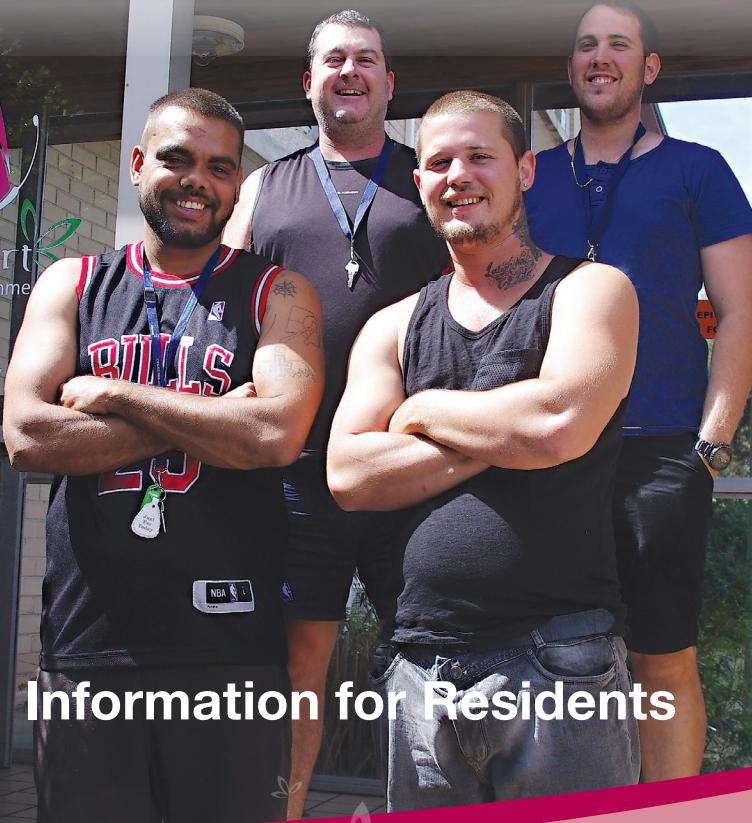




Northam Recovery Centre



Information for Residents



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Medical Founder and Director

Welcome

The Fresh Start Recovery Programme team
welcomes you to the Northam Recovery Centre.

We are a not for profit, Christian based organisation
committed to helping you recover from addiction.
This will take time, patience, humility, huge courage
and a big effort on your part.



Where is the Recovery Centre?

- Northam Recovery Centre (NRC) is situated in Northam about 100km east of Perth.
- Northam is a regional centre with a range of community health and social services. It has been earmarked as a WA ‘supertown’ which means that it is a growing community.

How do I get there?

- Transportation to NRC can be arranged if necessary.
- There is a train and bus service between Perth and Northam that residents can use later in their recovery.

What is it like at the Recovery Centre?

- The centre is a large, three-story building with gardens, a chook run and a vegetable patch.
- Each resident has his own air conditioned bedroom.
- There is a common area for meals, a lounge room with TV.
- Residents can use the gym, pool table, table tennis, darts, BBQ and outdoor area.
- NRC staff and leaders are always ready to help you settle in.

What happens at the Centre?

- The Recovery Centre is operated on a modified Therapeutic Community (TC) model of treatment.
- The Centre becomes your community for the period of your recovery.
- You have time during the first few days to learn how the Centre operates.
- Each day begins with readings from the Bible, followed by a community meeting.
- Excursions, walks, swimming, projects, counselling, teaching and community living are all part of the programme.
- Maintenance and care of the property is an important part of the recovery programme. All residents help with normal household tasks including cooking, cleaning, gardening and maintenance, through being part of the daily roster.

Safety Net

- Upon arrival at the Centre, you will be placed on ‘Safety Net’.
- Safety Net is a two-week period that provides an opportunity for you to be fully immersed in the program.
- During this time there is no contact with family, friends or loved ones with exception of children.
- This is an opportunity to focus on your recovery and the TC program.

