



2023 Calendar

2021 - 22 Annual Report





Acknowledgement of Artwork

This year Cyrenian House commissioned local Aboriginal artist Loretta Egan to create an art piece reflective of Cyrenian House and the services we provide as part of our 40th year anniversary celebrations.

Loretta Egan was born in Carnarvon and is a proud Yamatji woman who speaks the Wajarri language. Based in Western Australia, Loretta Egan is known internationally with one of her artworks even being presented to Queen Elizabeth on a visit to Perth. We're very proud to have this unique and stunning piece of artwork adorn our head office.



Acknowledgement of Country

Ngaala kaaditj Noongar moort keyen kaadak nidjar boodjar.
We acknowledge Noongar people as the traditional custodians of this land.

Cyrenian House respectfully acknowledges the past, present and future custodians of the land that our services are situated on, the Whadjuk Nyoongar Country, Bibbulmun Country and Yaruwu Country. We pay our respects to elders past, present and emerging.





President's Report

I would like to express my appreciation to the Committee of Management for their continued support of the organisation providing leadership and direction to ensure we achieve our vision of "Healthy, inclusive and harm-free communities."

The Committee of Management are conscious of promoting and maintaining Cyrenian House's position as a leading alcohol and other drug treatment service in Western Australia and this year was no exception. Our services and programs have continued to expand during 2021 – 2022 and our position remains strong, offering a suite of different services to a diverse range of consumers with varying needs.

In mid-2020 the Cyrenian House Committee of Management approved a proposal to utilise approximately \$280,000 of Cyrenian House's own reserve funds to invest in building a new six-bed Nannup Withdrawal Unit building. After a Request for Quote process Murray River North were selected to supply and install the new six-bed unit on the western end of the Nannup TC facility.

In August 2021, we were extremely excited to see the two semi-trailers arrive at Nannup Therapeutic Community to deliver the new Nannup Withdrawal Unit (NWU) building. Until this point in time, the NWU comprised three bedrooms within the main TC accommodation area of the service. While this has worked well as an interim measure, the ideal scenario for a low-medical withdrawal service is some separation from the TC accommodation for consumers engaging in low medical withdrawal and the new building now provides that separation.

In June 2022, the Executive Team and Senior Managers came together to review the three-year Strategic Plan. The team focussed on strengthening the organisations resilience to ensure we are not only able to withstand turbulent changing environments, but we thrive in them. Whilst our Strategic Objectives remain mostly the same, the review team proposed adjusting the organisations Values to ensure they remain relevant and focussed. The 2022 – 2025 Strategic Plan is due to be endorsed by the Committee of Management post the June 2022 reporting period.

This year has been extremely busy as we continue to grow and develop our service provision, often in partnership with other organisations to provide inclusive services to best meet the needs of the consumer. As such, we have added three new services within the Perth Metro area., 'Living-Well', 'Momentum' and Munda Mia Therapeutic Community. The 'Living-Well' and 'Momentum' services stem from a partnership between Cyrenian House and Richmond Wellbeing that commenced in 2018. This partnership includes joint involvement in Cyrenian House's three Low-Medical Withdrawal Units, and Richmond Wellbeing's Bunbury Step-up Step Down service and now the 'Living-Well' and 'Momentum' service.

Cyrenian House's continued growth over recent years is testimony to the professionalism and commitment of its staff. We are grateful to our State and Federal funders who put their trust in the quality of our service and in our continued efforts to deliver on their contractual objectives. Above all else, this continued growth enables us to extend our reach to support more people who need alcohol and other drug treatment services.

It has been rewarding to observe that a clear and strong strategy, good governance, an independent and diverse Board, a commitment to our staff, and respect and compassion for our consumers are at the heart of the organisation and the work that we do.

Matthew Van Riessen

President
Cyrenian House



Our Committee of Management

The Cyrenian House Committee of Management (COM) meets bimonthly and oversees our strategic governance. Our highly skilled, committed and values-based COM are volunteers who have worked diligently to meet our strategic goals, are compliant and achieve our vision.

We thank the following COM members for their generous and voluntary commitment to our organisation in the 2021 – 2022 financial year.



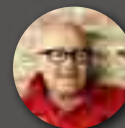
MATTHEW VAN RIESSEN

15 years of commitment and support



JENNY ROGERS

17 years of commitment and support



KIM LEDGER

9 years of commitment and support



JOHN STOCKBRIDGE

7 years of commitment and support



BILL MEEKE

4 years of commitment and support



BARBARA HOSTALEK

3 years of commitment and support





CEO's Report

Cyrenian House is a specialist alcohol and other drug (AOD) service that strives for excellence in service delivery and is committed to the best possible outcomes for our consumers. As the CEO I am very fortunate to lead a team of dedicated staff, who are also well supported by a strong Committee of Management, executive and management team, to deliver a range of evidence-based interventions to the community. Our strategic objectives are always focussed on a culture of continuous quality improvement and better outcomes for the community of people who access our services.

The past financial year has been a continued period of growth for Cyrenian House despite the challenges of dealing with COVID. Our staff are to be congratulated for their willingness to continue to provide services to some of the most vulnerable in our community during this difficult time.

In November of 2021, Cyrenian House celebrated 40 years of service to the community with an amazing Gala Ball at the Crown Resort. The level of enthusiasm shown by all the staff and stakeholders to attend this celebration was commendable, which contributed to the evening being a roaring success. To mark the auspicious occasion Cyrenian House commissioned Loretta Egan, a renowned Aboriginal artist, to paint a picture depicting our 40-year journey and the range of services we provide. Loretta attended the Gala event, and her work was unveiled during the evening. We are all very proud of Loretta's work, and it is now hanging in our Cyrenian Central office.

A major achievement throughout this year, is the acquisition of a women and children's service, formerly called Esther House, which caters for consumers experiencing issues with alcohol and other drug use, domestic violence, parenting and homelessness. With the support of Neville Collard, an Aboriginal Elder on the Nyoongar Outreach Services board, we conducted a smoking ceremony and renamed the facility in Kalamunda, 'Munda Mia Therapeutic Community', which translated means "Munda's Place" or "Munda's Home". Munda was a prominent local Aboriginal leader who lived around the time of white settlement of the Kalamunda region. The service has the capacity for up to 25 residents, but currently the numbers are reduced slightly to facilitate access for some minor renovations.

The development and implementation of our new client

management system, 'Pharos', has been a huge piece of work in the past year. The new 'Pharos' Client data system went live across Cyrenian House services on 5 July 2021. This was after an extensive period of development, testing and training stretching back several months. It also followed a one-week test run of using Pharos at the Serenity Withdrawal Unit as the pilot site for the roll-out. A key reflection on the roll-out has been the extent to which Cyrenian House served as the trailblazer organisation for the roll-out of the system across the sector. As we went live first, we were the organisation to identify and help resolve almost all the issues with the system, particularly during the development and testing phase of the project prior to the go live date. Nicola Iannantuoni, our General Manager of Non-Residential Services led the Pharos project for Cyrenian House and did an exceptional job at managing our input into the overall project and in leading the implementation of the system in our organisation.

Due to the success of the implementation of our Midland Withdrawal and Intervention and Centre (MWIC), Cyrenian House has developed a proposal to submit to the Mental Health Commission to expand the number of beds at the Serenity Withdrawal Unit (SWU) from four to 10 beds, and at the Midland Withdrawal and Intervention Centre (MWIC) from six to 10 beds. Cyrenian House sees this as a much needed expansion of these well accessed services.

Cyrenian House is also excited about a new partnership with Bethesda Health Care. This exciting new partnership will see Cyrenian House deliver alcohol and other drug outpatient services at the new Bethesda Clinic in Cockburn. With a strong mandate as a Specialist Alcohol and Other Drug Service this partnership supports and builds upon a number of our strategic priorities and allows us to extend access to our services to a potentially different cohort of individuals affected by alcohol and other drug use.

In terms of innovation and inclusivity, we received funding to provide residential treatment for consumers who are currently prescribed Opioid Substitution Therapy (OST). Whilst this is not new to the residential AOD sector in Australia, it has not been the norm in residential AOD treatment in Western Australia. We have now been delivering this service for consumers on OST at Serenity Lodge Therapeutic Community for just under a year and have recently seen the graduation of our first official OST resident from the service. Reducing the stigma and barriers to access to AOD treatment is fundamental to the mission and values of Cyrenian House.

