

ANNUAL OVERVIEW 2016



Making Strides in Northam

Luke and Karly have been together for 4 years and it hasn't been an easy journey. They have both struggled with addiction, Luke to alcohol and Karly with Methamphetamines. In 2015, Luke was hospitalized from overdosing on alcohol and a mix of pills. The experience made him fear for his life and join the Recovery Program.



Luke, Karly and their son Jacob

Karly was hospitalized after severe seizures and was told she only had a week to live if she continued using. Karly said that she had no other choice but to fight her addiction because of their son Jacob.

Karly beams with happiness now that she is 127 days clean and Luke has also been sober since beginning his journey.

Today Luke is very positive about his recovery and says he rarely thinks about drinking any more. Karly is kept busy caring for Jacob, but also finds time to study Drug and Alcohol Counseling.

Karly speaks about how she and Luke support each other when it becomes difficult and ends with "(we are a) happy little family" with a laugh. Luke jumps in, "No, no... we're not happy all the time, we're just like any other family but we just got over our drug addiction". I think that sums everything up perfectly.

2016 Highlights

72,704

occasions of service were provided

2130

patients received treatment support - a 12% increase

895

of these patients were detoxed - a 13% increase

622

people received counselling - a 31% increase

430

people were provided with mental health support - an 82% increase

321

people received accommodation under clinical observation during their detoxification treatment

\$687,907 was received in donations

\$3,545,183 was received in grants

Report from the CEO

It is certainly no exaggeration to say that 2015-16 has thrown us many challenges as we have coped with ever increasing demands on our resources whilst our funding has been significantly diminished. The trend towards increased methamphetamine ("ice") use has continued, and now makes up more than half of all presentations to Fresh Start. This trend has now locked in and treatment for opioid addiction is no longer the main substance treated. This has led to changes in the way we care for people and usually means that a period in long term recovery accommodation is indicated.

Accordingly the number of men in long term rehabilitation at the Northam Recovery Centre (NRC) continues to grow and we have now commissioned the new site in Spencers Brook, just 8kms from NRC. This farm style property of 36 Ha provides a serene country setting and is being developed as a "return to work" centre. We have developed a strong partnership with the local TAFE College and other workplace providers in Northam. The first project of restoration of one of the historical buildings has begun with TAFE coordinators overseeing the project. The residents working on the project will obtain valuable work experience and completion of TAFE qualifications.

Other projects will see the establishment of social enterprises in Northam, including furniture restoration, rural contracting and catering. These enterprises will also provide a cash flow for the centre, helping it to become self-sustaining. We are also working with a local "work for the dole" scheme that is helping us establish a vegetable garden and assisting with grounds maintenance. It's encouraging to see the improvements being made to this great site as it springs back into life. Eventually we will see more than 100 residents, staff and volunteers working together here, providing men with skills and motivation to return to work and take up their place in the community.



Our commitment to ensure that recovery from addiction is available to everyone who comes to us for help remains firm, in spite of funding cuts of \$1 million. This has made some changes at Fresh Start inevitable but we are here for the long haul. The courage and commitment of those who decide to change their whole life continues to inspire us all here at Fresh Start. Please remember them as you read this report.

Jeff Claughton
CEO

My Name is Jo and I'm an Alcoholic.

I have struggled with sobriety for the past 10 years. Last year everything came to a head and I made the decision that I wanted to die. After a failed suicide attempt, I engaged with Fresh Start's program and was treated.

After being sober for 3 months I lapsed again. At the time I wasn't sure why but now I think it's because the Naltrexone treatment wore off. I've accepted that relapsing is a part of recovery and the journey is often two steps forward and one step back.

I know if I have one drink, it turns into 5 days of bingeing. When I drink I isolate myself, I drink alone, I drink at home and I drink with the door shut. And I don't answer the phone. Then when I'm detoxing, I'm frail and I shake.

But this time around it's different, I want off the merry-go-round. I feel different to the way I ever have in my life. Naltrexone gives me the ability to have clarity of mind to start to make changes in myself. To be clean and sober today and wanting to get up is awesome.

I cannot fathom relapsing but if I were to relapse tomorrow, I would get up the next day, wrap up yesterday in a little ball and throw it over my shoulder and keep going. And I wouldn't go back down into the depths again.





Dr George with Residents, Martin, Greg, Luke and Simon.

