



Annual Report | 2018

2019 CALENDAR



PRESIDENT REPORT 2017 | 2018

MATTHEW VAN RIESSEN



Achievement can be described as a result of high intention, sincere and genuine effort, intelligent direction, skilful execution and the vision to see obstacles as opportunities for development.

In 2017 – 2018 Cyrenian House continued to develop and expand as a specialist Alcohol and Other Drug Service in Western Australia, meeting the needs of consumers and their families. This year, the successful tender bid in partnership with Holyoake, permitted the commencement of the delivery of Alcohol and Other Drug Rehabilitation Programs in all Metropolitan Adult Justice Services Custodial Facilities.

Furthermore, Cyrenian House was fortunate to receive funding from the WA Primary Health Alliance (WAPHA) to run a number of other programs which include a partnership with 360 Health, providing AOD workers who work directly with the Street Doctor Service as well as an in-reach service to the city homelessness services. Funding for Aboriginal Integrated System of Care (AISC) has allowed for the commencement of the Aboriginal Outreach Support Services and Aboriginal AOD Treatment and Support Services in Wanneroo and Joondalup. The AOD Workforce Development Training Program is in its early stages together with newly established programs for AOD in-reach and outreach in Wanneroo and Clarkson and the commencement of after hours AOD Counselling services.

On behalf of the Committee of Management I acknowledge the

support of our major State and Federal government funding partners, the Mental Health Commission (MHC), the Federal Department of Health, the Department of Prime Minister and Cabinet, and the WA Primary Health Alliance (WAPHA) for supporting Cyrenian House's ethos of consumer engagement and reflective and innovative best practice.

In early November 2017, Cyrenian House announced the appointment of James Hunter as the new General Manager of the service. With multiple years of experience in management roles and a wealth of knowledge and experience in the AOD sector, James has worked in both government and non-government positions and commenced in the new role in mid-December 2017. I welcome James to the organisation.

I congratulate the Cyrenian House Peer Support Plus Project whose work was acknowledged at the 2018 WA Alcohol and Other Drug Conference held in March 2018. The project received an Excellence Award for consumer participation, recognising the significant on-going contribution to improving the lives of people with AOD issues. I also congratulate the North Metro Community Alcohol and Drug Service (NMCADS) Inreach Service Team who

were the recipients of the partnership's category for improved outcomes award. Congratulations to all those involved.

Once again, I would like to thank the sponsors of the Cyrenian House Charity Golf Day which this year attracted approximately 76 players. This is a major fundraiser for the organisation and is a fantastic day that is attended by many. I sincerely thank everyone who is involved in organising this day and look forward to our next charity day on the 8th March 2019 at Meadow Springs Golf and Country Club in Mandurah.

To the staff and volunteers working directly with our consumers, their families and the community and to all of those people working behind the scenes in governing, planning, supporting, organising and managing, thank you for all your hard work. A special thank you to the members of the Committee of Management and to the Executive team for all your commitment and good work throughout the year. Together we move forward in our continued efforts to provide the highest quality services that make a real difference to those people whose lives are affected by alcohol and other drugs.

Matt Van Riessen

Cyrenian House
COM President

Cyrenian House respectfully acknowledges the past, present and future Custodians of this land, the Whadjak Noongar people and we recognise that our services are situated on Whadjuk Nyoongar Country and Yaruwu Country.

Vision

Healthy, inclusive and harm-free communities.

Mission

An organisation that provides the highest quality services to make a positive and meaningful difference in the lives of people affected by alcohol and other drugs.

Values

- Empowerment
- Integrity
- Diversity
- Compassion
- Hope



President & Treasurer
Matthew Van Riessen



Vice President
Dr Jennifer J. Rogers



Committee Member
Kim Ledger



Committee Member
Elise Croft LL.B (Hons)



Committee Member
John Stockbridge

OUR COMMITTEE OF MANAGEMENT

OUR CEO STATEMENT CAROL DAWS

2017/18 was an important and exciting year for Cyrenian House. We commenced and developed some important new services and secured continuing commitment for existing services into the medium term. Alongside this growth, our reputation and influence also grew; and we can now confidently talk of Cyrenian House as being the largest, and one of the most highly regarded alcohol and drug treatment providers in Western Australia.

In the past year the WA Labor Government has continued to work towards reducing the harms associated with the use of methamphetamine across the state. Attention has been focused on a whole-of-government response to methamphetamine with emphasis on prevention, protection and prosecution. In terms of alcohol and other drug (AOD) treatment, the government has delivered on a dedicated AOD rehabilitation prison, as well as increased treatment options in residential and non-residential treatment services.

Cyrenian House has been a major recipient of funding for the initiatives the government put forward in its election promises. Cyrenian House in partnership with Holyoake, was awarded a major contract for AOD treatment programs in all the metropolitan state government run prisons. This program, Allied Drug and Alcohol Programs and Treatment (ADAPT), expands upon the existing programs already being run by Cyrenian House and Holyoake under the previous contract with the Department.

In early 2018 Cyrenian House was also approached by the Department of Justice to develop and run an AOD treatment program in the Women's Wandoo Rehabilitation Prison in partnership with the Department of Justice. This provided an exciting opportunity to deliver a comprehensive AOD Therapeutic Community (TC) model for up to 77 women in Wandoo. Wandoo is the first TC in the Western Australian prison system and the first female prison TC in Australia.

These contracts consolidate Cyrenian House as the leading specialist AOD service provider. Whilst many organisations in the community services sector are moving towards a more generalist approach to service delivery, Cyrenian House has taken the position of excellence in specialist AOD treatment. Growth has necessitated an expansion of personnel and infrastructure and Cyrenian House was fortunate to attract James Hunter, formerly of the Mental Health Commission, to the new position of General Manager of Operations. We are delighted to welcome James to the Cyrenian House team.

Cyrenian House governance and quality systems in AOD treatment shone in the recently completed mid-term audit for the Standard on Culturally Secure Practice (Alcohol and Other Drugs) and the Standard for Therapeutic Communities and Residential Rehabilitation Services. Cyrenian House met the essential and good practice criteria for both standards with no unmet criteria and no observations. An outstanding result and testament to the hard work of all the staff.

Presentations of people using methamphetamine type substances has continued to rise consistent with the National Drug Strategy Household Survey findings for 2016. Particularly significant is the number of women presenting for support with their children with 84% of presentations in the Saranna Women and Children's program nominating methamphetamine as the drug of choice. In addition, both the Rick Hammersley Centre and the Serenity Lodge TC's have consistently reported figures of between 55% to 60% of presentations nominating methamphetamines as their drug of choice.