Buddy System

- On arrival at NRC a ‘buddy’ (senior resident) will be allocated to you.
- This person is available for support, education about the TC program and assistance with any difficulties or queries during your recovery.

Can I take leave during my recovery?

Your stay at the Centre will normally be at least three months while you recover.

- Leave may be granted on a case-by-case basis after the first 30 days.
- Approved leave is normally over a weekend.
- Staff or a nominated buddy will accompany you off-site during the first 30 days.
- Day leave may be granted with a buddy after 14 days (conditions apply).

What do I need to bring?

- Bed linen and pillows are supplied, however, personal bedding can be used if desired.
- Clothes and toiletries (tooth brush, tooth paste, roll-on deodorant, safety razor, etc.)
- You can bring items of a personal nature such as photos, books and magazines. Personal items must not advertise vulgar slogans, sex, alcohol or other drugs.
- Do not bring any X or R-rated, satanic, occult, violent or pornographic material to the Centre. Incense or candles are also prohibited.
- **We cannot guarantee the safety of your personal items.**
- You should arrange your own personal insurance for valuables e.g. jewellery, phone, computer.

If you are exited from the facility, you will be expected to pack up and remove your personal belongings. If you are unable to do this, staff will pack up your belongings and place them into secure storage.

If your personal belongings are not collected within one month of exit, Fresh Start reserves the right to dispose of personal it.



Telephone Access

- Mobile phones are not allowed during your recovery.
- You will be expected to give your phone to a staff member on arrival at NRC. It will be kept in a locked safe and not re-charged during this time.
- Your phone is returned for the period you are on leave, and is recollected upon your return to NRC.
- After the safety net period you have limited access to outside calls.
- Important calls to Centrelink, Dept. of Justice, employment agencies and the Fresh Start Clinic will be monitored by staff members.
- Interstate, overseas and mobile calls will be allowed on a case-by-case basis and are at your expense.

Can I bring my vehicle?

- You are not allowed to have a motor vehicle or bicycle at the Northam Recovery Centre.
- Please make arrangements to store your vehicle while you are a resident.

Do I have to pay rent?

- You will be required to pay rent fortnightly.
- The rent is currently \$460 a fortnight, inclusive of food and subject to change.
- Your rent can be paid in cash or deducted from Centrelink or your bank account by direct debit.
- Failure to pay rent is regarded as a breach of your Residency Agreement and may result in exit from the Centre.



What is provided?

- Bed linen and pillows.
- Three meals a day and snacks.
- Clothes washing facilities and laundry detergent for personal use.
- Transport to the Fresh Start Clinic, doctor and other health-related appointments.
- On-site therapeutic services including, a doctor, Mental Health Nurse and Clinical Psychologist.

How do I get my medication?

- All medications (prescribed and over-the-counter) must be given to the staff upon arrival at Northam.
- Prescribed medications are 'blister packed' by the pharmacy.
- Fresh Start staff are responsible for the administration of all medications.
- All medication changes require a new script from your doctor.
- **Fresh Start does not pay for your medication.**
- The pharmacist requires payment for all medications before dispensing (COD).

How do I pay for my treatment?

- Payment for your treatment is required while participating in the TC program.
- Arrangements can be made to have this deducted via Centrelink or deducted from your bank account each month.
- This direct debit will continue until your account is paid, even after you leave the Centre.
- If payment arrangements have not been made upfront, arrangements will be made during induction at NRC.

What are the house rules or boundaries?

