staff and clients will always be paramount in our thinking.

I also hope everyone understands that the events of 2020 mandated a re-prioritization of our focus and unfortunately resulted in no newsletters for that year.

Please enjoy this resumption of our regular communication with you and as always your feedback and contributions are welcome.

Garth Popple
Executive Director



WHOS to Establish New Southern Highlands Service in Goulburn (NSW)

The Goulburn & Southern Highlands region of NSW is set to see a boost in alcohol and other drug treatment services, with the NSW Government Ministry of Health announcement that WHOS was the successful tenderer for funding to establish a new residential and day rehabilitation program for men and women in Goulburn, NSW.

Member for Goulburn, Wendy Tuckerman, announced that WHOS will provide therapeutic programs aimed at achieving recovery from alcohol and other drug dependence. WHOS will partner with Southern NSW Local Health District in the delivery of this new service for people across the District.

Ms Tuckerman praised the announcement, *"This is an exciting step forward to help people with alcohol and other drug dependence in our region. I'm looking forward to seeing the delivery of the service for the local community, as outlined in last year's election campaign. WHOS is an experienced alcohol and other drug treatment service provider, with numerous residential and day rehabilitation centres across the state"*

The services will include individual and group counselling, care coordination, and referrals to other health and social services as needed. Clients will also be connected with continuing care and other support services during their residential treatment to ensure they continue to reap the benefits and maintain health and well-being.

Individuals, family, general practitioners and other service providers will be able to refer clients to WHOS.

The new service is expected to commence in mid 2021.



Wendy Tuckman MP for Goulburn and Health Minister Brad Hazzard MP announcing the 10-bed drug and alcohol rehabilitation unit and a day program for the wider community with Council General Manager Warwick Bennett.



Mandala House, Goulburn, where WHOS will establish its new residential service.

Yabun Festival

Every year WHOS is pleased to take part in the largest one day gathering and recognition of Aboriginal and Torres Strait Islander cultures in Australia. The Yabun festival is held annually upon the traditional lands of the Gadigal people in Sydney at Victoria Park.

Established in 2001, Yabun (meaning '*music to a beat*' in Gadigal language) is a free event that features live music, a bustling stalls market, panel discussions and community forums on Aboriginal issues, children's activities, and traditional Aboriginal and Torres Strait Islander cultural performances.

As always, our wonderful staff volunteer their time to ensure the WHOS stand is able to cope with the many festival goers that are interested in the work of WHOS.

Although Yabun 2021 is unable to proceed due to the pandemic, our commitment to the Aboriginal and Torres Strait Islander community extends well beyond participation and support for Yabun. WHOS has culturally diverse programs with 20% of admissions annually identifying as Aboriginal and Torres Strait Islander. Since 2018 WHOS has been able to fund Aboriginal and Torres Strait Islander engagement workers to enhance the culturally inclusive program provided to WHOS clients and to facilitate better connections with the Aboriginal and Torres Strait Islander community. Our workers are also available to support Aboriginal and Torres Strait Islander clients in all WHOS sites.

Guided by our engagement workers, every year significant Aboriginal and Torres Strait Islander dates are recognised and celebrated by staff and clients at all WHOS services in NSW and QLD. NAIDOC has a week long celebration and culminates in an art show produced by WHOS client's that reflects the theme each year. A yarning circle with a fire pit is now firmly in place at WHOS providing a cultural space for all WHOS clients.



Sunshine Coast - Najara Property Today Tops \$15,000 in Donations

In 2018, David Grenfell approached WHOS Najara about donating a portion of his company's proceeds from property sales, since that time David has donated over \$15,000 to Najara.

These generous donations from David and Property Today have allowed this service to undertake several infrastructure upgrades, including the supply and installation of a new commercial kitchen canopy, IT cabinet and air conditioning in the dining room. We are looking to use some of these financial contributions to upgrade the Najara volleyball court surface.

A great big thank you to David and Property Today for their ongoing support. The generosity of companies such as theirs can ensure that not for profit organisations like ours can maintain quality services and access improvements that normal funding streams do not permit.

It is a great confidence boost to clients when they realise that there are people and organisations out there happy to support them in their recovery journey.



David Grenfell (right) presenting cheque to Trevor Hallewell (Sunshine Coast Manager).

WHOS Establishes New Penrith Service

With the support of the Nepean and Blue Mountains Primary Health Network WHOS recently opened a new Penrith day program service, working in partnership with [Marrin Weejali](#).

