



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

Welcome to a Special Edition of WHOS NEWS January 2023

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Message from the Executive Director

I want to start the new year by thanking our staff for their commitment to WHOS and our residents and clients over the last 12 months. As I reflect on our work challenges and achievements, I am grateful that we have managed to keep our residents/clients COVID-19 free until the community guidelines were relaxed 12 months ago. Even though we recently had some minor outbreaks it was a less serious variant and the impact manageable.

Over the last three years (yes three years) we have achieved this remarkable minimization of COVID-19 by remaining vigilant, utilising our collective strengths, innovating as we go, working as teams and facing each challenge as it has arisen.

The challenge ahead is maintaining this effort as we are gradually 'opening up' with lessening restrictions - our job has become more complex in keeping COVID-19 from infecting too many clients/staff at once which of course puts higher demands on staff and clients, disrupting client program participation and staff attendance at work. While the new variants (at this time) are seemingly less harmful, nonetheless the new challenge for us is finding a satisfactory balance within this "New Normal."

I want to thank all the WHOS staff as we could not have achieved this outcome without their

collective commitment and dedication.

As we all know, inflation and global events have resulted in extraordinary cost increases for all services and WHOS has not been spared from these challenges. A priority for WHOS in 2023 will be ensuring sufficient funding is available to both maintain and hopefully expand the level of services desperately needed by the communities we serve. I know our governments are acutely aware of the pressure that services are facing, and their continued understanding and support will be vital for us over the next few difficult years ahead.

This is also a time where we cannot underestimate the value of the support of our corporate and philanthropic sponsors. Their contributions and assistance are a source of inspiration (and relief) to all of us at WHOS.

As you will see below, WHOS celebrated its 50th year of service to the community. A remarkable achievement for any organisation but as is the WHOS way, we are already looking forward to see what exciting new ventures we can implement to help the community over the next 50 years.

On behalf of the WHOS Management and WHOS Board of Directors I wish you all the best for 2023.

Please enjoy this Special Edition of WHOS NEWS and as always, your feedback and contributions are welcome.

Garth Popple
Executive Director



**Prime Minister,
The Hon Anthony Albanese MP**



**Health Minister,
The Hon Mark Butler MP**

WHOS Celebrates 50 Years of Service to the Community

In 1972 WHOS was established as the first Alcohol and other Drug (AOD) Residential Therapeutic Community service in Australia and some years later, was one of the first AOD residential non-government organisations (NGO) to receive government funding assistance in NSW.

This year is not only a significant milestone for WHOS, but also recognition for the Federal Government (including PHN initiatives), NSW, Queensland and Local Governments that have supported WHOS over the

decades.

The events held recently at the WHOS Lilyfield campus also celebrated the many philanthropic bodies, community organisations and business corporations that have supported WHOS over this same period.

Much of what WHOS has achieved in its 50 years of service to the community could not have been done without the extraordinary generosity of so many people and the celebrations held on the 11th and 12th of November were just one way to show our appreciation.

The celebrations included a moving Acknowledgement of Country by the WHOS First Nations Engagement Worker, followed by afternoon tea for guests and on the following day, a lunch in a carnival style atmosphere for residents, clients and supporters, past and present, including a monster raffle with an incredible array of prizes donated by our supporters.

Some of the WHOS achievements over the past 50 years were highlighted by speakers including local MP, the Hon Jamie Parker, WHOS President, Frank Kay, the former NSW Minister of State, John Della Bosca, Dr Deborah Zador (Justice Health and Forensic Mental Health Network), Daniel Maddedu (Executive Director, Centre for AOD at the NSW Ministry of Health & representing the NSW Health Minister The Hon. Brad Hazzard), Janet Woolley (WHOS Executive Staff) and Mark Calvetti (Partner at William Buck), as well as statements from the Prime Minister, Federal Health Minister, Dr Sushma Taylor (President of the World Federation of Therapeutic Communities), Prof Margaret Hamilton & Gordon Watson (former WHOS CEO)

The achievements mentioned included WHOS being a true pioneer, a world leader and an innovator in residential treatment by becoming the:

- 1st TC to operate across multiple states (1976)
- 1st TC based needle syringe program (harm reduction) (1988)
- 1st Women's TC (1992)
- 1st TC to run a separate methadone to abstinence program (2000)
- 1st TC to reduce episode of care from 18 months to 3-4 months (2000)
- 1st Research conducted by World Health Organisation on a TC for export (2006)
- TC leader of pre and post job readiness and placement (2007)
- 1st TC to operate a residential opioid/methadone stabilisation (2008)
- 1st NGO to be licensed to practice opioid dosing (2010)
- 1st Australian TC to have model adopted overseas (TC) (2012)
- 1st Award by ACI (Agency for Clinical Innovation) for Cognitive Impairment Research (2016)

