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Welcome to the February 2019 Edition of WHOS NEWS

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Message from the Executive Director

Welcome to 2019

Another year has passed by and we are already busy before we seemed to have had the time to catch our breath from a very busy 2018.

There are always a lot of issues I could raise when I write this newsletter introduction but rather than focus on the many debates raging in the community about drug and alcohol use, I wanted this newsletter to focus on a positive that rarely gets mentioned.

That is - the incredible individual contributions of people who undertake and support the work in our sector.

Our success in helping people help themselves is built on the dedication and commitment of many people at WHOS, and in this newsletter I want to recognise some of our longer serving staff. Working in our sector doesn't provide the monetary reward it deserves so it is an honour to have people at WHOS that

work so hard to help people and families and make our community a better and safer place for everyone.

Unfortunately there are far too many people to mention in this newsletter, but all our staff deserve recognition, as do the WHOS Board who volunteer their time and resources so generously, as do our many friends and supporters.

So, to all of our staff, on behalf of the more than 40,000 people that WHOS has helped, we thank you.

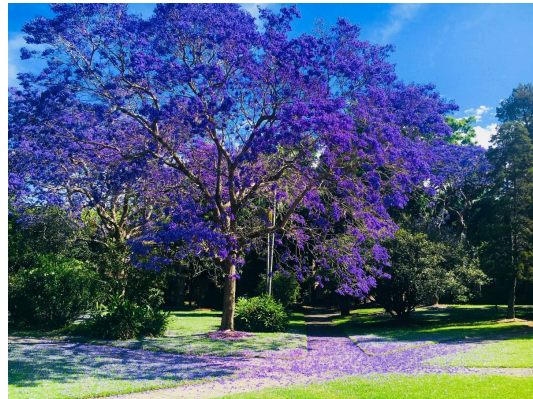
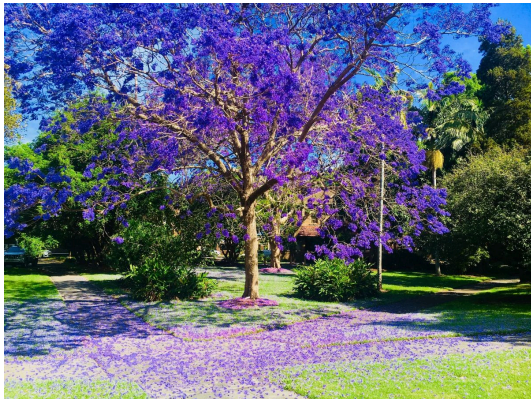
I am also going to encourage you to give to a new Heritage Fundraising Drive by WHOS - there is a lot of information in this newsletter about our heritage and environmental work at our Rozelle so far but also our plans for the future - please see the information in this newsletter to direct you to the right place to help us restore our area of Callan Park.



Please enjoy this edition of WHOS News and as always we welcome your feedback and contributions.

Garth Popple
Executive Director

We included these photos of WHOS Rozelle because we like to be reminded of the natural beauty of our site



Staff 25 & 10 Year Recognition Awards Simon, Jo, Min, Susie, Carolyn, Gaye



Garth Popple, Executive Director of WHOS presenting Simon Blow with a 25 year service award.

"When I started teaching the Chinese Health Cultivation practices (what we call Qigong) in 1990. I was interested in sharing these self healing techniques with others who would not normally come into contact with holistic principles. In 1992 I was invited to see if I could help at an organisation called [WHOS](#). Over the last 25 years I have been fortunate to have the opportunity to learn and grow from my experiences at WHOS. Twice weekly I lead groups at three different programs with an average of 100 residents (students) per week. In 2004 I conducted a research project to see if the regular Qigong program was helping. I presented this paper to an International Medical Qigong Conference in Beijing May 2005 and it has been published in many wellness magazines. To see research discussion paper [please click](#) "



Garth Popple, Executive Director of WHOS presenting Jo Lunn with her 10 year service award.

