

# OAKE



# TREE



HOLYOAKE 40TH ANNIVERSARY NEWSLETTER 2015

## LOOKING BACK. LOOKING FORWARD.

It takes a visionary to question the status quo. 40 years ago, John Keating wasn't happy about the limited support available to people struggling with problem drinking, and their families. Determined to offer an alternative, he founded Holyoake along with his friend Anita Day.

Their pioneering spirit laid the foundation for a holistic, non-judgemental approach to support people impacted by alcohol and other drugs, as well as their family and friends.

Over the years, Holyoake developed a range of customised programs for all ages and circumstances.

We have also established two social enterprises: Our DRUMBEAT® program is achieving positive outcomes around the world, and Wellbeing@Work® is raising awareness about mental health and substance misuse in corporate organisations.

It has been a privilege to lead Holyoake for the past 8 years. As we celebrate our 40th anniversary, I thank our founders as well as all our past and present clients, employees, board members, funders, supporters and partners.

We now look to the future with great optimism as we continue to bring lasting change.

**Angie Paskevicius**  
CEO

In the early seventies, problem drinking was generally treated as a disease; the advice was to “detox, sober up, and pull up your socks”. John Keating was determined to find a better way. While studying on a Churchill Fellowship in the USA, he learnt new ways to address problem drinking.



John established Holyoake in 1975 with his friend Anita Day. The purpose was to provide more holistic and non-judgemental services to people affected by alcohol and drugs, and to support their families as well

They derived the name 'Holyoake' from the site of an old settlement on the outskirts of Dwellingup in Western Australia. Some 90 acres of land around this site was granted to them by the Minister of Land and Forests to build a residential facility which unfortunately was not progressed due to the significant resources needed. Instead, they established a Holyoake City Centre office at 33 Havelock Street in West Perth.

From the very outset, the Holyoake approach achieved excellent outcomes. This positive approach was welcomed by clients as well as the community sector. The very next year, Holyoake received the Jaycee Award for Better Communities 1976. John then played a key role in setting up the WA Network of Alcohol and Drug Agencies (WANADA), assisted in the founding of Cyrenian House, and was elected President of the Alcohol and Drug Council of Australia.

Forty years on, that bold vision has stood the test of time, and has expanded more than the founders could have imagined. Thousands of people have experienced the benefits of Holyoake's positive approach in a safe, confidential and caring environment.

Holyoake now operates through our main office in Victoria Park. We also manage

the North East Metro Community Alcohol & Drug Service (NEMCADS) in Midland, and the Wheatbelt Community Alcohol & Drug Service (WCADS) in Northam, Narrogin, and Merredin. In addition, our affiliates in New South Wales, Tasmania and the Northern Territory offer Holyoake counselling programs under licence.

In addition to our counselling services, we developed an innovative program called DRUMBEAT® in 2003. This evidence-based, award-winning social enterprise is achieving positive social outcomes across Australia, and around the world. This year we launched DRUMBEAT Quest®, the world's first video game for social and emotional learning that incorporates the latest neuroscience on rhythm and emotional control.

In 2013, we introduced our Wellbeing@Work® suite of corporate wellness programs to raise awareness of stress and unhealthy coping mechanisms. Over 5,000 people from prominent organisations have experienced the benefits of our positive approach.

The future looks bright for Holyoake as the community sector faces the challenges of economic uncertainty, changing funding models, consumer directed care, mergers, and more. Our strategic plan is clearly focused on our purpose to bring lasting change while ensuring our long-term financial sustainability.

*Pictured top right: John Keating - Founder*



# Congratulations!

## HOLYOAKE

"My congratulations to Holyoake on 40 years of providing outstanding service and support to individuals and families in the metropolitan area and throughout the Wheatbelt region of Western Australia.

Over its 40 years of operation, Holyoake has earned the reputation among West Australians as an organisation that can be trusted to deliver care and compassion to individuals and families dealing with drug and alcohol addiction.

