



## Program Information

*transformations*<sup>™</sup>

Peer-to-Peer Addiction Recovery

A close-up portrait of a man with short, light brown hair and a mustache, smiling slightly. He is wearing a light blue t-shirt. The background is a soft-focus green, suggesting an outdoor setting with foliage.

Ashley Bottrell

# SET FREE

*It never crossed my mind the damage those drugs were doing in my life; I nearly lost everything. I had so many near death experiences, years of wasted time in jail, time wasted hurting myself physically, emotionally, mentally and spiritually; and hurting and impacting those who loved me; which in turn left me with shame, guilt and regret.*

*...I hope my story inspires others and encourages the men and women in the program to believe that no matter what we have done in life or how hopeless we feel, we have a God who is on our side. And with God the impossible can be achieved.*

# contents

About the Program	3
Program Structure	6
The Details	8
Program Rules	10
Daily Program	11
Rights and Responsibilities	11
Assessment and Admission	13

**Since 1999, Transformations Program Australia has been providing a Cliential Rehabilitation Service that endeavours to tend to and provide for individual needs in our community.**

Our signature Program, Transformations, initially adopted a therapeutic community model using base structures and philosophies used by other established rehabilitation programs in Australia and the USA. Transformations has evolved into an effective and successful client-centred, medium-term, drug-free service. Its program delivery occurs within a structured, safe and supportive environment, which adopts an abstinence approach.

A core concept of the Transformations therapeutic model is the purposive use of the peer community to promote constructive social and psychological change in individuals. Thus clients are highly involved in working with each other, on each other, and taking responsibility for charting their own progress.

An ongoing effort is made by our case management team to monitor and provide for the needs of the individuals we care for. We also consistently modify and adapt the program by consulting other professionals that are educated and experienced in dealing with the social and personal problems we face as an organization and to ensure best practice for our clients.

### THE THERAPEUTIC COMMUNITY MODEL

Therapeutic communities have a recovery orientation, focusing on the whole person and overall lifestyle changes, not just abstinence from drug/alcohol use. The community itself, through self-help and mutual support, is the principal means for promoting personal change. This is reflected in the environment, which is akin to a home as opposed to an institution or hospital.

**Essential elements of a Therapeutic Community model include the following:**

- Participants contribute directly to all activities
- The use of membership feedback is encouraged
- The use of collective formats for guiding individual change
- The use of shared norms and values
- The use of relationships between individuals, peers and staff to encourage individuals to engage and remain in the process

The Program utilises individual counselling and group work to achieve its goals. Group work encompasses educational, therapeutic and support groups addressing topics which include anger management, guilt, shame, social skills, assertiveness and communication training, relapse prevention, nutrition, etc.

In addition to group work, each resident is assigned a counsellor/caseworker who is jointly responsible for tailoring interventions to the unique needs of the individual.

These may include supporting residents while they address issues associated with the criminal justice systems, family and community services, housing and other legal/financial matters that are either pre-existing or arise during their participation.

In addition to structured therapy sessions, the model also integrates informal elements that are of equal importance, such as residents working, problem solving, supporting and making decisions together.



- The applicant must have the full amount of rent to pay upon admission
- The applicant must be eligible for Centrelink payments
- The applicant must be willing to agree to the Program rules
- The applicant must be fit enough to fulfil work elements of the Program

*Note: Residents are unable to attain employment whilst in the program*

## DETOXIFICATION

Transformations does not provide detoxification facilities. To evaluate individual detox needs, it is important that applicants gain an assessment through a Community Health Detoxification Worker for either a home/ambulatory or hospital detoxification. Liaison between the client detoxification services and Transformations will give a smooth and supported transition into rehabilitation.

- **Self-detoxification**

Urine tests will be requested by staff and instructions provided.

- **Ambulatory and Home Detoxification Service**

Verbal confirmation from professionals concerned and an instant alcohol and Drug Screen provided on arrival.

Potential residents who staff determines to be under the influence of drugs or alcohol will not be able to enter the Program. Appropriate referrals will be provided although accommodation and support options may be limited within the local area. Staff will renegotiate admission date and time if appropriate.

Random urine urinalysis is consistently conducted during program participation.

**The goal of the therapeutic program is to provide an opportunity for clients and peers to experience personal challenges to support positive lifestyle change. We also provide opportunities for recreation, sporting and social activities.**

The Transformations Program is separated into five stages:

## 1. ASSESSMENT

The initial stage is a two week period and called the Assessment phase, which involves the following:

- The new Residents become familiar with their new environment
- A time of no interaction with the outside environment
- A time of cutting off all ties to their old lifestyle
- A time of being nurtured and supported to stay committed to the program
- The new resident will be supervised by a senior resident at all times for accountability

Residents in the Assessment phase are not allowed contact with anyone outside the program unless approved by staff. Mobile phones are not allowed until Stage Three.

