



From the CEO



Goldbridge services enable people to meet their own recovery journey from the hazardous use of alcohol and other drugs. It is a recovery focused Organisation offering services in both a residential and community setting, with a positive approach to partnership working, we are uniquely placed to create fully-integrated services which offer clear and flexible pathways to meet our service users diverse and unique needs, in Rebuilding Lives, Strengthening Communities and Restoring Hope, involving a journey:

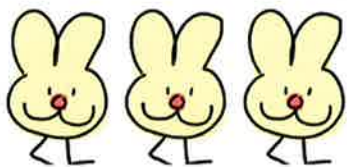
from despair to hope
from addiction to recovery
from confinement to responsibility
from family separation to reunification

our ongoing commitment to Quality Improvement, and this has been a tremendous effort by all our staff and residents. In addition, two staff members have completed training with the Parents Under Pressure (PUP) program and are now accredited therapists, and we have had experienced counsellor Peter Mark join our team.

Depending on beliefs, Easter time seems to sit somewhere between Pagan and Christian values, yet whatever personal beliefs are held, it generally seems a time for 'New Beginnings' and for Goldbridge this is no exception, with many internal and community events planned for the coming year.

So, all in all - the New Year has begun highly productively, and most importantly it seems the future of funding contracts will be resolved in the very near future, which will enable us to plan and deliver services with greater, brighter and renewed confidence

From all of us, to all of you - have a safe and peaceful Easter break !



Since the traditional Christmas summer break Goldbridge has successfully completed a third annual independent Accreditation through SAI Global, for the Residential, Transition and Continuing Care Programs, which demonstrates

Dogtor Seuss' story

I was living on the streets, hungry sad and lonely...No one cared, I was mistreated and chased away from rubbish bins.

One day i was picked up and thrown into a cage at a shelter. There, for the first time I was fed regularly and people showed concern for me. A little spark of hope was lit..

On February 13th two ladies from Goldbridge came to see me and assess if I was suitable for the TC program. They looked into my eyes, patted and played with me. And I got to go home with

them!! Home is the Goldbridge Therapeutic Community where I am learning that I can be loved and turn my life around.

I am only in the Assessment phase of the program but have great hope of staying on, with the care and support of all.

I am Seuss and I am a Dog. Woof





Chris



Ralph



James

Our Supervisors

Purpose of the Position:

The Senior Voluntary Supervisor is responsible for the overall running of *Goldbridge* Therapeutic Community, to ensure the welfare and safety of residents and the security of *Goldbridge* building and property for the duration of the time they are on duty."

The role of the Senior Supervisor is a voluntary one and filled mostly by people who have completed the Residential Program. Many of the Supervisors have moved on and begun their new lives following the Eight Habits of Effective Recovery Living but continue to 'give back' to *Goldbridge* and the Therapeutic Community - but to become a Senior Supervisor is not just a matter of putting down your name. A formal written application needs to be submitted and all applicants need to attend a formal interview.

Our Supervisors play a vital role in the ongoing safe and efficient running of the *Goldbridge* Program and must maintain the standards and abide by all guidelines outlined in their Supervisor Manual.

It is a role in which a Supervisor needs to also be flexible and empathetic, and can

be demanding and unpredictable which is why all Senior Supervisors are trained in full 1st Aid and CPR procedures and required to attend Supervisor Meetings when scheduled, to help keep up to date with latest changes in procedures and address any concerns arising. Examples of situations Supervisors have had to face are: advising a client their father had passed away and assisting a client who was experiencing a psychotic episode and medical emergencies which require ambulance attendance.

Goldbridge acknowledges the importance of this role and values the work of all its volunteers. It must be pointed out however, that our dedicated team of Senior Supervisors are guided and supported under the direction of an AOD Staff Member who is on call 24/7 and there to take over the reins when the situation requires it.

Goldbridge thanks the volunteers and Senior Supervisors whose efforts and generous support aids in the continuation of *Goldbridge* - so THANK YOU!

What's Happening in Creative Time

With mindfulness the buzz word of the moment, colouring in is an easy way to calm the mind and occupy the hands. It has been documented that active meditation focuses attention on simple tasks that require repetitive motion. Concentrating this way replaces negative thoughts and creates a state of peace, and many people who have a difficult time with concentrative meditation can find this easier. This gentle activity where you choose the colors to create your picture and the repetitive action of coloring it in focuses the brain on the present, blocking out any intrusive thoughts.

Coloring books are a way for adults who don't normally draw or paint to be creative. "A blank sheet of paper or an empty canvas can be daunting, but a

colouring book acts as a bit of a buffer in this situation".

With all the new adult coloring in books being introduced, residents at *Goldbridge* have been colouring in many different simple to very intricate designs as well as the more traditional mandalas, and are finding it very relaxing. They often use their one and a half hours of Creative Time on Monday afternoon to begin a colouring sheet and will continue with this in their homework time during the week. These are then laminated and either displayed in their rooms or given as gifts.

