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Welcome to a Special Edition of WHOS NEWS October 2024

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Message from the Executive Director

As always, I want to start by thanking all our staff for their commitment to WHOS and our residents and clients, our success simply wouldn't exist without them.

It has been a while since we sent out a newsletter but that has been a result of being focused on delivering services and positioning WHOS to be a national and international leader in residential and day programs.

Although I am restricted in what I can say at this stage, I can assure you that there are some big announcements in the pipeline for WHOS as we continue to expand our reach and service capacity to meet community needs.



There are also some major political events about to happen that could shape the way our sector works and engages with the community. This includes upcoming elections at Federal and State (Qld & ACT) levels, as well as, the NSW Drug Summit. WHOS will be well placed to contribute at this important

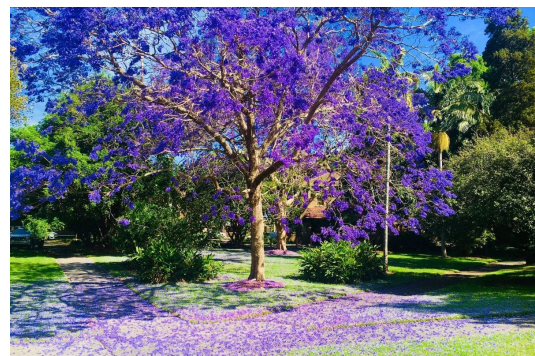
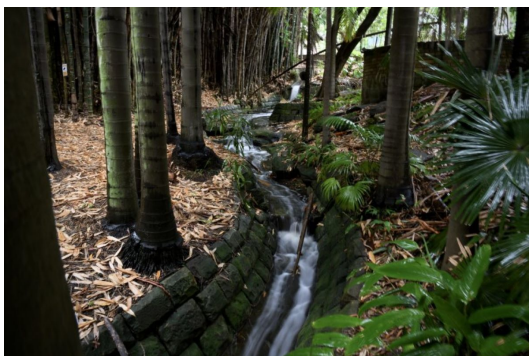
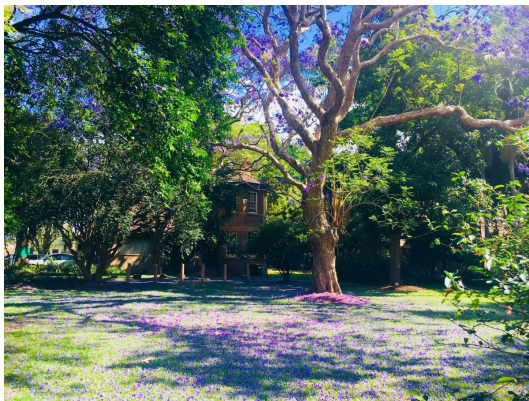
Summit and in particular will be advocating strongly for NSW to substantially increase its support for the services that provide care and treatment for the most vulnerable and severely dependent people in our community. There can be a tendency to add shiny new projects to the system, and while this is necessary at times, it is extremely important to ensure the foundations of our sector are strong enough to carry the load.

As you will see in the articles below, WHOS prides itself on being part of the wider community and ensuring that our rich history and heritage as a nation is not forgotten.

On behalf of the WHOS Management and WHOS Board of Directors I wish you all the best for the remainder of 2024 and a happy and restorative 2025.

Please enjoy this Special Edition of WHOS NEWS and as always, your feedback and contributions are welcome and please enjoy some images below from our Lilyfield Campus including Jacaranda season.

Garth Popple
Executive Director



European Federation of Therapeutic Communities (EFTC) Conference

In September 2024 hundreds of leaders gathered for the EFTC Conference in Gdansk, Poland. Representatives from 24 countries of drug treatment organizations met for the conference, entitled Shaping The Future Together, to emphasize the essential elements of therapeutic communities through