Access and use of personal vehicles is restricted until Stage Two.

## 2. STAGE ONE

The next phase is called Stage One.

This is where residents are:

- Experiencing the benefits of a drug-free and victorious lifestyle
- Gaining an understanding of basic human behaviours and developing life skills
- Making an informed choice about future treatment needs and options
- Education on issues such as relapse prevention, relaxation, harms minimisation, infectious diseases, basic nutrition, conflict resolution etc.
- Basic sessions on anger, shame, grief and loss, fear and guilt, self-esteem etc.

## 3. STAGE TWO

- During Stage Two of the program, residents continue their recovery in a physical sense. The emphasis during this stage is on emotional and spiritual growth with the support of other residents and staff
- A time of increased feelings of self-worth, gaining self-confidence in decision-making and learning through consequential thinking
- A time of restructuring lifestyles, developing healthy attitudes and activities and setting realistic goals
- A time of exchanging false belief systems and learning Cognitive Behaviour Therapy through self-regulating behaviour

## 4. STAGE THREE

Stage Three is where the residents in this level:

- Take on a role of responsibility for the overall running of the program
- Learn management and people skills
- Learn stress management and time management
- Learn selfless behaviour and positive role modelling
- Identify and address Power and Control issues within their behaviour and belief systems
- This is also the phase when residents begin the process of networking and discussing an exit plan with staff to move into transition phase
- Setting goals for the future

## 5. STAGE FOUR - TRANSITION

Stage Four is called Transition Phase and this is where the residents have a supported structure for integration back to the outside world.

The residents in this level of the program are:

- Required to volunteer time in some area of Transformations
- Required to be actively seeking employment or vocational training
- Required to attend certain groups within the program
- Required to be actively participating in continued accountability with Staff

## 6. GRADUATION

Graduation of the program is a celebration of the success of completing the program, and is also a step towards, and continuation of, living in a supportive environment and maintaining:

- A clean and sober life
- A positive influential life in the community
- Positive relationships and healthy boundaries
- A spiritual foundation through prayer, the Bible and networking with like-minded people



## COUNSELLING AND CASE MANAGEMENT

Residents can access counselling sessions with registered Psychologists or counsellors if requested.

Our supportive and professional case management team help address the clients biological, psychological, social and spiritual needs, providing ongoing support throughout the program as well as community advocacy where needed.

If at any time residents are finding things difficult they may find it helpful to talk with other residents or approach a staff member for support.

## GROUP SESSIONS

### Spiritual Groups

#### *Soak*

This is a time of meditation and prayer in a safe monitored environment of peace and love.

#### *Alpha Course*

This is a ten week educational course on basic spirituality.

#### *Morning Devotions*

This group is an opportunity for residents to grow spiritually and gain further understanding on how the spiritual aspect of the program might apply to their day to day life and recovery.

#### *Chapel*

A combined group where all the Transformation residents come together for a time of worship and to hear an inspiring message from one of our staff or volunteers.

## Process Groups

### *Feelings Group*

Feelings Group is held daily during the week. This group is designed to encourage each person to both express their feelings and to become more comfortable feeling their emotions, without the use of mind-altering substances. It also gives people an understanding of how others are travelling for the day.

### *Hot Seat*

This is a resident-run group where one person is given encouragement and the resident's peers give him positive feedback and constructive criticism.

### *Assertions Group*

Assertions Group uses a communication model that is designed to help the residents develop effective communication and listening skills.

## Peer Groups

### *Process Group and House Groups*

Process Groups are designed to address a variety of different issues occurring in the house. These can include conflicts between residents, confronting other resident's behaviour and/or attitude and addressing any rules that have been broken.

The primary goal of Process and House groups is to bring into a person's awareness, a behaviour of theirs that may no longer be productive. The final step in a house group is to support the resident to question their behaviour and explore how a change in this behaviour could support them in their personal growth and achievement of goals.

Change is growth, and growth is positive in your progress. All you need for house group is you, and an open mind.

Anybody can call a house group whenever they feel an issue is unresolved or see another resident continuing with an unproductive behaviour etc. This is your house too.

Rules of Issues and House groups are as follows:

- They can under no circumstances, occur without staff present
- Use active listening skills
- One person speaks at a time
- No swearing
- Respect other people's opinions, even if not in agreement with them
- Respect people's feelings
- Do not place blame on others or justify behaviours
- Look for a way to support a change in behaviour
- Separate the person from the behaviour
- Everyone is to actively participate
- Keep focused on a solution
- Use "I" statements
- Look for Win/Win situations
- No anger outbursts
- Time out may be given whereby anger is arising
- No leaving group without permission

### **Educational and Therapy groups**

These groups are designed to teach new skills and redevelop old skills to enable residents to cope with stresses, emotions, conflicts and the general "ups and downs" of life.

