

Goldbridge Newsletter June 2023

Message From the CEO – Bernice Smith



Welcome readers to the Goldbridge Newsletter. Goldbridge continues to provide high quality services to people who have asked for support to either start or continue their recovery journey. Goldbridge's core values of integrity, respect, community, empowerment, and compassion enabled us to achieve another year of amazing outcomes.

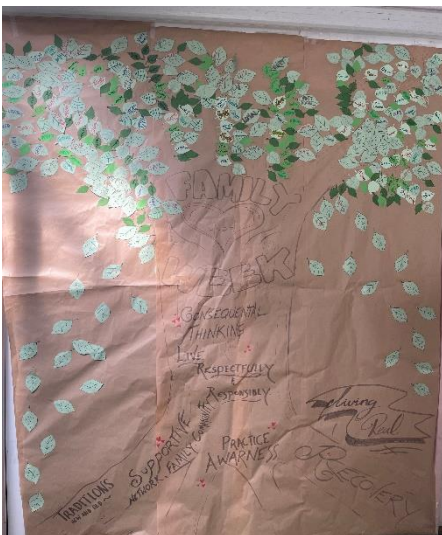
It was exciting to hear the World Health Organisation announce last month that COVID-19 is no longer a global health emergency. This is welcome news; however, we will continue to be vigilant with hygiene practices etc. as there are still many cases in Australia every week.

The Therapeutic Community (TC) model continues to be robust, providing positive outcomes for people who access our services. Goldbridge offers a nominal 6-month residential rehabilitation program for people who are experiencing issues with drug and alcohol addiction. There are exit points at 4 weeks, 16 weeks and at 24 weeks when residents have an option to enter the Transition-to-Community program. Goldbridge continues to support people post these programs with the Continuing Care Service.

Goldbridge receives funding from the Commonwealth Health and State Health government departments. Links with both the Australasian Therapeutic Community Association (ATCA) and the Queensland Network of Alcohol and Other Drug Agencies (QNADA) has continued to assist us to keep abreast of trends in both the treatment and political arenas.

In closing, I would like to thank the Management Committee, staff, and volunteers for their ongoing support to deliver best-practice services. I would like to highlight that it is the clients who are a continual source of inspiration for myself as I gain strength and motivation from their commitment to improve their lives. *From Bernice*

Goldbridge Families Day Celebration



The National Families Week theme for 2023 was Living Real Dreaming Big. The Goldbridge Residents developed a family tree in line with the theme 'living real'.

Residents worked collaboratively to reflect their values in the leaves of the tree, be it the values they were raised by or what they hope to emulate in the future.

Residents were asked to discuss what they believe helps them to weather the storms of life and support them foundationally. Here, the residents chose to incorporate their traditions and effective recovery living habits. They also chose to describe their recovery while in program.

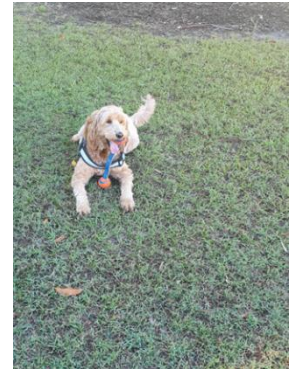
A lunch was held for family members that were able to attend.

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Pet food donation

Goldbridge was fortunate to receive a donation of food, toys, blankets and jumpers for our resident pooch Bear from the Animal Rescue Cooperative (ARC). Bear (pictured) is an Australian Cobber dog who joined our Goldbridge family in 2019.

Bear provides emotional support to the TC residents who, in return, are responsible for his care. Not a puppy anymore, Bear was excited to attend the Animal Rescue Cooperative with the Intake Worker, Wendy, and his resident handler this month to pick up the generous donation. Bear is a precious member of our Therapeutic Community who works around the clock keeping a watchful eye on our residents and the facility.



National Volunteer Week 2023



In May 2023, Goldbridge celebrated National Volunteer Week with a BBQ lunch and certificate ceremony. The event took place at the residential Therapeutic Community (TC) where staff, residents and our volunteers attended.

This year's theme was 'The Change Makers' and focused on the power of volunteers to drive change. Bernice presented an in-depth speech reflecting on the positive impact our volunteers have on Goldbridge highlighting the different types of 'change-makers' and how they were represented in our volunteers. This was followed by a presentation of certificates to our volunteers by The Transition Coordinator – Nathanael Martin. These were well received and appreciated. Goldbridge has engaged volunteers for over 30 years and value their contributions.

Gold Coast PHN Video

Goldbridge collaborated with the Gold Coast Primary Health Network (GCPHN) to develop a short video which provides an overview of Goldbridge services. Bernice outlines a summary of the Goldbridge TC program which is complemented by a testimonial by Scott sharing his lived experience. The video can be viewed on the Goldbridge website as well as the GCPHN website.

Networking

- Staff attended the Australasian Therapeutic Community Association (ATCA) training course in March 2023
- Goldbridge undertook the role of hosting the Heads-Up Consortia network meetings in April 2023
- Staff attended the ANZ Addictions Conference on the Gold Coast as of April 2023
- Australian Alcohol & other Drugs Council (AADC) and Alliance for Gambling Reform (AGR) online in April 2023
- Attended the Australasian Therapeutic Community Association (ATCA) network event in May 2023
- Attended the AADC and Suicide Prevention Australia (SPA) on-line forum in May 2023
- Staff attended the International MH Conference in June 2023
- Staff attended the QH – RBWH WOWS15 Symposium
- CEO participating in QH Focus group.

Cultural Awareness

- Goldbridge received conditional endorsement for our Reflect Reconciliation Action Plan (RAP) from Reconciliation Australia in January 2023. We are organizing the artwork for final editing and will load onto the portal soon for final approval.
- Clients celebrated National Reconciliation Week by viewing videos and external activity.
- Staff completed training with the Centre for Cultural Competence Australia (CCCA)
- Goldbridge organised a Staff education session on the 'Uluru Statement from the Heart'. Resources include the Q&A information sheet from Reconciliation Australia's website.

Accreditation

Goldbridge is an accredited Therapeutic Community (TC) meeting the necessary standards. The Institute for Healthy Communities Australia (IHCA) audits the Certification which is known as the Standard for Therapeutic Communities and Residential Rehabilitation Services (STCRRS). Goldbridge is an accredited member of the Australasian Therapeutic Community Association (ATCA).



Goldbridge is also accredited with SAI Global for the International Organisation for Standards - ISO 9001:2015 Certification.

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. 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 3 to 6-month semi-structured independent living program. The program is conducted from shared accommodation houses.
- **Continuing Care:** This is a free 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.

Goldbridge receives funding from both the Queensland and Commonwealth government Health Departments