As an ongoing commitment to support people with lived experience, Cyrenian House was successful in applying for funding to deliver training to support people with lived experience to be effective consumer representatives. This training covers both

foundational and advanced levels of training and support. Cyrenian House has always valued the contributions of people with lived experience and recognises the need to provide appropriate training and skills development.

Much of the year has also been consumed in writing and submitting tenders and contract extensions for both new and existing services. The largest of these was the Community Alcohol and Drug Services (CADS) tender in the regions. Cyrenian House lodged three applications for the CADS tender process, and I would like to acknowledge the enormous workload involved in developing and writing these tenders. Unfortunately, there did not appear to be much of an appetite for change in this process and Cyrenian House was not successful in being awarded one of these contracts.

Maintaining and upgrading our facilities is always an ongoing and important piece of work for Cyrenian House. We believe that our consumers deserve the best facilities when accessing treatment and support for their AOD issues. We are fortunate to have a number of facilities in our property portfolio. Our purpose in owning property is about being able to provide sustainable and good quality facilities to support our consumers and staff. In the past year we have built a new low withdrawal unit at our Nannup Therapeutic Community, a new building for the night supervisors at the Rick Hammersley Centre Therapeutic Community, replaced the asbestos roof at Serenity Lodge Therapeutic Community as well commencing the renovation of the kitchen and dining room area and undergone a renovation at the Munda Mia Therapeutic Community. I would like to thank the staff and the consumers for their patience during these building processes.

As always it has been a privilege to work with the dedicated people who make up the truly inspiring Cyrenian House team. I would like to acknowledge the work of the Committee of Management, our partners, the amazing staff, peer workers and volunteers who have worked tirelessly throughout this past year and who have supported me in delivering on our strategic objectives, and their commitment to the wellbeing of the consumers at Cyrenian House.

To our consumers, thank you for your continued patronage and your frank and honest feedback that has allowed us to continuously review and improve our service provision.

Carol Daws
CEO





Celebrating 40 years of service to the WA community



In November 2021 Cyrenian House hosted a Gala Dinner event at the Crown Towers complex to celebrate our 40th year anniversary of service provision to the WA community. We celebrated our consumers, their families, friends and significant others and the amazing staff, peers and volunteers who make up the rich fabric of the Cyrenian House community.

The event was the first of its kind for Cyrenian House and it was a huge success with tickets selling out quickly and people demonstrating great interest and excitement to join the organisation in this epic milestone. There has been much to reflect upon with over four decades of memories and achievements.

Cyrenian House was launched by Rick Hammersley, a concerned parent, following the death of his daughter Julie, due to an alcohol and other drug overdose. A residential service was established in Newcastle Street at a time when there was limited alcohol and other drug (AOD) support in WA. It was established as a not-for-profit non-government organisation to deliver professional, ethical, and effective AOD treatment services to the WA community. Originally Cyrenian House provided a residential program & offered non-residential support & aftercare. A halfway house was established sometime later, and Dr Chris Hammersley (Rick's son) was the President of the Committee of Management upon commencement of Cyrenian House.

Today Cyrenian House offers a huge range of services and programs to the WA community and is now the leading AOD service in Western Australia.

We are immensely proud of our achievements and the services we have provided to our consumers over the past 40 years to make positive and meaningful differences in their lives.





Providing culturally secure treatment services that are safe, accessible, valued and progressive

Cultural security is a commitment Cyrenian House offers to Aboriginal and Torres Strait Islander people accessing our treatment services. We continue to demonstrate our commitment to drive forward and build on the gains we have made. Cultural diversity is celebrated in all Cyrenian House programs. Aboriginal alcohol and other drug support workers provide cultural awareness and support to all consumers in their recovery journey.

This year Cyrenian House commenced an exciting new partnership with Marr Mooditj a long-standing and well-respected, registered training organisation that can trace its history back to the 1970s. Originally involved in training Aboriginal Health Workers, Marr Mooditj also runs courses in Mental Health, AOD, Nursing, Pathology and Hospitality.



This partnership between Cyrenian House and Marr Mooditj is an important workforce strategy that forms part of our Stretch RAP and will include:

- ✓ Marr Mooditj student placements at Cyrenian House services
- ✓ Cyrenian House staff involvement in delivering Marr Mooditj training courses

Perhaps the most exciting contribution from Cyrenian House is the provision of a number of scholarships for Aboriginal students participating in training at Marr Mooditj.

This year staff from all of our services engaged in Nyoongar Language training to enhance their cultural understanding and respect for Nyoongar people and Aboriginal Australians as a whole. The training provided staff with a range of conversational words and phrases and examples of how to incorporate and use these within basic conversational sentences. We also learnt about Nyoongar spiritual and cultural beliefs and the importance of booja (country) to Nyoongar people and protocols.



Recognising significant events & celebrations

Events recognising dates of cultural significance for Aboriginal and Torres Strait Islander people are held throughout the year and promotes an environment based on inclusivity, respect and tradition. Cyrenian House staff and consumers participated in a range of activities including National Reconciliation Week and NAIDOC week with the aim of promoting and recognising the contribution by Aboriginal and Torres Strait Islander people to our community. Other activities and celebrations included preparing and cooking authentic Aboriginal food to share, smoking ceremonies and joining in with some traditional Aboriginal dancing with the Mungart Yongah performers.

Cyrenian House recognises the following significant events throughout the year as part of our efforts for reconciliation and to closing the gap:

- National Apology Day
- National Close the Gap Day
- Harmony Day
- National Sorry Day
- National Aboriginal and Torres Strait Islander Children's Day
- International Day of Indigenous Peoples





Supporting love and respect

Cyrenian House celebrates and embraces diversity and innovation. We promote connectedness within our organisation that enables our consumers, staff, students, volunteers, stakeholders and contractors to feel safe and valued.

We are a diverse workplace that reflects contemporary, multicultural Australia, valuing differences and the uniqueness of individuals who may vary in many different ways, including race, ethnicity, culture, social class, gender, age, religious belief, sexual identity, mental and physical ability. We celebrate and promote this diversity as a strength of our organisation.

Pridefest theme 2021 - R.E.S.P.E.C.T

Cyrenian House has a long and proud history of providing safe and welcoming services for LGBTQI+ people. In our day to day business operations, we demonstrate our commitment to equality and inclusion and part of this includes our annual engagement in the Pride Parade, an inclusive celebration of our LGBTQI+ community.

This year marked the 30th anniversary of the Pride Parade in WA however due to COVID restrictions and planning, the event was held at Gloucester Park, rather than on the streets of Northbridge. Our team decorated our "Cyrenian House float" and wore their eye catching "R.E.S.P.E.C.T" theme designed shirts. The custom design shirts created quite a fuss and many community members enquired about purchasing one as they looked so stunning.

Cyrenian House was proud to once again join in the celebrations for our 4th year running, acknowledging our incredibly diverse community, we support and recognise all that our LGBTQI+ community has achieved. Our commitment to promoting inclusiveness and diversity within Cyrenian House has fostered an open-minded, organisational culture.

Other significant events acknowledged throughout the organisation during the year included:



- **Transgender Day of Visibility:** 31 March
- **IDAHOBIT - International Day Against Homophobia Biphobia and Transphobia:** 17 May
- **LGBTQI+ Domestic Violence Awareness Day:** 28 May
- **Wear IT Purple Day:** 28 August
- **National Coming Out Day:** 11 October
- **Transgender Awareness Week:** 2nd week of November



Strategic Plan 2022 – 2025

Our vision, mission and values remain as strong as ever and we are committed to continuously improving our services at an individual, team and organisational level.

This year, we refreshed our previous three-year Strategic Plan, building on our achievements and recognising the challenges of sustainability and the opportunities for growth and development. Our 2022 – 2025 Strategic Plan provides a roadmap to help us determine how to position ourselves to thrive in times of change and to continue to build on our solid well-established goals.

We made some slight adjustments to our core values ensuring they represent who we are and the work we, aligning with organisational culture and our commitment to providing high quality, person-centered AOD treatment services to those who most need it.

The refreshed strategic plan, due to be launched in early July, was created in consideration of experience and feedback, acknowledging the importance of remaining flexible and adaptive to the changing environment.



