



AWARENESS REHABILITATION MANAGEMENT

Rosella House

Participants' Information Booklet

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You alone can do it, but you can't do it alone.

Welcome!

Welcome to Rosella House. The Centre facilitates the treatment for adults seeking assistance for the addiction to alcohol and other drugs through a 13 weeks residential program.

The program consists of group work therapy, counselling and life skills drawing from a variety of resources, including existing services within the Midwest community.

This booklet is designed to inform you of some of the services the centre offers you, and to make you aware of what the centre requires of you.

Please remember that no program can provide quick fixes or magic solutions-**recovery** takes time, effort and willingness to face up and work through the issues concerning you.

While this program is only a part of your recovery, we believe it can work for you only if you are willing to work the program.

As Rosella is a communal style centre, we also believe that you can make a significant contribution with your wealth of experience and knowledge, to enrich the life of the many people you will meet while staying here.

We sincerely hope that during your stay with us you will rediscover your potential to live the fulfilling life you aspire to.

Yours Sincerely,

The Drug ARM Rosella House Team

1.1 Referrals

Anyone can enquire and make appointments to visit the House and find out more about Drug ARM Rosella House. It is preferable if you, the person wishing to enter the program, make the initial contact before an assessment appointment can be given. Referrals can be obtained from Drug and Alcohol agencies, Mental Health, GPs, Welfare agencies, private counsellors, etc.

1.2. Assessment & Admission

It would be beneficial if you could come in to see the facilities for yourself and discuss the different aspects of the program before booking in for an assessment. However, this is not necessary if it can't be arranged.

The initial assessment (by appointment only), is conducted in-House. This usually takes about one hour, and it is aimed at helping you to identify some of the most pressing issues concerning you. This is not an examination and is not designed to discriminate who can or can't participate in the program.

Criteria for admission:

- ◆ **18 years of age or older**
- ◆ **That you have detoxified prior to the assessment**
- ◆ **You are ready and motivated to participate in all aspects of the program of your own free will**
- ◆ **You are able to stay substance-free after the initial assessment**
- ◆ **You accept the conditions of the program**
- ◆ **Urinalysis is clear of all substances***

***As part of the assessment a urine sample is taken to ensure that your body is substance-free. This can be done in-House or at Geraldton Regional Hospital.**

After the assessment you will be asked to spend a few days out in the community, maintaining a substance-free lifestyle. You may use this time to organise your affairs before entering the program e.g. medical certificates, Centrelink appointments, separation certificate from employers, Doctors and other health care appointments, parole officers, bank accounts, relatives, etc. bearing in mind that **the first two weeks of the program are non-contact.**

You will be notified as soon as we receive the result from the urinalysis of the date and time for your admission.

Please note: assessments are not conducted if we cannot guarantee you a place in the House. We do not keep a waiting list; you may decide to remain in contact until a place becomes available.

1.3 On-going Assessment and Feedback

It is important for you to take responsibility for your own recovery and therapy. This requires discipline and on-going commitment. Staff members will not engage in “herding” people into groups and activities other than gentle reminders.

As part of our case management structure we meet once a week to monitor and discuss residents’ progress and provide you with the necessary feedback.

We are aware of motivation changes and take those into consideration, however we reserve the right to end your treatment if it is deemed that you are not benefiting from the therapy, proving disruptive to the community, or using our resources for any other motive than rehabilitation.

“ A person convinced against their will is of the same opinion still”.

About the House

Rosella House is a heritage building situated in the Geraldton CBD, adjacent to one of the city's busiest shopping centres. In its proximity there are: doctor surgery, dentist, physiotherapist, optometrist and other services.

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Drug ARM Rosella House adheres to the concept of a substance-free therapeutic community. Therefore the House is:

...a substance-free environment in which people with addictive problems live together in an organised and structured way in order to promote change and make possible a substance-free life in the outside society. The therapeutic community forms a miniature society in which residents and staff in the role of facilitators, fulfil distinctive roles, and adhere to clear rules, all designed to promote the transitional process of the residents. Self-help and mutual help are pillars of the therapeutic process in which the resident is the protagonist principally responsible for achieving personal growth, realising a more meaningful and responsible life, and of upholding the welfare of the community. This is a voluntary program in that resident are not held or participate by force or against his/her will (Ottenberg et al. 1993).

Drug ARM WA Inc., a non-profit Christian non-denominational organisation, manages Rosella House. Drug ARM has many years of experience in the field of alcohol and drug awareness, rehabilitation and maintenance. As for every other aspect of the agency's operations, Rosella House too, offers a caring, non-judgmental environment, staffed by people committed to delivering the best possible service available. Each permanent staff member does not only adhere to the ethos of the organisation but is also committed to promoting a healthy drug free lifestyle.