The WHOS model has been so successful that a range of overseas services are now collaborating with WHOS. Our work in the Region has included working with Indonesia with its treatment centres and on a diversion program, Vietnam, Japan (ongoing training for service providers), Macau (ongoing assistance to help the largest NGO service, providing residential services) and Thailand (ongoing training assistance for residential services)

Although the **Prime Minister, the Hon Anthony Albanese MP**, was unable to attend the event, he did provide a statement of support and thanks to WHOS, which stated:

"Over the past 50 years of operation, I have had the privilege of watching WHOS assist countless members of the community of Grayndler and the country through their therapeutic community model of care.

Established in 1972, WHOS has played an integral role in developing our understanding of best practice therapeutic programs aimed at achieving recovery from alcohol and other drug dependence, incorporating harm reduction and co-existing mental health initiatives. Their programs have assisted well over 42,000 men and women through their range of services nationwide and while their main focus is on the treatment of severe and complex drug dependencies, they continue to provide a wide range of services offering high quality care and treatment for people with complex issues.

The significant impact and contribution that WHOS has made to reducing the impact and negative effects of drug and alcohol use is immense and so while I am sorry that I cannot join you today in your celebrations, I would like to thank you again for allowing me the opportunity to support the work of WHOS and congratulations on reaching your half century milestone. WHOS is a true pioneer and a world leader in residential treatment and I believe that the organisation is more than worthy of support. I look forward to seeing them continue the amazing work that they already do."

Speaking at the event on Friday 11th November, **Mr Garth Popple, WHOS Executive Director** said:

"Today is truly a remarkable day not only in the history of WHOS but for the more than 42,000 people we have helped over the years. Many people don't appreciate the journey that therapeutic communities have undertaken in Australia to now become world leaders. Therapeutic centres have come of age in Australia and are recognised as evidenced based and a significant option for client care. There is always a place for differing approaches to helping people with their alcohol and other drug issues, be it harm reduction or professional counsellors, and WHOS with its therapeutic community model approach stands as an equal amongst these approaches with a method that can help, and especially so for those with severe and complex needs."

The **President of the WHOS Board, Frank Kay** added:

"I would like to thank the many WHOS Board members that have been an integral part of this organisation since 1972. Their tireless efforts and dedication have helped WHOS become the incredibly successful organisation it is today. Being a director of a not-for-profit is not something any of us could have done or continue to do without a deeply held belief in the organisation and its values and goals. Helping people help themselves is more than a clever play on words it is the essence of why we are here and why we work so hard for the success of the organisation."

Although the **Health Minister, the Hon Mark Butler MP**, was unable to attend the event, he did provide a statement of support and thanks to WHOS, which in part stated:

"I want to share my hearty congratulations on the 50th anniversary of We Help Ourselves in New South Wales and Queensland. I congratulate you all on how far you have brought this organisation, starting out in 1972 as the first residential therapeutic community in Australia, offering self help and peer support for people with issues of drug and alcohol dependence or use."

I think this milestone is perhaps better measured in people than in years. To think of all of those many thousands of people who have sought care and support, and many of them who improved their lives and went on to offer that same support to the next person through the door. That is a measure of success by which you should all be incredibly proud. For our part, the Australian Government is proud to support the work of We Help Ourselves. Our annual investment of more than \$4.5 million supports WHOS projects in NSW & Queensland."

We also support We Help Ourselves through the funding the Government provides for alcohol and other drugs treatment and support through Primary Health Networks in NSW & Queensland which administer over \$1 million to WHOS in NSW for alcohol and other drugs treatment and First Nations Engagement worker activities."

The USA based **Dr Sushma Taylor, President of the World Federation of Therapeutic Communities** sent a message that was delivered at the celebration.

"I have had the pleasure of working with WHOS, and especially with Garth as the WFTC Deputy President, over many years. I remember visiting WHOS at the Lilyfield campus where you are all gathered today and being incredibly impressed with the setting and the work WHOS has done to transform this historical site into a world class therapeutic community service. WHOS is a very valuable member of the WFTC and always advocates for the highest quality and standards becoming an integral part of any TC services being provided. WHOS willingness to assist people and services in other parts of the world, especially Asia, is also gratefully appreciated by all in our Association. I am so impressed with the dedication and professionalism of the staff of WHOS, under the visionary leadership of Garth Popple. Thank you all for the extraordinary work that you do every day on behalf of those in need. I stand in humble gratitude. Congratulations WHOS on an incredible 50 years of service to the community. It's a truly remarkable achievement."

