

OAKE TREE

HOLYOAKE NEWSLETTER ISSUE 2 2019



Welcome to this issue of Oake Tree.

George Bernard Shaw once said “Progress is impossible without change”. As I look back at the history of Holyoake, I see that change has been a constant.

We are now ready to start a new chapter by renovating our main office in Victoria Park. This follows the recent relocation of our office in Northam. The cover story of this newsletter addresses these changes in more detail.

Our Student Placement Program is proving to be highly sought after for university students to complete their practical experience. More details on page 4.

This newsletter includes life changing journeys at Holyoake. If you or someone you care about is impacted by problematic alcohol and/or other drug use, I hope these stories will encourage you to seek support.

On behalf of Holyoake, I wish you the very best for the festive season and New Year 2020.

Angie Paskevicius
CEO

Creating more welcoming spaces for our clients, staff and stakeholders

Since our inception back in 1975, Holyoake has always welcomed everyone with a holistic, non-judgemental approach in a safe and caring environment. We value diversity, inclusivity and dignity for all.

Over time, we have expanded our services to reach out to more people in need. In addition to our main office in Victoria Park, we have offices in Midland, Northam, Narrogin and Merredin.



In line with our commitment to continuous improvement, we will be renovating our office at 75 Canning Highway in Victoria Park. It will include a complete makeover of the exterior façade as well as the interior fit out. This would not be possible without generous funding from Lotterywest.

The renovation is scheduled to commence in April 2020, and will continue for about four months. However, our operations will continue

as usual, and we will offer all our programs and services during this time.

In November 2019, we scaled up our services in Northam as well by relocating our office to an iconic building at 133 Fitzgerald Street. Until then, we had been operating from two offices in Northam – 4 Elizabeth Place and 95 Wellington Street. Now, our clients and stakeholders can access all our services under one roof. Once again, we thank Lotterywest for funding the interior fit out of this new office.

“The renovation of our Victoria Park office and the relocation of our Northam office reflects our commitment to the comfort and wellbeing of our clients, staff and stakeholders” said Angie Paskevicius, CEO of Holyoake.



Holyoake Northam office: 133 Fitzgerald Street

"Alcohol dependence and the effects on a family can be terrible. Holyoake helped saved my mum's life and in the process gave us back the mother that alcohol took away from us for so many years."

- Susan*

"We come to Holyoake for help. Thanks to the wonderful people here, we become stronger and more confident. I have slowly introduced new thinking that has changed my life."

- Jane*

"Even though I completed a program at Holyoake years ago, I still feel supported through the Holyoake Connect service."

- Gary*

"Holyoake's presentations, counselling and group sessions have helped me to unravel and understand behaviours learnt from my childhood. I am no longer riding in the same cart."

- Paul*

"I had been battling drug addiction since my teens, until Holyoake gave me the tools to help myself. I barely suffer from anxiety and I now generally feel healthier all over."

*
- Andy

Never giving up on our kids

Just over twelve weeks ago we came to Holyoake because we were at our wits end.

We had been living in a war zone for the past few years with our adult son which involved substance use and gambling issues. Our home looked like we did – tired and damaged with holes in every door.

We had tried everything... doctors, psychologists, police and at our worst point, a Violence Restraining Order (VRO). We could not see any light or hope for our family. We desperately love our son and all we want for him is to have a successful future. It is this undying love that brought us to the Parent's Program at Holyoake – we didn't want to give up on him.

Little did I know that at Holyoake, the spotlight would shine on me! At first, I found it difficult to hear things like "look after yourself" and "set boundaries." I felt this was selfish and self-centred. My reasoning was that our son would see

how much we loved him and that we allowed him to stay in our home despite the way he treated us.

But the more I learnt, the more I realised that by taking back my life, I was taking the focus and responsibility off my son for my happiness. I realised that my identity was tangled in this relationship – my happiness had become dependent on his wellbeing.

My new approach started to give my son back his confidence and self-esteem because I was no longer trying to control his every move to ensure he made right decisions. As I progressed through the program, I started to feel the weight lift



off my shoulders. I was able to step back, assess the relationship and set basic boundaries. It gave me the freedom to love him unconditionally, to enjoy his company and to appreciate his unique qualities without worrying about teaching him life lessons.

At Holyoake I found great comfort in realising that we are not alone in this journey. By sharing our stories with other parents in the group, we were lightening our individual burdens and learning from each other.

The service provided at Holyoake is second to none. The counsellors really know their stuff and our circumstances. We had sought help from the public and private sector earlier at great cost - to no avail. So the fact that Holyoake's programs are free blows my mind. I wish we had reached out years earlier.

We would like to thank the Holyoake team from the bottom of our hearts. The progress we have seen in our family has been nothing short of miraculous.

The past does not define who you are now

Holyoake facilitates Prison and Justice Programs as well. We run the Pathways Program under the Allied Drug and Alcohol Programs and Treatment (ADAPT) service in WA Prisons in partnership with Cyrenian House. As part of this program, we asked some participants to write letters to their future selves. Here is one such letter:

To my Future Self

*You are now older and times have changed.
 The word 'life' now means so much more to you.
 You now understand what is best for you and what you deserve.
 Your past does not define who you are now.
 Although drugs and crime were part of your life at one stage,
 that chapter has now finished, and how good does it feel!
 You now see how that past lifestyle affected you, your family and community.
 You now understand that life is too short to be living with fear and in jail.
 You have learnt so much over this journey and you have become a better person.
 Crime and drugs are no longer part of your life.
 You are now on your way to living a meaningful life.
 It's what you deserve and you should be proud of yourself.
 Well done mate, keep up the good work.*



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, please contact us for confidential counselling and support.

Student Placement Program at Holyoake

Students across therapeutic disciplines are required to complete a practicum in order to graduate. Holyoake is committed to engaging actively with educators and students in this space.



Currently we have university students from post graduate degrees from a mix of disciplines including counselling, psychology, psychotherapy, and social work.

Every student participates in a structured process which includes a program called the Holyoake Approach. This training includes a general overview of the service, group facilitation training, case management and risk assessment.

Students then undergo a three week period of shadowing individual sessions before beginning counselling with their own clients. Our counsellors spend some time debriefing with students after each session. This allows for some questioning and learning for students and quality control of client engagement for the organisation.

Universities have reported that such a structured process is an effective entry point to a placement and makes students feel valued from the onset.

As additional roles within Holyoake arise, we have a pool of student talent eager to take up these opportunities. In fact, our current team includes several students who are now excellent counsellors.

The student placement program at Holyoake is a win-win situation. While students benefit from the practical learning experience, we benefit from their contribution, as do our clients.

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 or visit our website.

We reach out to thousands of people affected by alcohol and drug issues. 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

Child Parent Relationship Training

Adolescent Program

Young People's Program

Art and Play Program

Prison & Justice Programs

Integrated Support Team

OAKE TREE SUBSCRIPTION

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