In consultation with the Committee of Management, staff and our consumers Cyrenian House developed and launched its new Strategic Plan for 2018 to 2021. Having met our strategic goals in the past four years we were keen to stretch ourselves and plan an innovative and

sustainable future for Cyrenian House. The consultation process allowed us to review our values, vision and mission to truly reflect the depth of the work we do at Cyrenian House. Most importantly, our new Strategic Plan demonstrates how we will adapt to changing environments and continue to deliver hope and healing to people and families in our communities.

The Serenity Withdrawal Unit (SWU) was officially opened on Friday 13th October 2017. The Premier, the Hon Mark McGowan was earmarked to officiate but was called away to an important meeting. Next the Hon Roger Cook MLA Deputy Premier and Minister for Health and Mental Health was scheduled but fell off his bike leaving Ray Peters, Director of Non-Government Organisations Purchasing and Development Directorate Services, Mental Health Commission to open the SWU on behalf of the Government. The SWU has proven to be a valuable addition to the suite of services provided by Cyrenian House and is consistent with the ethos of a specialist alcohol and other drug treatment service.

The 2016 project to expand the facilities at the Rick Hammersley Centre TC is now complete. The residents now enjoy the use of a purpose built industrial kitchen and dining room with adjoining group room. New counselling and meeting rooms, an IT room-fully equipped with computers for vocational training and another group room were also completed. Feedback from the residents is that they are delighted to have access to such quality resources during their treatment at Cyrenian House.

Funding provided by the Western Australian Primary Health Care Alliance (WAPHA) via Richmond Wellbeing and Neami, has enabled Cyrenian House to expand and diversify its service provision through a number of new service offerings. New initiatives have included Aboriginal workers for NMCADS covering the Wanneroo and Joondalup areas, an AOD support for the

Street Doctor in partnership with 360 Health in the Northbridge area, workforce development training and support for non AOD services, AOD in-reach and outreach in Wanneroo and Clarkson and an increase in staffing for the NMCADS for service delivery on Saturdays and after hours. These new initiatives enabled Cyrenian House to further build capacity and consolidate service delivery.

Cyrenian House also won two awards at the AOD Conference held in March this year. In the category of Consumer participation, Cyrenian House's Peer Support Plus (PSP) won for its work in significantly increasing AOD consumer participation resulting in improved outcomes for people experiencing AOD-related harms. The North Metro Community Alcohol and Drug Service (NMCADS) Inreach service into Joondalup Hospital and Mental Health Services took out the Partnerships category for improved outcomes. Congratulations to Vanessa Stasiw and the Peer Supporters and the NMCADS for your amazing achievements.

In closing I would like to acknowledge the President, Matt Van Riessen and the members of the Cyrenian House Committee of Management for their guidance, leadership and ongoing support over the past year. I would also like to thank the executive and in particular Colette Wrynn, the previous Operations Manager for her outstanding contribution to Cyrenian House, the managers, staff, peer supporters and volunteers for their ongoing commitment and dedicated support of the work we do at Cyrenian House. Last, but not least, I would like to thank the consumers who continue to patronise our services.

Carol Daws
CEO



KEY ACHIEVEMENTS

WINNER OF:

2018 ALCOHOL & OTHER DRUGS EXCELLENCE AWARDS:

Consumer participation - Significant/ongoing contribution to improving lives of people with AOD issues

This category recognises programs or projects which have significantly increased AOD consumer participation resulting in improved outcomes for people experiencing AOD-related harms.

North Metro Community Alcohol and Drug Service – Inreach service into Joondalup Hospital and Mental Health Services.

2018 ALCOHOL & OTHER DRUGS EXCELLENCE AWARDS:

Partnerships – Partnerships for Improved Outcomes

The achievement of improved AOD outcomes requires genuine partnerships with key stakeholders such as consumers, families, communities, government, non-government organisations and across sectors and services. This category recognises programs and organisations that develop and sustain effective partnerships with key stakeholders in order to achieve AOD outcomes.





THE POSITIVE BENEFITS OF CAG
PARTICIPANTS SAID THEY EXPERIENCED
FROM THEIR INVOLVEMENT:

PEER SUPPORT PLUS (PSP) PROJECT

2017 – 2018 has brought about much growth and learning for the Peer Support Plus project. The project was delighted to receive an Excellence Award for consumer participation, recognising the significant/on-going contribution to improving the lives of people with AOD issues at the WA Alcohol and Other Drug Conference held in March 2018. This award is well deserved and recognises the excellent work being done by the project and the eight volunteer Peer Support Workers and family who were present at the Conference, with thanks to a generous WANADA consumer subsidy.

The value of peer support and the development of a peer workforce is now well established as evidence-based best practice. The PSP project provides consumers the opportunity to gain skills and training in peer work, using their lived experience to support others. In January and July 2018, a further twelve consumers engaged in the PSP training course to become volunteer Peer Support Workers. The strengths-based and person-centred treatment approach that informs peer work continues to support our residential consumers in pre- and post-treatment groups and social connectivity activities.

CONSUMER ADVISORY GROUP (CAG)

The Cyrenian House Strategic Plan outlines an ongoing commitment and valuing of consumer participation through a key action to Integrate consumer co-design and co-production principles into service development and delivery. In December 2017 eight consumers were recruited into the CAG, all of whom have a diversity of lived experience of our many treatment pathways and services. The CAG has contributed to the review and development of several policies and procedures through their work with the Continuous Improvement Needs at Cyrenian House Committee.

Recently the CAG members undertook training in the Microsoft Share Point platform to enable streamlining how the group can communicate, view documents that they are working on and develop planning and ideas. Throughout the year CAG members have also had the opportunity to engage in training opportunities through the Mental Health Commission as well as attend many other consumer forums, focus groups, speaking and media opportunities.

"A voice in how things work and help create better services."

"I get the benefit of feeling valued and being of support to other consumers."

"Helps to keep me involved, connected and excited about recovery and life."

"Networking and learning opportunities."

"Keeps me "in the loop" of initiatives that inspire and support my recovery."

"My mental health is definitely supported. It provides me with hope that together as a community we can make a difference."

"Positive self-esteem. Feel connected and valued. Connects me to other opportunities. Keeps me accountable."

JANUARY 2019



I've become more confident in myself once I delved into the reasons why I was drinking and just being 100% honest with myself about it. I found dealing with my issues sober resulted in quicker and bigger progress than if I was still drinking to block everything out.