Recognising our Peer Workers

Learnings and Outcomes

Workers with lived experience of recovery from addiction have a long history in the alcohol and other drug (AOD) field. Some of the earliest and best-known AOD support services were organised and staffed by those with lived experience, and countless lives have been improved due to the efforts of the peer workforce. Cyrenian House has always valued and employed workers with lived experience of recovery. Peer workers provide a valuable contribution to the support provided to our consumers.

Employing Peer Workers was a relatively new concept for Cyrenian House at its inception in 2019. The Cyrenian Central team needed to plan for the implementation of Peer Support Worker roles and how they would be best utilised to compliment the service and treatment options already offered to our consumers. This was a learning process for Cyrenian House which resulted in very positive outcomes and the service reaching a very solid and effective position in how Peer Support Workers could best add value to our current service provision.

In the 2021/22 reporting period, our Peer Support Workers reached out to our consumers who had exited residential treatment



5
PAID PEER
SUPPORT WORKERS



1231
OUTGOING CALLS
TO CONSUMERS

The following outcomes from these post exit peer support calls were achieved:



27%
CONNECTED WITH
CYRENIAN HOUSE
OUTPATIENT SERVICES

20%
CONTINUED TO ENGAGE
IN CYRENIAN HOUSE
PEER SUPPORT

14%
UNABLE TO CONTACT
POST EXIT AFTER THREE
ATTEMPTS

4%
SUPPORTED TO
TRANSFER FROM ONE
TC TO ANOTHER TC

10%
ENTERED
TRANSITIONAL HOUSING

3%
DECLINED FURTHER
SUPPORT

9%
SUPPORTED TO
RE-ENTER TC

1%
EXTERNAL SUPPORT

11%
UNABLE TO CONTACT AFTER
INITIAL POST EXIT PHONE CALL.
SUPPORT TO RE-ENGAGE IN
TREATMENT NOT YET ACHIEVED



'A Peer Worker utilises their lived experience of alcohol and other drugs, plus skills learned in formal training, to deliver services in support of others'.

What we learnt from this project

This two-year project has really confirmed the organisations view on the value of Peer Workers across the organisation who provide significant benefits through their authentic connection with our consumers. Our services could not run as effectively without them. The Peer Support Worker adds value across all aspects of the consumers engagement with Cyrenian House:

- ✓ As a support for walk in presentations or phone calls from consumers who need help but aren't sure where to start.
- ✓ A mechanism in our response to consumers who present at our service distressed. We have found that having a Peer Support Worker involved in this, particularly if the Peer Support Worker has already made contact with the consumer, significantly benefits the de-escalation process.
- ✓ As a phone support for those wanting information on what residential treatment involves from the perspective of someone with lived experience.
- ✓ To instil hope in consumers that change is achievable.
- ✓ As a support and guide to help consumers prepare for entry into residential treatment and gain insight into the expectations and requirements of consumers in this treatment model.
- ✓ To provide follow up support for consumers who have left residential treatment, to help maintain their recovery.
- ✓ To provide referral information and support for previous consumers wanting to get back into treatment or wanting to access group or individual support to maintain their recovery.
- ✓ To provide staff without a lived experience of AOD use what the process is like from a service users perspective, specifically around the perspective of being a client of Cyrenian House. This has been particularly useful for junior staff who may have come directly from university and may lack an understanding of the consumers journey through our service.
- ✓ To add meaningful perspective in team meetings and discussions, often offering a perspective which may not have been picked up by counselling staff.

As demonstrated above, the Peer Support Workers have been embedded into the full treatment pathway of consumers within Cyrenian House. We are extremely proud of this achievement and the positive impact Peer Workers are making across the organisation.

Feedback from our Peer Workers...



What a journey it has been!

Five years ago, absolutely broken to entering TC, staying, graduating, participating in non-residential services like peer support groups, counselling, psychoeducational and therapeutic groups. Then transitioning into internal and external peer support work training, volunteering, being employed part-time to full-time and then being promoted and being chosen for the AOD Volunteer Counselling Training. The opportunities, learning, personal discovery, professional development and growth have been amazing. The hope, connection, support, encouragement and trust given freely to me from all stakeholders within the agency has given me all of me back and more. Eternally grateful. Thank you for continually believing in me whilst I learnt to believe in myself."

Consumer feedback based on their engagement experience with our Peer Support Workers...

My experience has been good overall. They are helpful and have always been there for support when needed. "



I find peer support very helpful. They are easy to talk to and confide in if I need to. Peer support have come through stages of addiction and understand – patient, considerate and empathetic. My experience is that they are honest and therefore trustworthy to me."

All the peer support workers I have had interaction with have been very caring and considerate. I personally am more at ease working with people who have lived experience as I know they can relate to me and understand me. When I have this increased level of trust and vulnerability, I get more out of the service."



I have found coming to work for Cyrenian House a challenging and rewarding experience. It has been an experience that is beyond anything I have had before; the support and training has been very helpful in learning new roles and building my confidence in all that I do, not just in my work life but all aspects of my life."



Always greeted really well by all the peer support workers. Feel welcomed and at ease. I feel I can always ask questions. The peer support groups on Thursday's are excellent."



Our Vision

Healthy, inclusive and harm-free communities

Our Mission

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

Our Commitment







- ✓ treat all people with dignity and respect
- ✓ develop inclusive leaders who value and have a deep understanding of inclusion and diversity, and the capability to build inclusive teams and working environments
- ✓ deliver programs which provide support services that enable all consumers and workers to feel that they belong and are valued individuals who can reach their full potential
- ✓ communicate our progress towards our inclusion and diversity objectives across the organisation and externally
- ✓ identify and cultivate partnerships and stakeholder relationships that promote and improve inclusion and diversity within Cyrenian House, for our consumers and in the community
- ✓ provide support and uphold 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

Our Core Values

Cyrenian House values the uniqueness of individuals who may vary in many different ways, including race, ethnicity, culture, social class, gender, age, religious belief, sexual identity, mental and physical ability. We celebrate and promote this diversity as a strength of our organisation.



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day	2 New Years Holiday	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Australia Day	27	28
29 	30	31				





Cyrenian Central

The 2021/22 period has been a positive 12 months of service provision for the Perth office. Of note during this period was the renaming of the site from the previous name of Non-Residential Services. Staff throughout all of Cyrenian House were invited to suggest a new name for the site, with Cyrenian Central being selected as the successful name.

Along with the change in name, Cyrenian Central also had a change in long term staff members. We would like to acknowledge and thank long term staff members Charl Van Wyke, Shannon Dixon, Vanessa Stasiw and Helen Murphy for your dedication and commitment to your roles.

SMART Recovery Group

Another new change from Cyrenian Central is the introduction of a SMART Recovery group targeted specifically to support our THASP residents. The group was successfully implemented in 2021 and continues to offer an additional treatment option to support our THASP residents in their recovery.

MRT Group

During this period, an additional MRT group was also introduced. This afterhours group provides an excellent treatment option for working consumers unable to engage in day groups and counselling.



"My wife and I recently accompanied our alcohol-afflicted eldest daughter to an introductory interview at Cyrenian House. We wish to convey the most flattering praise possible for the skills shown by your staff team. It gave us comfort to know that Cyrenian House operates at such high levels."

CONSUMER CYRENIAN CENTRAL



I experience THASP to be extremely thorough and supportive. The paperwork required for application was actually a helpful tool for me to outline what I was hoping to get out of transitional housing and an opportunity to document and present what I learnt in the TC and what I want to take with me moving forward. Thanks THASP"

THASP CLIENT CYRENIAN HOUSE

I have learnt so much from engaging in the Peer Support living Recover Group and the MRT Group. Thank you Cyrenian House, you have changed my life.