Jo Lunn, our Service Delivery and Innovation Manager has celebrated over 10 years with WHOS. Jo came to us back in 2008 and it very soon became clear that Jo was an amazing asset and was someone we wanted to be part of the WHOS team. She is a registered Psychologist and has been working in the drug and alcohol field since 1996. Jo has been instrumental in getting essential training implemented into WHOS for the staff. Her main focus is working with clients with complex needs and has helped WHOS to gain Dual Diagnosis capability via the University of Wollongong. Jo has been successful in obtaining one-off grants for WHOS which has enabled us to provide much needed training to our staff and has implemented so many new initiatives at WHOS for our complex needs clients. Jo introduced to WHOS another important tool that increased consumer feedback. Jo is currently working on our e-Learning platform and this will provide our staff with all of our essential policy training. Jo is a tireless worker who has so much energy and passion. She is very dedicated to WHOS and ensuring our clients get the best care possible and our staff are equipped to provide that care.



Garth Popple, Executive Director of WHOS presenting Min Ni & Susie Xu with their 10 year service award.

Min Ni and Susie Xu are our dynamic finance and accounts personnel and they have both now clocked up 10 years of service each! Min came to us as a bookkeeper back in 2002 and worked with us on a consultancy basis until 2005 when we put her on the payroll as we didn't want to lose her. Min achieved her 10 years back in 2015 and is now joined by Susie achieving her 10 year milestone. Susie started with us also as a consultant back in 2005 and became a full-time employee in 2008. Both Min and Susie are tremendously dedicated, hard working and have an amazing knowledge of how all the WHOS funding works. They are professional, meticulous, helpful and supportive. Nothing is ever too much trouble and they are often asked to quickly get a budget done for a new grant application or stats for a particular project and it is done without complaint and always on time. They are such an appreciative asset to WHOS we would be lost without them and we look forward to celebrating many more anniversaries in the future with them.



Garth Popple, Executive Director of WHOS presenting Gaye Byron & Carolyn Stublely with their 10 year service award.

Gaye Byron, Clinical Nurse Manager for Rozelle, has also just celebrated 10 years of service at WHOS. Gaye came to WHOS as our Multiple Complex Needs Nurse when we were setting up our Rozelle services. She was the only clinical nurse on campus at the time and now we have a team of nurses and Gaye is the Clinical Nurse Manager for Rozelle. Gaye is a committed and dedicated staff member at WHOS who you will often find working late ensuring the client's needs have been taken of. Gaye came from the public hospital system working at Langton Clinic for many years so Therapeutic Communities was a new area for her but she embraced it and is a very genuine and caring nurse who ensures clients get the best possible care. Gaye has been part of the growth to our medical services which provides an invaluable service to all our clients. I think the clients all have a soft spot for Gaye as she really goes over and above to ensure that their mental health and medical needs are taken care of. We look forward to many more years of your nursing care.

Carolyn Stublely, our Nurse Manager has just celebrated 10 years of service at WHOS as well. Carolyn and Gaye started at the same time with Carolyn commencing her employment as the Manager of WHOS RTOD which was established when we moved to Rozelle. Carolyn worked at Rankin Court Clinic for many years and had a good understanding of people on methadone and other OST's. RTOD was our brand new initiative of providing a stabilisation service for clients on OST so Carolyn was perfect for this role. Carolyn then moved to the position of WHOS Nurse Manager overseeing all matters of opioid substitution treatment as well as overseeing the nursing roles at our rural services WHOS Hunter and WHOS Sunshine Coast. WHOS was successful in obtaining an OST dosing licence to dose on site and Carolyn oversees all aspects of this service. Carolyn is a keen advocate of marketing OST and harm reduction services that WHOS provides and has presented at many conference over the years. Carolyn, is a hard working, committed and dedicated Manager at WHOS and has a wealth of knowledge. She has introduced many new initiatives to WHOS for our clients health and well-being such as the liver clinic, dental and optical services etc., ensuring all aspects of their health are attended to.



