

Goldbridge GAZETTE

Goldbridge acknowledges our funding parties:

Commonwealth Department of Health and Ageing.

Queensland Health



*Celebrating
25 Years
in Recovery*

PH: 07) 55 031 255
Fax: 07) 55 321 316
info@goldbridge.com.au

DECEMBER 2013



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



Our year in retrospect has been challenging due to a number of factors beyond our control. However, issues, conflicts and problems are inevitable in business—as in life. The issue is not whether they will arise, but how will we respond, when they do. As was appropriate and keeping with the values and mission of Goldbridge, we have responded as a community and its members was secured. We are proud of the contribution made by the Board of Directors, the staff, volunteers, residents and friends, in bringing this task to a positive conclusion.

The coming year is again likely to be a fiscally uncertain time particularly for those of us in the alcohol/drug/mental health field. With pressure on the public purse, and major reforms to the health agenda, we all need to prove that what we do, delivers real improvements to our communities, and does so as cost effectively as we can.

The staff and service users within Goldbridge remain a continual source of inspiration, which generates the confidence, passion and commitment, which will support us through this coming tide, as we continue to find ways to not only sustain services—but grow them also.

In closing, I thank the Board and all staff, volunteers and friends, for their tremendous support through the year. Their commitment to ensuring we deliver the best quality we can, as cost effectively as we can, is crucial to the success of what we do. However, in the final analysis, it is the residents, the clients and the community who have shaped Goldbridge, and who will continue to mould and develop the Programs, therefore, with continued

support from our Board of Management, funding bodies and the community, we can look to the future with much optimism in helping those who seek our help, discover a much-improved quality of life.

Goldbridge recently was a co-host of the annual Australasian Therapeutic Communities Association (ATCA), held at the Gold Coast Mercure Hotel, between the 14-18 October 2013. Our involvement included hosting the Welcome Evening, and visits to the residential program, as well as proving a conference paper, on adventure based therapy, and a one-day Motivational Interviewing workshop.

The international guest speaker was Professor Rowdy Yates, a senior researcher from the University of Sterling, in Scotland. Aside from an academic career, Rowdy is a passionate singer/songwriter, who worked with the Goldbridge residents in (as did Jo Davis from the Outlook) rehearsing



our Junk Orchestra, to provide three musical features for the Conference Grand Finale – it was a sure hit! <http://roryyates.bandcamp.com> (Wrestling With Demons: Four Songs of Addiction & Recovery)

From all of us at Goldbridge, we wish you a Happy Christmas Holiday time, and a prosperous New Year

Thank you for your continuing support

Charlie Blatch, CEO



GOLDBRIDGE CHRISTMAS PAGEANT

WHERE: Southport Community Centre, Lawson Street, Southport

WHEN: Thursday 19th December 2013

TIME: Entertainment from 6pm onwards

All family members/friends/stakeholders are welcome.



-HORISING AROUND ON HALLOWEEN-

Introducing Toni, the TC Co-ordinator. Originally from Manchester in the UK, Toni moved to the Gold Coast in late 2006. She started work at *Goldbridge* in January 2007 as an AOD Worker and is now the Co-ordinator!!! After work, Toni has just taken up horse riding and enjoys spending time with the rescue horses at 'Healing Hooves'. Healing Hooves is a place where horses and people come together to find a sense of purpose & achievement.



Going Batty in Boonah

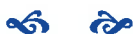
On the 29th October, *Goldbridge* participated in part one of a two part bi-annual Bush Adventure Therapy (BAT) program. 19 participants went with two accompanying staff members, made their way through the morning traffic and seemingly endless road works to arrive at The Outlook in Boonah.



Our BAT programs are designed to improve team work, trust and cooperation by highlighting group dynamics and individual processes when faced with challenging activities in a novel setting. The activities on our most recent program included on and off the ground problem solvers, rope courses and badge making, as well as a good old sing along at the end of the day.

Our residents demonstrated their ability to work together under stress while maintaining a sense of humor and supportive attitude, qualities that will benefit them well—not only in *Goldbridge*, but also in their long term recovery.

We're all eagerly looking forward to our next BAT program which will incorporate more challenging adventure activities, like canoeing and high ropes.