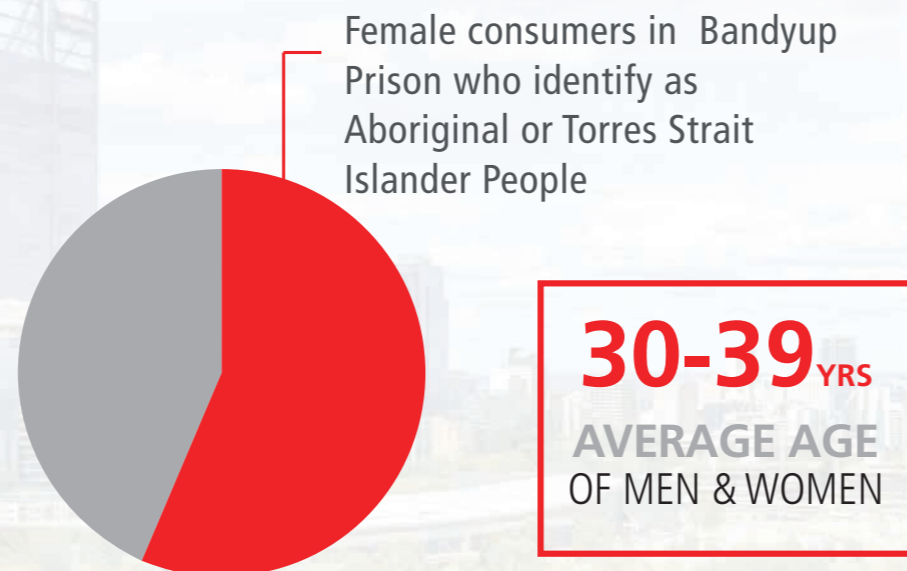
SUN	MON	TUE	WED	THU	FRI	SAT
30	31	New Year's Day 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	Australia Day 26
27	Australia Day Public Holiday 28		29	30	31	1
						2

Australia Day Our national day provides an opportunity to acknowledge and learn about our nation's past. It's a time to reflect on and learn about our national journey including the ongoing history, traditions and cultures of Aboriginal and Torres Strait Islander Peoples.

PATHWAYS PROGRAM

The Pathways program (Strategies for Self-Improvement and Change) is a group psychotherapeutic and psychoeducational program designed to address AOD use and offending behaviour. It is a 100-hour program delivered across 25 days by two co-facilitators. The program is a cognitive-behavioural therapy (CBT) based program that aims to challenge consumer's unhelpful thinking patterns and build relationship and community skills. Prisoners are referred onto the program by the Department of Justice and once accepted into the program must complete the program as a parole requirement.

CYRENIAN HOUSE CONTINUES TO DEVELOP AND EXPAND AS A SPECIALIST ALCOHOL AND OTHER DRUG SERVICE IN WESTERN AUSTRALIA.



Primary Drug of Concern



ADAPT

ALLIED DRUG & ALCOHOL PROGRAMS & TREATMENT

Prison to Community

ALLIED DRUG AND ALCOHOL PROGRAMS AND TREATMENT (ADAPT)

Cyrenian House, in partnership with Holyoake commenced the new ADAPT program on the 1st of April 2018. Funded through the Department of Justice, this service delivers Alcohol and Other Drug (AOD) Rehabilitation Programs in all metropolitan adult justice services custodial facilities.

With approximately 15 staff who work across both organisations, the ADAPT team delivers various programs at Wooroloo Prison Farm, Karnet Prison Farm, Casuarina Prison, Bandyup Women's Prison and Boronia Pre-Release Centre. The ADAPT Through-care Counselling Service and the Pathways program are both delivered across all of these sites. In addition, the Methamphetamine Group is planned to commence in July 2018 and will run as a voluntary group program at Wooroloo Prison Farm.

ADAPT THROUGH-CARE COUNSELLING SERVICE

The ADAPT Through-care Counselling Service is a pre and post release AOD counselling service that aims to provide much needed support to individuals as they negotiate the often difficult transition of moving from living in the prison to living in the community. The counsellors engage with consumers for six sessions three months prior to release, and six sessions for up to six months post release. Consumers consistently report about the benefit of having the same counsellor in the prison and then in the community. This maintains the trust and rapport that has been developed and also prevents consumers having to 're-tell' their story.

FEBRUARY 2019

“Happy with availability of counselling so soon after leaving rehab and other groups available to me.

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	Chinese New Year (Year of the Pig) 5	6	7	8	9
10	11	12	Anniversary of the national apology to the Stolen Generations 13	Valentine's Day 14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	1	2

This event marks the 10th anniversary of the **Apology to Australia's Indigenous peoples** in 2008 by former Prime Minister, Kevin Rudd, apologising for past laws, policies and practices that have impacted on Australia's First Nations Peoples.

OUR COMMITMENT TO CONSUMER ENGAGEMENT, DIVERSITY AND INNOVATIVE AND REFLECTIVE PRACTICE

Consumer engagement is the key mechanism that informs Cyrenian House practice about the needs of consumers who use our service together with potential consumers of the service who may experience barriers to service access. Effective consumer engagement is embedded into the organisations culture and practice enabling us to better plan, design and deliver services that meet the needs of our consumers. We seek every opportunity to gather feedback about our services and use this information to inform and monitor the quality of service delivery.

Our commitment to promoting inclusiveness and diversity within the Cyrenian house has fostered an open-minded, global organisational culture. Not only does this fit with the Cyrenian House Code of Ethics and our values, its assists us to better understand our colleagues, consumers, and their families. ***It also makes the workplace a more interesting and personally enriching environment for everyone.***



On Saturday the 25th of October 2017 Cyrenian House participated in the Pride parade as part of the Pridefest celebrations. The theme for this event was FREEDOM – a celebration that we are all free to be who we are, without fear of retribution. Cyrenian House was proud to join in the celebrations, acknowledging our incredibly diverse community and to support and recognise all that our LGBTIQ+ community has achieved.

Congratulations to the Cyrenian House staff team for their tremendous efforts in constructing the Cyrenian House Pridefest float and as an organisation we will continue to support equality for LGBTIQ+ people and promote diversity in our services and within the greater community.



MARCH 2019



Compassionate, caring, understanding staff very responsive to my needs. I owe a large debt to Cyrenian House, I am very grateful. What a fantastic Service!