The House Rules

3.1 Alcohol and Other Substances

In adherence to the therapeutic community philosophy you have the right and the responsibility to live in and maintain a substance-free environment.

Under no circumstances can alcohol or other substances be tolerated on the property (this includes visitors). A breach of this rule will lead to the dismissal from the program within 15 minutes and a ban from the House for at least three months.

Regular random drug screenings are conducted and the return of a positive test will also lead to immediate dismissal.

Prescribed medications are to be handed over at admission time and kept secured in the appropriate medical cabinet. Medication will be given out according to doctors' prescription by the staff on duty, but please remember that it is your responsibility to ask.

Please note that benzodiazepine medications are not to be taken while in the program. If you have been prescribed this medication you will be expected to work out a reduction plan with the coordinator at your assessment. This will be put into place on your admission to the program. All residents are expected to have ceased taking any benzodiazepines within ten days of entering the program.

Non-prescribed medication will be confiscated and handed over to a pharmacist for proper disposal.

A medication regime will not be altered without doctors' consent. If you are not satisfied with your current medication or doctor it is in your right to change, but you need to provide a new medication regime in writing signed by the doctor.

If you are prescribed more than three (3) kinds of medication per day we will ask a pharmacist to prepare doset packs to prevent any errors in dosage. Doset packs cost approx \$3.50 ea. per week. Cost to be met by residents.

3.2 Suspected drug use

If you suspect that another resident maybe using do not discuss your concerns with other residents, but speak with a staff member outlining why you hold the concerns. All information will be treated in the strictest confidentiality.

3.3 What can I bring with me?

Apart from your personal belongings you may bring: clock radio or similar audio player, power board, reading and writing material, musical instruments, photographs and small ornaments to add a personal touch to your side of the room.

The House supplies bedding and basic toiletries, however you may bring your own, if you wish. Please make sure that your property is clearly marked for identification as we will not take responsibility for loss or damage to your personal belongings.

You may NOT bring mouthwash, expensive items, portable TV, CDs, personal music players (e.g. MP3 player, Discman, Ipod), PDA's or palm pilots, incense, candles, sharps, laptop computers, cameras, spray deodorants (roll-on only), aerosols, etc.

Before admission two staff members are required to check your belongings and will be able to advise you if anything is not suitable. Any item found unsuitable will be labeled and securely stored until your exit.

Staff will also need to check your packing when you exit the program.

3.4 Participation in the Program

Once you have decided to enter the program you have agreed to and are required to participate in all its aspects unless otherwise instructed.

Punctuality at every segment of daily activity is required, this includes:

- ◆ **Daily Attendance to all classes**
- ◆ **Participation in Therapy Groups**
- ◆ **Participation in Self-help Groups NA & AA**
- ◆ **Counselling sessions**
- ◆ **Daily Roster Work**
- ◆ **Recreational and Fitness activities**
- ◆ **Casual/one-off activities prescribed by the program supervisor**

The supervisor may discuss with you your progress and commitment to your recovery at any stage of the program, and help you determine and monitor your motivation for change and the achieving of the objectives that have brought you here (see on-going assessment and feedback).

It is only in extreme cases that someone may be asked to leave. This course of action is usually taken when a resident's behaviour is detrimental to the rest of the group (e.g. constant sabotaging of group therapy, unwillingness to cooperate and participate, purposely generate disharmony, etc.).

3.5 Consideration for Others

Everyone has the responsibility to acknowledge and respect the rights of others. In the interest of the smooth running of the House please observe the following:

- ◆ **Keep noise level down**
- ◆ **Use positive language**
- ◆ **Refrain from using abusive and obscene language**
- ◆ **Respect other people's privacy**
- ◆ **Respect other people's property**
- ◆ **Be punctual**
- ◆ **Clean up after yourself**
- ◆ **Respect confidentiality**
- ◆ **Do not engage in unnecessary gossip and criticism**
- ◆ **Be fair**
- ◆ **Avoid put-downs however serious or light they may appear**
- ◆ **Address the behaviour not the person**

3.6 Unacceptable Behaviour

Unacceptable behaviour cannot be tolerated under any circumstances. This may include: sexual harassment of staff and residents, verbal threats and abuse, physical violence, body piercing, tattooing, sexual encounters with other residents, stealing, damaging of property, smoking inside the House, gambling (for money or favours) while in the house. In addition to this, TAB and on course betting is not to be undertaken whilst participating in the program. Because we are in close proximity to a public car park residents are asked to refrain from engaging in conversations with visitors over the fence. It is also unacceptable to shout at, call out or annoy passing shoppers in any way. Behaviours identified as unacceptable may lead to dismissal from the program.