Goldbridge Links with Support:

SupportLink was set up with an aim to reduced crime, suicide, violence, substance abuse, family breakdown, juvenile offending and to establish improved support for victims of crime. *Goldbridge* has been in partnership with Supportlink for 3 years since its inception. SupportLink provides a national referral and diversion gateway for police and other emergency services to participate in early intervention.

Bernice Smith (Service Manager) and Wendy Zani (Intake and Assessment Worker), receiving a Certificate of Appreciation from Acting Assistant Commissioner, Steve Hollands at the Partnership Appreciation Day, 10th October 2013



"GREENING UP"



Goldbridge residents are going green by participating in Horticultural Therapy (HT) as part of their daily treatment program. (*Goldbridge* is a member of the Horticultural Therapy Association of Victoria). HT works by residents learning to focus on particular tasks and to be responsible for the outcome, which in turn promotes a feeling of being worthwhile and importance. The results have been outstanding as can be seen in the photos here.

The residents have also incorporated some of their artwork that they have produced in Creative Time such as a mosaic bird bath and ceramic pots, and have been growing herbs to be used in the kitchen. What a wonderful way to promote wellbeing and improve body, mind and spirit!!



The Ultimate V8 Long Lunch

Before the V8's started to roar around the circuit for the ARMOR ALL Gold coast 600, the Ultimate V8 Long Lunch was held at Shuck Restaurant. Headline drivers such as Russell Ingall, James Courtney and their partners attended the sold out event. During the lunch, a charity raffle was held for *Goldbridge* Rehabilitation Services which raised over \$2,000!! *Top lunch and a Top Job!!*



Each year, Homeless Connect brings together volunteers as well as government and agency workers to connect homeless people or people living close to the poverty line to a range of service. This annual event, known as the Gold Coast Homelessness Network event, was held this year at Metricom Stadium. This year, *Goldbridge* was well represented by Toni (TC Program Co-ordinator) as well as Suzi (Quality Improvement Worker) and Fiona (volunteer extraordinaire) who spent the day promoting our services as well as networking with the other organisations.

It is estimated that more than 3000 people are sleeping rough, staying with friends or relatives

or relatives and relying on support services for a bed any given night on the Gold Coast. The annual Homeless Connect events provide services for the homeless from health, legal advice and even free haircuts!!



SHIPS AHOY!!

Mick (transition client) enjoying time on a Transition group trip on the Aquaduck! Quack Quack!!



Fiona and Toni enjoying the day at Metricom Stadium—but they also found time to look at the view (Gold Coast Suns practicing their moves!!)



Dreams Can Come True... Grant's Story



My name is Grant and I'm a recovering drug addict, alcoholic and gambler, but I was none of these things before coming to *Goldbridge*, I was a special case that no prescription drug was able to treat! After processing my past I have come to understand I was born a raw nerve in blue booties! Drugs were not the problems but a solution that stopped working and ended as promised—jails, institutions and if not for good paramedics, probable death.

The 3 Wise Men—My 1st 'clean' birthday ★ *My 2nd 'clean' birthday*



After being released from yet another prison sentence in 2001 and on a long parole, I knew something had to change. Not knowing I had this disease that wanted me dead, or that alcohol was a drug, I successfully drank myself out of a heroin habit, which brought me to my knees in 2010. Over that 9 year period, I managed to get into a relationship, have 2 children, bought a house and learn a great trade. I don't know exactly when I lost all that or why I could never get home or how I would wake up a long way from where I had begun. I have lost partners, kids, jobs and homes before but this time was different, I had totally lost myself.

I put myself into detox and knew I would have to go to a rehab until I could get my family back: *Goldbridge* appealed to me because of its program and because I just needed time. That great illusive higher power was obviously at work for me to walk through the door, especially when the first 2 people I encountered were carrying Teddy Bears!! (Nut House)

Through hope, good case workers, the 8 Habits and a supportive network, I managed to spend 8 months under the care of *Goldbridge*, I identified and admitted I had this disease of addiction and was equipped with the tools to arrest it 1 day at a time. Not that you could have told me at the time, but *Goldbridge's* structure and program fitted me like a glove—family support and the ownership of cleaning up the wreckage of the past—the list goes on.

