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Welcome to the February 2018 Edition of WHOS NEWS

Message from the Executive Director

As we begin a new year it is natural to focus on all our plans for the future, however I think it is also the perfect time to remember the past. With that in mind, I wanted to thank the extraordinary number of people and organisations that have helped WHOS to arrive at where we are today.

WHOS began its life as Australia's first residential therapeutic community to help people with drug and alcohol problems in 1972. As we enter 2018, with WHOS now having now been operating for over 45 years, it means that WHOS has helped tens of thousands of people take control of their lives again. The financial support we have, and continue to receive from Federal and State Governments ensures we can provide the services needed to help the many people seeking our services. However, the support we receive from corporate Australia is just as important in helping us improve the quality of our services and is just as greatly appreciated by all the staff and residents of WHOS facilities.



While there are too many people to individually list here, I would like to thank all our supporters (new and old) for their generosity and faith in WHOS and our incredible staff. Services like WHOS rely on the understanding that everyone deserves an opportunity to take control of their lives and an understanding that this can sometimes require longer and more chances than others. At WHOS we believe everyone has the right to treatment and support to lead the life they choose and with the help of our supporters we hope to help others for another 45 years.

WHOS wishes you and all your family and friends a happy and healthy 2018.

Garth Popple
Executive Director

Commitment to Aboriginal & Torres Strait Islander People



As the original custodians of Australia and the land on which all WHOS services operate, we take our commitment to providing culturally appropriate and secure services for Aboriginal & Torres Strait Islander People as an important responsibility. What is probably not appreciated by many people outside of WHOS services is the extraordinarily high level of Aboriginal & Torres Strait Islander clients utilising our services. In 2017, WHOS had 13% of residents identify as an Aboriginal & Torres Strait Islander person, a figure that has been increasing every year.



As part of our commitment to Aboriginal & Torres Strait Islander People, WHOS recently developed and signed a Reconciliation Action Plan to ensure we are advancing Aboriginal & Torres Strait Islander People employment and building networks with Aboriginal & Torres Strait Islander suppliers for procurement diversity.

WHOS also hold weekly meetings, lunches and events for all our Aboriginal and Torres Strait Islander residents and strive to ensure that their connections to family and community are re-established and nourished.

Adam Manovic - Guest Speaker at the WHOS Reconciliation Action Plan Launch

Christmas Lights at Rozelle

Christmas in 2017 was a far more special than usual with a new WHOS Christmas lights display at our Rozelle campus. The lights were provided and installed by our ever supportive WHOS Board member Bill Lionos, his staff at NOS Group Electrical Contractors and our always helpful WHOS President, Frank Kay.

It was certainly a real occasion for residents and locals every night as the photos show.



For further information on NOS Group click [here](#).

Client Stories

Before coming to WHOS my drug addiction and use had become out of control to the point where I'd lost my little girl to the authorities and also my precious relationship with the mother of my children. Due to my drug use I also found myself begging on the streets for money to support my addiction. I also was doctor shopping to support my benzo use. I decided I needed help because I couldn't do it by myself.

Since coming to the WHOS RTOD program I have found it very rewarding. I have learnt something about myself and how to overcome issues with the help and support of my peers. For example, I was a people pleaser with low self esteem but since being at WHOS I've learnt to become assertive and learnt to give directions to peers and put principles in my daily routine. I realise that the rules are here for a reason and if I follow them I will achieve my goals and support my peers better. I have also learnt that as long as I have good support networks and a good positive relapse prevention plan in place all will be well.

I've also learnt to say no which has been one of my biggest challenges. I'm thankful to the WHOS program because I've learnt and I'm still learning so much about myself and my addiction and since being here with help from the Family Support staff I've been able to gain access to my daughter on a weekly basis and also to get to see my two eldest children now. I've been able to grow the bonds back that I had lost with them. I've also been able to take my current partner and children out for dinner and to the swimming pool without the urge to use or worry about saving money for the next hit. Being able to put myself and family first is one of the things on my priority list; thanks to WHOS this is achievable.

One of my proudest achievements is to participate in the Aboriginal residents' focus group. We wrote out a Welcome to Country and drew some Aboriginal art on a flyer and it is now said at the beginning of our morning groups. All our community went to Yarum Day on 26th January. I have also been able to start Hep C treatment here and see a dentist at the Aboriginal section of the Dental Hospital in Surry Hills regularly.

I am now in the Commitment Stage of my program (4th month) and giving back to newer members of our community. I look forward to going to Transition Stage as I really want to start working on my budgeting skills and look at starting TAFE.

Thanks to my peers and staff, I am becoming proud of myself.



Callan Park History

As many people know, especially our Rozelle local community and our colleagues at the Friends of Callan Park, WHOS has a strong commitment to preserving the heritage of Callan Park. Part of this commitment includes learning and understanding the values and services of the organizations that preceded WHOS.