It is impossible to quantify the value of the important role Holyoake plays in not only guiding and improving the wellbeing of individuals confronting drug and alcohol issues but also through the wider engagement of the community in the common mission of making our state a better and safer place.

I offer my best wishes to Holyoake, their supporters and associates on this remarkable anniversary milestone."

**The Hon Colin Barnett MLA  
Premier of Western Australia**

"I am so proud to be Chairman of Holyoake on this auspicious occasion; our 40th anniversary.

28 years ago I came to Holyoake as a 'co-dependent', which is a term that was used in those days. It changed my life so dramatically, I had to stay and help! John Keating asked me to take the Chair but I refused until after he passed on.

I am proud of the ability of Holyoake to provide real help in an area largely misunderstood even today.

May our team continue to grow in capacity and understanding and deliver to all those who seek our help in the darkest moments of their lives.

A special thank you to Angie Paskevicius who provides the necessary professionalism in leading a team whose loyalty and hard work facilitates the Holyoake magic to shine."

**Marylyn New  
Chairman, Holyoake**

"Holyoake is an extremely well-respected service provider of alcohol and drug services which has been servicing the West Australian community for four decades. As such, I'm very pleased to extend my congratulations to the team at Holyoake on this, your 40th anniversary.

I am particularly impressed that, each year, Holyoake assists more than 6,500 West Australians by providing practical programs to address alcohol and drug abuse issues, while at the same time guiding people through challenging times and into a better future.

Thank you Holyoake for your dedication and commitment to these people in Western Australia, as well as their friends, family and carers. Forty years is a significant milestone of which your team should be very proud."

**The Hon Helen M Morton  
Minister for Mental Health; Disability Services; Child Protection**

## 2015 Telstra WA Business Woman of the Year



Congratulations to our CEO Angie for winning the Telstra WA Business Woman of the Year Award for her vision, leadership and commitment to making a difference. Angie won the overall Telstra WA Business Woman of the Year Award, as well as the award for her category 'For Purpose and Social Enterprise'.

The Telstra Awards judges were particularly impressed with the remarkable transformation Angie had driven at Holyoake. Telstra Chief Operations Officer Kate McKenzie, said "She managed to change the mindset of the organisation from 'charity' to 'enterprise' by moving from 100 per cent government funding to a more diverse funding and revenue model."

# Good things get better with time - Rick\*

“My journey in Australia began back in 1983 - the year after I had migrated from Ireland. Along with my family and possessions, I brought along my problems with alcohol as well.

It was very difficult to settle in a new country, and I began to depend even more on alcohol to help me cope. Things came to a head when my wife had a miscarriage. I felt like a broken man and decided to seek help at Holyoake which was recommended by a good friend.

Hesitant about seeking counselling at first, I felt very welcome at Holyoake. I began with individual counselling and then joined a group. It was a supportive environment, and I had the pleasure of meeting John Keating, the founder. After completing the program, I felt more informed about alcohol

and my circumstances, and I resolved to give up drinking.

My self-esteem improved substantially, and I decided to go back to school. At the age of 28, I completed Year 12, followed by a 4 year degree in Health Science at Curtin University, and then started a career in construction management.

Fast forward to 2015. My son was sinking deeper and deeper into drug addiction. He started using Ice and spiralled out of control. I was desperate to help him, but also needed help to cope as a parent. I felt my whole family was falling apart due to the stress.

I decided to come back to Holyoake, and joined the Parent's Program. It made such a positive difference as I learnt to accept the situation and ways to support my son

without judging him. Within a few weeks, the situation improved so much that my son decided to join the Men's Program at Holyoake!

My son is not completely out of the woods yet, but he is so much better. He says the counselling and support he received from Holyoake's counsellors has been life changing. He has a job now and is moving ahead one step at a time.

I am so grateful that Holyoake has played such a positive role in my life. It is wonderful that they support not just people who are dependent on alcohol and drugs, but also their families. I wish them the very best on their 40th anniversary, and I hope many more people will experience the benefits of their amazing programs.”

