

Goldbridge acknowledges our funding parties:

Commonwealth Department of Health and Ageing.

Queensland Health

WHO WE ARE:

Goldbridge Rehabilitation Services Inc. (GRS) is a non-profit organization, which provides a range of (alcohol and other drug-free) treatment services for individuals and family groups who are concerned with the consequences associated with the hazardous and habitual use of both licit and illicit drugs, and who aspire to achieve and/or maintain a healthy lifestyle. The project was established during 1988 and is administered from its short-term residential facility in Southport, from where a number of other programs stem, which include, but are not limited to: a 28 bed residential

SEASON'S GREETINGS



TO ALL THOSE WE HOLD DEAR

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DECEMBER 2012

*There is no time more fitting to say
THANK YOU*

*and to wish you a
HAPPY HOLIDAY SEASON
and a NEW YEAR
of health, happiness and
prosperity*

Charlie Blatch, CEO

Special Thanks To.....

Goldbridge would like to extend a special thank you to Jason Katie and family (pictured with son) for their ongoing support and kindness and all the work you have done for us over the years.



The new Goldbridge Corporate Office at Garden Street, Southport



❧ GOLDBRIDGE CHRISTMAS PAGEANT ❧



WHERE: Southport Community Centre
Lawson Street, Southport
WHEN: Thursday 13th December 2012
TIME: Entertainment from 6pm onwards

*All family members/friends/stakeholder are welcome.
Finger Food and Refreshments available.
Bring the kids along to join in the fun!!!*



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THE TEAM HORSING AROUND AT BOONAH



L—R Laurinda, Helen (sitting), Pam, Wendy, Toni, Thorpy the horse, Zeke, Leon (sitting), Lynn, Charlie. Missing are Marie-Claire and Bernice

ATCA AWARDS NIGHT!!!!



Goldbridge Chief Executive Officer, Charlie Blatch

A special award for Significant Contribution to the TC Movement was recently presented to Goldbridge CEO Charlie Blatch at the ATCA Symposium in Launceston in Tasmania.

Charlie first began working within therapeutic communities in the early 1970's. In 1980 he established Killara House in Albury, moving it to the country in north east Victoria, where it was estab-

lished in the old Granya Pub (ironic)!!!. His other roles have included Director of the Alcohol and Drug Foundation ACT, which included significant development, and—for around 15 years—CEO of Goldbridge on the Gold Coast, where he has developed the program from a small residential service to an evidenced based TC including transitional, educational and community-based support services.

Charlie was a founding

member of the ATCA in 1986, and has serviced in various roles, including President, encouraging new members and building knowledge of the TC model. He is most likely the person in Australia with the longest period of service to the TC movement—and has played a key role in Australia since 1980 to develop and build the model.

CONGRATULATIONS CHARLIE!!

The Boonah Challenge 2012



We can't show you our faces



But we can put our best foot forward!!!



I think I can, I think I can.....

This year was no different, lots of fun, challenges, camaraderie and relaxation.—The Boonah Challenge.

Goldbridge Rehabilitation Services (GRS) first participated in the Bush Adventure Therapy (BAT) back in 2001 and again in 2007. After this success, it was decided that due to the positive feedback, and indications that the BAT program was complementary to the GRS Therapeutic Community model, an ongoing partnership with the team at The Outlook at Boonah would be established. Some of the activities the residents of GRS participated in were: high rope, problem solvers, canoeing, a giant ladder, theatre sports, and a night out camping under the stars. Interesting, challenging and

fun? You bet!!!

But not only is this camp a great team building and bonding exercise that challenges each individual, positive results are reflected in residents holistic well being.

The outcome of before and after psychometric tests have revealed improvements in depression by 46 %, anxiety by 31%, stress by 34% and ability to resist AOD us by 16%.



Is this team building, bonding or personal challenging? Maybe all....



Time to show some paddling skills... or maybe not.!!!

(These figures have been presented at this years International Adventure Therapy Conference.)

Well done to all the residents who participated, Zeke and Leon (AOD Workers) and new staff member Laurinda (AOD Worker) who bought a new arts/theatre dimension to our recent trip and comes with extensive adventure facilitation background.

Introducing...
Laurinda



If you're anxious, you're living in the future. If you're depressed, you're living in the past. Right here, right now—everything's ok.