Some of the groups held include:

- Anger management
- Conflict resolution skills
- Relapse prevention
- Relaxation techniques, anxiety and stress reduction

- Personal empowerment
- Self-responsibility
- Health education
- Co-dependency identification
- Communication skills
- Boundary setting and;
- Recovery from addiction

### **Social Groups and Activities**

#### *Big Day Out*

Every six weeks the residents are blessed with an opportunity to socialise, relax, escape from the seriousness of the program and have fun. A variety of activities are available eg. jet skis, camping, BBQs, ten pin bowling, bush walks, games days and other outdoor activities.

#### *Birthdays*

We believe in providing a caring home environment for our residents, and celebrating birthdays is one way we let the residents know we care.

#### *DVD Night*

A relaxing night at home where the residents can watch some DVDs of their choice, have a snack and relax.

#### *Resident of the Month*

Each month the residents vote for the Resident of the Month award. A resident who has been consistently improving and applying the tools of the program is selected.

## CARDINAL BOUNDARIES

**Breach of Cardinal Boundaries will result in two weeks' dismissal from the Transformations Program.**

- a) No possession and/or ingestion of alcohol, or any other mind altering substances
- b) No sexual activity on or off the premises
- c) No acts of violence
- d) No denial of random urine analysis
- e) No direct threats of violence
- f) No possession of any drug-related equipment eg. syringes, bong, etc.
- g) No acts of violence towards property
- h) No indirect threats of violence to others
- i) No gambling
- j) No pornography
- k) No withholding knowledge of anyone breaking a cardinal boundary
- l) No theft of any description.
- m) No self-harm
- n) Not taking medication

## AWARENESS SYSTEM

**The Awareness system helps build consequential thinking in the Transformations Program. Reflections hours can be received for breaking boundaries.**

- Residents must fulfil their reflections hours during free time and prior to Consequence Group. Any incomplete consequence hours will be doubled
- The only acceptable response when presented with an awareness is, "thank you". Anything other than this will result in further consequences
- Residents are not to hand out any Awareness slips outside the Transformations House
- A resident has 12 hours to issue an awareness slip. A witness must be present
- The awareness book cannot be left open at any time
- Residents are not to read any previous awarenesses written in the consequence book
- There is to be no discussion of awarenesses at any time among house residents
- If an awareness is not made by a resident that they are witness to they will be booked themselves for not making the booking

# Daily Program



## (Sample only)

7.00am – 7.15am	Wake up, shower, bed and room tidy
7.15am – 7.45am	Breakfast
8.30am – 9.30am	Morning devotionals and prayer
10.00am – 12.00pm	Life skill courses (eg. Anger Management, Conflict Resolution)
12.30pm – 2.00pm	Lunch
2.00pm – 4.00pm	Work therapy
4.00pm – 5.30pm	Free time
5.30pm – 6.15pm	Dinner
6.15pm – 7.00pm	Feelings Group
7.30pm – 9.30pm	Soak
9.30pm – 10.30pm	Free time
10.50pm – 11.00pm	Bed/lights out

# Rights and Responsibilities



## CLIENT RIGHTS

- A client has the right to confidentiality of their treatment records and access to their personal file
  - No information about you will be given out, unless you agree in writing or it is a legal requirement
  - Your file will be kept in a lockable cabinet with restricted access
  - You have the right to be treated with respect, dignity and consideration by staff and other residents
  - You have the right of independent expression, decision and action, within the house rules
  - You have the right to refuse or accept treatment
  - You have the right to be discharged, without physical or psychological harassment
  - You have the right to refuse involvement with trainee staff/students, or be involved in research
  - You have the right to expect all services to be offered without regard to race, national origin, creed, political affiliation, sexual preference or previous criminal record
- You have the right to be:
- Treated with courtesy and dignity by staff
  - Assured of privacy and confidentiality
  - Advised of your progress
  - Given prompt attention in emergencies
  - Given access to grievance procedures

## CLIENT RESPONSIBILITIES

You are expected to:

- Treat staff and other residents with respect and courtesy
- Apply yourself to the task of dealing with your issues and participation in the program
- Accept the consequences of your actions
- Answer questions honestly and frankly
- Comply with the care plan developed together by you and staff
- Conduct yourself in such a way so as not to interfere with the wellbeing others who support you such as staff and volunteers

## CONFIDENTIALITY

Transformations is committed to respecting your confidentiality at all times.