2016 Treatment Highlights

895 patients were detoxed using the Naltrexone implant

556 of these patients were treated for the first time

93% of our patients in treatment were from WA and 6% were from interstate or overseas (1% unknown)

Treatment for addictions at Fresh Start has three phases:

- Care planning by a General Practitioner, when goals are set based on the needs identified in the patient's assessment and interventions are planned to meet patient goals.
- Detoxification – Addiction Medicine Specialist Dr George O'Neil or one of his assisting doctors provide a motivational intervention when the patient's care plan is reviewed and updated. Various pharmacotherapies are administered to make the detoxification process as quick and comfortable as possible.
- Relapse Prevention – Doctors administer appropriate pharmacotherapies to prevent relapse according to the substance of abuse.

2016 Counselling Highlights

Counsellors provide an accessible service:

- Helping clients and their families in recovery from addiction.
- For all ages; including children under 18 years and men and women over 60 years, although most are between 30 and 39 years of age.

Our team of counsellors offer a vital service to help patients overcome their addiction and live a drug free life. They provide a range of approaches for individuals, family units and groups, including: cognitive behaviour therapy, acceptance and commitment therapy and eye movement desensitisations reprocessing for clients with complex trauma and PTSD. Mindfulness plays a role in a number of their approaches.

Fresh Start provided
622 clients with
2,034
counselling sessions



Some of Fresh Start's Mental Health Nurses, Counsellors and Outcare Workers

2016 Residential Rehabilitation Highlights

Fresh Start provides a unique drug and alcohol residential rehabilitation program for men at our Northam Recovery Program which consists of our newly acquired property, The Hill, in combination with the existing Northam Recovery Centre.

The program is based on a Modified Therapeutic Community model which is widely used in residential rehabilitation settings. It is an effective, structured method that creates an environment to help people overcome addiction.

Whilst at Northam, residents have access to a Clinical Psychologist, Mental Health Nurse, individual and group counselling sessions and work readiness preparation.

193 men
took part in the program
staying an average of
71 days each.



Fresh Start's new property, The Hill

2016 Supported Housing Highlights

Secure accommodation is a safe place for people in recovery and is one of the most important aids in recovery. At Fresh Start we have a range of housing options for recovering patients without family support.

321

people received accommodation during their detoxification treatment in Wembley



Georgie working hard to revamp one of our houses

71

people were provided with supported accommodation or transitional housing.

2016 Detoxification Addiction Treatment Clinic Highlights

Each week on Monday and Wednesday, Fresh Start runs a detox clinic for patients seeking to receive help for their addiction. Anyone seeking help is offered treatment for their addiction and the chance to begin their recovery straight away.

895

patients were treated with a Naltrexone implant for their addiction in 2016. The top three primary drugs were amphetamines (**49%**), opioids (**36%**) and alcohol (**15%**). Patients were followed up at week 1, week 4, week 12, week 24 and week 36 and week 52.

Dr O'Neil is a Fellow of the Australasian Chapter of Addiction Medicine. He provides a 24/7 service for patients who are seeking to overcome addictions and is available by telephone when not running the weekly clinics.

2016 GP Clinic Highlights

All Fresh Start patients have access to general health services through our GP clinic that operates four days a week (Monday, Tuesday, Thursday and Friday). In addition to this, patients can also make an appointment to see one of our medical practitioners for:

- General health checks and physical examinations.
- Information on the prevention of infection from blood-borne diseases such as HIV and Hepatitis.
- Advice and information on nutrition and exercise.
- Referral to other health services.

2016 Hepatitis Clinic Highlights

Hepatitis C is a common condition among our clients and all are offered screening. Of the estimated 230,000 people in Australia living with hepatitis C, approximately 80% will have acquired it via injecting drug use.

Since March 2016, highly effective and well-tolerated directly acting antiviral treatments have been available and there has been an enormous increase in interest in treatment.

We offer easy access to treatment supported by a specialist hepatology nurse and hepatologists from Sir Charles Gairdner Hospital. Clients can continue to address their substance use, physical and mental health concerns during treatment.

We estimate being able to treat about 50 clients in the first 12 months, and a small but growing number of clients with the less common chronic hepatitis B.



Dr Wendy Lawrance and Hepatology Nurse, Julie Stove

2016 Training Highlights

There is increasing demand for drug and alcohol treatment services in Western Australia. At Fresh Start we are helping train the next generation of Addiction Medicine Specialists and AOD workers.

63 students completed placements at Fresh Start through our partnerships with

- The University of Western Australia
- University of Notre Dame
- King Edward Memorial Hospital
- TAFE
- Murdoch University
- Curtin University



Fresh Start Nurse, Michelle teaching students Tiana (left) and Renae (right)

2016 Mental Health Services Highlights

Drug and alcohol abuse often goes hand in hand with mental health problems. At Fresh Start we offer a comprehensive service that treats the addiction and offers assistance with the mental health problems.