New Aboriginal and Torres Strait Islander Worker positions at WHOS Rozelle

WHOS have recently hired two Aboriginal and Torres Strait Islander Workers to enhance the cultural support and cultural inclusiveness provided to WHOS clients.

WHOS has culturally diverse programs with 20 per cent of admissions identifying as Aboriginal and Torres Strait Islander. In 2018 the opportunity for WHOS to employ Aboriginal and Torres Strait Islander workers was made possible as part of a project funded by Central and Eastern Sydney PHN to enhance the culturally inclusive program provided to WHOS clients to facilitate better connections with the Aboriginal and Torres Strait Islander community. The Aboriginal and Torres Strait Islander workers Calley Clarke, our Consumer Liaison Worker, and Chris Duckett, our Engagement Worker, have had an impact on the TC community as a whole since commencing work at WHOS.

Their impact has been particularly felt by our Aboriginal and Torres Strait Islander clients. When discussing the new roles with them and the experience so far, Chris told us

"WHOS has made great progress in building the change in its organisation and to better their program for future Aboriginal and Torres Strait Islander clients. My role here is just trying to build the WHOS rehab name in the Aboriginal and Torres Strait Islander Community and trying to let the mob know what WHOS is about and how they can help Aboriginal and Torres Strait Islander people with this treatment program. I see the clients turn into different people, you see them calm down and they can hold productive conversations with you. I see the change in the clients in the way they talk and the way they carry themselves. It's always good to hear the clients' talk positively about their future for themselves, their families and their children".

Calley added

"My experience so far has been a pleasant one. The staff have been very supportive of my role. I have felt a little overwhelmed at times but with support I have done my best in developing the role. The clients have responded well to me coming on board and they feel supported and comfortable with my presence. I am very excited about my future with WHOS".

WHOS client feedback about these positions is also very positive. A New Beginnings Client said

"Having been a resident of New Beginnings for the last six months, I have found the Aboriginal workers to be a great asset to myself as an Aboriginal woman in recovery. While in active addiction I was quite isolated from my Aboriginal Community. With the support of our Liaison Worker I have been able to connect on a cultural level with my Aboriginal Brothers and Sisters. On a weekly basis we have an Aboriginal lunch, groups and check ins where I am able to discuss any needs I have surrounding my Aboriginality. I am especially grateful for the workers support and assistance with the Link Up Service, enabling me to have my connection with my country, my people and where I come from."

A Gunyah client added

"It's great having Aboriginal workers on site who can relate to our culture and our stories and just having their presence here will help". With the aim to encourage more Aboriginal and Torres Strait Islander people into its programs and cultural inclusion, WHOS can already acknowledge what a great asset these two workers are bringing to its residential programs."



The Hon Sarah Mitchell, Minister for Early Childhood Education, Minister for Aboriginal Affairs and Assistant Minister for Education with Chris Duckett, his daughter Stephanie and Ivan Slater, former Project Officer, Dept of Aboriginal Affairs at the *Bringing the Children Home* ceremony to unveil a plaque at Central Station recognising the history of the Stolen Generations in Australia and the sad fact that many survivors were transported away from their families and communities by train.