3.7 Relationship with Other Residents

Exclusive relationships with other residents cannot be permitted during the program. Recovery is a demanding time when people are vulnerable. Experience and research have shown that sexual relationships detract from recovery.

Resist the temptation to solve other people's problems. You are here to look at your own issues, and while sometimes it is natural to want to prevent others to go down the same painful path, it is not beneficial to your recovery to shift the focus to others. You can be friendly, supportive, caring and compassionate but be mindful of not robbing others of the responsibility and dignity to make their own decisions.

If a situation with other resident/s becomes problematic ask for mediation before it goes too far. Many people have clashed in the first days of the program only to become close friends after a few weeks.

3.8 Smoking

For safety and legal reasons no smoking is allowed in the House or in the vehicles.

3.9 Bedrooms

Please remember that bedrooms are to be used for sleeping at nighttime only. If you need to lie down during the day inform the staff on duty. No residents other than the occupants are allowed in the bedrooms. If you are invited into a room do not enter as this will be view as a serious infringement upon the privacy of the resident's personal space. No posters, pictures, aerials, etc. are to be fixed on walls. You may use bluetac on the furniture for small photographs, etc.

It is your responsibility to keep your room clean and safe; random inspections are regularly conducted. Linen will be collected from you on a weekly basis for washing as part of the rostered work.

For health & safety and fire regulations you are required to keep the floor free of any obstructing object that may prevent you from exiting quickly in case of emergency (e.g. shoes, clothing, towels, open drawers, etc.).

3.10 Rostered Work

Rosters are drawn each week for duties in the House. Every resident is asked to perform their duties with efficiency and punctuality.

These activities are considered group activities and should be carried out as such, adhering to the same group guidelines governing other groups.

3.11 Meals

The House provides you with three meals per day plus some snacks. While breakfast can be consumed at different times due to shower/bathroom availability, lunch and dinner are considered a group activity and must be consumed at the allotted time. Also a group activity is the kitchen duties. Two or more people are rostered each time; you should work as a team and not split the duties.

Residents are not engaged in the cooking of meals. All residents' personal foodstuffs are to be marked accordingly and stored in the coffee room fridge.

Snacks provided by the House or supplied by the residents should be kept in the coffee room. No resident is allowed in the kitchen outside of kitchen duties time.

3.12 Mobile Phones

Rosella House is a "mobile free zone". If you have one please hand it over to the coordinator. You are able to use it outside the House when you are on Time out; you must return the phone when you return. Phones not handed back on time are subject to deprivation penalties.

* Note this does not apply to early morning time out on Tuesdays, Wednesdays, Thursdays and Saturdays. Mobile phones will not be kept on charge whilst in our care.

House telephone use for non program activities are to be kept to a minimum and calls to mobiles and STD calls will be logged and charged back to the resident therefore residents are requested to get the recipient to call back. Phone cards and recharge facilities are available at the local shopping complex next door.

3.13 Vehicles

Rosella house does not allow for storing residents vehicles on the property and would encourage residents to leave their vehicles at home or with a responsible friend or family member.

3.14 Television and Videos

Television may not be used between 8:30 am and 4:30 PM Mon-Fri, 8:30 am and 1:00 pm 5:30-8pm Saturday. The television is to be turned off during meal time. There are two TV's for residents use, one in the lounge and the other in the music room. Videos may be watched between 2:00 pm until 5:30pm & after 8pm Saturday, and 9:30am and 9:30pm Sunday, *providing this does not interfere with any activity* (eg: Sunday morning Breakfast or NA). The staff on duty may reserve the right to ban unsuitable material.

The House will not provide hired videos for the purpose of entertainment. It is the residents' responsibility to hire and return videos and DVDs. The library also has videos and DVDs for loan.

3.15 Time Out

Time Out is available to you after the two weeks of non-contact, and is not to be confused with Free Time. Please remember to inform the staff on duty and fill out the logbook when you leave and at your return. House bikes can be used for transport during time out, however, it is your responsibility to ensure that they are returned to the house and not left unsecured.

You are required to return on time. If an emergency occurs ring the House immediately to inform the staff on duty. Failure to return within two hours may result in dismissal from the program.

When you come back from Time Out staff reserve the right to search your bags.

