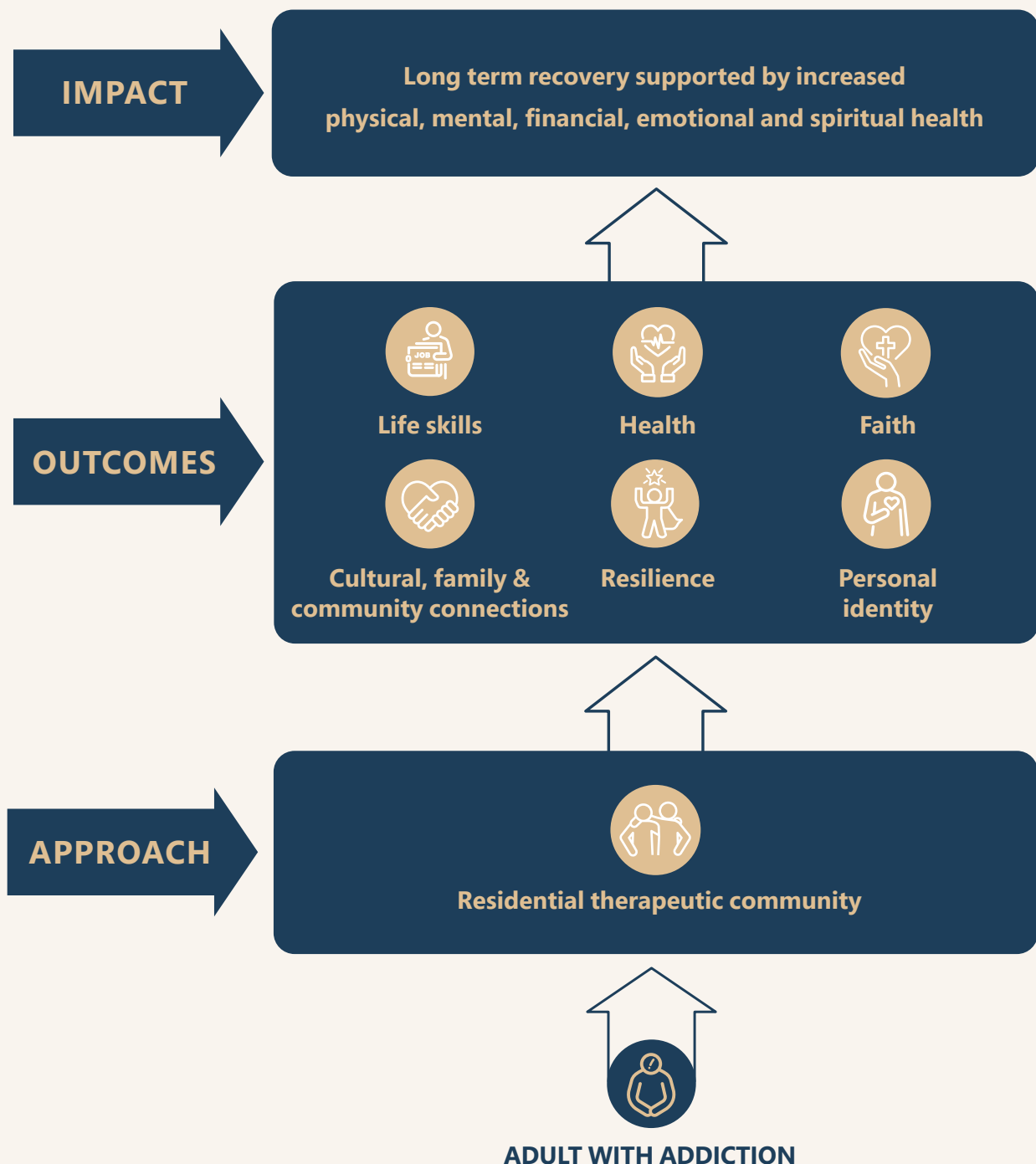


Our Theory of Change

We work with adults that have a life controlling addiction which is having a damaging impact on their lives. Our intensive residential therapeutic community offers them the opportunity to develop their life skills, health, and faith practices. This leads to our residents developing the capacity to develop a healthy life characterised by a positive identity, resilience, cultural, family, and community connections. Ultimately, their long-term recovery is supported by increased physical, mental, financial, emotional, and spiritual health.