Calley Clarke



Calley & Chris

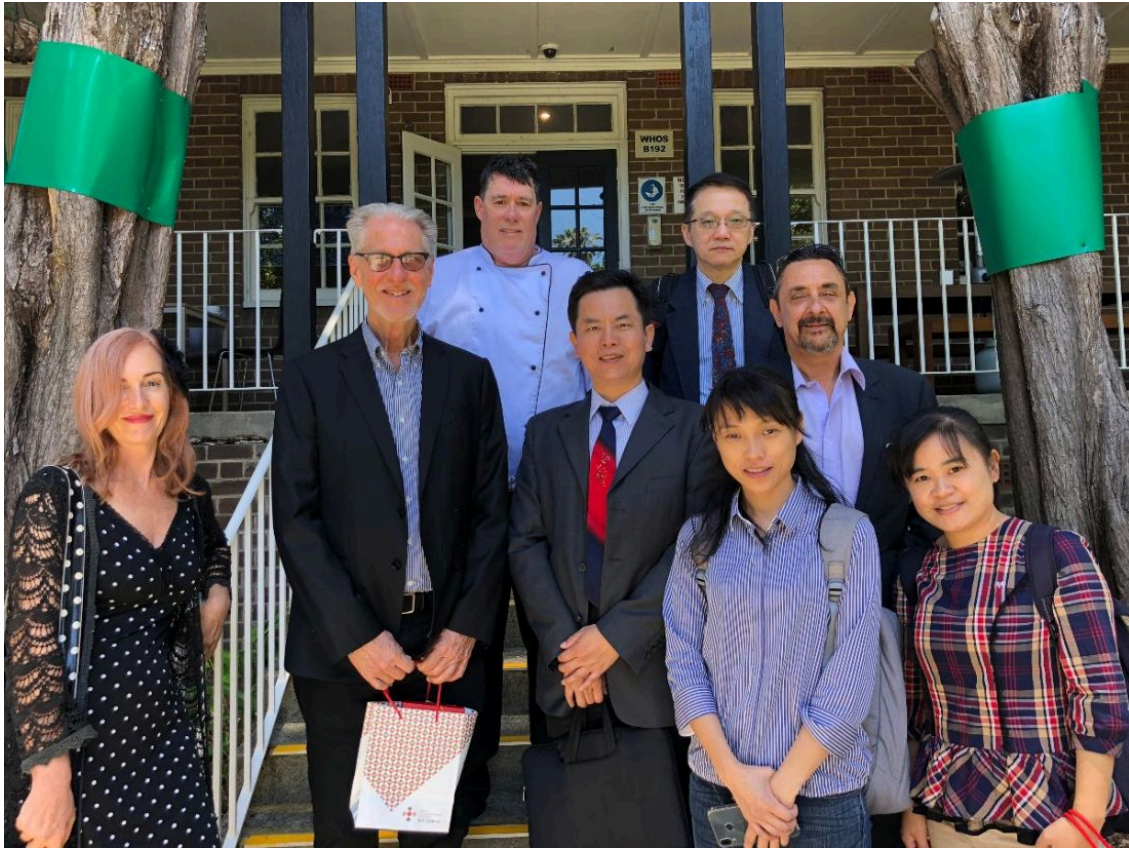
Taiwanese Delegation

WHOS recently had the privilege of hosting an important delegation from Taiwan.

As part of a study tour organised by our good friends at the National Drug and Alcohol Research Centre (NDARC) a delegation from the Taiwanese Addiction Society spent some time at WHOS to get a better understanding of a therapeutic community and the programs we offer.

As always, it was also an opportunity to exchange ideas and experiences over a special lunch provided by

our hard working WHOS Cafe team.



Stingless Bees & Beehive

WHOS was very pleased to recently receive and install a beehive specially designed for stingless bees provided by Beecology.

As a result, we are now custodians to 10,000 stingless bees and in time, we will have pure honey for all our residents to share and enjoy.

Operating a beehive takes knowledge and skills and thankfully residents have been able to have bee workshop education sessions.

The beehive forms part of our plan for the WHOS Cafe to be culinary (herbs, vegetables, fruit seedlings) aesthetic (heritage plants true to the era of the original gardens) and educative (beehives).

The gift of a stingless bee installation takes pride and place outside the cafeteria and we are grateful to Allyson from Beecology who will return to the bee hive annually and provide ongoing workshops for residents caring for the bees.

Lenny Ramsay (WHOS Groundskeeper), Allyson Apte from Beecology, and Lyn Latella from Friends of Callan Park.



OzHarvest - 100 Million Meals Celebration Takes Place at WHOS Rozelle

Late last year the OzHarvest Food Truck came to WHOS to serve and share a community lunch with clients and staff to celebrate the incredible achievement of delivering their 100 millionth meal.