There are also some talented artists who put pen, pencil or paint to paper or canvas and have produced some very inspiring works as shown here.



Artwork created by residents





My name is Jess; I am Provisional Psychologist currently completing my Masters of Clinical Psychology at Bond University. I am in the midst of completing a 15 week (Jan-April) clinical placement at *Goldbridge Rehabilitation Services (GRS)*.

I chose to complete my placement at *Goldbridge* because I wanted to gain experience working alongside individuals with drug and alcohol addiction difficulties, something I have had limited exposure to in the past. The Therapeutic Community (TC) model highly interests me due to its holistic treatment approach. I love that the TC framework treats the physical, mental, spiritual, and emotional person as a whole. In addition, it has been great to witness residents helping and supporting each other to overcome their common problem of drug and alcohol addiction in a structured and safe environment.

My *Goldbridge* placement thus far has afforded me the opportunity to gain exposure to range of experiences and duties, including therapeutic groups, individual client therapy work, client intake assessments, case-conferencing meetings, and generally working in a multi-disciplinary team. I am also in the process of developing an emotion regulation and mindfulness group, which I hope to facilitate with TC residents in the coming weeks.

I look forward to the remainder of my placement experience at *Goldbridge* and continuing to contribute and learn from this unique, insightful and remarkable organisation.



What Did Kay and Mary Do?

Over the period of 8 months, we attended training and supervision for approximately 30 hours.

We received instruction in the PUP (Parents under Pressure) model and theoretical background; we were then requested to take on cases to receive further clinical supervision in program implementations.

A minimum of three families were required to receive accreditation. During clinical Supervision, we were supported to complete a case summary for a family. This enabled both Kay and myself to demonstrate competency in the PUP model and finally gain our accreditation.

Mary Alcorn



PuP Program

Promoting a nurturing environment for families

Overview

The over aim of the PUP program is to help parents facing adversities, develop positive and secure relationships with their children. Within this strength-based approach, the family environment becomes more nurturing and less conflictual and child behaviour problems can be managed in a calm non-punitive manner.

Every Child Needs Love, Care And Nurture

- The quality of parent/child interaction is paramount
- Interventions that foster secure attachment can prevent abuse/neglect and poor parenting
- Parent's capacity for reflective functioning is likely to be instrumental to their ability to provide effective care.



What I Have Learned Here...



1. MY BODY IS AMAZING AND UNIQUE

I have spent years hating and poisoning myself

YET my body has never said a bad word about me,

Provided me with the gift of three healthy children

And has a resilience to return from death's door.

2.

Despite what I chose to believe for 40 years:

I Cannot control my feelings

I Can Only adjust my thoughts and then only slightly

I Can Always control my actions.

3.

The notion of 'happily ever after' is a childhood myth that has kept me

striving for a constant positive mood that simply doesn't exist in life.

Just as it can't rain all the time, it cannot be summer all year round.

4.

I am brimming with good characteristics

I have kept them out of use by my irrational thinking and drinking.

I am a good person that will contribute to the betterment of all who surround me.

5.

Forgiving myself takes genuine acceptance, ownership and willingness to experience sadness, shame and guilt.

When the pain of self-forgiveness was less than not acknowledging it, I learned to forgive.

Craig P.



Goodbye to a Dear Friend

Au-revoir Alee and Thank you for the Love

We said farewell to our beloved 'TC' pet Alee, recently. She stayed with us for Christmas 2015 and managed a very good innings of nearly 16 years young.

Alee was a "gorgeous girl", and will live on in the hearts of the many residents and staff who cared for her and who she cared for, over the 8 years she was with us.

Love and Big Kisses From
All Your Friends

Family Drug Support Day



The 1st National Family Drug Support (FDS) Day was held on the 24th February 2016 in Canberra, on the same day, events were also held in Melbourne, Sydney, Brisbane, Adelaide and Perth.

This date was the anniversary of the passing of Damien Trimmingham, the son of Tony Trimmingham the founder of FDS, from a drug related overdose - this will become an annual event to highlight the need for families to not only be recognised and heard but to be supported and encouraged to speak about their concerns and their needs.

Goldbridge was represented by two staff members who attended the National Launch at Parliament House, Brisbane. The speakers included the Mental Health Commissioner from Queensland Mental Health Commission, Dom Shelley from Family Drug Support and Family Members who have sought support through FDS.

Behind every statistic of a drug related overdose death, arrest or hospitalisation there is a family suffering the pain, all too often in a cloud of stigma and shame. The National Day will deliver some key messages for affected families.

National Family Drug Support Day aims to;

- Reduce stigma and discrimination for families and drug users
- Promote family drug support services for families and friends
- Promote harm reduction strategies for families and friends

In addition, the Day aims to highlight;

- The important role of FDS volunteers in providing family support across Australia
- Reducing fatal and non-fatal overdoses from drugs including pharmaceuticals
- Promoting the widespread availability of naloxone products
- Promoting greater support and resources for treatment services

