

OAKE



TREE

HOLYOAKE ALUMNI NEWSLETTER **ISSUE 1 2012**



Welcome...

to the first issue of our Oake Tree newsletter which is designed to be a 'voice' for you, our clients.

The idea of a newsletter was first raised by a group of Holyoake clients who wanted to remain connected with Holyoake after they had completed their programs. From these early discussions the concept of the Holyoake 'Alumni' was born which will be a forum for ongoing support for clients.

This newsletter is the first stage of creating this ongoing connection because it is all about you and your journey. I strongly encourage you to not only read the newsletter but also to consider contributing your views and stories.

I hope you enjoy our first issue.

Angie Paskevicius
CEO, Holyoake

From little things do big things grow 🌱

Way back in 1975, two visionaries named John Keating and Anita Day established Holyoake to help individuals and families affected by alcohol and other drugs. Their passion and commitment endured and continues to make a significant difference. Today Holyoake assists well over 4,000 people a year from four locations in WA. We also have affiliates in Tasmania, New South Wales, Queensland and the Northern Territory.

Our unique Holyoake Resilience Model is the foundation of our holistic approach. It includes four pillars: Prevention, Engagement, Intervention and Support.

In keeping with our commitment to providing Support, this newsletter

is the first step towards establishing a Holyoake Alumni. The name Oake Tree symbolises strength, protection, shade, firm roots, nurturing, and much more. This newsletter is an opportunity to express your views and share your stories of hope and courage. Rest assured, your name will not be featured if you choose to remain anonymous.

We encourage you to share this newsletter with your family and friends. If you would like a free subscription for yourself and anyone else, please email your names and contact details to mgomes@holyoake.org.au

Mario Gomes
Editor

"The name Oake Tree symbolises strength, protection, shade, firm roots, nurturing, and much more."

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THANK YOU!

Hope is everywhere and free of cost,
Although the first thing I felt I lost.
I would look in the mirror,
And see not me but my ghost.

When the pain ended and my last tear fell,
I got out of my routine of bitter hell.
I found a strength as strong as steel,
This new strength I found I know is real.

It's one thing to be inspired,
From another person or living thing.
To be told you're the inspiration,
Opens up another chapter from within.

I want to say "Thank You",
For all you've helped me achieve.
From the stories and strength,
I now once again believe.

Thank you Holyoake for all,
That you've done.
A battle I'd almost lost,
Is a battle I now have won!

This is an original poem written by a former Holyoake client. Name withheld on request.

"We found the couples counselling experience very positive and rewarding. We've certainly settled down and have a lot more fun and just stress less in our relationship these days."

Josh*

"Now I'm leaving Holyoake with more knowledge about drugs, and a lot more knowledge about myself. I feel stronger, more confident and more in control of my life."

Tim*

"Thank you Holyoake. I feel as if I am finally starting to grow up. I am learning and healing. I am slowly becoming that man that I was, and am, meant to be."

- Kevin*

"I learnt that I and I alone am responsible for my life and I can either choose to remain in the past or I can practice my new skills and move forward with a better understanding of who I am."

Laura* xo

"Thank you. I have learnt a lot and taken it all on positively "planted seeds". Everything you've helped assist me with in my future is greatly appreciated."

Celia* x

A Message of Hope...



Jill Rundle is the CEO of WANADA (Western Australian Network of Alcohol and other Drug Agencies) which is the independent voice on alcohol and other drug (AOD) issues in WA. Jill has contributed to a number of significant developments in this sector. She is insightful and passionate about her work as I discovered during a delightful chat with her...

You've been involved with the AOD sector for a long time. What keeps you motivated?

Hmm... that's interesting. I started with Holyoake as a volunteer over 20 years ago, and can honestly say my enthusiasm has only increased over all this time. Many factors keep me motivated, but the main one is the fact that I can help provide a voice for those who are not heard well enough. I do believe people with AOD issues need to be well

represented at all levels to achieve positive outcomes.