OzHarvest staff, volunteers plus a few representatives from key stakeholders – Woolworths and BP – joined in to serve the lunch and to be part of the celebration. As the photos and video link below show there were almost 200 people at the lunch at a beautiful outdoor setting in the grounds of WHOS Rozelle.

WHOS would particularly like to thank and congratulate OzHarvest CEO, Ronni Kahn, who also attended the event, for her tireless efforts for the community.



We are so proud to share with you that we have delivered 100 MILLION MEALS to people in need!



Caring for Broughton Hall - 2019

You Can Help Fundraising Initiative

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

WHOS has always set the highest example of custodianship of Broughton Hall Therapeutic Gardens as a safe space to connect with positive personal rhythms and we want to continue this healing history of the gardens.

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.



Our gardening and groundskeeper heroes past and present - Glen & Lenny

CHOOSE HOW YOUR DONATION WILL BE USED: Caring for Broughton Hall - 2019

Historical items:

Oriental bridge woodwork	\$2,200
Oriental bridge concrete	\$4,000
Arch bridge concrete	\$16,000
Arch bridge small	\$3,200
Chinese gate and plinths	\$6,000
Paving	\$4,800
Paths	\$12,000
Features	\$5,200

Environmental plan:

Rainwater to ponds	\$3,800
Water tanks	\$4,600

Maintenance:

Roadways	\$7,800
Brickwork	\$14,000

Plants specified:

Tree Ferns	\$4,500
Interwar species	\$2,800
Rainforest	\$4,400

Contact us directly on 02 8572-7411 to discuss how to make a donation towards our Caring for Broughton Hall Plan and how you would like your donation used

Furniture Donation

WHOS would like to thank our good friends at Shape for their continued support of our organisation.

Their regular donations of furniture for the residents and many community based homes we operate are always welcome and give our centres and houses a nice refresh.



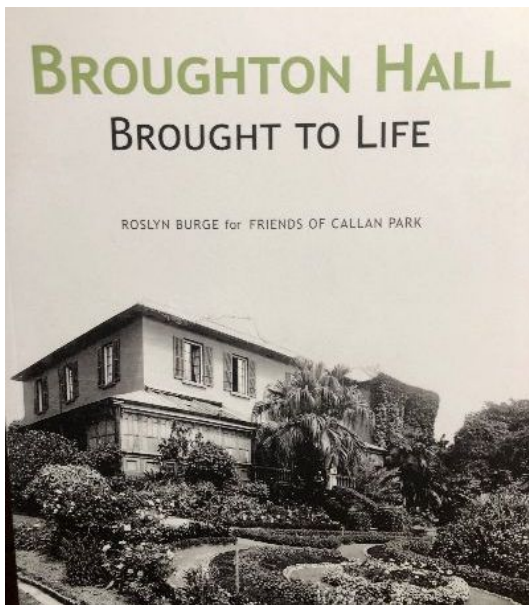
Friends of Callan Park Book Launch

Recently, WHOS Executive Director, Garth Popple, had the honour of launching the book - "Broughton Hall: Brought to Life" by Roslyn Burge at an event hosted by the Friends of Callan Park and attended by many important and local dignitaries, including the former Governor of NSW, Professor Marie Bashir.

The book traces the history of the land on Wangal and Gadigal Country from mudflats, the beginnings of Broughton Hall in 1840's through to today. The publication is beautifully presented with stunning photography and excellent narration, capturing its rainforest and landscaped lawns. The publication commends the Glovers Community Garden and Non Government Organisations on site and credits We Help Ourselves over a two page photo spread.

WHOS congratulates Roslyn on this fine publication capturing important history and acknowledges her enormous undertaking in compilation over two decades.

WHOS greatly appreciates the special and supportive relationship it has with the local community and in particular the Friends of Callan Park, which work closely with WHOS in our efforts to maintain the heritage of the site upon which we operate our therapeutic communities and other services.