CYRENIAN HOUSE CONSUMER

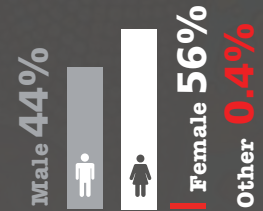
A year at Cyrenian Central

1,115 Total number of clients



A year at our Therapeutic Communities

525 Total number of clients



Primary drug of concern



↑ 44% Confidence improved on exit

↑ 40% Mental health improved on exit

↑ 42% Relationships improved on exit

CYRENIAN CENTRAL 14.3% Indigenous



THERAPEUTIC COMMUNITIES 16.4% Indigenous

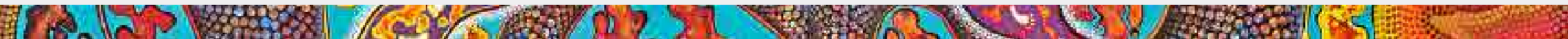
↑ 64% Confidence improved on exit

↑ 75% Mental health improved on exit

↑ 50% Relationships improved on exit

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	
5	6	7	8	9	10	11
12	13 Anniversary of the National Apology to the Stolen Generations	14 Valentines Day	15	16	17	18
19	20	21	22	23	24	25
26 	27	28		<p>ANNIVERSARY OF THE NATIONAL APOLOGY TO THE STOLEN GENERATIONS</p> <p>A decade on, the National Apology to the Stolen Generations remains a momentous turning point that demonstrates the importance of historical acceptance in paving the road to reconciliation.</p>		



AOD Volunteer Counsellor Program



The Cyrenian House AOD Volunteer Counselling program now in its eleventh year of delivery has continued with strong interest again this year.

In 2021 we received 73 applications for the program, 30 of which were shortlisted for interview and 15 successfully selected to participate in the program. The successful applicants came from a varied background inclusive of lived experience and engaged in six months of Saturday morning training, followed by a 12-month placement at either our Cyrenian Central or NMCADS sites, completing four hours of placement per week. During their placements the volunteers are supported in the development of their clinical skills and confidence in working with consumers. Staff often speak about the rewarding experience of supporting a volunteer on placement through supervision, enjoying the opportunity to guide their skill development and watch them become confident counsellors.

What an experience this has been. Right from the get-go I felt welcomed and a part of. The facilitators for the training were knowledgeable, friendly, and easy to talk to. I had no anxiety around asking questions. Answers were always explained to me in a way I could understand. The other volunteers were what made this such a memorable and worthy experience though. What a good bunch of people to learn with. Some of the connections I've made I'm sure will last years to come.

KYLIE WEBB – PROGRAM PARTICIPANT

AOD Lived Experience Representative Training

In June 2021, Cyrenian House submitted a request to the Mental Health Commission to develop and provide training to consumers of AOD services about how to be an effective Lived Experience Representative. The course is structured to recognise the increasing demand at all levels of governance for engagement with people who have lived experience across the AOD and mental health sectors. It targets skill building for people with AOD lived experience and facilitates opportunity for genuine engagement as a Lived Experience Representative. The training is delivered via an introductory Foundational Course, followed by an Advanced Training. All trainings are co-facilitated by a member of the Cyrenian House Consumer Advisory Group.



Participants completed a pre-training survey about their knowledge of the AOD sector and current service & treatment options.



HOW WOULD YOU RATE THE TRAINING? ★★★★★

HOW WOULD YOU RATE THE QUALITY OF THE COURSE MATERIAL? ★★★★★



Participants felt "empowered and inspired" and found the trainings to be "very engaging", often praising the facilitators for their warm, patient, and gentle disposition throughout group discussions and questions.

The free trainings were developed with the aim of supporting consumers to:

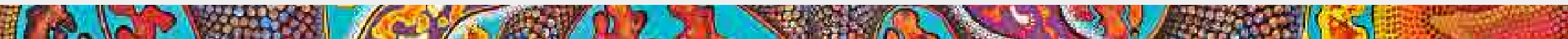
- ✓ Understand the role and responsibilities of a lived experience representative
- ✓ Understand the alcohol and other drug sector and the various services broadly available
- ✓ Learn about dealing with stigma and triggers that may arise during lived experience engagement & participation
- ✓ Learn about the type of participation and engagement that lived experience representatives may be involved in as well as how to prepare
- ✓ Learn about future opportunities for consumers who want to be more engaged and aspire to be future lived experience representatives, as well as how to respond to expressions of interest
- ✓ The basics of meetings, committees, co-design & co-production models
- ✓ Understanding of ongoing systemic changes and how you are contributing
- ✓ Guiding principles of working together
- ✓ Mastering meetings; skills and influence

Cyrenian House also facilitates support and networking meetings for individuals who have completed the training. These meetings allow course participants to come together, receive support in their roles as Lived Experience Representatives and network with other course participants. Course participants also have access to telephone support from the Training Facilitator to support their development as Lived Experience Representatives.

March 2023

Cyrenian Central is proud of the outcomes and achievements of this program and looks forward to continuing to deliver both Foundation and Advanced trainings over the 2022/23 period.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labour Day (WA)	7	8	9	10	11
12	13 Canberra Day (ACT) Labour Day (VIC) Eight Hours Day (TAS) Adelaide Cup Day (SA)	14	15 International Day of Happiness	16 National Close the Gap Day	17 St Patricks Day	18
19	20	21 Harmony Day	22	23	24	25
26 	27	28	29	30	31	





North Metro Community Alcohol and Drug Service



The 2021/22 period has been a busy and successful year for NMCADS. Despite the impact of escalating COVID community transmission on consumers and staff alike throughout this period, NMCADS has continued to deliver quality AOD person centred treatment service provision and expanded on prevention and community development partnerships and initiatives.

NMCADS service provision had to adapt to the circumstances created by COVID. This saw a mix of staff working from home and from the office, with consumers engaged via phone and online platforms to allow for video sessions. Staff are to be commended on their flexibility and positive approach to ensuring our consumers would continue to be offered strong clinical support.

Of particular note for NMCADS during this period has been the dramatic increase in referrals received via the Alcohol Interlock Scheme. Introduced in 2016, the Alcohol Interlock Scheme led by the Road Safety Commission and administered by the Department of Transport and Mental Health Commission, aims to separate drinking alcohol from driving for people convicted of repeat alcohol related driving offences. Individuals who breach conditions of the interlock scheme device are required to undertake alcohol assessment and treatment (AAT), which includes six counselling sessions to identify clinical needs, increase awareness of alcohol related harm and enhance motivation to change drinking patterns and related behaviour. In comparison to the previous year NMCADS reports a whopping 78% increase in consumers who successfully completed AAT, with 149 referrals received during this period. NMCADS is proud to be supporting the reduction in road safety risk posed by drink drivers in our community.

NMCADS collaborative working relationship with other service providers who are seeking to address AOD related harms in the community continued during the 2021/22 period.

During this period, NMCADS worked collaboratively with Joondalup Mental Health Unit (JMHU) AOD Assessment Team to provide content and co-facilitate an informal group to provide psychoeducation and information on NMCADS treatment pathways. The group aims to support AOD harm minimisation and NMCADS engagement of JMHU in-patients who have complex mental health presentations. Other initiatives include further expansion of AOD in-reach counselling service provision with NMCADS providing a weekly AOD counselling service at Mirrabooka Community Mental Health and an afterhours Saturday AOD counselling service at Madeley Family Practice.

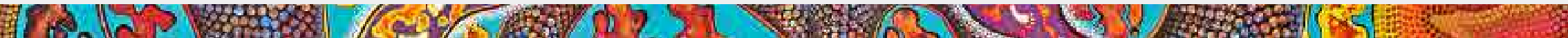


Another key project for NMCADS during this period was the implementation of the MasterCare client management database which replaced the previously used SIMS system. Key NMCADS staff were involved in the development of the system, however the project development and implementation was led by MHC. The change in system moved NMCADS to a "paper light" approach to consumer treatment, with Cyrenian House and MHC collaboratively supporting the IT infrastructure to allow this. The transition to MasterCare, which occurred in November 2021, created some challenges for staff in adapting to a new system and initial functionality issues. Staff continue to be committed to embedding MasterCare into service provision.

“ When I called asking to speak to a counsellor, I felt the position I was in was desperate, I had no options and my mental health was struggling. From the minute I walked into the reception and was greeted by the friendly, approachable receptionist, I was given an inkling of hope that my life situation may improve... My counsellor was professional, calm and attentive...through a period of 6 months, my counsellor helped me identify triggers, explain how to protect myself and improve my self-care. I was provided with strategies to deal with my struggles and improve my relationships and well-being... I now know change is possible. I feel empowered and have developed into a more positive person, which is equipped to deal with changing environments and adversity. **NMCADS CONSUMER**

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>ANZAC DAY Aboriginal Service People Military service and war is a significant part of Aboriginal history and current experience. Aboriginal and Torres Strait Islander people have served in large numbers in every conflict since Australia's Federation in 1901. Over 1000 Aboriginal and Torres Strait Islander people served in World War I (1914 - 1918) and around 70 fought at Gallipoli.</p>					1
2	3	4	5	6	7 World Health Day Good Friday	8
9 Easter Sunday	10 Easter Monday	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 ANZAC Day	26	27	28	29
30						





Our Residential Services

Each year, hundreds of consumers contact Cyrenian House seeking residential treatment options to address their AOD issues. As WA's largest AOD residential treatment service provider, we offer consumers a choice of locations to complete their individual treatment program, spanning from north or south of the Perth metropolitan area, to Nannup, one of the most picturesque areas of Southwest WA.