There are thousands of stories that make up the history of Callan Park and here are just a couple which

were recently presented at an event by Friends of Callan Park:

BEE MILES: A PSYCHIATRIC HISTORY

When the manic and depressed J. F. Archibald started writing large cheques for poets, his editorial partner at *The Bulletin* managed to have him committed. That was in 1906 and followed in the wake of Sydney identities, such as Henry Lawson and Adam Lindsay Gordon, who had spent time in NSW asylums. Indeed Archibald, famed for his Hyde Park fountain and his portrait prize, suffered a long stint in Callan Park. By 1910 he was back on track, then set up *Smith's Weekly*. The thriving publication later successfully campaigned for Bee Miles's release. She had been committed for terrorising staff at the State Library and a run of petty crimes and outrageous public behaviour. Bee Miles was an extraordinary character in the life of Sydney for decades; well-known for her free taxi rides, recounting Shakespeare & clashing with authorities because of her outrageous behaviour. (Ref: Courtney Kidd - SMH 2001)

CEREBRAL SURGERY AND RESEARCH UNIT (CSRU)

The CSRU opened at Callan Park in December 1958 (at a cost of £195,000, approx \$6 million today), and was reportedly the envy of neurosurgeons at Sydney's major teaching hospitals. In addition to psychosurgery, the CSRU provided neurological services to NSW psychiatric facilities, together with resources for psychiatric research, both human and animal. The Unit, and its successors, the Psychiatric Research Unit and the Neuropsychiatric Institute, functioned for nearly twenty years at Callan Park.



WHOS would like to thank our newest corporate supporters for providing a range of furniture that has allowed us to provide a higher quality of bedding for some of our residents, better lounges and chairs for their common rooms and also helped furnish some of the halfway houses we operate to transition our residents from our residential therapeutic community to independent living.

We are hopeful that our partnership with Shape Group and Chess Moving will continue for many more years to come.

[Shape Group](#)
[Chess Moving](#)



Recently WHOS received some much needed IT equipment from Indivior. The generous donation of equipment was gratefully accepted and will assist WHOS in ensuring that our residents are also prepared to engage with the new technologies of today's world.

Indivior works with healthcare professionals, the public health community, policy makers, payers, and people to shift public perceptions and break down barriers to drug and alcohol medical treatment for millions of people across the globe who need it most.

[Indivior](#)



WHOS would like to thank the generosity of Bunnings Ashfield for recently inviting WHOS to host one of its Saturday BBQ at its store. The BBQ was a great success and raised enough funds for some very much needed new and brightly



WHOS is very grateful for the ongoing support provided by OneSight and their volunteers who provide free eye testing for residents at our Rozelle campus. OneSight's mission is to eliminate the problem of people not getting the

coloured children's playground equipment for our residents with children who regularly visit. Bunnings also assisted WHOS staff in networking with Gale Pacific who then donated and installed wooden blinds in the playground area.



[Bunnings](#)
[Gale Pacific](#)

eye testing and glasses they need. At WHOS over 80 residents received an eye test on their most recent annual visit and over 50 of our residents required and were provided with glasses for free.



[OneSight](#)

WHOS Centres - click for information



WHOS Awards & Recognition by the Australasian Therapeutic Community Association

WHOS was highly featured at the November 2017 Australasian Therapeutic Community Association (ATCA) Awards held in Brisbane taking out the following awards;

Excellence in Research and Evaluation Award Therapeutic Community (TC) - this award recognises the individuals, research teams and TCs that have contributed to evidence-based research and evaluation of TC services and programs. WHOS received this award for its Dual Diagnosis Capability in Addiction Treatment (DDCAT) Project. All WHOS services received a good Dual Diagnosis Capable score range – this means WHOS has continuously demonstrated capacity to work with clients with AOD and co-existing mental health issues. This included the utilisation of the DDCAT Toolkit in improving service capacity in responding to clients with co-existing AOD and mental health issues and driving changes in front-line service delivery. Our research partners were: Illawarra Institute of Mental Health (University of Wollongong) and the National Drug and Alcohol Research Centre (University of NSW).

Significant Contribution to the Therapeutic Community Movement in Australia Award - the WHOS Harm Reduction Program received a "Highly Commended" Award with the ATCA stating that this service has provided a long term commitment to Harm Reduction and to the education and promotion of well-being, healthy lifestyle and harm reduction initiatives.

The withdrawal management initiative funded by the Central & Eastern Sydney Primary Health Network (CESPHN) was also presented at the ATCA conference and attracted a great interest.

WHOS withdrawal management program is essential to most individuals entering residential treatment as it breaks down a significant barrier to accessing treatment by providing onsite withdrawal management for low to moderate withdrawal needs. This means that for health professionals wanting to refer individuals to WHOS services there is now capability to admit directly to programs without first having to access medicated inpatient withdrawal services. If the individual has low to moderate needs and the main drug of concern is methamphetamine, cannabis or opioids the WHOS Nursing Team will assess the individual for direct admission. Where there are other complexities such as mental or physical health issues clients will still be referred to inpatient medicated services however WHOS withdrawal management Nursing Team are able to assist in referral to the appropriate withdrawal service.