Orana Haven Visit to WHOS Rozelle



Recently WHOS hosted Mr Alan Bennett, the CEO of Orana Haven which is located in north west New South Wales and provides a rehabilitation service for Aboriginal people suffering from drug and alcohol problems.

Orana Haven is an initiative of the Aboriginal communities of the Murdi Paaki/Orana Region of NSW in response to the need for a safe, understanding and culturally sensitive sanctuary for Aboriginal people whose lives were being destroyed through the consequences of drug and alcohol abuse.

Orana Haven began operating in Brewarrina in 1982 on the site of the old mission and recent funding from State and Federal Government agencies has enabled the expansion and relocation of Orana Haven to the village of Gongolgon on the Bogan

River, south of Brewarrina. Now occupying a 10 hectare property, Orana Haven employs a full-time staff of ten people and provides rehabilitation for an average of 150 to 200 people each year. Although many of Orana Haven's clients are from the local Aboriginal community, its rehabilitation program is also open to non-Aboriginal people. Its peaceful location on the river allows Orana Haven to encourage clients to re-engage in cultural activities as part of their rehabilitation program, including fishing, hunting, painting, tool making and other types of art work.

WHOS already receives referrals from Orana Haven, particularly for clients already on medicated assisted treatment for opioid dependence, such as suboxone, but establishing a better understanding in meeting client needs was a priority for both organisations.

Bunnings Donation

Once again, Bunnings Ashfield comes to the rescue.

Last year Amanda O'Connor and in store horticulturist, Richard, took a shine to our 'Paddock to Plate' concept of planting a productive garden at the rear of the WHOS community cafeteria. Recently with just

a couple of months to go before the quality accreditors audited all WHOS sites, Bunnings again kindly offered to help us replant a tired 'horseshoe' garden space out the front of the cafeteria by providing some labour, equipment and many plants for the revamp under the theme of educative, aesthetic and productive.

BUNNINGS
warehouse

In one day the garden was completely overhauled by Amanda, Lenny and the residents of WHOS Rozelle. By the time the auditors came on site we had many beautiful plants, 10,000 stingless bees in a hive and possums kept at bay! Clients are now enjoying the fruits of their labours with the first tomato pickings just started for the season.

We once again can't thank Bunnings enough for partnering with WHOS Rozelle.



Client Stories



GUNYAH'S CLIENT STORY

Four months ago I was sitting in gaol in a 4 x 9 foot cell wondering if the Drug Court application I had applied for was going to be considered and accepted. I was also wondering whether or not I had made the right decision to try entering into the Drug Court program. I was filled with anxiety and fear about what the future may hold in the days leading up to my court appearance. I was skeptical whether or not the Drug Court program would actually work for me and if I was capable of actually staying clean on the outside. In the bottom of my heart I didn't even think I would make the criteria to be accepted into the program.

The day came for court and my lawyer told me I had been accepted. I was happy but at the same time was scared and filled with fear as to what the future may hold. When I spoke with the Drug Court nurses after being accepted I asked them if I could enter into a treatment program instead of being released to an outside address. They agreed that this would be a good decision. I asked them if I could apply to WHOS Gunyah men's house, to put me on the list and whatever happens from there happens.

I was then sent from Parklea Gaol to the Drug Court detox unit clinic of Silverwater. After 10 days of being there one of the guards told me I had a visitor, which I thought was weird, because you are not allowed any visitors or even any phone calls from that unit. When I got into the room where they said the person was waiting to my surprise it was a worker from WHOS Gunyah. He informed me he was here to do my assessment and that they had a bed for me at Gunyah, based on the outcome of the assessment. I was so relieved that they had accepted me. After the assessment the WHOS worker said he would ask if my release date could be pulled forward in order for my treatment to commence as soon as possible.

Less than a week later I arrived at WHOS. At first it was weird being outside of gaol but I was grateful for being accepted at WHOS. I came on the 16th February with no possessions or clothing, just my gaol issue

greens and nothing else.