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	1	2
3	Labour Day (WA) 4	5	6	7	8	9
10	Canberra Day (ACT) Labour Day (VIC,TAS) Adelaide Cup (SA) 11	12	13	14	National Close the Gap Day 15	16
St Patrick's Day 17	18	19	International Day of Happiness 20	Harmony Day 21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

The International Day of Happiness is celebrated worldwide to inspire, mobilise, and advance the global happiness movement.

Harmony Day celebrates the cohesive and inclusive nature of our nation and promotes the benefits of cultural diversity. Schools, community groups and organisations across Australia host Harmony Day events.

National Close the Gap Day raises awareness about the 17-year life expectancy gap between Indigenous and non-Indigenous Australians.



CYRENIAN HOUSE'S COMMITMENT TO CLOSING THE GAP FOR THE HEALTH AND WELLBEING OF ABORIGINAL PEOPLES

Cyrenian House continues in its efforts to develop and strengthen relationships with Aboriginal and Torres Strait Islander peoples, communities and organisational partners. We are continually seeking ways to improve our culturally secure practices and are committed to providing better access to services by learning from each other and undertaking this journey together.

Cyrenian House provides regular cultural awareness training to all new staff as part of the core competency training framework and encourages all Cyrenian House staff, volunteers, PSP workers and CAG to attend the training as part of the initial induction process and as a regular refresher training opportunity.

The Cyrenian House Stretch Rap is currently under review, whilst progressing with our current RAP initiatives. We are committed to empowering, supporting and developing our people by respecting individuality and diversity, both internal and external to the organisation. By fostering a workplace culture that is respectful, welcoming and encouraging, we will create long term sustainable work practices that will make a real difference to our service provision.

Cyrenian House recognised many significant cultural events in the last year including the anniversary of the National Apology to the Stolen Generations,

National Close the Gap Day, Harmony Day, National Sorry Day, National Reconciliation Day and NAIDOC week.

The 2017 theme for NAIDOC Week, "Our Languages Matter" aimed to emphasise and celebrate the unique and essential role that Indigenous languages play in both cultural identity, linking people to their land and water, and in the transmission of Aboriginal and Torres Strait Islander history, spirituality and rites, through story and song.

As part of the NAIDOC week celebrations, the RHCTC community formed a NAIDOC committee of Indigenous consumers who came together to share their history and stories with the wider community and their meaningful contributions raised awareness of the status and importance of Indigenous languages and culture. The Madjtil Moorna Inc. (Aboriginal Choir) supported the NAIDOC event alongside the TC's Aboriginal residents with regular singing practice sessions and a performance of songs sung in the local Noongar Language, during the NAIDOC celebrations.



APRIL 2019



Cyrenian House saved my life.

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
World Health Day 7	8	9	10	11	12	13
14	15	16	17	18	Good Friday 19	20
Easter Sunday 21	Easter Monday 22	23	24	Anzac Day 25	26	27
28	29	30	1	2	3	4



World Health Day aims to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organisation.

We love Saranna, the staff are great there, they really care for the kids. My sons' behaviour has improved so much, he is a lot calmer and his speech has also improved.



SARANNA EARLY CHILDHOOD EDUCATION AND CARE CENTRE

Saranna Early Childhood Education and Care Centre (SECECC) provides exceptional education and care to children aged up to 5 years and demonstrates sector leadership with a commitment to continuous quality improvement.

SECECC's continued commitment to quality has raised standards sector wide as well as lifting the service well above the average standards in all seven national quality areas. Of the centres assessed in the last year more than 92% have been assessed as meeting the national quality standard and 43% assessed as exceeding with SECECC being one of those.

This is an outstanding result and just reward for the centres investment in capability and the commitment shown by dedicated staff who provide exceptional care and support to the children and their families.

Based at the Rick Hammersley Centre Therapeutic Community site in Cullacabardee, the SECECC aims to work collaboratively with the Women and Children's TC Program supporting positive outcomes for the families who reside at the Rick Hammersley Centre. Both services meet on a weekly basis and the strong working relationship has proven to be extremely beneficial for consumers of both services. The TC clinical team and the SECECC senior educators work together with parents on positive parenting strategies with a holistic view of the child. Need for support is identified and addressed including the facilitation of additional specialist support services as required. We recognise that early intervention is a pivotal focus for better learning outcomes for children and families.

Occupancy rates at SECECC remain consistently high at approximately 85%. A 10% vacancy is maintained to cater for the needs of the children and families participating in the TC program. We currently have a wait list for some age groups and attribute this to community word of mouth and the good reputation of the SECECC.

We have had our two boys at SECECC for over 6 months from the nursery to toddler rooms. I cannot fault it. The boys love it and so do we!

The educators and staff are fabulous, caring and supportive. The centre is immaculate and the play areas are so much fun, especially the big adventure play ground that has a veggie patch and a new bike track! The menu is wholesome and full of fresh fruit and veg. We are welcomed daily by wild life and the natural bush surroundings are just beautiful and very peaceful.



I can rest assured when I am at work that my boys are in the very best hands at their home away from home.



MAY 2019

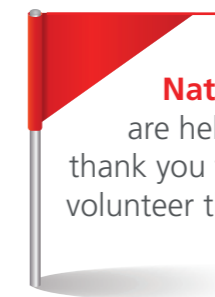


The Cyrenian House team and program has all the tools for you to change for a better life and I have learnt to be a better person.

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	Labour Day (NT, QLD) 6	7	8	9	10	11
Mother's Day 12	13	14	15	16	17	18
19	National Volunteer week					
National Sorry Day 26	National Reconciliation Week					
	Reconciliation Day (ACT) 27	28	29	30	31	1



National Sorry Day is a significant day for Aboriginal and Torres Strait Islander peoples, particularly for Stolen Generations survivors. Memorials and commemorative events are held in honour of the Stolen Generations



National Volunteer Week Events are held across the country to say thank you to the 6 million Australians who volunteer their time.

CONSUMER STORIES AND FEEDBACK

"I came to the Rick Hammersley Centre full of shame and my tail between my legs. Four months ago I had lost my job, my family, my partner and most importantly myself.

I am grateful to this program for helping me get my life back on track by showing me that by asking for help I wasn't weak and probably the most courageous thing I could have learnt to do.

With the help of staff and the other residents I was able to shed each layer of anger, hurt and sadness, to get to the heart of my particular issues which had led down a chaotic and tormenting road of abuse, drugs and alcohol.

At the moment with only being half way through the programme I have discovered a positive, confident and sensitive 33 year old man who I have been trying to hide for years behind different masks.

Today I am happy and I love myself for who I really am for the first time in what feels like eternity.