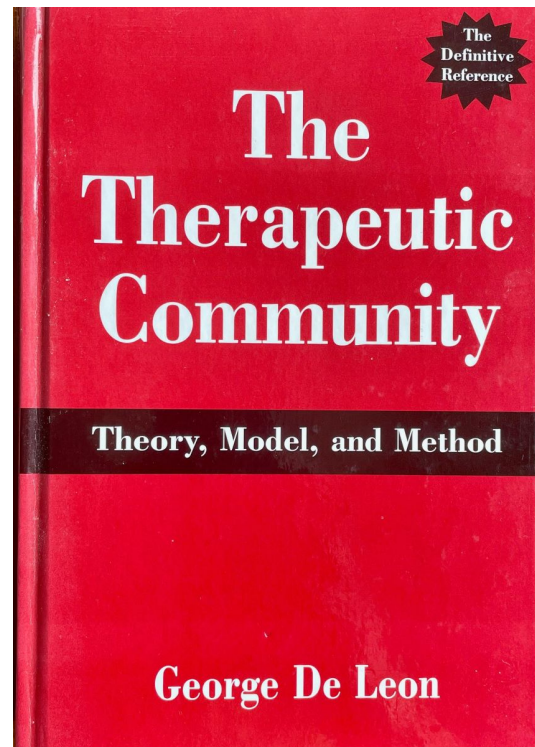
presentations of innovation and invigorating discussions on emerging issues and challenges—all for the benefit of populations served.

Garth Popple, Executive Director of WHOS & Nic Nash, WHOS Southern NSW TC Manager were present and spoke about the work and achievements of WHOS, which was received with universal praise.

Congratulations to EFTC and the Polish Federation of Therapeutic Communities on a hosting such an informative and inspiring conference.



Nic Nash (Manager, WHOS Southern NSW) with George De Leon - the father of the TC Method



XIX
KONFERENCJA DYPLOMATYCZNO-TERAPEUTYCZNA
FEDERACJA EUROPEJSKICH
TOWARZYSTW TERAPEUTYCZNYCH
EUROPEAN FEDERATION OF
THERAPEUTIC COMMUNITIES
CONGRESS
WARSZAWA 2019
WARSZAWA 2019

Panel dyskusyjny
Moderator: **Pauline McKeown**
Paneliści: Susha Taylor
Garth Popple
Augusto Nogueira
Karen Biggs
Bogdan Peć
Ihoż Kozankiewicz

Discussion panel
Moderator: **Pauline McKeown**
Panelists: Susha Taylor
Garth Popple
Augusto Nogueira
Karen Biggs
Bogdan Peć
Ihoż Kozankiewicz

Najara Receives Support from Buderim Foundation to Empower clients



We are thrilled to announce that We Help Ourselves Sunshine Coast has recently been awarded a grant from the Buderim Foundation's Community Fund Grants program. This initiative aims to provide financial support to local community groups, and we are immensely grateful to have been selected as one of the recipients.

The grant provided the funds to purchase computer equipment to assist our senior clients study, become work ready and participate in on-line self help groups.

This investment will create significant opportunities for our participants, empowering them to actively search for jobs, access critical support services, and further their skill development. By providing these tools, we are helping to pave the way for greater self-sufficiency and success as these clients move toward independent living.

We extend our heartfelt thanks to the Buderim Foundation for their generosity and look forward to continuing this positive connection in the future.



People Before Politics



Janet Woolley, Executive Team Manager and Lyn Roberts, Relief Services Manager attended the launch of this year's Uniting MSIC (Medically Supervised Injecting Centre) Art From The Heart of the Cross art exhibition. The theme of the exhibition was 'People before politics' and all of the artworks were created by clients of the Centre. The exhibition is an annual event, now in it's 14th year, showcasing the creative talents of the people who visit the Uniting Medically Supervised Injecting Centre. The project empowers MSIC artists to express themselves and their circumstances creatively and it was an absolute delight to see so many wonderful artworks on display.

WHOS has had a long standing relationship with MSIC which was established out of the 1999 NSW Drug Summit. WHOS was also fortunate enough to receive funding from the 1999 Drug Summit and with the next Summit occurring later this year we are all hopeful of furthering drug related harms in Australia.

MSIC has never had one fatality from overdose in it's 23 year history and continues to provide a safe space for drug users and has many linkages with organization like WHOS which can offer treatment via it's residential or day program services.

To see so many creative works of art was indeed heartwarming and it was a privilege to have attended this launch.