Confidential information about you will only be given to persons authorised by you by signing an information consent form eg. other health, welfare or legal services OR it is required by law e.g. Department of Community Services or Staff Duty of Care.

Confidentiality is respected within the context of Duty of Care. This means that clinical advisors and case managers are involved in your treatment and will have access to your file and may share information in order to make decisions regarding your well being.

On occasions information from client files may be used in case conferences, research and training. During such occasions clients remain anonymous.

You are entitled to see information about you held in your file. To do so please make an appointment with your Case Manager.

Some information about you is recorded in a computerised system, from which information is extracted and reported to the funding bodies. In all cases names are not used.

## EXITING THE PROGRAM

Residents planning to leave are supported by their case manager in planning and implementing their next steps. This occurs whether or not the Program is completed.

Residents must complete an exit form whether discharged by staff or for self-discharge.

Residents that are discharged for disciplinary reasons may re-apply after a two week period. During this two week period the discharged client is not to have access to Transformations' residents or to enter Transformations' property. Access may only be granted following a formal interview between that client and staff following the two week cooling off period.

## Assessment and Admission

WHAT YOU NEED TO DO	WHAT WE WILL DO
<p>Phone one of the Transformations locations:  <b>Transformations Program Australia National 1800 734 227</b>            2 Monaco Street, Surfers Paradise, Gold Coast <b>07 5592 3677</b>            234 Torquay Terrace, Torquay, Hervey Bay <b>07 4194 6621</b>            112 Risdon Road, Moonah, Hobart <b>03 6278 1777</b>            11 Brougham Street, Cowra <b>02 62341 3415</b></p>	<p>We will conduct a phone assessment, which will take about 15 minutes</p>
<p>If you are placed on a waiting list or asked to complete necessary tasks e.g. completing detox and/or any other reports/arrangements you will need to continue to contact our office regularly</p>	<p>We will assess the waiting list and your situation and inform you of admission details. We will endeavour to support any detox process and arrange an admission date upon completion of detox where possible</p>
<p>Arrive at the time arranged for your admission</p>	<p>Support will be given through the admission process and settling in</p>
<p>If you arrive Transformations under the influence of drugs or alcohol or arrive late, you will NOT be admitted.            We do not have a detox service – we need reasonable proof that you have detoxed:  <b>Self-detoxification</b> – Urine test will be requested by staff and instructions provided.  <b>Ambulatory and home detoxification</b> – If you have attended a detox unit or had the support of a Home Detox Nurse, we can speak with them to confirm this and you will only need to be given a drug screen on arrival. If you have seen a local practitioner, we can liaise on your behalf or refer you to an appropriate ambulatory and home detoxification service</p>	<p>If new residents go into withdrawal, we will support you in contacting a community detox unit to help you explore your options available during business hours only).            We will however, need to discharge you as you will not be able to stay at Transformations during this time</p>
<p>If Transformations is unable to support your needs then we can refer you to other appropriate services</p>	<p>Details will be provided</p>

## WHAT TO BRING

- Medicare Card
- Healthcare Card
- Bank Card or Debit Card
- Photo I.D (e.g. Drivers Licence or 18+ card)
- Two weeks program fees
- Reports from services that you have been working with, such as Mental Health, Probation, Parole etc.
- Enough spending money for two weeks (approx. \$20)
- Enough tobacco/cigarettes to last two weeks
- Appropriate clothing and footwear (shoes for Work Therapy)
- Toiletries (e.g. soap, shampoo, toothbrush, nail clippers etc.)
- All prescribed medication and prescriptions from your medical practitioner (e.g. Ventolin, insulin etc.)
- These will need to be handed to staff on arrival
- Towel/face washer

## WHAT NOT TO BRING

- Any drugs (illicit or licit or alcohol (e.g. Valium, Serapax, Panadeine forte, barbiturates, etc.)
- Any expensive personal belongings (e.g. jewellery, watches)
- Knives, scissors, sharp items and/or weapons
- Mobile phones
- Music with inappropriate themes
- Any offensive or provocative clothing or material (e.g. offensive logos, see-through clothing, midriff tops, g-strings, muscle shirts, CDs, videos)
- Clothing or jewellery with drug and/or alcohol symbols or advertising
- Opened packets of cigarettes and/or pouches of tobacco (these will be confiscated on arrival and returned on departure)

## PRICING

### **Your own funds**

\$610 per fortnight + (\$80 bond)

### **Newstart/Jobseeker**

\$610 per fortnight + (\$80 bond)

### **Disability Support Pension (DSP)**

\$800 per fortnight + (\$80 bond)

### **Youth Allowance**

\$520 per fortnight + (\$80 bond)

If you are eligible for Centrelink payments, you may be eligible for Pharmaceutical Benefits and Rent Assistance.



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