We are committed to establishing a Holyoake Alumni to support clients after they complete our programs. How do you feel about this?

I think this is an excellent idea and I commend Holyoake for this development. I believe a peer support group is vital for former clients to stay in contact and share their experiences.

What advice would you give a person who has completed an AOD program?

My main message would be to maintain hope and move forward rather than back. I encourage them to maintain a positive forward focus and draw on the support of others who have come through similar circumstances. The Alumni would be an excellent forum for this.

"I believe a peer support group is vital for former clients to stay in contact and share their experiences."

If you were the Premier of WA for a day and could action one thing, what would it be?

A-ah now you've put me on the spot! I think I would take the opportunity to allocate more funds towards AOD prevention programs. We currently build more prisons and correctional facilities, rather than focus on effective measures to ensure that people don't get there in the first place.

Where to from here?

Emilia Hay
Manager Clinical Services,
Holyoake

When clients graduate from programs at Holyoake, the most common question we hear is: "Where to from here?" This question reflects the vital transition from a supported environment into the challenges of everyday life. Here are a few practical tips:

Use the Manual as a guide

At the start of your program you would have received a Holyoake Manual. It has useful information and advice to manage situations that may arise. Keep this Manual handy and refer to it as often as possible.

Counselling Sessions

If you feel overwhelmed, need some support or just want to get back on track, you are welcome to reconnect with your counsellor or access another. If you completed your program less than a year ago, we can fast track you through for individual counselling. Just call Safina or Jenn on 9416 4444, and request an appointment with your preferred counsellor.

Peer Support Group

Shared experiences in a peer support group can be very helpful. We will be establishing the Holyoake Alumni soon; you are welcome to enrol now. Call Safina/Jenn on 9416 4444 or email mgomes@holyoake.org.au

Helplines

You can always pick up the phone and call a helpline.

Alcohol & Drug Info Service
9442 5000 *or* 1800 198 024

Parent Drug Info Service
9442 5050 *or* 1800 653 203

Women's Domestic Violence Helpline
9223 1188 *or* 1800 007 339

Men's Domestic Violence Helpline
9223 1199 *or* 1800 000 599

Lifeline **Kids Helpline**
13 11 14 1800 551 800

Above all, believe in yourself and stay grounded by focusing on your feelings. Remember, Holyoake is always here for you.

Programs@Holyoake

We offer a range of programs not just for dependents, but for their partners and significant others as well because evidence indicates that an average of 5 people are affected by 1 person's dependency. If you've already experienced the benefits of our programs, perhaps you would like to give someone else a go?

Childhood in Perspective (for adults):

Looking back to move forward

Childhood is a very important phase, and lays the foundation for adulthood. Unfortunately, traumatic or unresolved issues from this early stage often carry over and create dissatisfaction and related problems as adults.

Holyoake offers a special program called Childhood in Perspective which helps identify, explore and resolve such issues. This is especially relevant if you grew up in a family where alcohol, drugs or other dependencies were a problem. This program can help you:

- become more aware of how childhood experiences can impact on life as an adult
- increase your self-confidence
- have better relationships
- diffuse negative thoughts
- let go of the past and move forward to a better future

Is this program for you? It would help if you answer the following questions. Do you...

- lack the skills to cope with life sometimes?
- feel your relationships could be much better?
- have low self-worth or negative feelings about yourself?
- feel despondent, alone or different from others?
- feel emotional pain often?
- have a desire to move forward?



If you identify with any of these questions, we encourage you to explore Childhood in Perspective. Please call Client Services on 9416 4444, email clientservices@holyoake.org.au or visit www.holyoake.org.au

Comments from clients who participated in this program:

"It was validating to hear that what I was feeling was normal given the circumstances."

"I now have a framework for life."

"It has given me confidence to tackle things in my life."

For more information on any of our programs please go to 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

OAKE TREE SUBSCRIPTION

If you would like free issues of our newsletter for yourself and anyone else please

[click here](#)

and send us names and contact details.