3.16 Special Time Out

There may arise the need for you to have Time Out outside the hours allocated. If this occurs you need to make a request to the Coordinator at least 24 hours in advance. In most cases you may need to swap your Time Out. Reasons for special time out may include: Doctors appointments, Dental, Welfare, Centrelink, etc.

3.17 Visitors

Your visitors are welcome but please observe the following:

- ◆ **Observe visiting hours**
- ◆ **Their behaviour should not impact on other residents' recovery program.**
- ◆ **Inform staff on duty when your visitors arrive**
- ◆ **No visitors in the bedrooms**
- ◆ **Visitors are not to be intoxicated**
- ◆ **Visitors should respect the privacy of other residents**
- ◆ **You may offer your visitors morning or afternoon tea but it is your responsibility to clean up afterwards**
- ◆ **Children must be supervised at all times**

A copy of the visiting hours is available for you to give to your family and friends.

3.18 Conducting private business

Residents are not permitted to conduct private business of a commercial nature while participating in the Rosella House program. Extended activities undertaken during your time out which impact on your participation in the program are not to be conducted. Please understand that the priority while in the Rosella House program for the three month period is your participation in the program.

3.19 Promotion of the drug use lifestyle

Residents should be aware that clothing or other personal belongings or items that staff believe would promote a drug or the drug using lifestyle are not permitted at Rosella House as these items may become a "trigger" for you and others within the program.

4. Residents Rights and Responsibilities

1. I have the right to live in an alcohol and drug free environment and I share the responsibility, with the staff and other participants, to ensure this is maintained.
2. I have the right to access the services provided by Drug Arm Rosella House without discrimination of my sexuality, nationality, religion, disability or criminal record. I have the responsibility to respect the differences of others.
3. I have a right to live in a safe environment, free from physical violence and verbal abuse, sexual or emotional harassment. If this occurs I have the right for my complaints to be treated with all seriousness. I have the responsibility to see that the House is a safe place for everyone.
4. I have the right of confidentiality of personal records in accordance with State and Federal legislation.
5. I have the right not to be exploited by the House or its staff.
6. I have the right to leave the program at anytime, to receive monies owing to me and information about after-care services.
7. I have the right to nutritious food, adequate accommodation and access to medical services when needed.
8. I have the right to honest feedback from staff as they evaluate my performance and progress.

Note:

The program has a right and responsibility to continually assess whether Drug Arm Rosella House is the appropriate place for each participant. This assessment must be balanced between the needs of the individual and their affect on the House community. This sometimes may appear to override the above rights.

We trust that you view the above guidelines as a common-sense approach to communal living which aims at making your stay at Rosella House successful in reaching the objectives that have drawn you here, if you wish to discuss any aspects of the House Rules please do not hesitate to speak to the staff.

About the Program...

Recovery from substance misuse is a process of growth and development. It takes time and requires changes in thoughts (beliefs) and lifestyle (behaviour).

The challenges of living a substance-free life are often heightened when the recovering person is confused or uninformed about the recovery process. While we acknowledge that each recovering person has unique and individual experiences, we believe that the most effective treatment program is Group Work Therapy. Within the group framework residents are encouraged and supported in understanding the interaction between the environment, the individual and the substance. Moreover, we believe that substance use is a learned behaviour used to medicate unpleasant emotional states. Therefore, substance-use behaviours can be unlearned if the reasons for use are eliminated.

The Drug ARM Rosella House rehabilitation model is based on the following therapeutic model:

- ◆ **Group Therapy**
- ◆ **Relaxation and Stress Management**
- ◆ **Cognitive Behaviour Therapy**
- ◆ **Self-Help Groups**
- ◆ **Water Therapy**
- ◆ **Gender Specific Group**
- ◆ **Rostered Work**
- ◆ **Life skills**
- ◆ **Permaculture**
- ◆ **Occasional groups held by guest AOD educators**
- ◆ **Individual Counselling**

Most of the activities in the program are facilitated by Drug ARM permanent staff. A team of dedicated professionals who, not only will endeavour to encourage you to strike a balance between the theoretical and practical aspects of the program, but also continue to search for ways to improve the delivering of services. The Rosella House rehabilitation program also enjoys the indispensable support of existing services and professionals, both within the AOD field and beyond, in the Midwest community.

6.

The Details

You will get out of the program as much as you put in it.

As mentioned earlier, a lot of emphasis is placed on self-help and mutual help. Another equally important pillar of strength for our program is your willingness and motivation to participate in it. Furthermore, it is important for you to understand the basic formula of the program:

Entering The Program Is Up To You; Participation Is Not Optional!

