

Goldbridge Newsletter December 2023

Message From The CEO

Welcome readers to the Goldbridge Newsletter. Goldbridge continues to provide high quality services to people who have come forward and asked for support to either start or continue their recovery journey.



The Goldbridge staff team delivered a range of programs throughout the year to ensure clients were supported during the various and unpredictable waves of the COVID-19 Pandemic. Goldbridge's core values of integrity, respect, community, empowerment, and compassion enable us to achieve another year of amazing outcomes.

The Therapeutic Community (TC) model continues to be robust, providing positive outcomes for people who access our services. The staged approach within the TC model supports clients to grow and develop in all aspects of their life especially self-respect and responsibility. Goldbridge offers a nominal 6-month residential rehabilitation program for people experiencing problematic alcohol and other drug use. There are exit points at 4 weeks, 16 weeks and 24 weeks during the program. The residents then have an option to be trained as a Goldbridge volunteer and role model. Role models are a valued part of the TC model. The Transition-to-Community program provides support, training and debriefing for all our volunteers. Goldbridge continues to support people post these programs with a well-established Continuing Care program.

The Goldbridge program is evidence-based and keeps up with current trends and best practice. We have re-trained clinical staff over the past 10 years to enable us to be a dual diagnosis service (Mental Health and Alcohol and Other Drugs – MHAOD). Recently the importance of people with Lived Experience has been highlighted within the sector. This is a welcome addition to the broader sector as Goldbridge has for many years a staff target/quota of 50% lived experience as role modelling is a core component of the TC model.

Goldbridge continues to receive funding from both the State Health and Commonwealth Health government departments. Liaisons throughout the years have strengthened these relationships as we work in a positive partnership framework. We work in partnership with a range of agencies such as: the Primary Health Network PHN), the Gold Coast City Council, Queensland Network of Alcohol and Other drug Agencies (QNADA), Australasian Therapeutic Community Association (ATCA), the Queensland Community Foundation QCF, local businesses, and community organisations.

In closing, I would like to thank the Management Committee, staff, and volunteers for their tremendous support throughout the year and their commitment to ensuring we deliver the best quality service. I would like to acknowledge the many clients who work so hard in the various roles within the program. They are a continual source of inspiration for myself as I gain strength and motivation from their commitment to improve their lives. From Bernice.

Xmas Pageant On Wednesday 6th December 2023, Goldbridge held a Christmas Pageant for residents, their families, volunteers, students, staff, and Management Committee members.

Residents, Transition clients and staff were brave enough to hop on stage at the Southport Community Centre to perform. The residents and Transition clients were amazing. The Goldbridge staff did 'Snow White and the 8 Habits' - see photo attached.



ATCA Accreditation and training



Goldbridge continues to be an accredited member of the Australasian Therapeutic Community Association (ATCA). We were fortunate to secure support from Queensland Health (QH) to have an ATCA training program conducted on the Gold Coast for workers and volunteers involved in Therapeutic Communities (TCs). The ATCA training was developed to assist in developing a 'TC' Workforce. The course focused on developing knowledge and skills for application in a Therapeutic Community.

Reconciliation Action Plan (RAP):

In June 2023 Goldbridge received formal RAP endorsement from Reconciliation Australia for the Goldbridge Reflect Reconciliation Action Plan. This is now on the Reconciliation Australia website as well as the Goldbridge Website. This was a significant event as the whole organisation has been committed to this process for the past five years.



Summary of Goldbridge Services:

Goldbridge offers a range of services and support including admission into the Goldbridge residential rehabilitation Therapeutic Community (TC) program.

- **Intake and Assessment:** An important part of the Goldbridge Intake and Assessment process is Treatment matching to ensure clients' needs are best met. Therefore, if the Goldbridge program does not meet the persons need, a referral will be supported to another program/agency. Goldbridge undertakes screening and assessment for people experiencing problematic alcohol and other drug use. The Intake and Assessment team provides harm minimisation information and support via telehealth.
- **Therapeutic Community (TC) - Residential Rehabilitation Program:** The residential program is a 28-bed Therapeutic Community (TC). The program consists of 3 phases – Safety Net (4 weeks); Mainstream (3 months); and Inter-phase (2 months). There are exit points at each phase. The target group is adults (Dual Diagnosis AOD & MH) aged from 21 years to 65+.
- **Transition-to-Community program:** This program is for people who have graduated from the TC residential program and assists clients to reintegrate into the broader community. This is a 6-month semi-structured independent living program. The program is conducted from shared accommodation houses.
- **Continuing Care:** This is a counselling service offered to clients who have completed one or more phases of the TC residential program. The program focuses on strengthening the sustainability of recovery and supports clients living independently to stay safe.

Rebuilding Lives and Strengthening Communities

If you or someone you know is wanting to access treatment for drug and/or alcohol use and are interested in any of the above services, please contact Goldbridge on (07) 5503 1255 or email info@goldbridge.com.au or visit our website www.goldbridge.com.au

Goldbridge acknowledges and pays respect to the traditional Aboriginal people of the Gold Coast and their descendants. We also acknowledge the many Aboriginal people from other regions as well as Torres Strait and South Sea Islander people who now live in the local area and have made an important contribution to the community.

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