Our experience in outpatient case management traces back to 1986, and in 1999 we were engaged to provide a Day Program to drug court clients. Our current Day Programs were introduced as a result of the increased demand for non-residential services in the community that offers comprehensive treatment for drug and alcohol dependence and access to a range of health and welfare services. The Day Programs are designed for people for whom residential care is not their preferred choice, not considered appropriate or necessary or for those whose circumstances (e.g. care of dependent children/significant others, opioid substitution treatment, mental and/or physical health) which make it difficult for them to access residential treatment programs..

WHOS Day Programs vary in their elements according to local needs and services that range from structured to flexible models that accommodate the client's capacity and willingness to access different service elements.

In all cases, WHOS Day Program services are evidence-based and tailored to respond to local needs.



We also want to congratulate and thank Molly Phelan, our Penrith & WHOS West Service Co-ordinator, who although is on maternity leave at present (having recently given birth to a healthy bouncing baby boy), was instrumental in establishing the new COVID-safe service at Penrith.



Federal Health Department & NADA Visit WHOS Lilyfield

WHOS Lilyfield was pleased to recently host senior staff from the Federal Health Department (David Laffan, Ed Huddy and Danniella McGowen) and the new CEO of the Network of Alcohol and other Drug Agencies (Robert Stirling) for a tour of the campus and facilities - which as the picture shows, coincided with our Jacaranda trees in full bloom.

The relationship between the government and non-government sector in the alcohol and other drug sector is a vital one for WHOS. The better we understand each other and the work we do the better we can serve the needs of the community. It is a simple fact that without the financial and moral support of governments it would be extremely difficult to provide the publicly accessible high quality treatment at WHOS.

We always enjoy the opportunity to showcase the work of WHOS and highlight the contributions of staff and clients to our success.



Garth Popple, Ed Huddy, Director of Prevention and Treatment, AOTD Branch, David Laffan Assistant Secretary, AOTD Branch, Robert Stirling (NADA CEO) and Danniella McGowen, Acting Director, Governance Research and International Policy, AOTD Branch.

Caring for Broughton Hall - 2020

Fundraising Initiative



Our goal is quite simple - we need to raise significant funding to address the day to day management issues and future needs of the Broughton Hall Therapeutic Gardens.

WHOS has always set the highest example of custodianship of Broughton Hall and the Therapeutic Gardens are being re-established as a safe space to connect with positive personal rhythms. Quite simply we want to continue this healing history of the gardens and need your help to do so.

All the necessary work will be overseen by our expert staff and assist our clients for future vocations.

Some of our plans include using the natural water collection in ponds and swales to ensure the health of trees and the site ecology in general and the installation of water tanks for our new kitchen garden. No chemical pesticides or herbicides will be used and all weeding will be done by hand with all suitable waste to be composted where safe to do so.

Please contact us if you can help with donations of funding, goods or services to help WHOS in this important work.

WHOS Establishes New Lilyfield Service

With the support of the Central & Eastern Sydney Primary Health Network recently WHOS opened a new Lilyfield day program service.

WHOS Day Program Model of Care is a holistic treatment model that promotes peer support and social inclusion – it targets not only a client's alcohol and other drug dependence, but also underlying factors that have led to or may contribute to their substance use, such as mental health, crime and associated legal matters, accommodation, family and relationship breakdown, unemployment and other psychosocial issues.

While the nature of the interventions provided through the day program may vary depending on the client's needs assessment, at WHOS, these interventions include:

- Case Management
- Brief interventions
- Care planning
- Social skills training
- Harm prevention and reduction strategies
- Relapse prevention and drug overdose education and information
- Motivational interviewing
- Post-traumatic stress and disorder symptom management
- Group-work





Environmental Grant



WestConnex

Recently WHOS received an important reducing emissions and noise pollution grant from WestConnex Sydney Motorway Corporation to purchase a solar charged electric ride on mower. WHOS looks after the gardens and lawns area of the Broughton Hall site within Callan Park as part of its ongoing commitment to the heritage site. This grant has allowed WHOS to replace its fossil fuel and noisy lawnmowers with a far more modern and environmentally friendly alternative.

It is a win for the local community as well as the residents and staff of WHOS Lilyfield campus.