*\*Name changed on request*

## The Holyoake Approach

Since the year of our foundation in 1975, Holyoake's approach to providing services has developed in line with the most contemporary research, or what is often referred to as evidence based practice. During this time, substantial research has been undertaken in the area of alcohol and other drug support, and this has paved the way for changes in both public policy and community attitudes.

As part of this process, Holyoake's approach to working with individuals and families impacted by alcohol and other drugs has also changed, demonstrating our commitment to responding to the best available research evidence, so we can provide the most effective services for our community.

This year we undertook a comprehensive review of the Holyoake Approach, which outlines how we work with individuals and families. We think it is important to articulate how we work, so that our consumers, our staff and our stakeholders can all share the same understanding and expectations. The circular graphic captures the essence of our approach:

### How we apply our Approach

We work within our four principles of self-responsibility, acceptance and respect, person centred, and peer inspiration.

The Person, the Counsellor and Evidence Based Practice are central to our practice:

- Person – brings their uniqueness;
- Counsellor – sees the person and their uniqueness;
- Evidence Based Practice – offers proven ways to make a positive difference.

The Person, the Counsellor and Evidence Based Practice interact with and inform each other:

- Person and Counsellor – people working together;
- Person and Evidence Based Practice - the person informs the best practice option;
- Counsellor and Evidence Based Practice – the counsellor applies best practice.

Holyoake draws upon a wide range of evidence based practice, and we continually review and renew the most effective ways of working. Some of the most significant include systems theory, harm minimisation, social learning theory, stages of change, motivational interviewing, brief intervention, and cognitive behavioural therapy.



*"Congratulations Holyoake on 40 years of outstanding service to the community – well done and keep up the good work."*

*The Hon Chief Justice Wayne Martin, Supreme Court WA*

*"Congratulations on the help you have provided for thousands of West Australians and their families over the last 40 years – support when people have needed it the most."*

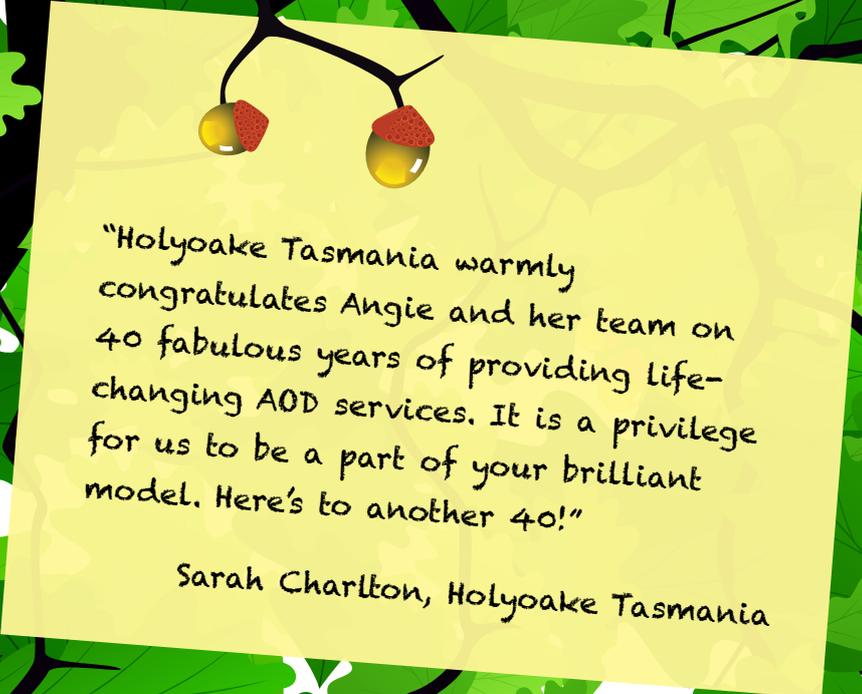
*Annie Fogarty  
Executive Chairperson,  
Fogarty Foundation*

*"Palmerston Association congratulates Holyoake on reaching a significant milestone of 40 years' service to the community. With its commitment to quality service, Holyoake has been an outstanding contributor to, and leader in the Western Australian alcohol and drug sector."*