1. Living in community means that respect is shown to each other at all times.
 2. All aspects of the programme, including those of a religious nature, are considered mandatory. For example, you are required to attend all individual group and therapy sessions.
 3. Urine drug screens (UDS) and random breath tests (RBT) are mandatory.
Avoiding a UDS or RBT (including diluted urine) is considered a breach of your Residency Agreement and may result in expulsion.
 4. Alcohol and other drugs of addiction* are not to be brought to the Centre, or consumed at any time, inside or outside the Centre.
 5. Dealing in drugs will not be tolerated and will result in instant exit from the programme.
 6. Residents must obtain permission to leave the facility. Absence without leave may lead to expulsion.
 7. Harassment or violence to staff, residents and visitors will not be tolerated.
This includes verbal and physical encounters and may lead to expulsion.
Sexual harassment of staff, residents and visitors may lead to expulsion.
 8. Weapons of any description are not permitted on the premises.
 9. Malicious damage to property, stealing, criminal activity and dishonesty may be cause for expulsion.
 10. Non-prescribed medications containing opioids are also not permitted in the facility.
Protein supplements containing creatine are not permitted.
 11. No visitors are allowed in your bedroom. This includes other residents.
 12. Smoking inside the Centre is strictly forbidden and is restricted to the designated smoking zone.
- * Drugs of addiction including: Alcohol, methadone metabolite, benzodiazepines, THC, cocaine metabolites, amphetamine class, opiates and buprenorphine



What is a Therapeutic Community?

A Therapeutic Community is a structured method and environment for changing human behaviour in the context of community life and responsibility.

A Therapeutic Community is directed primarily towards recovery from addictions through personal growth which requires abstinence from alcohol and illicit drugs including prescription drugs used illegally.

For more information about this model, see www.atca.com.au

Spiritual Care

Fresh Start Chaplain Joel Hammen provides spiritual care to residents and staff. Joel is available for one-on-one meetings with residents and leads a weekly Bible study and church service.

Other optional Christian programs include a Certificate in Personal Development with the Bible College WA, camps and other outdoor activities.

What are the values of a Fresh Start Therapeutic Community?

- Respect, courtesy and co-operation.
- Each member of the community is valued.
- The community functions for each other, including staff and visitors.
- The community balances compassion and discipline.
- The community is open and transparent.

Moving On

Once you and a Fresh Start doctor have agreed that you have completed your residential programme, an exit date can be arranged.

Do you want to be free from addictions?

Then come ready to participate and co-operate in all aspects of the programme.

Best wishes for your recovery.



Darrylin Brain
Program Manager



Jeff Claughton
Chief Executive Officer

Residential Agreement

I(full name)

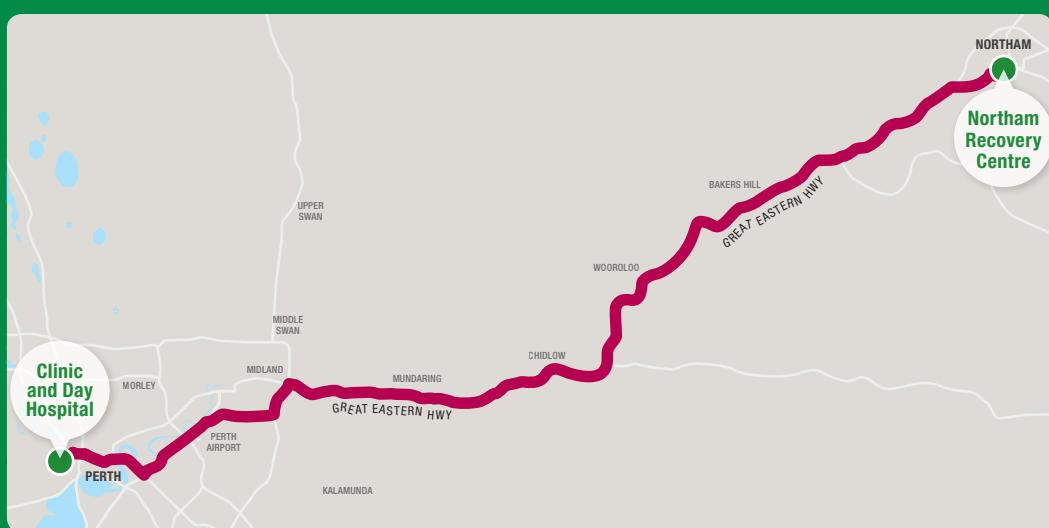
have read and understood and agree to abide by the conditions set out in this Information Booklet.

Signature:..... Date

Full Name: Date

Witness: Date

(Signature of a Fresh Start staff member)



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