WHOS Hunter Welcomes the New Year

After a difficult 2020, the staff and residents at the WHOS Hunter service in Cessnock welcomed in a new, and hopefully much better year at its New Year's Eve party. The evening began with the community feasting on kebabs, trifle and some pavlovas that our 'MasterChefs' residents made followed by the 'Glitter and Gold' party.

The party began in the early evening in the party room decorated by the community, which included a photo booth, glitter hats, body glitter and a festive theme. After a series of games for all to enjoy, the community watched the fireworks on TV (as recommended by the NSW Premier). There was even some fireworks going off in Cessnock which the community could see and enjoy from the group room window!!



ATCA Awards for WHOS Staff

At the most recent Australasian Therapeutic Community Association conference a number of important

awards were awarded to staff at WHOS.

Significant Contribution to Development at an Organisational Level

This award was introduced in 2019 to acknowledge the individuals who have made a significant contribution to the organisations in which they have worked over a considerable period of time. These people are the stewards of the Community as Method approach to treatment. Their daily presence as role models, teachers and mentors within these communities is vital to the success of the model. The goal of this award is to acknowledge and publicly recognise the important work done by them in preserving the model and guiding the implementation of new interventions, programs and innovations to treatment as they become relevant to the communities in which they work.

The ATCA presented this inaugural award to **Trevor Hallewell**, Manager of the WHOS Najara Program on the Sunshine Coast.

Trevor has been involved in the community-based not-for-profit field for over 20 years and has extensive experience in governance issues for community-based organisations. In 2005, whilst program manager at We Help Ourselves (WHOS), he was instrumental in the establishment of the Najara 20-bed Therapeutic Community on the Sunshine Coast, which he has managed since. He has also been instrumental in securing funding and establishing and building a new Women's Transitional House. The project is a result of Commonwealth Building Better Regions grants program. Trevor has also had extensive experience in the corporate sector implementing corporate infrastructure, establishing Incorporated Associations, and developing risk management policies and procedures.





Trevor also recently received a 30 year Recognition Award as he first began supporting WHOS over 30 years ago as a volunteer Board Member over an 18 year period, serving in various roles including Vice President. For the past 14 years Trevor has been the Manager of the Najara program, Sunshine Coast. His contribution has seen the recognition of WHOS as a major TC provider in Qld.

10 Years - Recognition Awards



Carolyn Stubley is the Nurse Manager for WHOS and she oversees the Nursing staff, Opioid Substitution Treatment, Withdrawal Management, Harm Reduction Program, Aboriginal and Torres Strait Islander staff, PHN funded projects: WHOS Lilyfield Day Program, Access and Support teams. She commenced the Residential Treatment of Opioid Dependence Program and managed this for the first 5 years over her engagement with WHOS. Carolyn then took up the position of Nurse Manager in 2013 and oversees the multidisciplinary care coordination and management of a number of enhancement initiatives across WHOS.

Chris Clair has worked at WHOS Najara since its opening over 14 years ago, and has made a fantastic contribution to the welfare of residents and the community. He is a great administrator and greatly respected by the community.

Chris is one of the driving forces that has made Najara such a success and a major contributor to the TC movement in Qld and a great ambassador for WHOS.



Gaye Byron performs the role of Clinical Nurse Manager for WHOS Lilyfield. This involves overseeing mental health assessments and referrals. Gaye works with all of WHOS Lilyfield clients to ensure a holistic approach to physical and mental health needs and has developed great systems across WHOS Lilyfield to ensure a reduction in presentations for physical and mental health emergencies and effective medication management.

Mahesh (Sunanda) Manandhar has worked at WHOS Najara for over 10 years and has made a fantastic contribution to the welfare of our residents and the community.

Mahesh previously worked at Banyon House and before that was instrumental in the establishment of a TC in Katmandu, Nepal.



Melissa Thorpe joined WHOS as a Community Support Worker 12 years ago at the Najara TC. She was promoted to Office Administrator, helping manage the finances and needs of the TC residents. More recently she has taken up the role of Assistant Manager of the newly established Pre and Post Treatment Program situated at Nambour, Sunshine Coast. Mel has a great understanding of the TC model of care and applies the TC ethos to all her work activities. She enjoys the respect of all the residents and staff. Lately in her role at the Pre and Post Program she has ensured that the care and support given adheres to the TC way of doing things.