Fast forward 4 months and I have everything I could possibly need; the most important being a new outlook on life and tools to help me live a life of recovery. I have learned a lot about myself in treatment here in WHOS and how to work on core issues which I have never been able to deal with. I have learnt to resolve tense and tough times of conflict with people in a healthy way and how to respond to someone and not react with violence or verbal abuse. I've learned reasons what lead me to a destructive pattern of behaviour including, crime and the use of drugs. And also, how to fill that void created by "loss of drugs" with positive things. I have learned how to communicate again in a normal way with people and learned to trust people again and build healthy relationships instead of staying withdrawn and isolated within myself. It's like I have started to find my spark for life again and it feels very strange but also liberating at the same time. I have had all the support I could possibly need from both the staff here at Gunyah and also my fellow peers in the house, plus more. I have progressed to the point where I can start offering my support now to the earlier stage residents and be a role model to the man how I got through the program and begun to change myself for the better through various skill instruction, job function roles and other forms of support in our community.

Instead of just talking now, I can actually use action to show the early stage peers how to begin breaking down fronts and start rebuilding themselves and by helping others. I feel it also helps me too. I guess that's how the program of WHOS is designed. Now I'm finishing my treatment and about to start my next step of the journey into the Exit stage of WHOS.

I feel like a completely different person to who I was 4 months ago and I owe that all to WHOS and for that I will be forever grateful.

West's Tigers Partnership with WHOS Continues in 2019

WHOS is pleased to announce that our partnership with West's Tigers will continue throughout 2019.

The West's Tigers provide our female and male residents with a weekly 1-hour session that involves fitness training, skills development (such as team building) and leadership development. All of this done via the exercise and training program developed by the West's Tigers community team.

Further information on all the good work in the community that our friends at the West's Tigers do can be found at

<https://www.weststigers.com.au/community/>



WHOS Centres - click for information



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:

<https://www.smh.com.au/politics/federal/no-job-no-marriage-no-home-she-thought-her-son-hit-rock-bottom-but-entering-rehab-cost-him-20181107-p50eiv.html>

<https://www.cessnockadvertiser.com.au/story/5706462/more-beds-needed/>



WHOS was proud to be involved in the 2019 Yabun Festival in January 2019.

The Yabun Festival is the largest one day gathering and recognition of Aboriginal and Torres Strait Islander cultures in Australia, held annually on 26th of January upon the traditional lands of the Gadigal people in Sydney.

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.



Greenhouse Restoration at WHOS Rozelle

As part of our vision to restore the Broughton Hall area of Callan Park - WHOS Groundskeeper Lenny Ramsay is overseeing the restoration of the onsite, but derelict, greenhouse. Our hope is to return it to its former glory.

This construction is over 100 years old and sourcing heritage and historical materials hasn't been easy but as the before and progress photos show below - it is a project taking shape.

The projects was commenced by Lenny and, in his Vocational Educators capacity, he has been supported by the able hands of WHOS residents.

Anyone able to help with sourcing and donating historically accurate materials please contact WHOS.

Before Photos



Progress Photos



World Federation of Therapeutic Communities Conference Report

The 27th World Federation of Therapeutic Communities (WFTC) Conference in Bangkok, Thailand was successfully held from the 28 October – 1 November 2018.

The WFTC helps join together in a worldwide association of sharing, understanding and cooperation within the global Therapeutic Community (TC) Movement as well as to widen recognition and acceptance of the TC and the TC approach among health organizations and health delivery systems of international and national bodies.

With the assistance of our Thai colleagues at the Princess Mother National Institute on Drug Abuse

Treatment, the Thailand Office of the Narcotics Control Board, the Thai Ministry of Public Health and the Thai Therapeutic Communities Association, the WFTC was able to provide a highly informative and entertaining conference for delegates representing TCs from around the world.

Copies of the presentations at the conference can be found at <http://www.wftc2018.org/index/1534>



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.



OneSight®





**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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Our mailing address is:
PO Box 1779
Rozelle NSW 2039

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