I no longer feel lonely with my family and friends back beside me and a strong support network from Cyrenian House.

John is a 33 year old resident who is in third stage.

"I went to the Saranna Program with my son, he was 2 weeks old, I stayed in the Saranna Program for 8 months and I learnt so much about myself and I am so grateful to Saranna and all the staff because I have my life back. I completed the Saranna Program on 20th June 2018, my advice to everyone is stick it out the program works if you work it".

Sally is a 29 year old woman from Serenity Lodge Therapeutic Community.

"Thank you eternally for the time and effort you have all put in to helping me become the woman I always knew I was meant to be. Thank you for challenging me, pushing me and most importantly BELIEVING IN ME."

Jane is a 39 year old woman who was in the in the Saranna Women's and Children's Program

JUNE 2019



*My counsellor was great to work with, helpful and encouraging.
Recommend this service to anyone of any age to improve their
way of living and to tackle substance (AOD) addiction.*

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	Western Australia Day (WA) Mabo Day	3	4	5	6	7
8						
9	Queen's Birthday (Except WA & QLD)	10	Men's Health Week	11	12	13
14	15	16	17	18	19	20
Men's Health Week	21	22	23	24	25	26
Refugee Week	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12

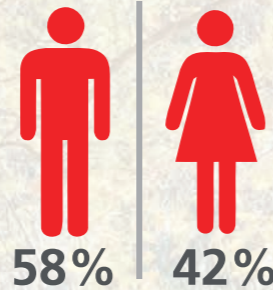
Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society.

The Australian High Court delivered the Mabo decision on 3 June 1992, which recognised that Indigenous people have a special relationship with the land. This paved the way for land rights known as native title. **Mabo Day** is held 3 June to celebrate the life of Eddie Koiki Mabo.

Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

AGE GROUP

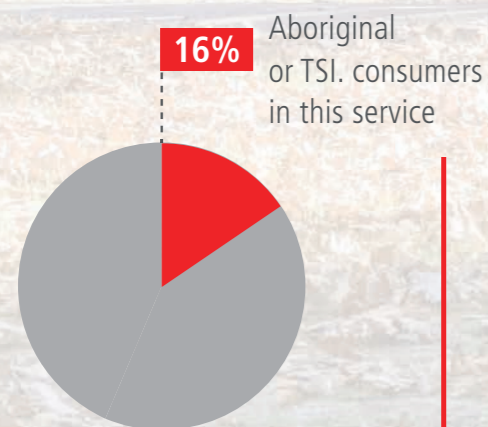
46% — 30-49 YRS OLD



PLACE OF BIRTH

OF THOSE BORN OUTSIDE AUSTRALIA

6% born in England
3% born in New Zealand
1% born in South Africa



NON-RESIDENTIAL SERVICES

Non-Residential Services (NRS) is well placed in a central geographical location in the city close to public transport and is a key point of access for other Cyrenian House services.

During the last year, NRS continued to play an integral role in alcohol and other drug service delivery to Cyrenian House consumers. The service consolidated its position as a specialist alcohol and other drug service providing a range of services including individual and family counselling, residential assessments and support, groups for families and consumers considering residential treatment and consumers who want to quit smoking, mental health support and prison based individual and group programs.

Street Doctor and Inreach Service

Cyrenian House in partnership with 360 Health, provides AOD workers who work alongside the mobile GP Street Dr service and other community services in the Perth area. The AOD workers provide support to consumers accessing the clinic services with the aim of improving the health and wellbeing of homeless, transient, disadvantaged and marginalised people.

Graylands Hospital Inreach Service

In early 2018 Cyrenian House commenced the provision of an AOD inreach service at Graylands Hospital. Forming part of the Graylands AOD Reference Group, Cyrenian House staff work alongside clinicians drawing together a diverse range of expertise with the aim of implementing a more positive, inclusive experience for consumers, carers and their families with a commitment to person centred care.

During the initial three months of the inreach service, Cyrenian House received 45 referrals from consumers in Graylands seeking AOD treatment services including counselling and residential treatment. This is a dramatic increase from previous years and it is anticipated the number of referrals will continue to rise given the improved collaborative process.

JULY 2019



Cyrenian House encouraged me to be open and now I feel comfortable talking about how I'm feeling. I feel confident that going forward I'm going to remain AOD FREE.

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
7	NAIDOC Week					
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.



My time here has been challenging moving out of my comfort zone. Change of living with strangers and having to change my behaviours and attitude. The hardest one for me was talking about myself, my life, my feelings, my past and getting picked up for behaviours I didn't know I had or didn't want to change. But I have been here for a long time and have benefited so much from this community. I am so glad I stayed and pushed through to make it this far for staying clean, determined to stay clean, the girl I came here to achieve but having achieved so much more. Clean, family changed, behaviours changed, thinking different, different direction. Happy and growing more and more very grateful.

Michelle is a 40 year old Aboriginal MG resident who is in fourth stage of the program.

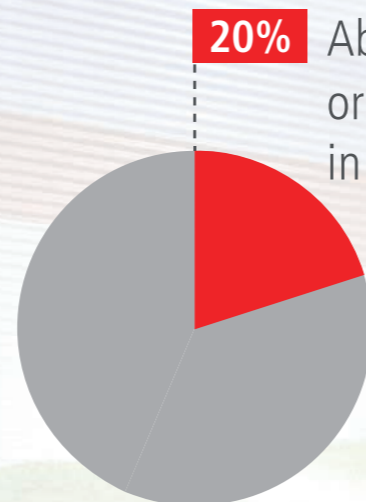
RICK HAMMERSLEY CENTRE THERAPUTIC COMMUNITY

The Rick Hammersley Community (RHC) has transitioned into the new commercial kitchen and dining area together with a purpose built group room. This space allows mixed gender (MG) and saranna women and children (SWCP consumers) to come together to share meals and events across the community. Extensive renovations and an upgrade of buildings have included three dismountable buildings erected onsite which provide the community with an IT suite, counselling rooms and an additional group room.

Residents engaging in the TC program are encouraged to participate in a number of collaborative events throughout the week providing opportunity for involvement between residents (especially senior and junior residents) through shared experiences and living in a caring and challenging community as the principal means of encouraging change and personal development.

All residents take part in work therapy (a work period where residents tend to the maintenance of the grounds and buildings)

In 2017 – 2018 a significant number of residents completed the 4th stage of program, managing their TC community roles and responsibilities together with external commitments such as TAFE courses and the commencement of some university studies. A significant number of senior residents returned to work part time or committed to completing voluntary work within the community.