OzHarvest

Our thanks go to OzHarvest who once again provided a great day of culinary delights for residents and staff alike. As the photos show it was a certainly greatly appreciated by all.



For further information about the great work of OzHarvest [click here](#).



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:

[Australia's 'war on ice' allowing opioid use to soar, former addicts say](#)

[Recovering drug addicts have warning for government](#)

WHOS Celebrates 45 Years

As was highlighted by our Executive Director, on the 11th of November, 2017, WHOS hosted an exciting Mad Hatters Tea Party at the Rozelle Campus in Sydney in celebration of its 45th Anniversary. Nearly 200 guests (ex-staff members, ex-residents, residents and their families, WHOS partners and supporters) joined the party to recognise 45 years of success in treating drug and alcohol dependence using a Therapeutic Community model of care and recovery philosophy and mission. For one afternoon, the environmental heritage grounds of the Callan Park were converted to 'Alice in Wonderland' scene, decorated by WHOS residents. Guests and residents in their most outrageous hats were enjoying delicious food, playing giant chess, entertained with live music and lining up to take funny photos in our special booth.

"Full of energy and spirit", is how the WHOS President Frank Kay described the event.

In his speech, the Executive Director Garth Popple outlined how WHOS has developed into one of the largest drug and alcohol non Government organisations in Australia and helped more than 40,000 people. "For an organisation like WHOS to thrive for 45 years in this field is a great accomplishment," said Mr Popple. "Our focus on promoting and providing the Therapeutic Community Model of Care of the highest standard has been the key to our success and will continue to guide WHOS for the next 45 years."

The celebration also included a monster raffle with great prizes donated by many of our supporters including the Radisson Blu Hotel, Wests Tigers, the National Rugby League, the NSW Rugby League, Inner Vision Tattoo, the Italian Bowl, the Salt Room, Westfield, Laser Tag, Lindt Chocolate Cafe and the Chiswick Restaurant (Matt Moran).



Sunshine Coast Lions Club

Our WHOS Sunshine Coast service (Najara) recently attended an awareness day held by Lions Sunshine Coast. Garth Popple and Trevor Helliwell (Najara Manager) provided a very well received presentation on WHOS services and fielded a lot of questions on how the Lions Clubs can support the work of WHOS.

WHOS were invited by Lance Roberts, the State Director of Queensland – Australian Lions Drug Awareness Foundation - who is pictured here with Garth and Trevor at the event.



Farewell to Kerrie

WHOS would like to thank and congratulate Ms Kerrie Lloyd on her 15 years of service to WHOS. Kerrie was our Centrelink Liaison Officer and has helped countless numbers of our residents manage their funds and personal finances needs. Kerrie officially retired in late 2017 after a lifetime of service to others and we wish Kerrie and her family all the best in the next phase of her life.





World Federation of Therapeutic Communities News

The WFTC recently held meetings in Bangkok to develop a shared global vision and prepare for its World Conference to be held in Bangkok in November 2018.

With the assistance of Garth Popple (WFTC Deputy President) meetings were organised to introduce Dr Sushma Taylor (WFTC President) and the WFTC Board to senior Thai officials to help lay the groundwork for a successful 2018 WFTC World Conference. This included meetings with the Office of the Narcotics Control Board, Princess Mother National Institute on Drug Abuse Treatment, Ministry of Health, Thailand Therapeutic Communities Association and many other dignitaries. Garth Popple has also been delegated the role of Chair for the 2018 WFTC World Conference - see some details below on the dates of this important conference in Thailand. Further details will be available on the new look WFTC website soon - click here: [WFTC](http://www.wftc.org)



27th WFTC World Conference Therapeutic Communities – Global Perspectives

A conference of international importance and relevance to anyone working in the drug and alcohol therapeutic community and residential treatment sector

The World Federation of Therapeutic Communities



SAVE THESE DATES

Sunday 28th October 2018 to

Thursday 1st November 2018

Bangkok – Thailand

"I am very confident that the 27th World WFTC Conference in Thailand will be one of our most memorable, rewarding and inspiring conferences that we have hosted. It is an incredible opportunity to share, learn and network with colleagues from around the globe and we look forward to seeing you there."

Dr Sushma Taylor – WFTC President

"This is a conference that simply cannot be missed. Our local and international partners are committed to making this a conference experience to remember in wonderful Thailand – the Land of Smiles."

Mr Garth Poppo – WFTC Deputy President and World Conference Chair

Rembrandt Hotel
Soi 18, Sukhumvit, Bangkok

Our International Partners:

Therapeutic Communities Federation of Asia – TCFA
Australasian Therapeutic Communities Association – ATCA
European Federation of Therapeutic Communities – EFTC
Federation of Latin American Therapeutic Communities – FLACT
Treatment Communities of America – TCA



**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.



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