



I would greatly recommend this program for anyone who has life controlling issues, whether it's big or small. What you put in is what you take out. I can truly say I have turned my cant's into cans.

### How to access this service

If you would like to know more or enter the program speak to the Transitional Manager at your Prison, or ask to speak with the Triage Team at Wandoo.



## Cyrenian House 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 Milliyya Rumurra Outreach Service

Pembroke Road, Broome, 6725

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

### Saranna Early Childhood Education & Care Centre

920 Gnaragara 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](http://cyrenianhouse.com)



# Wandoo Rehabilitation Prison 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 alcohol and other drug 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 LGBTIQI+ 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 Yaruwu Country.



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

## Wandoo Rehabilitation Prison Therapeutic Community

Wandoo is a partnership between Cyrenian House and the Department of Justice WA, to deliver the first Therapeutic Community rehabilitation prison of its kind in Australia.

Wandoo Rehabilitation Prison is a 77 bed facility in a campus style setting, with a large oval and surrounded by gardens. The Therapeutic Community Program is a six month voluntary program where residents address AOD issues in a holistic manner. It helps residents learn pro social life skills, strategies to cope with triggers and aims to reduce the risk of relapse and re-offending.

### Program elements

- Treatment plans based on individual needs
- Multi-disciplinary case management team to support you
- Therapeutic groups
- Education groups
- One to one counselling
- Life skills
- Creative groups
- Moral Reconciliation Therapy (MRT)
- Psychosocial education groups
- Recreation program
- Work program

Post release support is also provided by Cyrenian House, with options for counselling, MRT Groups, consumer engagement and other program supports available.

## Therapeutic Community Model

A Therapeutic Community is a treatment facility in which the community itself, through self-help and mutual support, is the principal means for promoting personal change. In a Therapeutic Community, residents and staff participate in the functioning of the community, contributing to a psychologically and physically safe learning environment where change can occur. There is a focus on the biopsychosocial, emotional and spiritual dimensions of substance use, with the use of the community to heal individuals and support the development of behaviours, attitudes and values of healthy living. Each resident is expected to engage in all aspects of the program.

### Moral Reconciliation Therapy

Moral Reconciliation Therapy (MRT) is a cognitive-behavioural treatment program designed to help promote positive self-identity and to help individuals make better decisions for themselves and for the people around them. The group operates with an open-ended format, meaning individuals can enter the group at any time. The program consists of 12 steps. Participants complete the steps as homework outside of the group and then present each step during group time.



Throughout all of my prison sentences I can truly and honestly say this program has been a high light in my life. It has given me a sense of purpose and direction.