20% Aboriginal
or TSI. consumers
in this service

61%
OF CONSUMERS WERE
aged between
20-39 years old

56%
OF CONSUMERS COMPLETED
secondary studies



AUGUST 2019



I feel I have grown and developed to a more positive empowered person; who is more than capable of contributing constructively to the community.

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
<div> National Aboriginal and Islander Children's Day (NAICD) 4 </div>	<div> Bank Holiday (NSW) Picnic Day (NT) 5 </div>	6	7	8	<div> International Day of the World's Indigenous People 9 </div>	10
11	12	13	<div> Royal Queensland Show (Brisbane) 14 </div>	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	<div> International Overdose Awareness Day 31 </div>

National Aboriginal and Islander Children's Day (NAICD) is a celebration of Indigenous children and is held on 4 August each year. NAICD was first observed by the Secretariat of National Aboriginal and Islander Child Care (SNAICC) in 1988.

The United Nations' (UN) **International Day of the World's Indigenous People** is observed on August 9 each year to promote and protect the rights of the world's Indigenous population.

International Overdose Awareness Day is a global event that aims to raise awareness of overdose and reduce the stigma of a drug-related death.

SERENITY LODGE THERAPEUTIC COMMUNITY

Serenity Lodge continues to provide a comprehensive treatment program creating the balance between structured group sessions, work and recreation for residents.

Residents are encouraged to develop living, work and interpersonal skills through these educational groups, counselling, group work and recreational activities with the aim of improving their social and work skills, health, family and other relationships.

During 2017 – 2018, a number of new program improvements and initiatives have been implemented

at Serenity Lodge including a self-reflection group designed to provide residents the opportunity to reflect on their own recovery, their struggles, hopes and fears and a community culture group providing an opportunity for staff and residents to come together and discuss the culture of the TC community. This group promotes discussions about what is and what isn't working well in the community and provides further opportunity for residents to become proactive about ensuring the culture of the TC remains healthy with a clear focus on recovery.

Data from Serenity Lodge



54%



46%



13%

OF CONSUMERS ARE
homeless or have
no fixed address



43%

OF CONSUMERS HAVE
completed tertiary
studies

AGE
GROUP — 63% — 30-49 YRS
OLD

Serenity Lodge changed my life. This time last year I was doing nothing. I was using alcohol daily and my life felt pointless. When I first came to rehab I was highly anxious and quiet. I kept to myself and it took a few weeks before I started finding my voice.

Looking back, I can see how the program changed me and it changed things for my kids too.

Instead of seeing their mum home drinking and hopeless they see a mum who is focussed and able to keep the promises she makes. Things have changed dramatically for me and for my kids too.

TC resident.



Data from Serenity Withdrawal Unit

113

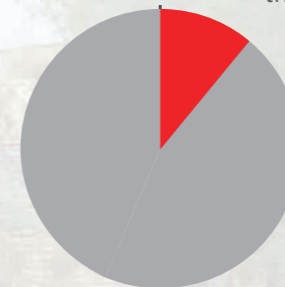
TOTAL NUMBER
OF CONSUMERS
IN SWU 2017-18



56%

10%

Aboriginal
or TSI. consumers in
this service



30-49 YRS
OLD

RELATIONSHIP
STATUS
Single

SERENITY WITHDRAWAL UNIT

Cyrenian House officially opened the Serenity Withdrawal Unit in Rockingham on the 13th of October 2017. This expansion of our suite of services provides a safe and supportive residential environment with low medical support for consumers who wish to withdraw from alcohol and other drugs.

The Serenity Withdrawal Unit is a partnership between Cyrenian House and the Drug and Alcohol Withdrawal Network and is located next to the Serenity Lodge Therapeutic Community site. The service is self-contained, consisting of four beds and provides free 24-hour residential care and support. Consumers accessing the withdrawal service are primarily dealing with the effects of methamphetamine addiction, however the unit caters for detoxification from other substances including alcohol, opiates, cannabis and prescription medication.

SEPTEMBER 2019



Thank you for teaching me how to deal with life and arming me with the tools to stay drug free and crime free. Also the ability to understand my relationships and how to improve them.

SUN	MON	TUE	WED	THU	FRI	SAT
Father's Day 1	2	3	4	5	6	7
8	9	World Suicide Prevention Day 10	11	12	R U OK? Day 13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	Queen's Birthday (WA) 30	1	2	3	4	5

World Suicide Prevention Day On this day, numerous events, conferences, campaigns and local activities call to public attention one of the world's largest causes of premature and unnecessary death – suicide.

R U OK? Day is a national day of action in September dedicated to reminding people to ask family, friends and colleagues the question, "R U OK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling.

NORTH METRO COMMUNITY ALCOHOL AND DRUG SERVICE

North Metro Community Alcohol and Drug Service (NMCADS) has experienced a year of steady growth in 2017 – 2018, whilst continuing to develop key working partnerships with other service providers in the northern corridor in addition to maintaining well developed and vital stakeholder relationships.

NMCADS was fortunate in securing funding for several new initiatives through the Western Australian Primary Health Alliance (WAPHA) and Richmond Wellbeing. Funding outcomes have resulted in two distinct services coming to life for NMCADS. In March 2018, NMCADS commenced its first Saturday service at the Joondalup location, quickly followed by inreach to general practitioner services by counselling staff. Secondly NMCADS was able to commence its Aboriginal Family Support Worker Program in partnership with Women's Health and Family Services (WHFS). This service involves outreach to place based services with the aim of providing support to Aboriginal and/or Torres Strait Islander people

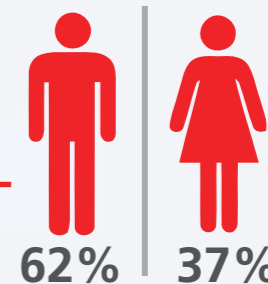
experiencing problematic mental health and AOD use and increase their access to AOD services.

NMCADS continues to work closely with Joondalup Health Services, City of Joondalup, Adult Mental Health Services, Child Protection and Family Services, MercyCare, in addition to developing new stakeholders such as Uniting Care West, Sexual Assault and Referral Centre (SARC) and Women's Health and Family Services (WHFS).

NMCADS has received considerable positive feedback from consumers over the last year. Many comments focus on the strengths of each staff member and the direct impacts this has had on the consumer's engagement with the service, in addition to addressing key milestones within their recovery plans.

NMCADS looks forward to another year of service provision within the growing northern corridor in addition to supporting our community and consumers.

