



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

How to access the service?

- Information groups are held weekly for people wanting to find out about Cyrenian House TC programs.
- Assessments, support and preparation for entry to the TC programs are provided at Non-residential Services in Perth.
- Telephone/Skype assessments can be conducted for people living in regional, rural and remote areas.
- Visit our website to read more information or view videos about our service.

For further information or to arrange an assessment for the SLTC or any of Cyrenian Houses' TC programs, please contact Non-residential Services on (08) 9328 9200.

Our Services

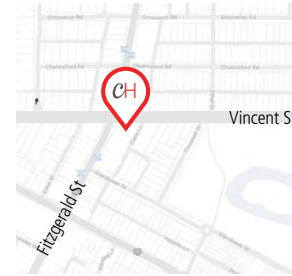
Non-residential Services

318 Fitzgerald Street, Perth, 6000

P: 9328 9200

E: enquiry@cyrenianhouse.com

B: Bus Routes 19 or 960



Rick Hammersley Centre Therapeutic Community Mixed Gender Program & Saranna Women & Children's Program

Contact us through Non-residential Services

Serenity Lodge Therapeutic Community

Contact us through Non-residential Services

Serenity Withdrawal Unit

P: 9388 5000 **E:** enquiry@cyrenianhouse.com

North Metro Community Alcohol & Drug Service

Joondalup

10 Clarke Crescent, Joondalup, 6027

P: 9301 3200 **T:** Joondalup Train Line

Warwick

26 Dugdale Street, Warwick, 6024

P: 9246 6767 **B:** Bus Routes 446 or 447

Cyrenian House Milliya Rumurra Outreach Service

Pembroke Road, Broome, 6725

P: 9192 6400 **E:** CHMRreception@cyrenianhouse.com

Saranna Early Childhood Education & Care Centre

920 Gnangara Road, Cullacabardee, 6067

P: 9302 6444 **E:** SECECCadmin@cyrenianhouse.com

Wandoo Rehabilitation Prison Therapeutic Community

Murdoch Drive & Bramanti Road, Murdoch 6150

P: 9218 7926

cyrenianhouse.com



Serenity Lodge Therapeutic Community



Healthy,
inclusive and
harm-free
communities

Cyrenian House is a not-for-profit non-government organisation that has been operating within the alcohol and other drug (AOD) treatment sector since 1981. Cyrenian House has demonstrated an enduring capacity to deliver a professional and effective treatment service and is one of the leading AOD treatment services in Western Australia.

Cyrenian House supports and upholds a robust standard of cultural competence by recognising cultural needs and reviewing programs to ensure they meet the needs of Aboriginal, Torres Strait Islander, CaLD and LGBTQI+ communities.

*All services provided
are confidential
and free of charge*

Cyrenian House acknowledges the past, present and future Traditional Custodians of this land and recognise our services are situated on Whadjuk Nyoongar Country and Yawuru Country.



Cyrenian House is certified against the Alcohol and Other Drug and Human Services Standard and the Australasian Therapeutic Communities Association Standard.

About us

Set in landscaped gardens close to the ocean and Rockingham café precinct, Serenity Lodge utilises the evidenced based Therapeutic Community (TC) model of treatment.

Following the concept of "community as method," TCs use active participation in group living and activities to drive individual change and the attainment of therapeutic goals. With an emphasis on social learning and mutual self-help, TC residents address AOD issues in a holistic way. A strengths-based approach, therapeutic interventions and positive peer support teach and encourage self-responsibility and guide the individual towards optimal health and wellbeing.

Treatment consists of a four-stage program. Residents can tailor their treatment experience to meet their needs and identified goals. A minimum stay of 16 weeks is recommended.

Consistent with the Cyrenian House commitment to the health of people who access our services, the Serenity Lodge Therapeutic Community (SLTC) is a tobacco free environment. Support and assistance to remain smoke free is included in the treatment program.



Treatment

Program elements include:

- Treatment plans based on individual needs
- Therapeutic groups
- Education groups on health, gender and parenting
- One to one counselling
- Multidisciplinary case management
- Medical services provided by an onsite weekly GP Clinic
- Fitness program conducted by an accredited provider and well-equipped gym
- Facilitated links to community self-help groups
- Creative expression program
- Life skills and emotional regulation
- Opportunities for residents to provide feedback about all elements of the service

Continuing Care

- Transitional Housing and Support Program (THASP)
- Ongoing counselling through Cyrenian House Non-residential Services