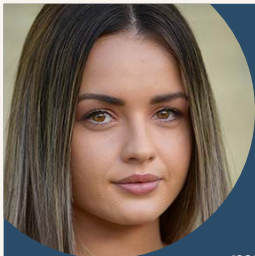
Our vision is that people are set free from addiction and equipped to live healthy purpose filled lives

Transformations™ is a faith-supported residential recovery program based on a therapeutic community model which includes individualised case management, group therapy, and a psychoeducation curriculum. Using a peer to peer recovery and support model, we equip and empower people to live healthy, purposeful lives. This is achieved by residents mentoring and supporting each other, developing life and leadership skills, and working to confront destructive behaviours and the core reasons behind their addiction.

Founded in 1999, Transformations' theory of change is now supported by over 20 years' experience and evidence from research that has found breaking the cycle of addiction for good is possible. Our theory of change shows that we focus on the outcomes that are important to individuals in our program, and the key essentials that everyone needs to live a purpose filled life.

Our Approach

The alcohol and drug rehabilitation sector has moved away from the 'disease model', to the 'biopsychosocial model', which not only looks at biology but also psychological, social, and spiritual factors which provide contextual understanding of a person and their addictive behaviours. Transformations reflects this approach, using peer to peer recovery to help residents move through four phases including self-awareness, inner healing, leadership, and transition.



"Prior to Transformations, I was stuck in an abusive relationship where I felt this false sense of loyalty, addicted to GHB and ice. I didn't care that it was destroying my life, my health, or my family. I am now employed as a youth worker, and I feel so blessed and grateful that I can give back to youth who may be heading down the same destructive path I was. I have finally broken that cycle of addiction, feeling empty and without hope. Transformations gave me back my life, and for that, I am forever grateful."

- Demmi, Transformations™ graduate

We invite our residents to establish a strong sense of self identity whilst developing empathy, responsibility, and respect for both themselves and others. In this type of community, residents are encouraged to bring their strengths and creative energy into a restorative environment, where the peer group becomes an essential part of developing a strong therapeutic alliance, fostering personal change, and making lasting recovery possible. Structured therapy groups integrate with and inform the program to create a 'living-learning experience', however it is the daily interactions of living, working, and communicating together which ultimately drives self-transformation. Research suggests these communities are supported by cultural aspects and corresponding structures including a sense of belonging (referral, joining/leaving), safety (support, rules, boundaries), openness (group, ethos, visitors), living-learning (community meetings), and empowerment (votes, decisions, leadership). These key components are integrated within the Transformations program.

Central to our program is developing positive spiritual practices. This is influenced by our Christian worldview and belief that God's truth renews our mind. There are hundreds of evidence-based studies that demonstrate the positive impact of faith on health and well-being, and we have personally seen residents completely transformed when spirituality is one of the fundamental pieces of their recovery journey. At Transformations we do this by encouraging residents to engage in bible reading, spiritual meditation, reflection, and discussion.

Overall, the strength of our therapeutic communities is supported by a focus on social rehabilitation using peer influence, leadership opportunities, and the mediation of group interactions to help residents integrate social norms and beneficial skills into their lives. The strength of the community relies on a mutual responsibility to the group, helping each other, and a growth philosophy. In this way, residents offer therapeutic potential for both themselves and others.



“Through the therapeutic community, I was challenged in my behaviours through the rules and actually having to work for my recovery. It was the simple daily disciplines that helped me get back on track. Through group therapy, I was able to share what I had been through. This helped me a lot with being able to hear from others knowing that they had been through similar experiences. The program helped me be able to deal with what was actually going on for me. The first part of the program helped me with the anger and resentment I had towards myself and others.”

- Daniel, Transformations™ graduate

Outcomes and Impact

Our approach aims to create and achieve outcomes for individuals, families, and communities. The outcomes we focus on are known to reduce drug use, violence, and criminal behaviour, reconcile family relationships, empower people to be active members of their community, and increase employment and financial stability.

Our results-proven program is supported by research which has found our approach can deliver positive outcomes. Social identity was reviewed within five therapeutic communities on the east coast of Australia with results indicating that ‘user identity’ reduced over the first six months of the program while ‘recovery identity’ remained high. This has important outcomes for residents who develop a stronger sense of belonging and connection with the community.

Our goal at Transformations is for every resident to achieve long term recovery and gain new and positive social networks and health in every area of their life so they be free from the addiction that had a damaging impact on their life. That is the impact we know restores the body, mind, and spirit.

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For over 20 years we have been generously supported by individual donors, businesses, churches, and corporate sponsors. You can also join our community of givers who are changing lives by providing an effective residential program for those wanting to be set free from addiction. Every year Transformations helps over 200 people throughout various stages of our program who are on their journey to change.

Your gift helps us to provide expert care to our residents, expand our program, measure our impact and provide longer term support for graduates.

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