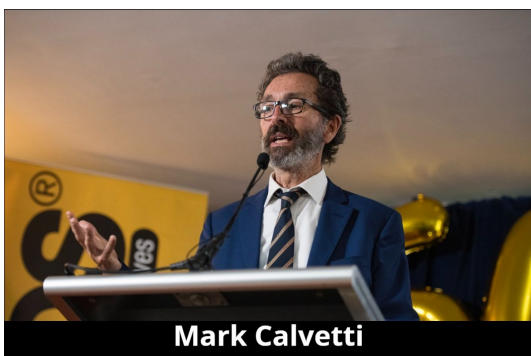
WHOS Key Values

- Supporting individuals in their recovery, always valuing their feedback and involvement
- Maintaining the highest levels of confidentiality
- Respecting our staff and support teams at all times
- Upholding high governance standards and quality in service delivery based on best practice and innovation
- A strong commitment to accessibility and diversity
- Remaining open and transparent in what we do
- Promoting informed client choice

Friday Event – Special 50 Years Celebration Afternoon Tea



Prof Ian Webster & Garth Popple



Mark Calvetti



Sandra Trimmingham, Tony Trimmingham & Dr Gilbert Whitton



Dr Alex Wodak



**Jamie Parker MP
Member for Balmain**



Jo Lunn



Daniel Maddedu & Dr Deb Zador



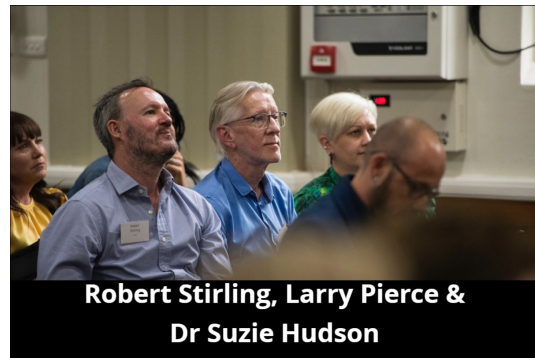
Janet Woolley & James Hawkins



Andrew Seaton & Antionette Vatani



Janet Woolley



**Robert Stirling, Larry Pierce &
Dr Suzie Hudson**



Garth Popple



**Gino Vumbaca, Mark Calvetti,
Chris Marrable & Garth Popple**



Lisa Gundani & Praniti Giri



John Della Bosca



**Dr James Bell, Garth Popple &
Dr Alex Wodak**



Garth Popple & Daniel Maddedu



Dr Deb Zador



Gino Vumbaca

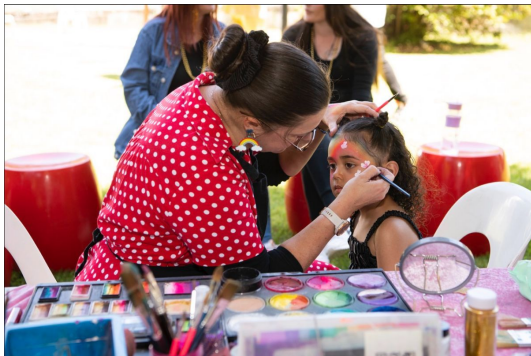


Dr Sushma Taylor



Tony Dormer, Andrew Seaton, Garth Popple, Frank Kay & Ravindra Proctor

Saturday Event – WHOS Reunion of Past Clients and Staff





Planting Trees for the Queen's Jubilee Grant

With the support of Australia's 31st Prime Minister & Member for Grayndler, the Hon Anthony Albanese MP), WHOS Lilyfield was awarded a Planting Trees for The Queen's Jubilee grant to plant 26 historically and heritage-based trees in the Broughton Hall precinct of Callan Park. The trees will be planted and cared for by WHOS residents under the supervision of the Broughton Hall Consultative Committee which includes our qualified staff in horticulture. To celebrate the planting of the trees a ceremony to commemorate the project, an afternoon tea for key stakeholders and community members was also hosted by WHOS in the grounds of Broughton Hall.