*Sheila McHale, CEO, Palmerston*

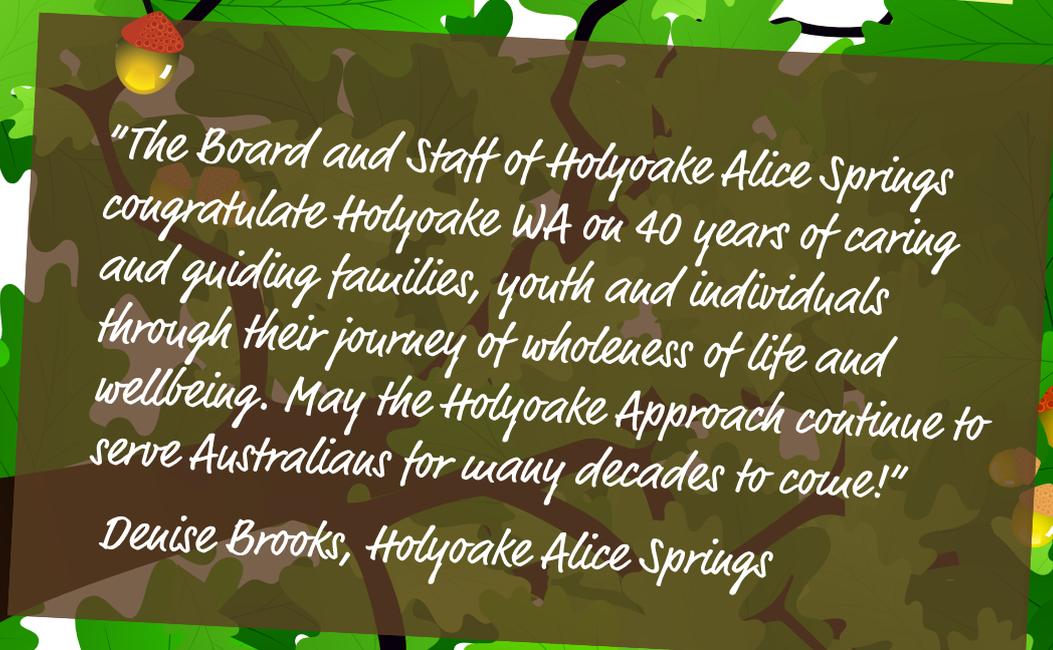
*"40th birthday wishes from Sydney."*

*Sally Riley, Catholic Care Sydney*



"Holyoake Tasmania warmly congratulates Angie and her team on 40 fabulous years of providing life-changing AOD services. It is a privilege for us to be a part of your brilliant model. Here's to another 40!"

Sarah Charlton, Holyoake Tasmania



*"The Board and Staff of Holyoake Alice Springs congratulate Holyoake WA on 40 years of caring and guiding families, youth and individuals through their journey of wholeness of life and wellbeing. May the Holyoake Approach continue to serve Australians for many decades to come!"*

*Denise Brooks, Holyoake Alice Springs*



"Congratulations to Holyoake WA on 40 great years of service to the community! We appreciate very much your support and encouragement in our fledgling journey; and hope for a long and prosperous relationship in the years to come."

Elvira Johnson, Mercy Services,  
Newcastle

Holyoake Connect is an excellent way for people to stay connected to Holyoake after completing programs. We organise regular presentations to get together and share information. Over the past few months, many of our former clients have been part of 'A Chorus Line', an exciting and fun music program. Ev Taylor, Holyoake Connect Coordinator, writes about the experience...

It is often said that music is good for the soul, and in the words of Ella Fitzgerald, "the only thing better than singing - is more singing!"

Extensive research indicates that music can contribute to one's mental, social and physical wellbeing. This inspired us to create 'A Chorus Line', a choir program which provides people with an opportunity to come together and enjoy the benefits of singing in a group environment. As part

of Holyoake Connect, we extended an invitation to anyone who is currently or has previously been involved in a Holyoake program, to participate in a ten week pilot program.