Susie Xu performs the role of Accounts and Payroll for We Help Ourselves (WHOS). For over 10 years Susie has assisted the Executive Director in the preparation and analysis of budgets, monitored expenditure and financial performance, budget and finance reporting, ensured compliance with legal requirements for taxation, ensured prompt Accounts payments, reconciled monthly bank statements and prepared income/expenditure statements, prepared financial records for audit, conducted payroll for staff and fulfilled various reporting obligations under the direction of the Executive Director.



20 Years - Recognition Awards



Des Walsh manages 12 staff, 36 beds and aftercare services for WHOS and is responsible to the Executive Director for all program requirements.

Des joined WHOS in May 1996 and was a Community Service Worker until 2001, before becoming the Manager of Gunyah in 2001, and Manager of Gateway in 2017, positions which he holds concurrently.

Barry Daley has worked at WHOS for well over 20 years, making valued contributions to the wellbeing of clients and the development of WHOS programs. He has worked in a variety of positions beginning as a Community Support Worker at one of our previous services located in Lidcombe, before transferring to Gunyah. Barry currently works with four staff and 48 residents in the WHOS Gateway service and is responsible to the Manager and Executive Director for all program requirements. Barry has worked at WHOS since August 2000, and was Assistant Manager of Gunyah from 2002 – 2017, before taking up his current position.

Lyn Roberts' career started at Aspell House, a small TC in Wellington, NZ and six years later she moved to Higher Ground in Auckland, NZ. Lyn then flew the trough to commence studies at Macquarie University. She started with WHOS at New Beginnings and has since been employed with WHOS for more than 22 years. In 2000, she moved to manage WHOS MTAR as it was originally named, based in Lidcombe. WHOS MTAR then moved to South Dowling St and 10 years ago when all Sydney WHOS services moved to the Rozelle Campus, WHOS MTAR was renamed WHOS OSTAR and was brought onto the joint campus. At this time Lyn also took on management of the WHOS Rozelle Family Support team. Internal enhancements and restructuring in 2012 moved WHOS RTOD TC under Lyn's management, combining TC management of



both WHOS Opioid Substitution Treatment residential programs.

30 Years - Recognition Awards



Janet Woolley was the Operations Manager at WHOS for 28 years and retired from that position in 2017. Janet now works part time on the Executive Team as a Consultant assisting the CEO and board of directors and is an important member of the admin team. Janet has been a part of WHOS since 1988 during the transition from Goulburn to Sydney. She has been part of the growth of WHOS and has a wealth of knowledge about WHOS and therapeutic communities. She has assisted the CEO in every facet of running the organisation and there is no job she cannot do! Janet has worked tirelessly to ensure that WHOS continues to be the Centre of Excellence it is and is committed to the TC movement and has been for over 30 years.

Garth Popple has held the Executive Director role at WHOS for over 25 years. Prior to this he held the positions of General Manager, Board Member and Accounts Officer dating back to 1981. All in all -covering 35 years in the TC field. Garth is a founding board member of ATCA and has held positions of President and Chair. He is currently in his second elected term as Deputy President of the World Federation of Therapeutic Communities and was chair of the WFTC Conference held in Thailand 2018. Garth has participated in numerous research and evaluation projects always with the aim of advancing the TC model of care.

Significant Contribution to the Therapeutic Community Movement in Australasia by an Individual

This award recognises the individuals who have made a significant contribution to the Therapeutic Community movement in Australasia over a considerable period. The purpose of this award is to acknowledge and publicly recognise the exceptional work done by people who have worked tirelessly over years to promote and develop the TC approach to treatment within the sector.



In 2020, the ATCA recognised the work of Garth Popple, ATCA Chair, for his commitment to the TC movement.

Garth's contribution and dedication to the TC movement is evident through his impressive career. Garth is the Executive Director of We Help Ourselves (WHOS), a position he has held for more than 25 years. He is Vice President of the World Federation of Therapeutic Communities (WFTC) and holds a number of positions on the NSW Network of Drug and Alcohol Agencies, the Australian Council on Drugs, the International Federation of NGOs and many other national and international organisations.

Garth's commitment to the Alcohol and Other Drugs Sector began in 1980. He has held honorary committee and board positions since 1981 for the non-profit sector as well as serving on various State and Ministerial committees for NSW Health and on a National Council which directly reported to the Prime Minister of Australia.

Garth was made an Honorary Fellow of the University of Western Sydney which was awarded in recognition of 'Services to the Community' and in 2007 he received a National Honour Roll Award for people who have made a significant contribution, over a considerable period, to the Drug and Alcohol field.