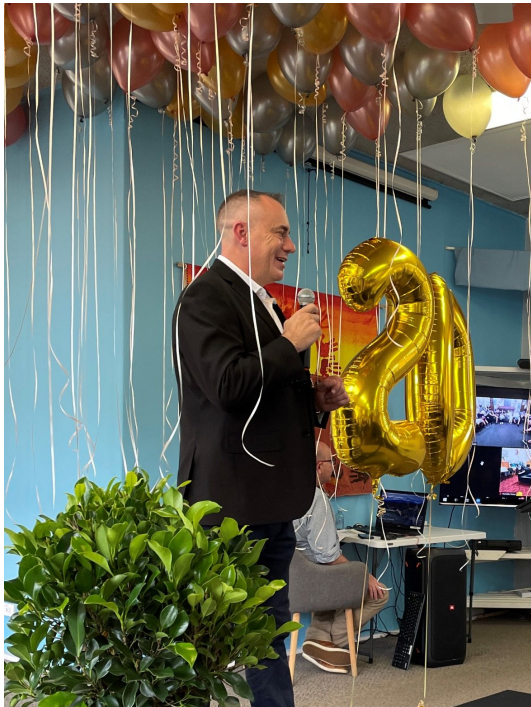


WHOS Hunter 20 Years of Service to the Community

Recently, WHOS celebrated the 20th Anniversary of its Hunter Valley alcohol and other drug residential therapeutic community program (known as Ken Trevallion House) and was joined by staff, residents and guests to enjoy a tour of the centre as well as a lunch (including a fantastic cake prepared by the WHOS Kitchen Team - see pictured below) and a series of presentations to mark the significant milestone for the region.

Speakers included Frank Kay (WHOS President), John Della Bosca (who as the NSW Minister of State officially opened WHOS Hunter 20 years ago), Robert Stirling (NADA CEO), Garth Popple (WHOS Executive Director), Jamie Young (WHOS Hunter Manager - pictured below), Gerard Byrne (Australasian Therapeutic Communities Association Chairperson), Gino Vumbaca (HRA President) and Janet Woolley

(WHOS Executive Staff) as MC. The presentations included a look back at the many achievements of the service and how it is estimated to have helped over 3,600 individuals over the past 20 years to provide an incredible return on investment for the community.



Broughton Hall Community Consultative Committee (BHCCC) Established

A message from Roslyn Burge (BHCCC Member):

"History was made today at Broughton Hall and I wanted to thank you for your support for the notion of

the Broughton Hall Community Consultation Committee. Such a committee is permitted under the legislation and WHOS were so receptive of the idea, thank you. I was so pleased Garth was able to be there in person, lending not only your history but your support for the Committee. WHOS staff and residents have gone to such a lot of trouble to make us welcome and for everyone to hear something of the philosophy and background of WHOS. The committee members will bring unparalleled expertise and everyone is so supportive, it really is very heartening, and I'd like to think in general we may have turned the corner and the government can see the community want to work WITH THEM as you so wisely see."



Donations to WHOS

For several years now we have been receiving very kind donations from Kylie and her wonderful team at Threads 4556. Threads is a very popular mens' and womens' outfitter in Buderim on the Sunshine Coast, they are retailers of some iconic classic clothing brands. The residents love their new "threads" (see pictured below) and are always overwhelmed by the fact that there are people and organisations out there that really care for them, it's a great boost to their confidence and self esteem.



In late 2022, WHOS Lilyfield received a donation of a pallet of hand sanitizers from one of our very generous donors - Gordon from RTB Refrigerated Truck Bodies and the Lions Club of Sydney Pacific. Gordon and his colleagues have been long-time supporters of WHOS and are always quick to help us whenever they can. It is support we appreciate very deeply.



West's Tigers Centre of Excellence

Recently the WHOS Lilyfield residents completed the 2022 fitness and leadership program skillfully provided by [West's Tigers Foundation](#) (via a very welcome grant from [West's Ashfield](#)) and as a fitting finale to the season a special guided tour of the West's Tigers new Centre of Excellence was provided by the West's Tigers. The residents and staff enjoyed a personalized tour of the facility and even having the chance to meet the coach and some players. WHOS wishes the West's Tigers well for season 2023 and hopes the program can continue given how well it is received by staff and residents (see evaluation comments below). There is also a strong whisper that one of the WHOS residents that participated in the 2022 program made such an impression that they could be seen on the field in West's Tigers colours this year.