Visit by South Korean TC providers

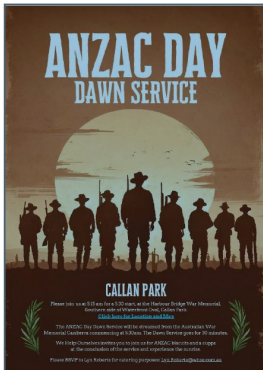


WHOS was pleased to host an important delegation of TC providers and academics from South Korea as part of its ongoing commitment to expanding networks across the Asia-Pacific Region. The visit provided the opportunity for key members of the AOD community in South Korea to exchange practices and ideas on delivering higher quality treatment.

To further strengthen the partnership, WHOS will be presenting information at an upcoming series of AOD seminars in Seoul for both professionals and the community.



ANZAC DAY :: CALLAN PARK
2024



ANZAC Day services were once regularly held at Callan Park at the Sydney Harbour Bridge War Memorial. WHOS, as one of the tenants on Broughton Hall, elected this year to hold a service for its clients at this War Memorial in collaboration with Friends of Callan Park.

Beautiful wreaths were laid at the War Memorial for the duration of the Dawn Service, which was beamed in from the Australian War Memorial in Canberra. It was a very moving service ... with the moon high in the west ... gradually the sky lightened as the sun rose behind the hillside. All was deeply silent until the bugler began to play and magpies joined in their chorus.



Sydney Harbour Bridge War Memorial was designed and constructed in 1931 by the veterans resident in Repatriation Ward B – visible behind the War Memorial. Wreaths made by the clients at We Help Ourselves (red poppies and bromeliads) and Foundation House (white wreath) specially for the Dawn Service.