He received the Prime Ministers Award at the 2010 National Drug and Alcohol Awards. The award recognises an individual as having made a significant commitment and contribution to reducing the impact and negative effects of drug and alcohol use.

Garth's primary focus in his extraordinary career has been on the Therapeutic Community (TC) movement and model for treatment, including working with TCs throughout Asia.

In 1986 Garth became involved in harm minimisation initiatives as a result of the HIV/AIDS epidemic. Garth realised that people were leaving the therapeutic communities, only to return HIV positive. He then set about to try something different to prevent further transmission. In 1986 under Garth's direction WHO's started handing out needles, syringes and condoms. This move was controversial, with the World Therapeutic Communities discussing taking away their membership as it was thought that this approach was promoting drug use.

In February 2009 Garth took this approach to harm minimisation further and opened WHOS RTOD, a modified therapeutic community for people on opioid pharmacotherapy treatment. This was the first of its kind in Australia.

Our congratulations and appreciation goes out to all staff for their incredible work over the past 48 years, supporting residents and clients in all of the WHOS services.

WHOS Videos Now Available

WHOS was very pleased to receive funding from the Network of Alcohol and other Drug Agencies (NADA) to develop a real and valuable insight into the Therapeutic Community (TC) model at a residential treatment service, as well as our day program centres. The new and high quality videos provide a greater level of easy to access information and resources for people considering treatment at a TC and include the client journey from assessment to participation in the TC program and the many aftercare options available.

The videos [which can be accessed on the WHOS website](#) will increase the understanding of the therapeutic community treatment model for:

- People with an AOD dependence
- Families and friends of people with an AOD dependence
- People working in the AOD sector
- People in decision making positions – politicians and departmental officials
- People working in the media
- The wider community

We are hopeful that the videos will also assist people seeking treatment for their substance use problems to be better informed when making their decision.



Community Building Partnership Grant

WHOS was recently successful in receiving a grant from the Community Building Partnership 2020 community infrastructure round for the **Rejuvenation of Broughton Hall Therapeutic Gardens**

WHOS has been curating Broughton Hall Gardens for more than 10 years as part of the Therapeutic engagement for our community members. This extends to a deep care for realising the full potential of this landscape to the general public. WHOS currently has a full time Maintenance Team, as well as Garden curators working alongside the Leichhardt Men's Shed, to develop hydrology plans with the support of the community experts in the history and botanical context of garden systems and features. WHOS has also commissioned a Conservation Management Plan to set guidelines for intended work.

The grant will provide WHOS with some of the financial assistance needed to address a currently large proportion of the landscape which is unused, inaccessible and devoid of life. This project will restore an important community space, ensuring that it will be safe and functioning for the community. Bridges and walkways will be made safe, water tanks will provide trickling ponds to hydrate a dry landscape. This will provide positive engagement for the community, especially in times of isolation or drought.

WHOS would like to thank our local State Member of Parliament - the Hon Jamie Parker - and the Friends of Callan Park for their encouragement and support for WHOS to accomplish this important work.



Client Stories



NAJARA CLIENT STORIES

Female Client story.

Before I came to WHOS, I was deep in addiction. I was using drugs every day. I was dealing. I couldn't wake up without the thought of how, when and what time I would get my next drug. My life had become chaotic, messy and toxic. My body was so exhausted. My mind was scattered. I had tried suicide twice, been hospitalised for drug induced psychosis. The first time after 3 weeks of leaving the hospital, I still went back to drugs straight away, playing with fire, knowing it would kill me or drive me insane. The obsession and insanity never stopped. The second attempt at suicide was horrific, but I survived. I remember thinking 'well that's it, I need help'. I was ready to do whatever it takes to get off this dark path of self-destruction and be rid of drugs controlling my life.