2447
TOTAL NUMBER
OF CLIENTS SEEN
AT NMCADS



1% IDENTIFIED AS
NON GENDER SPECIFIC

52%
OF CONSUMERS WERE
employed or studying



46%
OF CONSUMERS WERE
aged between
30-49 years old



5%
OF CONSUMERS HAD
no stable
accommodation
arrangement

81%
OF CONSUMERS LIVED
with parents,
family or friends

I had a great experience with NMCADS. Very quickly I was allocated a great and experienced counsellor who has helped me to control and abstain from alcohol. Over eight months I have learnt many things in particular, many things about myself that I can change and take a different approach on. I had a medical condition I wasn't aware of and due to identification, understanding, treatment and education. I now feel better than I ever can remember. I cannot speak highly enough about the NMCADS service, expertise and commitment. Thank you NMCADS. Thank you for the positivity, patience and the application of your knowledge and experience. I am now well and intend to keep well. I hope that other people effected can receive and apply the knowledge and education available from NMCADS to make themselves well again.



OCTOBER 2019



Cyrenian House has helped me rebuild a lot of the confidence within myself and awareness of my actions upon others in the community.

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
6	Labour Day (NSW, SA, ACT) Queen's Birthday (QLD) Mental Health Week					12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Mental Health Week aims to increase mental wellbeing in WA communities by: Encouraging each of us to support and look out for one another; Promoting mental health discussion – learning the 'language' of expressing feelings, good and bad; and continuing to raise awareness of mental health issues and reduce the stigma of seeking help.

World Mental Health Day is a day for global mental health education, awareness and advocacy against social stigma.

Every year on **National Coming Out Day**, we celebrate coming out as lesbian, gay, bisexual, transgender or queer (LGBTQ).

CYRENIAN HOUSE MILLIYA RUMURRA OUTREACH SERVICE (CHMR)

The CHMR service continues to provide individuals and their families with improved access to alcohol and other drug services via outreach, servicing the communities north of Broome along the Dampier Peninsula and south to Bidyadanga. Cyrenian House and Milliya Rumurra entered into this partnership in 2012 and have developed and delivered alcohol and drug assessment, counselling and prevention services to parts of the West Kimberley region.

In 2017-2018 CHMR was fortunate to receive confirmation that the service will receive continued funding until 2020. There has been some adjustment to key performance indicators however the CHMR team are well on track to achieve these results.

A new vehicle purchase in early 2018 provides an opportunity for CHMR staff to travel in air-conditioned comfort along the corrugated Peninsula road on their regular outreach visits. The outreach team in Broome maintain a regular schedule of outreach visits to the communities of Bidyadanga, Beagle Bay, Djarindjin/Lombadina, One Arm Point and several outstations on the Dampier Peninsula. The nature of the work involves the delivery of counselling services and education with each subsequent reporting period demonstrating an increase in consumer numbers. Over 90% of our consumers are Indigenous and self-referrals constitute the greatest percentage of those accessing the service.

The CHMR team are building capacity in the region by offering placements to students, with one Master of Social Work student completing a thirteen-week placement in Broome with the team this year and another Social Work student in One Arm Point will be supervised next year.

The CHMR team also support various services within the local community with capacity-building education such as prevention education for staff at Djarindjin Airport as part of their Occupational Health and Safety Plan, together with AOD safety education for staff of other services in Bidyadanga.

State wide prevention campaigns are another focus area for CHMR, particularly "Drug Aware" and "Alcohol is No Excuse for Violence", delivering educational activities at community events such as a Community Health Expo in Djarindjin or the School Fun day in One Arm Point. Local Drug Action Groups (Broome, Bidyadanga and Peninsula) are also a focus for CHMR prevention activity, with the team supporting Bidyadanga LDAG in its Bidyadanga's Got Talent activities. The team have also worked in partnership with the Kimberley Alcohol and Drug Service to review and restructure our activities in the local Drug and Alcohol Management Plan and the Broome Liquor Accord.

My name is Aaron and I was a daily user of morphine and a heavy drinker. It came to the point where my arm would wake me up at 3am. Then I would be seeking alcohol in the afternoon to mask my grief after losing my long term partner to an overdose. My habits increased over a 3 year period and I was suicidal. I needed and found Cyrenian House who gave me hope of a better life free from using drugs and alcohol. It saved my life.

Today I am in a better place learning to live and be part of a society again. I am 56 years old and wish to live a decent life free from alcohol and drugs. Without this help I would have been another statistic. Thank you Cyrenian House.

Consumer - CHMR

NOVEMBER 2019



Cyrenian changed my life - it is THE BEST service

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	Recreation Day (TAS) 4	Melbourne Cup (VIC) 5	6	7	8	9
10	Remembrance Day 11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Remembrance Day This day marks the anniversary of the armistice which ended the First World War (1914–18). We observe one minute’s silence at 11am in memory of the millions who died or suffered in all wars and armed conflicts.

ACKNOWLEDGEMENTS FOR ANNUAL REPORT 2017 - 2018

Cyrenian House would like to acknowledge and sincerely thank our 2017- 2018 major state and federal government funders for their continued support and valuable contribution.

- Department of Attorney General
- Department of Prime Minister and Cabinet
- Lotterywest
- Mental Health Commission
- The Australian Government Department of Health
- WA Primary Health Alliance (WAPHA)
- Blackswan Health
- Department of Justice

We would also like to thank our partners and stakeholders for their continued support.

- Richmond Wellbeing
- Holyoake
- 360 Health and Community
- WAPHA
- Anglicare, WA
- Australia Therapeutic Communities Association
- Drug and Alcohol Withdrawal Network (DAWN)
- Headspace
- Mental Health Matters 2
- Milliya Rumurra
- Outcare
- Western Australian Network of Alcohol and other Drug Agencies (WANADA)
- Western Australian Council of Social Services (WACOSS)
- Western Australian Association of Mental Health (WAAMH)
- Ruah
- CEWA
- WANILS
- Next Step Drug and Alcohol Services
- Inner City Mental Health
- Palmerston Association

Throughout the year Cyrenian House receives many kind and generous donations from families and individuals who support our service. It is with heartfelt gratitude that we thank you.