Callan Park War Memorial

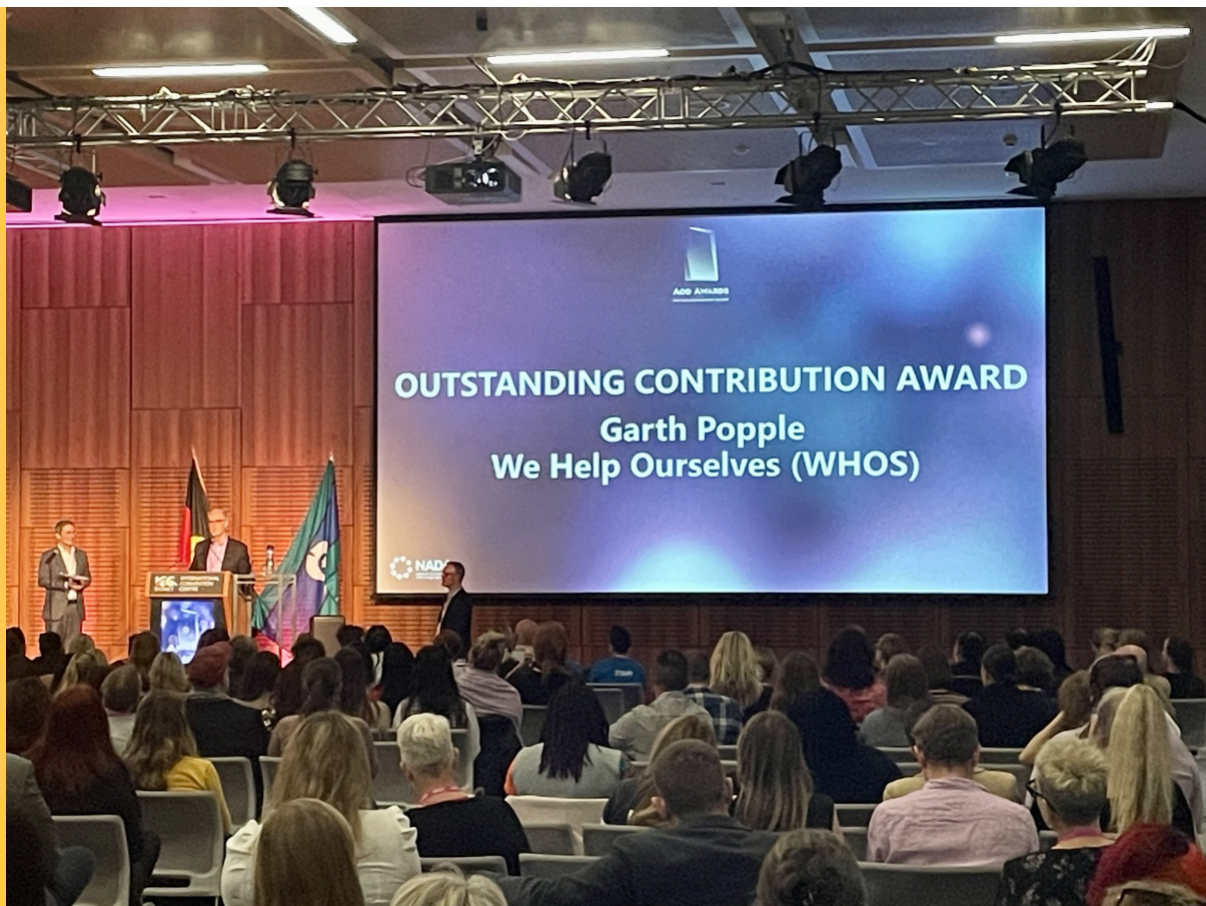


Peace Lily and red flowering plant
left by John McRae in memory of his
Grandfather and Great-uncle



Poppies laid at the Callan Park War Memorial - made by the children of
Rozelle Childcare Centre located just inside the Main Gates

NADA & ATCA Conference and Awards



Garth Popple was awarded the prestigious NADA Outstanding Contribution Award

This award recognises the significant contribution of an individual working in the non-government alcohol and other drugs sector.

Garth paid tribute to WHOS by describing WHOS early involvement in initiatives and service developments that led to the growth and expansion of WHOS, particularly the therapeutic community model. Garth further acknowledged the therapeutic community approach and WHOS involvement with the ATCA and the WFTC.

WHOS wins the NADA Excellence in Harm Reduction Award

WHOS was successful in winning the NADA Excellence in Health Promotion and/or Harm Reduction Award. This award recognises excellence and/or innovation to prevent and/or reduce alcohol and other drug related harms.

WHOS harm reduction approach is embedded in all services, and has dedicated Harm Minimisation worker positions at all TCs and Day Programs that support the WHOS harm reduction approach to educate and support residents and clients.

ATCA Significant contribution to the Therapeutic Community in Australasia: Program, Service, or Intervention Award

New Beginnings - WHOS Women's Service at Lilyfield Campus

ATCA Lifetime Member Award – Garth Popple - NOTE- Only 4 members have been awarded this honour and Garth also presented the James A Pitts Oration at the ceremony.

ATCA 10 to 20 years Recognition Awards

Colleen Clifford - OSTAR
Henry Everingham – OSTAR
Jevan Sayer – Lilyfield Cafe
Scott Hassett - RTOD
Client Therapy Dog (Hunter) at Hunter TC

ATCA 20 to 30 years Recognition Awards

Bob Phelps - OSTAR



Garth Popple



**Carolyn Stubley receiving
Harm Reduction Award**



**James Pitt, Garth Popple receiving
Lifetime Achievement Awards with
Carmel Tebbutt, Mark Ferry, Odyssey
House & WHOS staff**



**Mark Ferry & Gerard Byrne from
ATCA with Garth & James**

Client Stories



New Beginnings - Female Client story.

"I am a 35-year-old mother of 3 and I sit here today at WHOS New Beginnings grateful for the time I have spent here.

Thanks to WHOS, I now have a positive attitude and a new lease on life. If someone had told me a little over 3 months ago whilst in heavy addiction, well and truly broken and defeated, that I would be genuinely happy, proud of the person I am today and high on life I wouldn't believe that!

I've had my fair share of struggles from a young age and was determined to do it on my own in my own way. I truly believe becoming a mother at 16yrs old and the struggles I've faced throughout my life has shaped the person that I have become. Proud and eager to prove that I wasn't that stereo typical young mother I stayed with his father for 7 years desperately wanting the picket fence so to speak. I experienced

abuse of every kind and was sheltered from the real world. I finally built the courage to escape with the support of my family where my pendulum swung from one extreme to the next.

I experienced a life of twists and turns of unfortunate events, grief, loss, domestic violence, crime, and my fair share of poor choices. I found myself in a situation where I had exhausted almost all options bar two either come to WHOS New Beginnings or jail. I came unwillingly, frustrated and with little to no acceptance around the situation.

