

OAKE



TREE

HOLYOAKE NEWSLETTER ISSUE 1 2014

Holyoake opens new offices in Northam & Merredin

Holyoake's Wheatbelt Community Alcohol & Drug Service (WCADS) helps make a significant difference throughout the Wheatbelt region.

The Hon Helen Morton MLC, Minister for Mental Health (pictured along with Angie Paskevicius, CEO of Holyoake) officially opened the new Northam office on June 5. She also unveiled a plaque to commemorate the opening of both offices.

While addressing the guests and clients, the Minister said "We have a great network of community alcohol and drug services throughout WA, and I am committed to seeing these strengthened and expanded to meet the demands of a growing population."

The Northam office is located at 4 Elizabeth Street, while the Merredin office is on Haig Street. We also have an office on Williams Road in Narrogin. The WCADS teams provide counselling, prevention, community development, police and court diversion services to individuals, families and the community.



New Holyoake Program Manuals

A client's journey at Holyoake is quite significant and life-changing. It starts with an acknowledgment of one's situation and a commitment to explore a path to self-discovery, self-responsibility and new beginnings.



We have now revised some of our program manuals to help our clients to follow and document their journey from beginning to end. It includes plenty of helpful and useful information on the 12 session topics, as well as pages to write notes.

Our program manuals are titled 'Seasons of Change' which captures the essence of the journey at Holyoake. Our purpose is to bring about lasting change in the lives of our clients, and these manuals will help document this transformative experience.

We have new manuals for 5 programs: Men, Women, Parents, Relationships in Focus, and Childhood in Perspective.



As we move into the chill of winter, I reflect on the seasons of change as the theme of our new program manuals. It is a lovely way to describe the life-changing experience of our clients.

I am also delighted about the expansion of our services in the Wheatbelt region with our new offices in Northam and Merredin. More people can now access our services closer to where they live.

This issue of Oake Tree features two inspiring stories. One from a 21 year old who rediscovered himself through our Young Adult's Program. And a thought-provoking interview with a determined Aboriginal lady who overcame significant hurdles. Our message tree is full of uplifting client quotes as well.

I hope you enjoy this issue; your feedback is always welcome.

Angie Paskevicius
CEO

"Thank you Holyoake for believing in me when I didn't believe in myself.

For providing hope when it seemed there was none.

If every teenager could have a Holyoake education, the world would be a very different place."

*- Matt**

"I feel happier and healthier. I haven't felt this good in a long time."
*- Janet**

"I found the Holyoake program very rewarding. It has allowed me to view my alcohol use from a perspective I would have otherwise have not."
*- James**

"My husband and I were helped immensely by the insights of the group counsellor and his encouragement to see our plans through."
*- Peter**

"I now look at life and my decisions differently. I've learnt that I can only control certain things, and not to worry about things I cannot."
*- Amy**

Taking off again after a life-changing crash

The Young Adult's Program is especially for 18-24 year olds who would like to understand and address their problematic use of alcohol and/or drugs. Sam experienced the benefits of this thought-provoking program. Here is his story:*

“As a teenager, I had it all - an only son from a rich family living in a cool suburb. I was a student in a private school, and a footy player who was trying out for the state team.

Then one day my dad was involved in an air crash... and life would never be the same for him, my mum and me.

Dad managed to survive but was paralysed from the waist down. He could not work, the medical bills stacked up fast, and we could not live like we used to. We sold our house and moved 45ks from the city. I had to go to a public school, and lost all excitement for football.

The next few years sucked big time and I didn't know what to do. I looked for ways to kick the pain. Alcohol helped me forget about stuff for a while. But soon, it wasn't enough, and I moved on to meth and prescription pills.

Things went from bad to worse when I was busted for drunk driving. The court ordered me to get counselling to avoid a sentence, and I heard about Holyoake. I started with the Men's Program where the individual and group sessions gave me a better sense of who I was and how I could get a grip on my life.

I then moved to the Young Adult's Program – what I like to call YAP. Here I met other young people who were up against similar problems. The group sessions were chilled, and I could be myself without being judged. The young counsellors welcomed me and helped me believe in myself again.

I'm halfway through the YAP program, and

my life has already changed plenty. I'm back at uni, working part time, and kicking goals at footy.

I finished my court order, but continue with YAP even though I have to drive 45ks each way. Hey I even came to a session on my 21st birthday, and it was cool!

If you have issues with alcohol or drugs, give YAP a go. No matter how tough, the guys at Holyoake will help you get back on track. Trust!”



Drugs don't rule my life anymore

Holyoake operates the Wheatbelt Community Alcohol & Drug Service (WCADS) in Northam, Narrogin and Merredin. The team's holistic, non-judgemental approach helps transform the lives of many individuals and families across the Wheatbelt. Cheryl is one of them and she reflects on her journey...*

When did you start using drugs?

Drugs have been a part of my life since I was 16. I've tried everything over the years - cannabis, LSD, ecstasy, morphine and heroin.

Why?

Since I suffered from depression, using heroin blocked my emotions and it was my way of coping. Even though I was using, I tried to function normally and

had a job. I became good at acting like a normal person but was suffering inside and addictions ruled my life.

Did you try to quit?

I tried to quit many times but it wasn't until I was 28 that I'd had enough and stayed clean for 3 years. That was when I had my daughter and it was the best thing I had ever done. Unfortunately I suffered from severe post natal depression, and drugs were the only way I thought I could deal with it.

What were the consequences?

I lost my daughter to her father and got kicked out of my own home. I was jobless and stayed with family and friends. There were times when I wouldn't eat or shower for days - all I could think about was how to get my next hit. I got arrested and the court suggested I get help from Holyoake.

How are things now?

I received counselling from Holyoake, went to support groups and worked hard at staying clean. It hasn't been easy, quitting drugs means facing a lot of things that hurt. I am now 34 years old and have been clean for over a year. Thanks to Holyoake, my life is becoming more manageable. I am learning new things about myself. I learnt what my triggers are and what could make me relapse.

How do you feel about the future?

I am taking it one day at a time and am better for it. I am building trust with my family and friends and making amends. I am going through the courts to get access to my daughter and am determined to be the best mum I can be. If I was still doing drugs, I would be either dead or in a gutter, so now my future is a bit brighter.

Programs@Holyoake

We offer a range of programs not just for people with substance use issues, 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 refer someone else?

Men's Program

(For men affected by the problematic use of alcohol, drugs or other dependencies)



Holyoake offers a special program for men who would like to stop or reduce their dependency but are unsure how to do this. The Men's Program offers a positive way of dealing with the use of alcohol, drugs or other dependent behaviours.

Holyoake welcomes men of all ages with a non-judgemental approach in a safe, confidential and caring environment. We support participants to evaluate their own circumstances and to make positive changes in their lives.

The Men's Program aims to create a deeper awareness of how dependencies can impact on issues such as anger, domestic violence, relationship breakdown, low self-esteem, stress, grief and shame. This is done in a flexible time

frame to suit individual participants and work circumstances.

The program includes self-assessment, individual counselling, presentations, group discussions and relaxation. We also focus on the effects that dependent behaviours can have on the family.

Men who have experienced this program report feeling liberated and empowered. One of them said: *"As men we don't talk as much as women do with their friends. So it's nice to have somewhere to vent with no judgement."*

If you or someone you care about needs help, please call Client Services on 9416 4444, email clientservices@holyoake.org.au or visit www.holyoake.org.au

We reach out to about 6,500 people a year through our programs and services. 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

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

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