Our Therapeutic Communities (TC)'s provide the environment, structure and support for life experiences that help residents learn, grow, and recover. Residents engaging in our TC programs stay for many months, sometimes more than a year, and receive individual counselling, group therapy, structured education and support during the time in treatment.

They work alongside our qualified and professional staff team to manage and operate the TC facility, contributing to the community, and developing new skills and behaviours in a safe learning environment where great change can occur.



Munda Mia Our New Therapeutic Community

In May 2021, the Government of Western Australia announced Cyrenian House as the chosen community service provider to take over the facility located in Kalamunda previously occupied by Esther Foundation. Esther Foundation was a faith-based residential treatment facility for women and teenagers, which recently entered voluntary administration.

The immediate priority for Cyrenian House was the safety and wellbeing of the current Esther Foundation consumers. Working closely with the Department of Communities and the Mental Health Commission, we were able to establish an interim service enabling them to complete their stay at the service. The focus for Cyrenian House in the months to follow included the continuation of existing services and the transition to a new program funded by the Department of Communities.

As part of this plan, we transitioned some of the existing staff of Esther Foundation to employment with Cyrenian House and the new team at the service now comprises a mix of existing Cyrenian House staff, and staff who previously worked for Esther Foundation.



The program includes a 25 bed alcohol and other drug residential treatment service for young women who may be able to bring their children with them



The service also addresses housing, homelessness, domestic violence and co-occurring mental health conditions

Cyrenian House has a long history of providing services to women with alcohol and other drug problems and co-occurring mental health conditions. This new service will sit alongside our other specialist residential services for women, providing a unique new option, particularly for those women who also have family and domestic violence issues.

Cyrenian House would like to thank the Minister for Community Services, the Hon Simone McGurk, and the Department of Communities for funding this new service. This has been a great example of the WA Government and the not-for-profit sector coming together quickly to find a good solution for the women currently in this service, and into the future, for other young women who will use the new service.

Renaming the service

Cyrenian House engaged prominent Perth Nyoongar Aboriginal Elder, Mr Neville Collard to undertake a Smoking Ceremony and to help us select a new name for the service. Neville also helped us select the name of the program at our Nannup TC in 2019 and has undertaken smoking ceremonies at several of our facilities over the last few years. Neville is on the Board of Nyoongar Outreach Services, who are a key partner organisation to Cyrenian House, providing transport and cultural services for us since 2019.

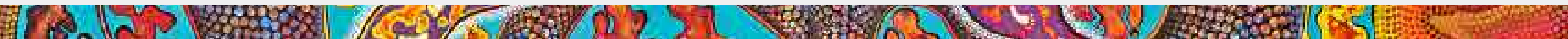
Munda Mia Therapeutic Community (pronounced "Munda my ah")

Translated from Nyoongar to English this means "Munda's Place" or "Munda's Home".

Munda (sometimes alternatively spelled 'Mundy') was a prominent local Aboriginal leader who lived around the time of white settlement of the Kalamunda, Mundaring and surrounding areas in the Perth foothills. He was a force of peace, aiming to achieve positive coexistence between the traditional people of the area and the new arrivals looking to also make these places their home. Kalamunda itself draws its name from Munda - meaning "Munda's Fire".

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day (QLD) May Day (NT)	2	3	4	5	6
7	8	9	10	11	12	13
14 Mothers Day	15 National Volunteer Week	16 National Volunteer Week	17 National Volunteer Week	18 National Volunteer Week	19 National Volunteer Week	20 National Volunteer Week
21 National Volunteer Week	22	23	24	25	26 National Sorry Day	27
28 	29 Reconciliation Day (ACT)	30	31		NATIONAL VOLUNTEER WEEK National Volunteer Week (NVW) is the annual celebration to acknowledge the generous contribution of our nation's volunteers. Our volunteers freely offer their time and skills to support many of our vital community services and activities. #NVW2023	





Rick Hammersley Centre Therapeutic Community

The Rick Hammersley Centre (RHCTC) continued to review program delivery and content in order to consolidate the integration of the former Mixed Gender and Saranna Women and Children's programs.

The review process sought input from current service consumers, as well as staff, with a goal to properly embed TC practice and processes across the integrated community. The implemented changes have already seen the community become more accountable to each other – in keeping with the overarching Therapeutic Community treatment philosophy. In turn this creates a more stable community that are better able to support new consumers and also enhance the effectiveness of treatment for existing consumers. Investment was made in extending service capacity to better support parenting outcomes for consumers in the Saranna program. Staff were trained to facilitate a short-term programs designed to help consumers understand their parenting styles and assist with developing alternative strategies to care for their children. Over time it is envisaged that this programme could be extended to include all RHCTC consumers.

The community worked tirelessly together in managing two COVID outbreaks, with the first affecting more than half of our service consumers. Significant changes were made to manage the logistics of feeding and caring for the physical health needs of consumers in isolation. It was an inspiring time for those who came together to support others who were unwell over a two-week period. This was a clear demonstration of a community coming together to care for and support itself. Weekly yoga classes were able to resume post-COVID infections and outside agencies were able to resume collaborative service provision. Consumers were also able to re-engage with outside organisations, such as Narcotics Anonymous (NA), that support their recovery journey.

There was a resumption in the partnership with North Metropolitan TAFE that sees RHCTC consumers able to complete entry level Certificate III units online while in treatment.



Once again RHCTC was well represented at broader community celebrations including, for example, the Pride Parade and NAIDOC week. NAIDOC activities were held both on and off-site and all consumers were keen to actively participate.



Serenity Lodge Therapeutic Community

Throughout the year Serenity Lodge Therapeutic Community (SLTC) continued to provide residential treatment services utilising a diverse range of approaches to treatment including the Therapeutic Community Model, 12 Step recovery models, Acceptance Commitment Therapy, Systems Theory, Psychodynamic Theory, Cognitive Behaviour Therapy and Social Learning Theory, in an effort to meet the individual needs of our consumers.

This year has again proved to be challenging due to COVID however our COVID management strategies have been effective in minimising the impact of outbreaks on our residents and the TC in general. Working closely with RHCTC, we have utilised chalets to separate COVID positive residents during the isolation period, thus avoiding risk to the entire community. This strategy has worked well, and we have been able to avoid transmission to the entire community.

During this reporting period, we have worked closely with Cyrenian Central to ensure that assessments and preparation for entry to residential treatment is managed efficiently and in a supportive way. It is of note that there has been an ongoing increase in consumers presenting for AOD treatment with complex mental health issues and it is a testament to the quality of the treatment that Cyrenian Central and Serenity Lodge provide that we have been able to respond to these changing and challenging needs.

We also worked closely with Cyrenian Central to support TC residents to access ongoing support at the conclusion of their program. This support includes aftercare counselling and referral to the Cyrenian House Transitional Housing and Support Program (THASP). The service is consistently operating at close to capacity and is successfully meeting all KPI's.

Since the introduction of permitting Opioid substitution therapy at Serenity Lodge TC, we have had seven OST residents at SLTC.

An overview of the year

172 Number of episodes



74 days
Average length of stay

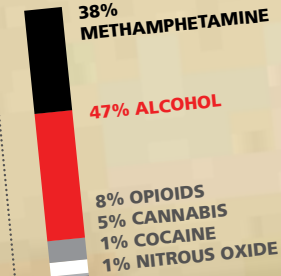
74% COMPLETED TREATMENT AS PLANNED

Drugs of concern

Female 44%



Male 56%



Serenity Lodge was a very safe environment for me to work on myself. Since completing the treatment program, I have not had any depressive episodes and my ability to deal with my anxiety has improved out of sight. My mental health has never been better."