For some who signed up, this meant stepping out of their comfort zone. However, very soon camaraderie and friendships blossomed which resulted in a fun-filled experience packed with many laughs. An increase in confidence, motivation, and meeting new people are just some of the positive outcomes of this program.

To top it all off, the group performed for an audience of family and friends recently. This was a great success and the feedback was excellent - which left the group wanting more! So every Monday evening the group, which is steadily growing, gets together for two hours of singing under the expert

leadership of conductor Paul Peacock.

One of the group's regular members describes her experience:

“I first came to Holyoake many years ago after a torrid night at the hands of my ex-husband. John Keating, the founder of Holyoake, suggested I join a group session which I did. Many years later I once again found myself turning to Holyoake for help and support. In the past I was constantly reminded that I was stupid and certainly unable to sing. The singing group has taken me from being a very nervous, terrified person to looking forward to Monday nights and enjoying each moment. Thank you for this wonderful opportunity to realise how much fun life can be.”

## My challenging adventure for a good cause

Tyler Formica, Managing Director of Trilogy Furniture, recently completed the very challenging Kakoda Track to raise funds for Holyoake. He describes the memorable experience...

"Since I landed back in Australia after completing the Kokoda Track in July 2015, people have been keen to know what it was really like. Sure it was difficult and treacherous journey, but it is hard to put into words the true physical and emotional toll.

I completed the track with my Father Steve Formica. We participated in all the necessary training, and then some, and still considered ourselves unprepared upon reflection. A last minute decision to cancel our porter and carry our own bags increased the difficulty exponentially.

On day 1, our group leader who was on his 97<sup>th</sup> trek threw us in the deep end by leading us up a 500 metre vertical climb in the scorching sun to see if we could cope with what lay ahead. I got to the top of the climb and thought to myself how are we going to do this for 6 days? I also had

concerns for my dad who was struggling with his knee joints.

It took us until day 3 to realise that this challenge was as much about being mentally prepared, as it was physical. Neither of us was willing to give up though.

We were walking in the footsteps of our Australian diggers who exercised the ultimate sacrifice for us; so I found it hard to complain to anyone but myself. Many clichés were being thrown around such as "at least we aren't being shot at" and "at least we aren't wounded" but these are so true. This was the battleground of one of the most pivotal engagements during World War II from an Australian point of view. Unlike other battles in Australia's war history, this was considered a success: a battle that stopped Australia from being invaded.

Dad and I decided to sign up for the Kokoda Track 12 months out from flying to Papua New Guinea. It was at this point that I realized it was an opportunity to raise funds for an organisation very close to my heart. Holyoake's programs have

changed thousands of people's lives that are affected by alcohol and drugs, and they also support the families that are affected.

I was able to raise just under \$9000 through my extremely generous network of family, friends, colleagues and associates through the user-friendly Everyday Hero website. I am forever grateful to the generous people that donated to my cause and I hope to be able to repay their generosity one day. I am very humbled by this achievement and hope to continue supporting Holyoake in the future."



Tyler Formica (r) with Steve Formica

# Turning adversity into an opportunity to help others

*In this interview, Anthony\* explains how his daughter's battle with drugs inspired him to help others.*

## How did your daughter get involved with drugs?

My daughter gave in to peer pressure when she was introduced to a group that wasn't the best. She started using marijuana when she was just 16 years old. Then a few years ago, she started using Ice, and the situation got very bad.

## How did you and your family cope?

It was very difficult to say the least! It was a huge strain on myself, my ex-wife and my two other adult daughters. We tried our best to help her, but nothing seemed to work. I then searched the internet and found Holyoake and Next Step.

## What was your experience at Holyoake like?

What I found most helpful was that Holyoake helped us as a family to understand the wide ramifications of drug

addiction and coping methods to deal with it. My other daughter, ex-wife and I had individual and family counselling at Holyoake Midland, and I attended a Family Support Group as well. My daughter had medical support from Next Step, and was counselled by another organisation. This all-round support made a very big difference.

