

Goldbridge GAZETTE

Goldbridge acknowledges our funding parties:

Commonwealth Department of Health and Ageing.

Queensland Health



*Celebrating
25 Years
in Recovery*

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Providing effective recovery for people & families affected by co-occurring alcohol, other drugs, & mental health concerns



Queensland Drug Courts Close

As a result of the decision made by the Queensland Government to axe the entire state-wide Drug Court Program, the current climate of economic gloom and doom has landed squarely on the *Goldbridge* doorstep. With funding due to cease by 30th June 2013, this means that *Goldbridge* will lose five (5) funded beds, and two (2) staff members, with treatment places across the State also being reduced, as well as countless other staff being forced in to redundancies.

Taking the axe to programs that keep people out of harm, out of hospital, and out of prison makes no sense, and it's thought the Government's short-sighted approach to funding cuts will only cost Queenslanders more in the future, as it's believed that any short-term savings created by the recent funding cuts, will be outweighed by the long-term costs they will create, and put further pressure on already overburdened government systems.



The alcohol/drugs/crime nexus is well documented in Australia, as are the costs and health benefits of rehabilitation. While policy makers argue the many points of how alcohol/drug/crime problems may best be managed, one thing is clear – alcohol/drug use affects all corners of Australian life, resulting in many people entwined in our criminal justice system. The case for rehabilitation is therefore clear – it is not only less of a financial burden on government and taxpayer, but successfully educates and trains individuals as worthwhile law-abiding citizens, ready and capable of maintaining responsible positions in our society.

We encourage Government to rethink its strategy in closing the opportunities provided by the Drug Courts, by working closely with experts involved in the rehabilitation field, to develop the means for those entwined in the criminal justice system for non-violent alcohol/drug related crimes, the opportunity of turning their lives around, through participation in rehabilitation services.

In the meantime, in the coming months we must sadly say *goodbye* to two longstanding and loyal staff members both of whom we wish every success in pursuing their chosen career paths.

*From everyone at Goldbridge,
we would like to wish you and your
family a safe and relaxing
Easter .*



Introducing Joel..

AT a time in our history when circumstances dictate we must say farewell to some old friends, it is ironically a time to also introduce a new face and it is my pleasure to introduce our newest member of staff Dr Joel S Porter (BA, MS, PsyD), a doctoral level, registered clinical psychologist with a speciality in mental health and addiction treatment, workforce training and sector supervision.



Dr Joel Porter

Joel is originally from Athens, Georgia, USA, and is married to Lauren with two children, Abby and Eli.

Joel has a strong international reputation for providing high quality clinical services, and brings with him a wealth of skills and experience through working in the sector for roughly 25 years. He has worked in both residential and community based services, providing integrated treatment to people with co-existing mental health and addiction related problems, and will strengthen our team by engaging, and providing cutting edge assessment and intervention practices, to ensure continuing quality treatment to *Goldbridge* clients.

Joel is also well known in the field for being approachable, dependable, intelligent and helpful, and is highly committed towards refining visions and increasing skills for what makes truly effective treatment, especially for populations that are deemed difficult to treat. He staunchly believes recovery is a process and not an event, and that change takes time and intensive intervention, especially when unhealthy behaviours have become embedded or are life-long.

As well as providing high quality clinical services, for the past decade or so, Joel has worked regularly with a wide range of mental health, addictions and corrections organisations in Australia, New Zealand and Singapore. He is a senior member and Emeritus Director of the Motivational Interviewing (MI) Network of Trainers, and has over a decade of experience applying the principles of Motivational Interviewing to treatment delivery, and providing training to a range of organisations.

Through *Goldbridge*, as well as providing clinical services, Joel will continue to headline MI training initiatives, and in the near future will be hosting a series of mini-workshops in the Southport area. For further information concerning these planned events, contact can be made to info@goldbridge.com.au

❧ Welcome Aboard Joel! ❧

FAMILY PROGRAM

Many people will know the concern of *Goldbridge* regarding the plight of families (including children), and our efforts to support them understand, and come to terms with AOD use problems. This has included the challenge in seeking to relocate to larger premises, to provide increased rehabilitation opportunities, which would include a facility for young children to accompany their parents. While we have overcome many of the obstacles in this regard, the main stumbling block remains in raising the necessary funds.

While we had been hopeful that the recent changes in State and local government would lead to a more enlightened fiscal response, this has not eventuated, and may not in the foreseeable future. One of the casualties with the current lull in progress will see the departure of our Family Program Co-Ordinator. However, while our current plans to develop a Family Program (for parents with young children) are stalled, we will maintain our family inclusive practices, and continue the challenge to create increased rehabilitation opportunities by working towards the acquisition of a new(er), larger and more appropriately designed facility.



Our resident mascot Alee resting after a hard day supporting and connecting with people in the TC, but ALWAYS keeping and eye out for them...

Staff Professional Development

For the past 9 months, *Goldbridge* have been fortunate enough to have Robert Henderson of Whitelight Promotions hold a series of Organizational Team Workshops for its staff members.

Robert is a Brisbane based Professional Speaker, Facilitator and Executive mentor who is passionate about capitalizing on the value of "difference" and of turning perceived adversity to advantage.

Robert develops Situational Awareness of Choice, Attitude and mindset and provides Training, Mentoring and Reality Check Programs focusing specifically on behavioural change.

These groups have been a great addition to the staff professional development process in developing a well-oiled, efficient team at *Goldbridge*.