DECEMBER 2019



I'm happy with everything and the staff here are amazing. Best rehab ever, help never a hassle when needed.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	Christmas Day 25	Boxing Day 26	27	28
29	30	New Year's Eve 31	1	2	3	4

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2018

	Note	2018 \$	2017 \$
REVENUE			
Fees & charges	4	2,911,085	3,264,684
Grants - State		10,322,976	9,152,048
Grants - Federal		900,146	848,984
Grants - other		85,135	1,774,425
Grants - unexpended		1,050	4,250
Financial income		274,345	263,367
Donations		14,088	18,270
Fundraising income		42,334	44,866
Other income		54,349	57,853
		<u>14,605,508</u>	<u>15,428,747</u>
EXPENDITURE			
Administration and finance costs	4	470,407	1,166,138
Employment, education and training expenses		9,856,539	8,922,844
Cost of services and sale of goods		2,402,844	2,107,059
Depreciation and amortisation expenses		741,849	652,374
Fundraising expenses		24,224	22,716
		<u>13,495,863</u>	<u>12,871,131</u>
NET SURPLUS	2	<u>1,109,645</u>	<u>2,557,616</u>
OTHER COMPREHENSIVE INCOME			
Other Comprehensive Income		-	-
TOTAL COMPREHENSIVE INCOME FOR THE YEAR		<u>1,109,645</u>	<u>2,557,616</u>

DETAILED STATEMENT OF FINANCIAL POSITION FOR THE YEAR ENDED 30 JUNE 2018

		2018 \$	2017 \$
CURRENT ASSETS			
Cash and cash equivalents		11,347,616	10,380,979
Trade and other receivables		20,664	841
Other current assets		306,180	146,444
Total current assets		<u>11,674,460</u>	<u>10,528,264</u>
NON-CURRENT ASSETS			
Land and buildings - cost	1,627,282	1,627,282	1,627,282
Freehold Improvements	6,855,416		
less: Accumulated depreciation	(1,073,730)	5,781,686	5,431,297
Leasehold Improvements	820,362		
Less Accumulated depreciation	(329,461)	490,901	613,955
Plant & equipment at cost	1,891,110		
less: Accumulated depreciation	(1,302,096)	589,014	585,138
Motor vehicles - at cost	853,726		
less: Accumulated depreciation	(505,635)	348,091	316,949
Works in Progress	-	-	533,088
Total non-current assets		<u>8,836,974</u>	<u>9,107,709</u>
Total assets		<u>20,511,434</u>	<u>19,635,973</u>
CURRENT LIABILITIES			
Income In advance		36,709	51,853
Grants/funds unexpended		3,000	4,050
Other liabilities		81,551	4,455
Taxation liabilities		256,237	226,182
Client funds held in trust		11,144	11,395
Trade Creditors		104,408	560,045
Provision for employee entitlements		896,659	1,102,379
Total current liabilities		<u>1,389,708</u>	<u>1,960,359</u>
NON-CURRENT LIABILITIES			
Provision for employee entitlements		663,725	327,258
Total non-current liabilities		<u>663,725</u>	<u>327,258</u>
Total liabilities		<u>2,053,433</u>	<u>2,287,617</u>
NET ASSETS		<u>18,458,001</u>	<u>17,348,356</u>
ACCUMULATED FUNDS			
Accumulated surplus		18,255,792	17,263,644
Reserve for future services		202,209	84,712
TOTAL ACCUMULATED FUNDS		<u>18,458,001</u>	<u>17,348,356</u>

To access the full financial report including our audit report, please refer to the ACNC website - www.acnc.gov.au/charity



TREASURER'S REPORT 2017 | 2018

MATTHEW VAN RIESSEN



2017 – 2018 has been a significant year for Cyrenian House with the commencement of a number of new services, both large and small.

The largest of these being the Department of Corrective Services Tender for Adult Justice Services Rehabilitation and Reintegration Programs which commenced in April 2018. The value of this contract is over \$1M per annum. Cyrenian House, in partnership with Holyoake, (a fellow alcohol & other drug treatment organisation) were successful in tendering to supply rehabilitation services to the Department of Corrective Services after an offering of standard services along with a selection of innovative new programs to prisoners in the Department's Perth Metropolitan prisons.

A number of smaller contracts for the provision of various services were entered into with Richmond Wellbeing, RUAH, NEAMI, City of Joondalup and the WA Primary Health Alliance. Many of these are also in partnership with other providers and it is an exciting time for Cyrenian House moving forward as we endeavour to further develop these services as their efficacy is gauged during the year to follow. The intention is to continue to grow these services and increase our collaboration with other agencies over the coming years.

During the 2017 - 2018 financial year, the Mental Health Commission renewed a number of contracts for various terms but disappointingly these have been renewed with only the addition of a 0.83% modified Consumer Price index calculated increase whilst employment expenses, which make up nearly 70% of our costs, have increased by 10%. Wage increases were driven by the 1 July 2017 Fair Work Commission Annual Wage Review decision of 3.3% (1 July 2017) and the Social, Community, Home Care and Disability Services Industry Award 2010 Equal Remuneration Order, 1 December 2017 increases of between 2.5% and 5%.

Being sustainable is about not only being capable financial stewards but also about providing the right types of services to our stakeholders. The success of the Corrective Services Tender will assist Cyrenian House in its efforts to achieve this goal. Environmental sustainability has been an important and ongoing consideration of Cyrenian House and three new additional buildings located at the Rick Hammersley Centre Therapeutic Community are amongst the first of our buildings to incorporate the provision of solar panels whilst incorporating a native landscape benefiting local wildlife and the environment. While Cyrenian House has built and developed a strong foundation, in order to maintain this position a continued review on all aspects of the service in 2019 and beyond is required.

Cyrenian House has been fortunate in maintaining a financial surplus during this financial year, however much of these funds are earmarked for the rejuvenation of a number of the larger value and older capital items in the Cyrenian House portfolio. A complete roof replacement planned for 2018 at the Head Office building has been delayed regrettably due to co-ordination difficulties and significant renovation works are planned during 2019 for Cyrenian House's Serenity Lodge site. The commencement on both of these major projects in 2019 are subject to a number of factors. Much of the organisations information technology hardware has reached its end of life cycle and requires a regeneration, with replacements due to commence in 2019.

The Committee of Management remains committed to providing leadership and governance to a dedicated and committed workforce to ensure Cyrenian House continues to be a sustainable, leading, evidence based specialist alcohol and other drug treatment service providing a range of services that meets our diverse community needs. We endeavour to make positive and meaningful differences in the lives of people affected by alcohol and other drugs.

Matthew Van Riessen
Treasurer



Acknowledgement
Dorian Bennet – Photographs



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Cyrenian House is certified against the Standard on Culturally Secure Practice (Alcohol and Other Drug Sector) and the Australia Therapeutic Communities Association Standard.