Since being here, my views, mindset, and my gratitude for this program are overflowing. I understand the concept of the program and I can't thank the staff and my peers enough for playing a massive part in not only my recovery but the beginning of my new beginning."



Gunyah - Male Client Story

"My life fundamentally changed at the age of 16 when I was asked to do a speech at school. Crippled with fear and anxiety, I remember finding a benzodiazepine in my family's medical cabinet, learning about its anti-anxiety effects and taking it, thus starting an 11-year journey of addiction. I believed that to perform at my best, to have self-belief and confidence, I needed to be under the influence of substances. Drugs became problematic for me three years ago when I was involved in a high-speed motor vehicle incident and crashed into a tree at 80km/h. The police officers told my family that I was lucky to survive. I went to a day program for 3 months, got a new job as a software engineer, but returned to drugs when I got my first pay cheque.

What followed was a series of relapses, each worse than the one before, with my breaking point being an extended period of drug use that led to three hospital visits, psychosis and loss of my job.

I have been at WHOS Gunyah for two months now and WHOS is teaching me how to maintain abstinence.

For the first time in my life, I can recognize the issues underlying my drug use. My fear of rejection, my self-esteem, my issues with accountability. All these issues are not only becoming apparent, but they are also being addressed and dealt with. WHOS has empowered me to solve my own problems. I now see a life outside of addiction."



Najara - Sunshine Coast Story

"For the last 8 years I've wanted to get recovery. I've tried numerous detoxes, outpatient programs, counselling, and the self-help groups, except a longer-term rehab. Three years ago, I went to rehab for 30 days, from there, I got a few months sober and clean, but never did I do any work on myself. Then, my last relapse began. Within a few short months, I was back at the bottom I was all too familiar with.

The 8 months leading to me coming to WHOS Sunshine Coast (SSC) was hell. There wasn't a single waking moment where I wasn't putting a drink or drug into my body. I would try and get to self-help meetings but would just lie and say I was clean when I wasn't, sober when I wasn't. I was working as a support worker living in constant shame that I was working while high or drinking in between shifts. One day, I was coming down after a shift and I had just had enough.

I called WHOS SSC and got a bed. I quit my job, broke my lease and the rest is a blur. My using was completely out of control. I was in and out of psychosis but eventually made it to WHOS Sunshine Coast 3 weeks later.

My experience at WHOS SSC is nothing short of amazing. The first month I was all over the place. Detoxing, then getting used to the idea of living with so many personalities. I didn't know what to expect, all I knew is what I had to do. There were days where I felt the program sucked, the people sucked but when looking at the bigger picture, these problems were actually nothing.

As life went on things got harder, I was faced with the pain of my self-hate and worthlessness. I've learnt to start facing these struggles and see them with compassion. I know I am in the right place and with time and hope, I will one day be a proud man who is worth love, laughter and happiness."

WHOS Research

WHOS was pleased to be part of an important study about exercise and recovery - the full article can be found in the International Journal of Clinical Trials:

[Fitness in recovery: impact of exercise in people with substance use disorder in residential treatment](#)



Background: Opioid use disorder has the lowest quality of life (QOL) and highest disease burden of all substance use disorders (SUD). While opioid treatment does lead to initial improvements in QOL it remains below that of the general population. The integration of exercise programs as an adjunct therapy for SUD is gaining popularity. Previous reviews have indicated that exercise offers significant benefits for QOL, however the evidence in an opioid treatment population is lacking. This study will investigate the impact of a 12-week exercise intervention on QOL and mood in a residential opioid treatment rehabilitation program.

Methods: This is a 12-week single arm intervention with a natural history control. Participants will complete a baseline screening assessing QOL, mood and exercise habits and those who meet criteria for exercise participation will complete an exercise assessment. The exercise program will be delivered twice per week as part of the group therapy program. Exercise sessions will run for approximately 40 minutes and be at an intensity selected by each of the participants.

Conclusions: A recent review indicated that two sessions of exercise for a minimum of 12 weeks leads to an improvement in QOL in general SUD, however, to date minimal studies have been completed in people receiving opioid agonist treatment. Hence, this will be the first study to our knowledge, assessing the role of exercise as an adjunct treatment for QOL in this population

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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**DAILY
MEDIA
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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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