Farewell to Karen



As people may know, Karen has been supporting our Transition clients with case management and AOD counseling support while we have been recruiting for a new Psychologist. As Dr Joel Porter will start with us next month, it is time to farewell Karen, thank her for her time and her constant enthusiasm and wish her all the best in the future.

DID YOU KNOW?



The worlds largest Easter egg was made in Argentina in April 2012. It was over 27ft (8.5m) high and 16ft (5m) wide and required 4000kg of chocolate. Now try to get through that in one weekend!! **AND:**

The Easter Bunny Tradition began because: Rabbits are among the most prolific of all living creatures. They exemplify fertility, as they may produce many offspring at one time. According to Anglo-Saxon mythology, Ostara (the fertility goddess) transformed a bird into a bunny, who laid colorful eggs for the children. Thus began the tradition of a bunny giving children decorated eggs!!!



drug
action week®

16—22 June 2013

"Drugs, Communities and Families"

Dreams Can Come True... Caroline's Story

Prior to commencing a program at *Goldbridge* my life was a mess!! 25 years of drinking, drugs and depression had left me emotionally, physical, financially and spirituality bankrupt. When I walked through the doors a *Goldbridge* in June 2009, I brought with me an overwhelming sense of self-hatred and failure.

In the following 6 months of progressing through the program, I began to realize my potentials and learnt valuable skills to help me cope with the ups and downs of everyday life; without having to escape into a bottle. I commenced from *Goldbridge* in December 2009 and in February 2010 embarked on a University Degree in Social Science.

Later that year I started part-time work as the Administrator of a local surf club and obtained my Bronze Medallion to become a volunteer Lifesaver.



It's now 2013, and I have completed my degree and started Honours, continue to work as Administrator, am actively involved in Lifesaving, a member of the Southern Cross University Golden Key Honour Society, planning to run the Gold Coast 42km Marathon, financially secure and positive role-model and supportive mother for my son, who has been my inspiration and my motivation along this journey. It hasn't always been easy to achieve these things, but I have overcome obstacles and grown as a person.

Never in my wildest dreams did I imagine my life could be so fulfilling but thanks to every thing I learnt at *Goldbridge* and the amazing support from friends and family, I feel like nothing is beyond my reach and my dreams can be realities. If I had any words of advice, it would be 'be grateful for all the small things in life, don't be too hard on yourself, always ask for help and never let anyone say you can't!'



A MEMORABLE AUSTRALIA DAY WEEKEND AT THE TC

The winds battered the coast and rain drenched parks and flooded rivers; damage was to be seen all along the Queensland coast on the Australia Day weekend.

Here in Southport, trees were blown down, branches and debris littered the roads and anything not nailed down became mobile, including some houseboats, which ended up banked on the sand at the Broadwater.



Look at what the tide brought in.....

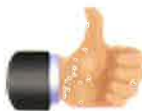
In amongst this chaos, *Goldbridge* residents worked together to 'batten down the hatches'. They rallied as a team to rope up trees to make them safe, moved away items that could become missiles, such as the umbrellas, stayed clear of the back garden area where it was deemed unsafe due to overhanging trees, and followed all OH&S practices. Great team work held the place together and nobody was injured.

The aftermath however, saw the House and Grounds team very busy with the clean up. The following week, two of the larger trees in the courtyard were chopped down by professional tree loppers as they were deemed unsafe. Even though the trees will be missed, this has also allowed more light into the areas for the residents to enjoy and a little bit more scope for gardening!!



All that remains are the stumps....

Thumbs up to everyone for showing great survival skills during what could have been a nastier weekend!!



THE EASTER BUNNY WISH LIST FOR GOLDBRIDGE

Goldbridge appreciates and welcomes all donations in the form of either resources or money. Some items we are currently in need of are: chairs for therapeutic groups (\$3000): Office desk and chair: whipper snipper, wheelbarrows.



Just Being NEIGHbourly!!!



On the 30th January this year, about 20 residents, supervisor and worker ventured into Nerang to lend a hand in cleaning up the Healing Hooves Inc,

who experienced flooding and damage during Australia Day weekend.

Healing Hooves Inc. is a registered charity and rescues horses from neglect, and also rehabilitates them to use as Therapy horses for children and adults affected by Mental Health Issues, in particular, Autism Spectrum disorder. What a great way to help another organization and get down and dirty in a rural environment!!



Waiting to be rescued....

This will be the second time the *Goldbridge* residents have come to the aid of flood victims. Our clients helped with the clean-up during the last floods in Brisbane and this gave them a sense of giving back and belonging to the wider community!! A mighty team effort each time!!

INTRODUCING JAMES (JIM)

Born in Brisbane, I have, spent about 5 years in early childhood in Fiji and Tonga. I got my honours degree in Psychology at the Uni of Qld in 2001 and worked at Karalika TC in Canberra as an intern psychologist before starting at *Goldbridge* in 2005. I worked in TC's for 6 years, which was an intense learning experience. I experienced the energy it took for someone to break free of old patterns of behavior, and learned that it was nearly always possible. I then worked in private practice psychology and ATODS where I still spend half my work time. In my spare time I enjoy reading, computer games and being in nature practicing mindfulness. I have a girlfriend of 14 years, a naughty Labrador and an angry fat, calico cat. *James (Jim) Adsett*



WELCOME MADELYN!

We are fortunate to have Madelyn join us to facilitate educational seminars with residents. Madelyn currently teaches students at TAFE in the areas of Community Work and Mental Health. Madelyn is working with the *Goldbridge* team to provide some additional Mental Health groups/educational seminars with residents.