Over the last year our mental health nurses:



Mental Health Nurse Jo with a patient

- Provided **430** patients with mental health services on **3,823** occasions.
- Worked closely with medical staff to follow up patients at the clinic.
- Visited patients in their homes as part of an outreach program.
- Ran the Fresh Minds group therapy program.
- Liaised with other providers to improve access to mental health services.

2016 Chaplaincy Highlights

Recovery from addiction can often be a long and bumpy road. Fresh Start Chaplains are there to walk the journey with each patient. They are available to help people with their personal growth and development. They also help restore relationships and provide spiritual care.

The Chaplains lead **3** weekly Fresh Start community support groups; meet regularly with patients at various stages of recovery and provide comfort to patients and their families during the treatment process.

The Chaplains ran **78** group sessions this year with an average of **10** people attending each session.

Chaplains also provide Christian services for those who seek them.

These include:

- Bible study and prayer groups in our supported accommodation
- One-on-one prayer
- Grief counselling
- Baptism and funeral services
- Connecting people to a local church for their ongoing spiritual growth

2016 Highlights Volunteers

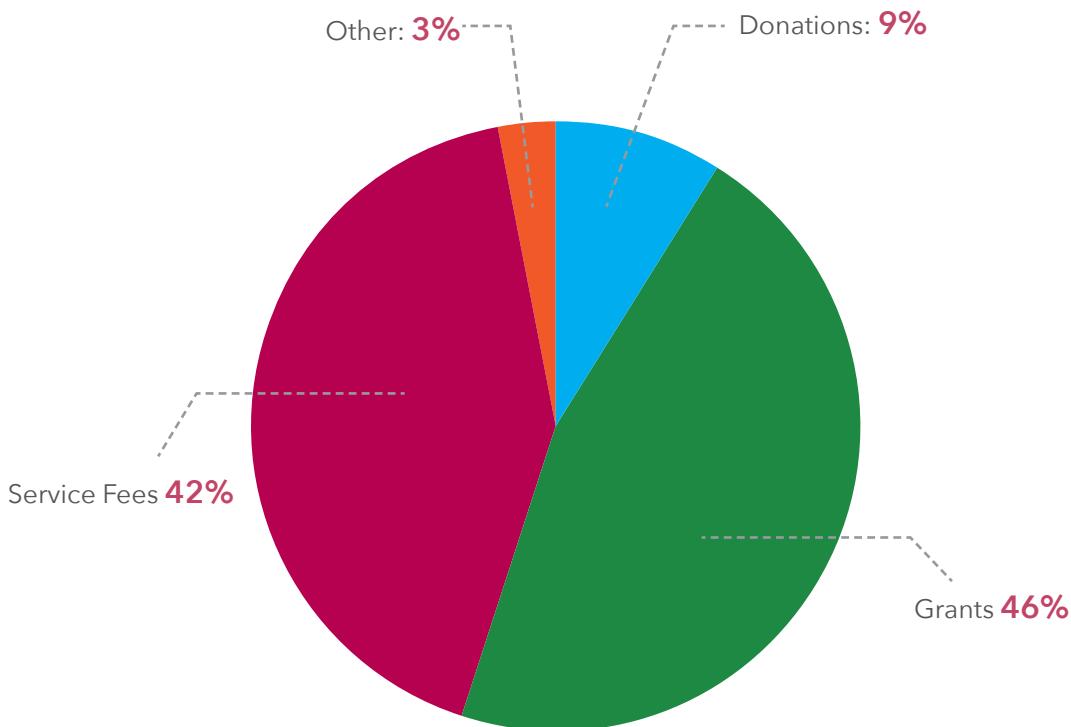
- On 30 June there were **100** Fresh Start volunteers.
- Their contribution was valued at **\$796,435** (according to Volunteering Australia calculations)

Volunteers are a vital part of the Fresh Start community. Their time, skills and experience enable us to provide an excellent service despite our funding limitations. They ensure our patients and their families receive personal support at every stage of their recovery.