I arrived at WHOS Najara scattered, guilt-ridden, full of self-doubt and battered internally believing these feelings would never end. I met a lot of people just like me. Hurt beyond repair. They had stories like mine... I was not alone ... I started listening to others addicted like me. It was an absolutely amazing experience. They all made me feel welcome. The staff at Najara are supportive and compassionate with an unmeasurable understanding of what we go through. The program is built on structure and honesty. I started participating in Acceptance Commitment Therapy (ACT). It was an awareness of my emotions/feelings and what to do with them when they arise. Practicing methods of acceptance of what I felt and knowing and allowing feelings to pass through me and know that I was OK. Circle of Security is a parenting course also run at Najara. It taught me how I was parented and how I parent. It was a painful, sometimes blissful experience which helped me immensely in communicating with my daughters effectively and mending all that was broken. What an amazing revelation it was. All of the activities and assignments bring wonder and enlightenment to myself and helped me understand who I was. Getting to know my values and make peace with myself and others has been an uplifting experience. I have learnt self-forgiveness. My confidence has begun to come back. My ability to believe in myself again has been the best part. To feel my emotions and knowing they won't kill me. Becoming aware of my spiritual side and feeling that something greater than myself is out there, looking after me.

The WHOS Program and all it has to offer will help me stay safe and hopefully stay off drugs and alcohol. I cannot forget the tools I've learnt in here to stay drug free and release me from the control of drugs. I control my life now. I get to work on who drives the car and where to. Not the drugs. I am forever grateful to the WHOS program for giving my life back to me. I want to live!

I now have an idea of what my life looks like. It's full of possibility for myself. I want to work in Beyond Blue or Lifeline to help and inspire to live life drug free. There is hope out there for someone like me to live a rich and meaningful life. I want to go back to TAFE and study floristry and I now have a program and a network of like-minded friends. I have a beautiful support network that helps me to stay strong and handle life on life's terms. I am now willing and able to get my life back on track and be happy. I know that if I stay connected and do the next right thing and just don't pick up drugs, I can do and achieve anything. WHOS Najara gave me my life back when all I could think about was ending it. Now, that in itself, is a miracle.

Male Client Story

Before coming into Najara I was hopelessly addicted to drugs and spiritually bankrupt. I had no life but merely a sad existence. A routine of using, finding ways of getting more money, lies, deceit and a constant state of anxiety. I had used for over 18 years and had managed to stay drug free only for short stints and relapsed each time getting worse. I was addicted to changing the way I feel with anything, I wasn't happy with myself, I loathed and isolated myself from the world, my friends and family.

There were multiple overdoses, trips to the emergency ward, ambulances, trouble with police, and jail. Psychoses, anxiety and paranoia were a daily occurrence. I felt hopeless, like there was no way out of the prison of loneliness and despair. My life had been turned upside down many times due to drugs, I had no contact with family, I lost jobs, houses, cars and found it almost impossible to get out of that routine of needing something to make me okay with just being me. I found rock bottom, again. One of my only friends left reached out and I took the opportunity to get help. I went to detox.

Coming into WHOS Najara I was full of anxiety, but I felt safe - finally. I was nervous and somewhat unsure of what to expect, I had done some rehab before, but I wasn't ready to get honest and truly admit that my life was unmanageable. Because of programs that Najara offers like "Circle of Security", I have learnt tools that have boosted my confidence and self-esteem. I now have regular contact with my son. I have started some self-improvement work, attend aftercare meetings (now by Zoom), and have regular contact with my recovery network.

Recovery isn't easy but it's worth it. The gifts I have been given because of WHOS I would have never thought possible. WHOS Najara has given me so much already in the short time I have been here. I have learnt to love myself again, my mother brother and sister now talk to me who I haven't seen or spoken to in 6 years. My son now calls me Dad. Today I am surrounded by positive supportive people that encourage me to better myself. None of this would have been possible if it wasn't for Najara. Today I can see a future for myself, I have hope, I can do anything I really want to, I just can't use.

WHOS Centres - click for information



2021 World Federation of Therapeutic Communities 28th World Conference Announcement

The World Federation of Therapeutic Communities (WFTC) is an international association with the goal of uniting and supporting the broad global Therapeutic Community (TC) movement worldwide (all five continents). WFTC provides sharing, understanding, guidance and cooperation to its members and the broader society. Every 2 years the WFTC holds its world conference to provide an opportunity for those working in and with therapeutic communities to come together to share and discuss their work. It also provides an opportunity for all of us to ensure we are up to date with the evidence and advancements in our sector.

Unfortunately due to the pandemic, the 2020 Conference which was to be held in the vibrant city of New Delhi in India with the theme of - Therapeutic Communities: Evolution and Innovation - was postponed and will now be held on a yet to be determined date in 2021.



Our Corporate Sponsors and Supporters



As we enter a new year, we would like to publicly thank and acknowledge all our corporate sponsors and supporters over the years - their support and assistance has been invaluable.





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**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

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