While you are still contemplating it may be worthwhile considering the following reasons for participating in the program.

I am going to be involved in this program because I want:

YES NO

1. Help in my recovery from substance abuse
2. Help rebuild my relationship with my children/family
3. Education regarding substance use
4. To avoid jail
5. To talk about myself
6. To make real changes in my life
7. To feel safe
8. To express my true feelings
9. Others to do things for me which I'm unable to do for myself
10. Others to do things for me I won't do for myself
11. Food and shelter
12. To please my family/counsellor/probation officer
13. Get free of my guilt
14. To avoid loneliness
15. Positive people to help me
16. Others to admire me
17. To help others in their recovery
18. To make new friends
19. To gain power and influence over others
20. To complain about my life
21. To make progress
22. Others to feel sorry for me
23. To look like I am doing something
24. To stay on sickness benefit
25. To help me make some difficult decisions
26. To improve my health so I can resume substance use
27. To join a group I belong to
28. To overcome my fear of death
29. To gain self-awareness
30. Any other reason

7. Non-contact period

Every participant is required to spend a two-week period of non-contact. This is aimed at letting you focus on yourself and your concerns. Begin to know yourself a bit better and get in touch with your feelings. Non-contact means that you can only go out of the House on prescribed activities, you may not make or receive phone calls. You may write letters and cards if you wish. This is aimed at giving you time to settle in the new routine, familiarise yourself with the House, the staff, other residents and the program.

8. Group Work Therapy

Group meetings are conducted every day, generally but not necessarily by two co-facilitators. Some groups run for approximately two hours with a break in between. The groups are based on Cognitive Behaviour Therapy. They include Relapse Prevention and social skills such as Self-esteem, Self-talk, Feelings, Relationships, Anger, Assertive Communication, etc. Shorter group work period in the morning.

9 Relaxation

Simple but effective exercises helpful to gain greater efficiency, self-control, stress management, etc.

10 A.A. at Rosella House

Self-help weekly meeting in the Twelve Step tradition, hosted every Wednesday at 12:30 p.m. by the House residents opened to other A.A. members from Geraldton and outer areas. During the final 4 weeks residents can negotiate with the coordinator to attend separate A.A or N.A

11. N.A. At Rosella House

Self-help weekly meeting in the Twelve Step tradition hosted every Friday at 7:00 p.m. by the House residents opened to other N.A. members from Geraldton and outer areas.

12 Water Therapy

Water therapy program conducted at the Geraldton Aquarena, by a fully qualified swimming specialist. The program takes into account all levels of fitness and ability and it has a recreational aspect included. Please bring ear plugs if needed and a suitable swimming costume.

13 Activity Groups

These groups include sporting, adventure and leisure activities, in accordance to availability of services and funds.

14 Gender Specific Groups

These groups will address specific needs for men and women separately.

15 Music Therapy

This is conducted once a week in a 1.5 hour session. You may bring your own musical instruments or feel free to use the house guitars and key boards for practice during any free time.

16 Rostered Work

Residents are rostered to work in some areas of the House and gardens. Every Monday rosters are affixed on the notice board, they may include Kitchen duties, Housework, and outdoor duties.

17 Horticulture/Permaculture

Permaculture is looking at ways of creating a sustainable future on a personal, local and global level. It involves examination of elements in the environment, self sufficiency and simple home gardening skills. The sessions are conducted by a fully qualified horticulturalist. The objectives are: (1) Create a vegetable garden suitable for single persons' accommodation in which a low-income earner can supplement food requirements in a sustainable way. (2) Provide Rosella House with an on going vegetable garden.

Each Monday the group will draw up rosters for Permaculture tasks during the week.

18 Art Therapy

Art therapy has proven beneficial in helping residents relax and strengthen their creative ability.

19 Library & Internet

Weekly activity held every Thursday evening at the Geraldton public library. Residents may borrow reading material, music scores, tapes, videos and puzzles on a weekly basis. As well as using the computers for internet searches. Email can also be checked, however, the library make a small charge for this.

20 Individual Counselling

It is the responsibility of the resident to ask for counselling. You may want to discuss your needs with the coordinator at any stage of the program.

Counselling can be organised by the coordinator this may incur a cost if an outside practitioner is required.

21 GP

Drug ARM Rosella House in partnership with COMPARI have secured the services of a General Practitioner to address alcohol and other drug issues. Appointments are necessary.

Success

If you think you are beaten, you are;
If you think you dare not, you don't,
If you'd like to win, but think you can't,
It's almost a cinch you won't.

If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will,
It's all in the state of the mind.

