

Kim's Story

"I had a 30-year heroin addiction and I was using daily. I felt completely hopeless and suicidal tendencies plagued me continually... I walked through the doors of Transformations in 2009 and have not touched a drug since. Through the program I found the hope I had always been searching for. I now have meaning and purpose, and I am using my life to help others."

Ash's Story

"When my dad brought me up to the program I was suicidal, drug fried and could see no hope for the future. And then as I started the program I discovered how hard it was. People were accepting me and loving me for who I was, which in turn helped radically transform my mind and heart to bring me to the man I am now. With the help of Transformations I have restored my relationship with my family and my beautiful daughter."

Steps to Begin Recovery

We are here to help. If you or a loved one want to be set free from addiction please reach out. We offer empathy, support and stand with you on your way to recovery.

Call us on (02) 6341 3415 and complete a phone assessment with a staff member.

You can reach out by emailing us at **centralnsw@transformation.net.au** or heading to: **www.transformations.net.au**

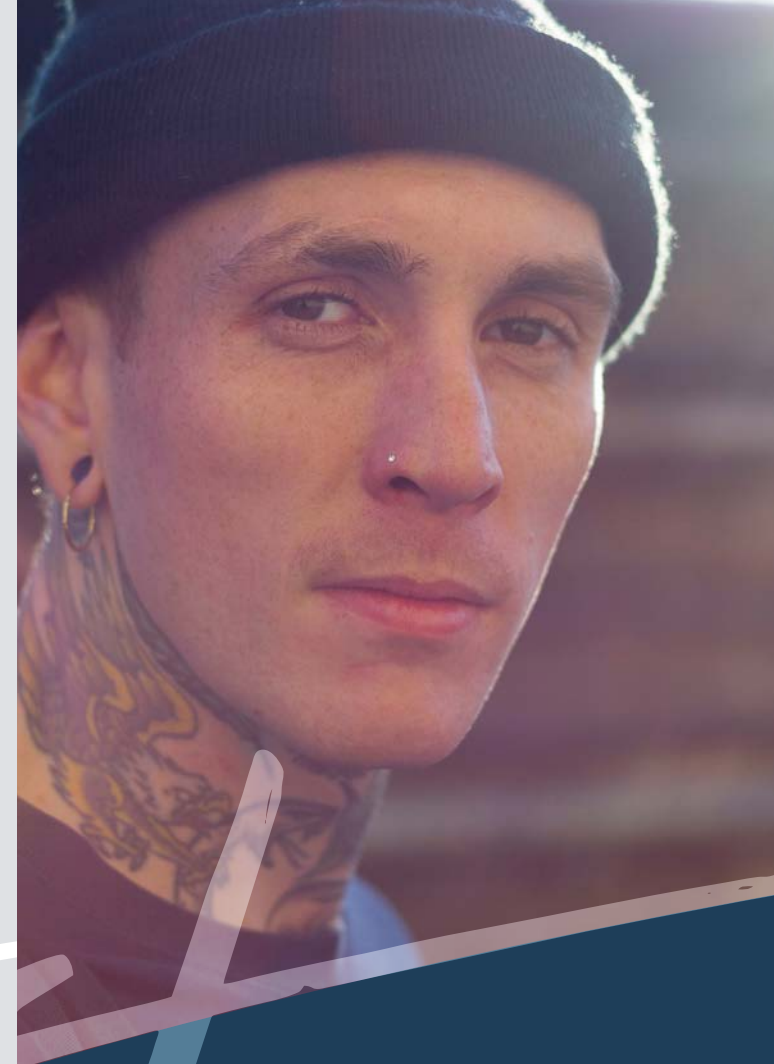
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Residential Recovery Program

transformations

Peer-to-Peer Addiction Recovery

About Transformations

Transformations is an evidence based, faith supported, peer-to-peer support community that helps set people free from addiction. Founded on a therapeutic community model and supported by individualised case management, group therapy and psychoeducation curriculum, Transformations helps clients address the core reasons behind their addictions.

This recovery model is evidence based and Transformations has been delivering positive results for over 20 years. Our therapeutic community focuses on the whole person including overall lifestyle changes, not just abstinence from drug/alcohol use. The recovery program promotes personal change through the community, self help and professional support.

Peer-to-peer support through the therapeutic community encourages participants to address the core reasons behind their addictions, rediscover their identity, and acquire the necessary tools to live a healthy and productive life free from addiction.

Additionally, each resident is assigned a case worker who is responsible for tailoring unique interventions for the individual. Transformations provides a network of support for clients while they address issues associated with the criminal justice system, family and community services, housing, other legal or financial matters, and medical needs.

Program Overview

The Transformations Program is made up of four phases and the average duration of each stage is 12 weeks.

Assessment Phase – 4 weeks

Clients are given the chance to get familiar with their new surroundings and are offered support in adjusting to new routines and beginning the path to recovery.

First Stage – Self-awareness

Clients begin to take responsibility for themselves and their recovery. Through the therapeutic community clients are made aware of their behaviours and enter into daily disciplines and routines.

Second Stage – Inner Healing

By second stage clients are now ready to engage in some of the underlying issues of their addiction such as trauma, abuse, relationship breakdowns, grief and loss. They begin to receive one-on-one counselling and psychotherapy to work through the healing process.

Third Stage – Leadership

By stage three, having received breakthrough and understanding of the underlying issues and cycles of addiction, clients are now ready to step into their assigned greater levels of responsibility within the community including mentoring of other clients.

Fourth Stage – Transition

Stage four clients are carrying out their personalised plan of transition into healthy living using the tools they have learnt through the program such as goal setting, relapse prevention and healthy boundaries. Clients are still volunteering in the community during this stage.

Eligibility

To enter the Transformations Program applicants must fit the following criteria:

- Must have detoxed from illicit/licit drugs and alcohol for 7 days minimum prior to entry.
- Must be 18 years or older and eligible for Centrelink payments.
- Physically fit and able to complete the work component of the program.
- Must be willing to comply with the program boundaries and guidelines.

The Transformations program is understanding of applicants who may have ongoing mental health issues. Applicants will be assessed on a case by case basis to ensure that the program is suitable for any specific health needs.