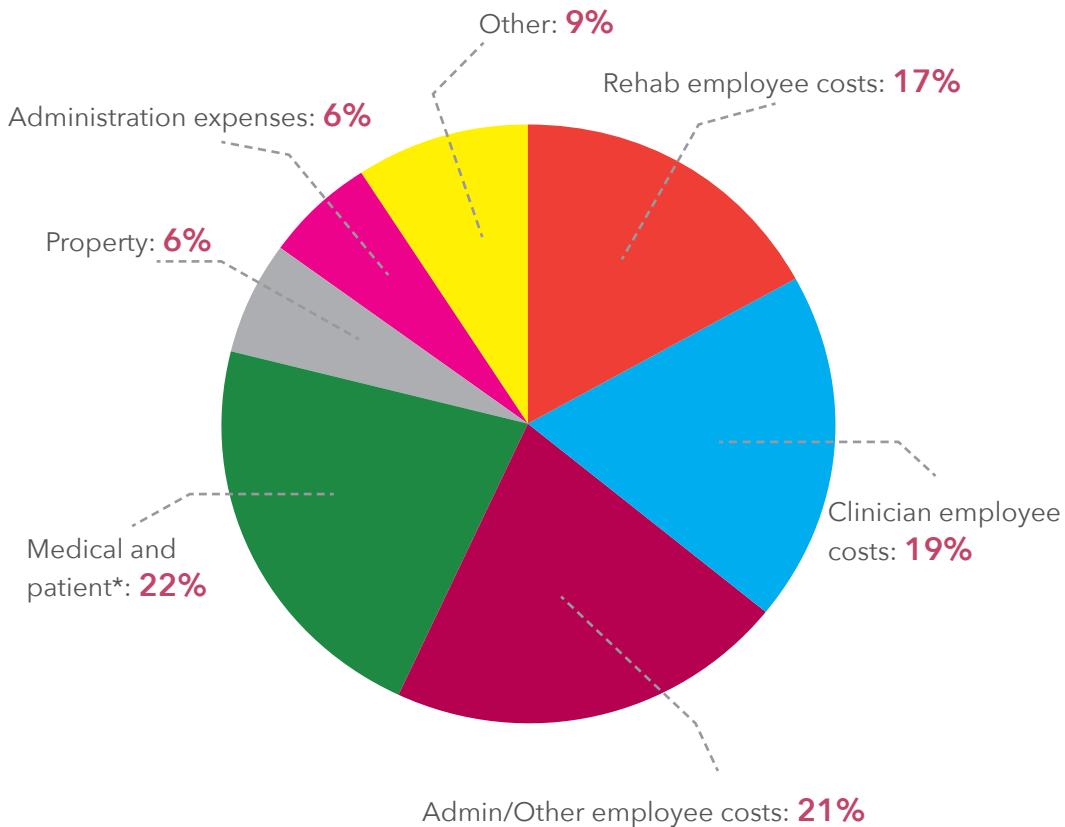
One of many Fresh Start Chaplains, Juliet

2016 Financial overview



Income for the 12 months to 30 June 2016

Donations	9%
Grants	46%
Service Fees	42%
Other	3%



Expenditure for the 12 months to 30 June 2016

Rehab employee costs	17%
Clinician employee costs	19%
Admin/Other employee costs	21%
Medical and patient*	22%
Administration expenses	6%
Property	6%
Other	9%

*Our Naltrexone supplier only bills Fresh Start what we can afford. If we were to pay in full for all implants the Medical and Patient Costs would increase to 31%

A Special Message from Dr George O'Neil

I am writing to give thanks to all our supporters in our 20th year of work. AMPRF was founded in 1996 and treated the first patient in June 1997. More than 10,000 have now been treated. Our supporters include the many patients and families presenting as well as people from the churches, academic institutions, government and every walk of life as we search and pray together.

The most common time for addictions to start are in the teenage years, but the majority of presentations to us are in their mid-20 and 30's. Many or most of this group have one or two young children by the time of presentation. The investment in treatment has an effect on the next 50 years for the individual experiencing the addiction and another 50 years effect on their spouse as well as 80 years effect on each child. This is why effective treatment potentially changes the course of 260 life years for the family addicted.

Our work involves detox, counselling and rehab support. This year we have added to our rehab support by opening our new facility at the Hill, a farm in Northam with accommodation for more than 90 people.

We have also developed facilities for monitoring naltrexone and flumazenil levels. The work is centred on correcting the physiology and rebuilding the heart and soul of the individual, family and community. Thank you for investing with us and for praying for our work and patients.

Kind Regards,



Dr George O'Neil
MBBS, FACHAM, FRANZCOG, FROCOG, DDU, CitWA
Medical Director
Fresh Start Recovery Programme
Clinical Associate Professor University of Western Australia

You can make a difference in the following ways

Volunteer your time

Consider joining the Fresh Start team. For more information, please contact our Volunteer Coordinator on (08) 9381 1333

Pray for us

To subscribe to our prayer letter, please contact one of our Chaplains on (08) 9381 1333.

Become a financial supporter

To donate, please call (08) 9381 1333 or go to www.freshstart.org.au/support-us

Make a bequest

For information about including Fresh Start in your Will, please contact CEO Jeff Claughton on 9381 1333 or email makingabequest@freshstart.org.au

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Our Vision

To solve the world's addiction problems

Our Mission

To help families with addictions