When you are on a treatment journey like me, as are many of the guys are at WHOS, you focus on getting better, fixing relationships and reconnecting the world. A lot of stuff goes on in your head. The chance to run around and do some physical exercise with people from the West's Tigers every Friday morning has been really good to have a break from that and remember you have to look after your body as well as your mind. Keehan & Kenny are always so positive and happy to be with us. It may not seem like a big thing to them but for us to have them come every week to help us is a big deal for us. Thank you and thank you West's Tigers.

Client B from WHOS Lilyfield

I've always liked football and was so excited to find out about the West's Tigers sessions every week. I know I'm keener than most in the sessions, but I really like the way Grace & Ned always make sure everyone gets involved. Its not about winning its about showing up and participating and doing your best. They also make it fun to be active which I know is important for some of the girls, otherwise they might

find an excuse not to join in. I'm really hoping to work in sports when I leave WHOS, and I don't think that would have been something I would have really thought was possible before the sessions with Grace & Ned.

Client W from WHOS Lilyfield

When I talk to the other staff about the Wests Tigers sessions that happen here every Friday, we all can't believe the level of enthusiasm the clients have for the program. We know it's a chance to get outside and do something different from the usual program here, especially during the COVID-pandemic restriction times, but the West Tigers people certainly know how to connect with our clients. Our clients have all sorts of issues they are working through here at WHOS but the Wests Tigers just take everything in their stride and work with everyone that wants to participate. It's been a pleasure to watch them at work. Please come back next year.

Staff Member, WHOS

WHOS Hunter Grants

In 2022 WHOS Hunter received a very important grant from the Newcastle Permanent Charitable Foundation to help fitout the WHOS Hunter- Day Program. The funding allowed WHOS Hunter to provide a space that was both functional and inviting for staff and clients. WHOS Hunter was pleased to attend a Foundation ceremony with several other grant recipients and looks forward to working with the Foundation on this community project and hopefully other projects in the future.



This grant was then later supplemented with funding from the Foundation for Rural & Regional Renewal (FRRR) via their COVID Regional Community Support program, which meant the fitout could be completed as planned.



FRRR
Foundation for Rural
Regional Renewal

WHOS Hunter also received an important grant from Hunter Water as part of their Bushfire & Environmental Impact Mitigation Project to reduce the risk of bushfire at the WHOS Hunter residential therapeutic community centre and reduce the impact of the service on the surrounding environment by installing two water tanks at the residential service.



Farewell Lola

It is with a heavy heart that we farewelled the beloved Lola who was a cherished pets as therapy dog for WHOS OTP residents.

Lola came to WHOS in 2009 as a fresh faced 2 year old Labrador that a local neighbour had got from the Labrador's Association as a family pet but couldn't keep as she suffered from separation anxiety. He worked for the council and knew about WHOS and thought she would be the perfect pet for our residents. We took her in and she became part of the WHOS family. Many clients spent time with her and she will leave a big hole in the lives of the staff and residents.

Lola had a wonderful life at WHOS but she did suffer with her health in later years so she can now rest and run free in the big dog park in the sky!

We will miss you Lola.



Client Stories



New Beginnings - Female Client story.

"I was referred to WHOS New Beginnings (for women) by the NSW Drug Court to begin my recovery journey, after my drug use spiralled out of control, along with a gambling addiction and criminal charges.

Since arriving at New Beginnings, I have taken on the Therapeutic Community principles and incorporated them into my daily program.

I am genuinely happy today and excited about my future, where I can have a family of my own which I have always wanted, but my drug dependence put that on hold.

I have an amazing relationship with my dad today, my dad is my hero and I let him down whilst in active addiction. Hearing him tell me he is proud of me, has made all the hard work worth it and is what drives me to continue this recovery and live a drug free and healthy life."



Gunyah - Male Client Story.

"I am grateful for WHOS in so many ways. Drugs and alcohol dependence have brought me to my knees too many times, I often wondered if there was any point to living.

This time I had to do something different, I was reluctant to do long term treatment, even though there was proof that it works from people I knew who had completed the WHOS Gunyah program (for men), eventually I listened.

The principles and life skills that we learn in WHOS Gunyah are non-existent in my past or when I was in active dependence. I have learnt to be honest, reliable, and congruent in everything I do. I now also have integrity.

I'm holding myself and others accountable, which builds respect for myself and others.

Thank you WHOS Gunyah for showing me how to live."

WHOS Centres - click for information



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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MILLS
OAKLEY



Best&Less



FRRR
Foundation for Rural
Regional Renewal





**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](#)



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PO Box 1779
Rozelle NSW 2039

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