RESIDENT – SERENITY LODGE



June 2023



"It is early days still, but my son is doing so much better than he was previously. Thank you to all the staff at RHCTC and Cyrenian House for giving us hope."

PARENT OF RESIDENT - RHCTC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>MABO DAY</p> <p>Mabo Day occurs annually on 3 June and commemorates Eddie Koiki Mabo, a Torres Strait Islander whose campaign for Indigenous land rights led to a landmark decision of the High Court of Australia.</p>		1	2	3 Mabo Day
4	5 Western Australia Day (WA)	6	7	8	9	10
11	12	13	14	15	16	17
18 Refugee Week	19 Refugee Week	20 Refugee Week	21 Refugee Week	22 Refugee Week	23 Refugee Week	24 Refugee Week
25 	26	27	28	29	30	





Nannup Therapeutic Community

As Nannup Therapeutic Community entered its third year of operation, the community started to focus with building connections with the environment and the local community.

- **October** - The community visited the Origin Centre Balingup and help to clear and tidy up parts of the Bibelmen Track that is adjacent to the property.
- **November** - The Nannup Team held a family fair event at Busselton Foreshore, local services and organisations were invited to join the event and display information about their services.
- **February** - we joined the Southwest Aboriginal Medical Centre at one of their community BBQ's and the Nannup team facilitated a Drumbeat session.

Past, Present and Future - a cultural journey

- **April** - The Balingup Museum held an exhibition "Past, Present and Future - a cultural journey" which recognised the Bibelmen people's presence in the area spanning from pre colonisation to the present day. Our Aboriginal residents attended the event and met with Ministers, Local Police, the Artists and spent time with the local Elders in a yarnning group.
- **September** - The Nannup Withdrawal Unit welcomed it's first new residents to the new building. The building has six ensuite bedrooms and open plan dining and sitting area.

The TC program at Nannup has helped me not only with my alcohol issues but also with my own self-care. My work has improved and relationships with my family and friends have improved.



Elder, museum Minister and artist Sandra

Nannup TC's Labyrinth project

Nannup TC's Labyrinth project was chosen by Bunnings for an area project.

The four Bunnings in the Southwest came together to construct a Labyrinth. The Labyrinth was designed by one of the staff members in consultation with a Local Aboriginal artist. The shapes and colour of the labyrinth recognise the native environment and the Aboriginal Culture.



Bunnings arrive



The team constructing the Labyrinth



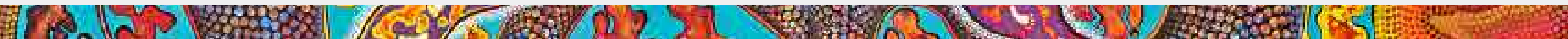
Labyrinth being planted



Labyrinth today

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NAIDOC WEEK NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.						1
2	3 NAIDOC Week	4 NAIDOC Week	5 NAIDOC Week	6 NAIDOC Week	7 NAIDOC Week	8 NAIDOC Week
9 NAIDOC Week	10 NAIDOC Week	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





Wandoo Rehabilitation Prison

Therapeutic Community

117 Total intakes
21/22 FY



46 Completed
programs

57 Current
number of
residents

Wandoo Rehabilitation Prison Therapeutic Community commenced operation in August 2018 as a dedicated alcohol and other drug (AOD) rehabilitation facility for women to help them break the cycle of addiction. We are celebrating four years of service provision this year as we continue to provide an AOD Therapeutic Community for women at Wandoo Prison.

In the past year Wandoo Women's Prison has seen 46 residents graduate from the program. While 117 entered the program, some have not completed due to being released before graduation or being transferred to a different prison. Across both graduated and non-graduated clients, the average time in the program is 221 days, so even those who have been unable to complete, they have received significant benefits from being in the program. One resident stated she applied to do her [gaol] time at Wandoo as she thought it would be easier, but when she started to see people changing, she "got on board with recovery".

The program accommodates up to 77 residents and offers a minimum 28-week program, during which the women can address entrenched AOD use issues and associated behaviours. Many of the women who engage in the program have been using AOD for many years, often in response to trauma related to adverse childhood events and patterns of family and domestic violence. It is very common that the women's offending behaviours are strongly linked to AOD use. The Wandoo program is the first time that many of the residents can genuinely hope for meaningful change in their lives. The program is based on a strong partnership between Cyrenian House and the Department of Justice. Cyrenian House draws on its expertise in delivering an evidence-based therapeutic community program whilst the Department

of Justice staff provide psychological support as well as peer support and an Aboriginal Mental Health Worker who facilitates regular yarning sessions for residents. In addition, North Metro TAFE attend to provide a range of certificate courses including Noongar language. This program is integrated into all aspects of day-to-day life within the facility. Women negotiate boundaries, practice effective communication skills, living skills and develop much greater self-awareness than they realised possible. Achievements are celebrated – there are monthly graduation ceremonies to recognise the journeys of the women who complete the program.

As of March 2021, since the opening of Wandoo Rehabilitation in 2018, 216 women have graduated from the program. During that same period, only eight women have been returned to prison. This represents a 3% recidivism rate, where the average over the past decade in Western Australia average is 40%. While this data is yet to form a comprehensive evaluation of the program, the indications are strong regarding the success of the State's first alcohol and drug rehabilitation prison for women.

THIS IS ECHOED BY CURRENT RESIDENT RHIANNON

"I have achieved learning, growth and awareness to start planning a brighter future for myself.... [the program] has given me so much trust and hope again".



Parole in-reach Program (PiP)

As part of a broader Justice Reform Program, Parole in-reach Program (PiP) was established in November 2020 to increase the number of offenders who are considered suitable for release on parole by the Prisoners Review Board and at the same time reduce their likelihood of reoffending in the community.

The PiP targets offenders who would be:

- less likely to re-offend if successfully engaged with a program or service; and
- not otherwise be referred to rehabilitation programs and services, due to lack of eligibility

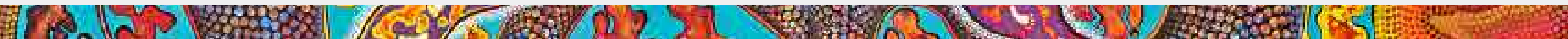
Moral Reconciliation Therapy

Cyrenian House in partnership with Holyoake deliver the Moral Reconciliation Therapy (MRT) group program as the treatment program for PiP. As a rolling group program, MRT is delivered in a through-care format, with group programs delivered in Wooroloo and Acacia prisons, and a group program delivered at Holyoake's office in Victoria Park. Participants complete approximately half the program in prison, and the other half of the program in the community whilst on parole. Due to the length of their sentences, the PiP participants would ordinarily not have access to treatment programs in prison which would likely have an impact on their parole eligibility.

The current reporting period has been a large success for PiP, with many of the supporting structures around the program having been established during the previous period. In collaboration with the Department of Justice, Cyrenian House and Holyoake have worked closely with the program participants as well as their Community Corrections Officers, resulting in a steady stream of participants being released on parole and attending the MRT community group program. There were 71 participants engaged in PiP and 34 successful graduations during the current period. All of the graduates attended MRT groups in prison and in the community for a period of at least 4 – 6 months.

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 National Aboriginal and Islander Children's Day (NAICD)	5
6	7 Bank Holiday (NSW) Picnic Day (NT)	8	9 International Day of the World's Indigenous People	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27  cyrenian HOUSE <small>ALCOHOL & OTHER DRUG TREATMENT SERVICE</small>	28	29	30	31 International Overdose Awareness Day	INTERNATIONAL OVERDOSE AWARENESS DAY This day aims to raise awareness of overdose and reduce the stigma of a drug-related death & acknowledges the grief felt by families and friends remembering those who have died or suffered permanent injury due to drug overdose.	





Low Medical Withdrawal Services



Serenity Withdrawal Unit

Now in its sixth year of operation, the Serenity Withdrawal Unit (SWU) continues to provide free 24-hour low medical withdrawal services to people experiencing difficulties as a result of their substance use.

The major portion of consumers presenting for admission to the SWU this year are people seeking support for alcohol related issues. We also have consumers accessing the service for issues relating to their methamphetamine, opiates, cannabis and some prescription and over the counter medications. This stand-alone withdrawal service allows individuals to access a longer stay in a treatment service to support their withdrawal process with the option to access further treatment in both residential and community-based settings as required.