Laurinda is the newest of the Goldbridge staff team and joined us in August this year. She is originally from the USA but has lived in the Southern Hemisphere for over 10 years. Laurinda brings with her extensive background as an outdoor educator, group facilitator and leader (and she's got a great sense of humor). Her skills and credentials

allow her to be able to facilitate a varied range



of developmental and

adventure-based activities both in Australia and overseas. Laurinda also enjoys integrating her knowledge and experience of Creative Arts and Therapies as a medium for personal and social development, therapy and expression. Working with people to support authentic and health living remains a

passionate focus for Laurinda particularly contributing to the connection.



Dreams Can Come True.....

John Forno is testimony that dreams and aspirations can come true. John came into Goldbridge Residential Program in July 2009, completed the program in December that year and remained as a Transition client for the next 18 months.

During his time in Transition, John decided to pursue his passion and interest in the Arts and with a lot of hard work and support, from Goldbridge, has just complet-

ed his Bachelor of Digital Media Degree culminating with a showing at the Gold Coast Arts Centre, (John is pictured below on the opening night, 26th October 2012)

John states: ' My practice is the embodiment of a journey well-travelled, taking in the very essence of the person I have become. My painting, sculpture and installation works are of a life reflected and at the core represent my

childhood, dreams, aspirations and hopes. In my work, I deconstruct my thoughts, dreams, nightmares, and memories utilizing pop culture, iconography of past and present.' The show will continue until December 9th, 2012.

Congratulations John, you are an inspiration and we wish you all the luck for a successful

"What makes you vulnerable makes you beautiful" - Brene Brown



You can visit John's website at:

www.fakelullabiesandfalseprophets.com





LAUREN AND BRITTANY, - HELPING OUT AT THE 'THINK WELL BE WELL' FESTIVAL HELD RECENTLY AT BURLEIGH HEADS.

Overseas students join Goldbridge.....

This year, Goldbridge welcomed Canadian students Lauren and Brittany for their 3 month internship while completing their Addictions Counselling Program. The girls say "We are very thankful for the learning experiences, personal development and professional growth that Goldbridge has offered us. Through our time at the TC, we have utilized and expanded on our counselling skills with the support of the staff and the whole TC have welcomed us and allowed us to feel part of and we can see the benefits the program has on long-term wellness and recovery. It's been a great experience coming from Canada and we are thankful for the support and look forward to sharing our learning and experiences with our fellow classmates and professors when we return to Canada!"

It's been a pleasure having you with us . ♡



THE GOLDBRIDGE CHRISTMAS WISH LIST

Goldbridge appreciates and welcomes all donations in the form of either resources or money. Some items we are currently in need of are: a defibrillator (\$3000), chairs for therapeutic groups (\$3000), wheelbarrows and gar-



Australian delegates, including Charlie Blatch (CEO) and Bernice Smith (Service Manager) pictured recently at the World Conference of Therapeutic Communities.

GOLD COAST WELLNESS FESTIVAL

Goldbridge was invited to host a display at the Gold Coast Wellness Festival held at the Albert Waterways Community Centre, Broadbeach. The Festival is an annual event that concludes the celebrations of Mental Health Week. While promoting the importance of physical and mental wellness, it was a fun family day with displays of baby animals, drumming therapy and rock climbing as well as health information and checkups. In the theme of *Be Active, Get Connected, Stay Involved*, the activities we chose for the community to have fun with were Sand Art and jewellery making. The flow of visitors to our stand was non-stop with families delighted by the hands-on activities and children being able to take home their creation. Through networking opportunities at this event, Goldbridge was invited to participate in the Psychological Society *Think Well, Be Well* Festival in November and a parent and teacher information day at Musgrave State School in January 2013



FAMILY SUPPORT SERVICE

Each year Goldbridge celebrates United Nations Families Week. In 2012 we honored Families Day with a bbq lunch which the residents prepared for their loved ones. Activities on the day included the opening of our sand play area for children, Sand Art motifs, which are always a popular activity with families, and a special appearance by 2 guinea pigs. Together with the pleasure our clients gain from offering the day for their loved ones, it is also an opportunity for family peer support as they come together in a relaxed setting. The strength of the feedback we receive each year is an indication of the success of the event. We look forward to our 5th Annual Families Day in May 2013.