Since leaving the program, I have reconciled with the family (which has rocked into a new dimension) and started a small successful business. I use the *Goldbridge* structure in my daily life and TRY for a health balance of work, rest, play and family. I continue to work with other addicts in our small town and opened up a 12 step meeting. *Goldbridge*, you're on my gratitude list, thanks—Grant. (and family)

3rd 'clean' birthday celebrations with my beautiful family



BECAUSE I CAN !!!

On Good Friday this year I took a fearless leap of faith into the unknown, although this time, I knew what I was letting myself in for! Four years previous though, almost to the day, I took another type of leap, one in which I had no idea of what was going to happen, or what was laying ahead for me; I entered a detox unit followed by 6 ½ months in Goldbridge, rebuilding a life that was once productive and full but at that point, just an empty, soul-less shell.

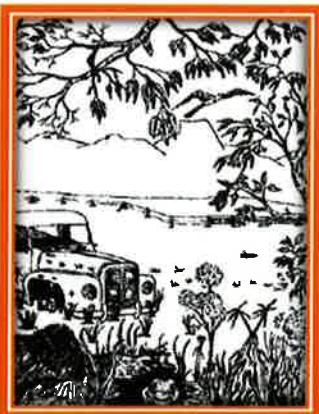


Now this is living!!!

Some people have asked me why I did the skydive, and I answer that it may be because of mid-life crisis, possibly a bit of bucket listing, maybe boredom, but reality is, that it simply was BECAUSE I CAN!! I can do the things that I want to do now, and to me, that is a freedom that I hadn't been able to experience for a very long time. The Sky-

dive was the ultimate in physical freedom, no attachments, just a complete 'letting go' and 'being in the moment', but what I have now is also an emotional freedom. No more am I tied to the chains of the bottle; the chains that kept me locked inside the house, in isolation, in fear, suffering panic attacks and anxiety (although I didn't know they had a name at that stage!).

In saying that, Easter this year was the ultimate realization that I CAN, and the biggest leap of faith I have ever had was placing my trust with Goldbridge and the program (in between the temper tantrums and angry outbursts, not to mention fights with staff and all the crying too!!). Goldbridge really did save my physical, emotional and spiritual self along with the rebuilding of my family relationships, and for that, I can never thank them enough, so what a privilege it is to be working for them now!! – Lynn Springer, Administration Assistant, Goldbridge.



Picture by TC Resident Bill R

THE CHRISTMAS 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): garden equipment, landscape supplies, plants, arts/crafts materials.

Poem by Duncan S

I came into Goldbridge all sloppy and careless
 But they picked me up in the form of awareness,
 I've questioned the rules and procedures and fairness
 I guess I'll be here for a while.
 My life was a jacket with all the seams tearing,
 I'd drawn in an ocean without ever caring,
 And now I'm in meetings with everyone sharing,
 I guess I'm beginning to smile.
 I went through the first week without ever sleeping,
 And sat in a circle without ever speaking,
 And now I'm a new man with confidence creeping,
 I guess I'll be changing my style.
 I'd filled up my veins with all types of pollution,
 While searching this life for some sort of solution,
 I came through this gate trying to end my confusion,
 I guess I've begun the first mile.
 Until I found Goldbridge my life was a jungle,
 My body a wreck that would constantly stumble,
 My mind was a cookie beginning to crumble,
 But now I can end the denial....



Maybe a slow walk today guys?

The Adventures of Allee!!!



Can I offer you support ...

Overseas Students Arrive at Goldbridge



We would like to thank all staff and residents that we have had the pleasure of working with and for the ongoing support throughout our internship. It has been quite the learning experience in regards to the concepts of what the Therapeutic community model has to offer for those on the road to recovery. We have had a wonderful opportunity to travel across the world to complete our internship and feel truly blessed to be a part of so many people's recovery. It will be sad to leave the TC but we will take with us all the concepts learned here and integrate it into our future endeavours. This community has taught us so much we will never forget this experience or the people we have met along the way. Thanks for the PIES!!