85

Consumers accessed support



9 days Average time consumers remain in treatment



Nannup Withdrawal Unit

In its third year of operation, the Nannup Withdrawal Unit continues to operate in partnership with Richmond Wellbeing and is designed to provide a self-contained low medical withdrawal service for people experiencing difficulties as a result of their substance use.

The service offers a person centred “no wrong door approach” to support individuals experiencing alcohol and other drug and mental health related issues. We provide a safe supportive residential environment, where individuals can undergo a low medical withdrawal program to assist them to achieve their identified goals.



Arrival of the ‘new’ NWU

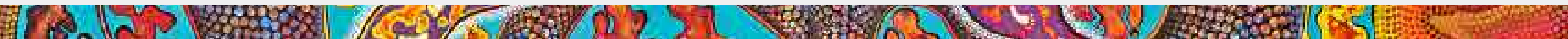
In August we were extremely excited to see two semi-trailers arrive at Nannup TC to deliver the new low medical withdrawal building. Up until that point the Nannup Withdrawal Unit has comprised three bedrooms within the main TC accommodation area. Whilst this has worked well as an interim measure, the ideal scenario for a low-medical withdrawal service is some separation from the TC accommodation for consumers seeking low medical withdrawal services.

In mid-2020 the Cyrenian House Committee of Management approved a proposal to utilise approximately \$280,000 of Cyrenian House’s own reserve funds to invest in building a new six-bed Nannup Withdrawal Unit building. After a Request for Quote process Murray River North were selected to supply and install the new six-bed unit on the western end of the property. The new Nannup Withdrawal Unit is now operational, and we are delighted to report consumers are enjoying the new facility. We continue to provide high quality low medical withdrawal services to consumers seeking to detox in a safe and supportive environment.



September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>R U OK? DAY R U OK? inspires and empowers everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life.</p> 		<p>WORLD SUICIDE PREVENTION DAY Every 40 seconds, someone loses their life to suicide. World Suicide Prevention Day raises awareness and provides worldwide commitment and action to prevent suicide within our communities and shares our support for the people that need it.</p>	1	2		
3 Fathers Day	4	5	6	7	8	9
10 World Suicide Prevention Day	11	12	13	14 R U OK? Day	15	16
17	18	19	20	21	22	23
24 	25 King's Birthday (WA)	26	27	28	29	30



Midland Withdrawal and Intervention Centre

Midland Withdrawal and Intervention Centre (MWIC) is a low medical alcohol and other drug withdrawal service situated in Eveline Street, Midland. In its second year of operation, demand for this service has been significant and we have been operating at close to full capacity since the service commenced.

The model is based on the integration of both medical and psychosocial services. The MWIC is staffed 24 hours per day, with a minimum of two staff on site at any given time. The purpose of the service is to provide a safe, therapeutic environment where consumers can withdraw from substances and receive other person-centered interventions.

The philosophy of the MWIC is to reduce barriers to service. This includes ensuring that the service is as comfortable and reassuring as possible. Consumers have their own ensuite, air-conditioned rooms and unlike more traditional residential treatment facilities, residents may have their own televisions and daily access to their mobile phones. Visits with children are accommodated during the week and other family members are welcome to visit during weekends.



Groups run three times per week (Monday, Wednesday, and Friday) on-site.

Topics are generally psychoeducational in nature, covering AOD basics such as:

- ✓ Harm Minimisation
- ✓ Relationships and drug use
- ✓ Stages of Change
- ✓ Addiction (stages of use)
- ✓ Goal Setting and Relapse prevention

In addition to education groups consumer also undertake enrichment activities such as:

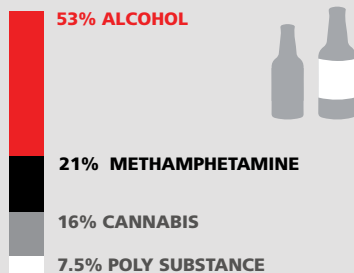
- ✓ Visits to the art gallery
- ✓ Visits to the WA museum
- ✓ Visits to the zoo
- ✓ Visits to local heritage sites
- ✓ Bush and river walks

In addition to the groups that clients attend, consumers also participate in check in and check out at the beginning and ending of each days. Consumers also attend each week.

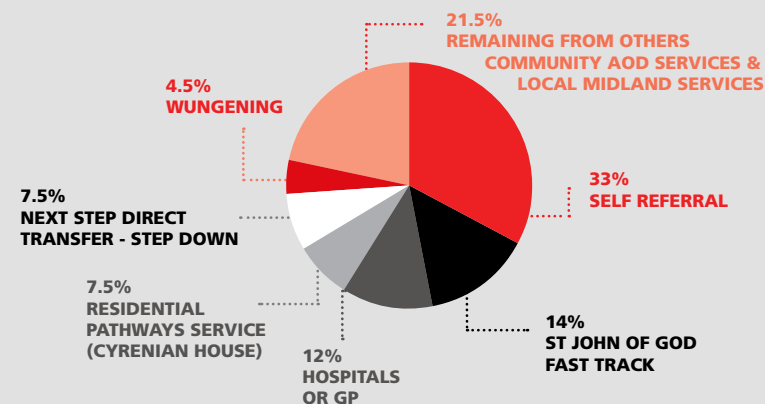
- ✓ Peer support group
- ✓ Narcotic anonymous (each weekend)
- ✓ Alcoholics Anonymous (in house and one meeting on a Friday)
- ✓ Wungening Solid Ground program (once per week)

196 Consumers supported since March/April 2021

Reason for presenting for withdrawal



The most common referral types







12.5 days
Average length of stay

This has been a constant figure since the MWICs opening

39

Consumers referred to Longer Term Rehabilitation (LRT)

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 King's Birthday* (QLD) Labour Day (ACT, NSW, SA)	3	4	5	6	7
8	9	10 World Mental Health Day	11 National Coming Out Day	12	13	14
15	16	17	18	19	20	21
22	23	24 United Nations Day	25	26	27	28
29 	30	31 Halloween				



*King's Birthday (QLD) - Tentative date at time of printing



Cyrenian House Milliya Rumurra (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 Bidadanga.

The past 12 months have been the busiest yet for the CHMR team. We have delivered more occasions of service to more clients than in any previous period. This may be due to many local services in the region switching to Telehealth. Whilst in lockdown CHMR too had to rely on Telehealth but once communities started allowing service provider visits CHMR resumed face to face services as soon as possible, accommodating changes to community access policies and compliance with, state, regional and local safety directives regarding COVID for health service providers.

The CHMR client group remains predominantly Indigenous and self-referrals constitute approximately half our caseload. The team have also been endeavouring to maintain participation in community led or driven prevention and capacity building initiatives.



20 VISITS

to the Dampier Peninsula
Communities (BEAGLE BAY, ONE ARM
POINT AND DJARINDJIN/LOMBADINA)

26 VISITS

to Bidadanga



Other activities we have engaged in during 2021 -2022:



Delivering the alcohol and other drug education and harm prevention component of a local Family Violence prevention program with Men's Outreach Service.



Conducting an education session focusing on Women and Alcohol with Bidadanga women for International Women's Day.



Providing regular peer supervision for staff of the Marnja Jarndu Women's Refuge. Supervision is done via group format.



CHMR presentation at Beagle Bay for R U OK? Day involved Community Navigators and Clinic Health Worker. Presentation covering the services that are available both locally and via various media for information regarding prevention of MH conditions, raising awareness of mental health promotion materials and discussion on a range of related topics, particularly encouraging help-seeking.



Supported an inter-agency vaccination drive at Ardyaloon on the Dampier Peninsula in September, in collaboration with the community clinic and other health services. CHMR hosted an information and activity stall.



Created another event for International Overdose Awareness Day on August 31st, distributing information posters, brochures and merchandise from the Pennington Institute to raise awareness both pre and post event that overdose is preventable and to promote helping services. CHMR hosted a remembrance event at Entrance Point followed by afternoon tea on the beach.



Hosted an activity stall at the Bidadanga Community Christmas event.



Radio interviews focusing on harm prevention leading up to International Overdose Day, International Women's Day and World NO FASD Day.



Working with the Shine Girls Program at Broome Senior High School to build relationships with teen girls and offer age appropriate education activities and information.