## What is the situation like now?

The situation improved far better than I could have hoped for. Against all odds, my daughter managed to give up the drugs. She is clean now, has a very supportive partner, and they just had a beautiful daughter only a month ago.

## How has this experience influenced your life?

I now have a real understanding of how drugs can destroy people's lives, and how good support can make a difference. I am now part of Holyoake's Consumer Advocacy Group, started a Local Drug Action Group (LDAG), and plan to establish

a community garden to engage people who are in trouble. I don't think young people get enough support and I would like to appeal to the authorities to do more to help reduce the stigma around drug abuse.

*\*Name changed on request*



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## My journey at Holyoake – Lorne Ferster

Lorne Ferster has been with Holyoake since 1994. As our longest-serving Counsellor, he has helped transform the lives of countless people over the years. This is his story:

“Approximately 26 years ago, my life took a turn which led me down a road of marriage breakdown, loss of family, and much heartache. It also led me up a new path of growth, self-learning and what life was really all about.

My journey led me to Holyoake which offered help to individuals and family members affected by alcohol and other drugs. I was very hopeful that I might find some answers.

It was during my participation in a group program as a client that I was approached by one of the Holyoake staff. I was offered an opportunity to become a volunteer



Group Facilitator. Having enjoyed the experience of being in a group and recognising the benefits for myself and others, I did not hesitate in answering in the affirmative.

I learned so much through the practical experience as a volunteer, both as a Group Facilitator and a Counsellor. I decided to become a professional counsellor by completing a Diploma in Professional Counselling. I was then employed by Holyoake, and it was the beginning of an exciting and fulfilling career for me.

I have been with Holyoake for 21 years and still love the work I do. I have seen many people come and go over the years, but the organisation's vision has stayed the same.

My passion is for group work, and I feel very blessed to be a part of so many people's lives which have been improved by the services we provide. In addition, what is most rewarding is not only what I learn about and from others, but what I also learn about me!”

# Programs@Holyoake



Alcohol and drug issues affect not just individuals, but their families and friends as well. This is why Holyoake offers a range of customised programs for people of all ages who are impacted directly and indirectly. So if you or someone you care about needs help, contact us for confidential counselling and support.

## A SMART way to recover from substance misuse

Holyoake's North East Metro Community Alcohol and Drug Service (NEMCADS) is now offering SMART Recovery Groups at our Midland office.

SMART (Self-Management and Recovery Training) Recovery is a FREE group program. It is designed to help participants maintain their personal goals around substance use and to maintain or enhance their motivation to recover.

Guided by trained peers and professionals, participants come together to help themselves and each other using a variety of Cognitive Behaviour Therapy (CBT) and other motivational tools and techniques such as:

- Pros and cons of problematic behaviours;
- Triggers, beliefs, consequences;
- Understanding and managing cravings and urges;
- Setting goals;
- Identifying areas of importance.



SMART Recovery is not a 12 step based group, and it is not about abstinence (but will support participants if their goal is abstinence). This program focuses on peer support, self-help and self-responsibility.

**SMART Recovery at NEMCADS Midland is only available to current clients, and is held weekly on Thursdays from 6.30pm to 8pm. For more information, please call 9274 7055.**

## Holyoake welcomes feedback from clients

Please let us know about the quality of our programs, suggestions for improvement, additional services we could provide, and anything else. Call 9416 4444, or email [clientservices@holyoake.org.au](mailto:clientservices@holyoake.org.au) or visit our website.

**We reach out to about 6,500 people affected by alcohol and drug issues every year. You can help us continue our mission by including Holyoake in your Will. For more information please call Angie Paskevicius, CEO on 08 9416 4444 or email [apaskevicius@holyoake.org.au](mailto:apaskevicius@holyoake.org.au)**

For more information on any of our programs please go to [www.holyoake.org.au](http://www.holyoake.org.au)

Men's Program

Women's Program

Parent's Program

Relationships in Focus

Childhood in Perspective (for adults)

Couples Counselling

Young Adult's Program

Adolescent Program

Young People's Program

Art and Play Program

Prison & Justice Programs

Building Resilience Through Play

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