Camp on Country on Dampier Peninsula. CHMR delivered education and activity sessions for primary and high school girls and for women. Topics included age-appropriate alcohol and other drug awareness information, harm prevention information and participation in fun events and activities.



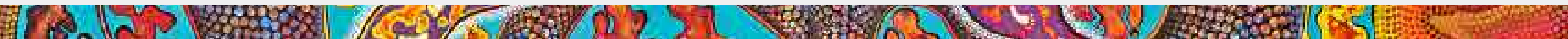
CHMR represented Cyrenian House at various community and sector levels in various forums, including Local Drug Action Groups, District Leadership Group, Broome Alcohol and Drug Management Group and Drug and Alcohol/Mental Health Committee.



From my heart and soul I'd like to thank Anna from Cyrenian House for the life changing support and guidance she has provided me with. My expectations from her go through the roof. You best believe it - words cannot explain how I feel. I'm a new man with a new perspective on life.

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Recreation Day (TAS)	7 Melbourne Cup (VIC)	8	9	10	11 Remembrance Day
12	13 World Kindness Day	14	15	16	17	18
19	20	21	22	23	24	25
26 	27	28	29	30		





Saranna Early Childhood Education & Care Centre (SECECC)

This year the team at Saranna Early Childhood Education and Care Centre continued to provide high quality care, education and support to children and their families. Our team is committed to improving upon and building current leading best practices in all areas of our service delivery. We are actively involved in creating better solutions for our children. We show our relentless persistence to stretch ourselves to do better. We foster beneficial, effective, respectful, and inclusive relationships that provide the best opportunities for our children.



23
Staff members

70%
Annual
Occupancy



We love Saranna. The staff are great and they really care for the children. My son's behaviour and speech has improved significantly and he is much calmer.



For part of this financial year, the centre continued to struggle with staffing issues related to COVID but if there is a silver lining to a pandemic, it is that we were able to adapt very quickly to a new and highly impactful situation, develop solutions and provide flexibility in services for families. Our families adjusted with us and together we became even more resilient.

A new manager was appointed to the service this year and this coincided with a review of the services and the programs resulting in many changes including a makeover of our entire outdoor environment with further works yet to be completed including an extension to the babies / nursery outdoor play space. In the indoor environment, the Kindy area has been set up to accommodate the older children in a classroom to emulate school to provide a more structured learning environment for that group of children.

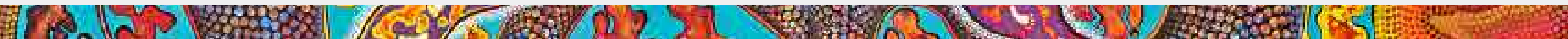
Another new and exciting initiative we have introduced this year are the services of a dedicated play therapist provided through Holyoake who works with us one day per week. The role of the play therapist is to work with children (and their families) to work through difficult situations and experiences such as bereavement, abuse and neglect, depression and anxiety, family conflicts, psychological issues or other traumatic experiences. They use play to help children express and understand their emotions and experiences and learn how to cope with difficult situations.

Robert Yammouni is also currently implementing a new and improved program/curriculum to support the service to achieve an Exceeding Rating. Providing the documentation and supporting the educators on a regular basis all educators are now confident in providing a play based educational learning experience to all children. We are extremely excited to have Robert working with us and looking forward to seeing the positive outcomes from his work over the coming months.



December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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 Eve	25	26	27	28	29	30
31 New Year's Eve	Christmas Day	Boxing Day				





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.

The program runs for 12 weeks and is delivered for people in WA prisons. The program works to identify how the decisions we make impact on ourselves and our community. We focus on discovering the links that alcohol and other drug use have in this process and the consequences which affect our lives and the lives of others. Our counsellors work toward encouraging better understanding and decision-making strategies. 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.

“The service provided was excellent and it helped me a lot to build my self-esteem up where I can love myself and ask for help when I need it.”

The program met all my needs and was conducted professionally and supportive to my needs and situation. Thank you, guys.”

I loved everything about Pathways it has changed me completely, look forward to seeing you guys upon release.”



Allied Drug and Alcohol Programs and Treatment

ADAPT
ALLIED DRUG & ALCOHOL PROGRAMS & TREATMENT
Prison to Community

The Allied Drug and Alcohol Programs and Treatment (ADAPT) program, a partnership between Cyrenian House and Holyoake, has been running since April 2018. Funded through the Department of Justice, this service delivers alcohol and other drug (AOD) rehabilitation programs in the public metropolitan prisons in Western Australia.

The services we provide include:

Moral Reconation Therapy

A cognitive-behavioural treatment program designed to promote positive self-identity and better decision making. Interested people can join the group at any time.

Pathways Program

A psychotherapeutic, psychoeducational group program designed to address alcohol and other drug use and offending behaviour.

Methamphetamine Program

A program delivered in metropolitan prisons across Western Australia (WA) to address methamphetamine use.



A partnership between:



Primary drug of concern

75%
METHAMPHETAMINE



1,259
Total counselling and group clients



10,502
Total counselling and group sessions



96%
of clients stated they were satisfied with the ADAPT service



29.5%
Aboriginal clients

CYRENIAN HOUSE MILLIYA RUMURRA OUTREACH (CHMR)

CHMR is a partnership between Cyrenian House and Milliya Rumurra Aboriginal Corporation. It delivers alcohol and other drug prevention services to parts of the West Kimberley region. Our service provides individuals and their families with improved access to alcohol and other drug services on an outreach basis, servicing the communities north of Broome along the Dampier Peninsula and also south to Bidadanga.

NORTH METRO COMMUNITY ALCOHOL & DRUG SERVICE (NMCADS)

NMCADS is a partnership between Cyrenian House who provides counselling and support for individuals & their families and Next Step who provides medical and psychological services.

RICK HAMMERSLEY CENTRE TC

Since 1981, Cyrenian House has offered residential programs at the RHCTC, located 30 minutes north of Perth on 32 acres of natural bushland. RHCTC offers 2 residential programs: Gngalara Program & Saranna Women and Children's Program



MIDLAND WITHDRAWAL & INTERVENTION CENTRE (MWIC)

The Midland Withdrawal & Intervention Centre (MWIC) offers highly responsive same, or next day admission to consumers seeking low medical withdrawal and associated services, including support for their families and significant others.

MUNDA MIA TC

Located 30 minutes from Perth in the foothills, Munda Mia TC is a unique specialist women's AOD residential treatment service, with a strong focus on family and domestic violence issues and trauma.



WANDOO REHABILITATION TC

Wandoo Rehabilitation Prison is WA's first dedicated Alcohol and other Drug (AOD) rehabilitation prison for women in custody. This program is available to female prisoners at Wandoo Prison with a minimum of 6 months imprisonment remaining to be served.



SERENITY LODGE TC

Providing residential treatment to the WA community since 1977. Serenity Lodge TC offers a four-stage program that follows the TC model of treatment, supporting individuals affected by alcohol and other drug use.

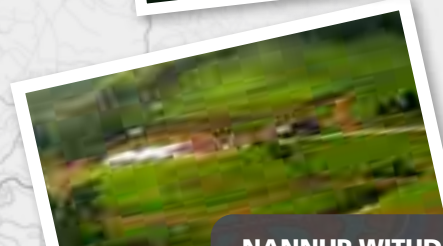


SERENITY WITHDRAWAL UNIT

Based on the Serenity Lodge site in Rockingham, Serenity Withdrawal Unit offers you the opportunity to complete a fully supervised low medical withdrawal.

NANNUP THERAPEUTIC COMMUNITY

Our 90 acre Nannup TC is located 13km from the Nannup town centre in one of the most picturesque areas of South West WA. With an emphasis on social learning and mutual self-help, you will address your alcohol and other drug issues in a holistic way.



NANNUP WITHDRAWAL UNIT

Nannup Withdrawal Unit (NWU) is designed to provide a self-contained low medical withdrawal service for people experiencing difficulties as a result of their substance use. The service offers a person centred "no wrong door approach" to support.



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Cyrenian House is certified against the Standard on Culturally Secure Practice (Alcohol and Other Drug Sector) and the Australasian Therapeutic Communities Association Standard for Therapeutic Communities and Residential Rehabilitation Services.



Acknowledgements

Dorian Bennett - Photography & Eclipse Designs - Graphic Design

