

Goldbridge Newsletter December 2022

Message From The CEO



Welcome readers to the Goldbridge Newsletter. Goldbridge continues to provide high quality services to people who have come forward and asked for support to either start or continue their recovery journey.

The Goldbridge staff team delivered a range of programs throughout the year to ensure clients were supported during the various and unpredictable waves of the COVID-19 Pandemic. Goldbridge's core values of integrity, respect, community, empowerment, and compassion enabled us to achieve another year of amazing outcomes.

The Therapeutic Community (TC) model continues to be robust, providing positive outcomes for people who access our services. The staged approach within the TC model supports residents to grow and develop in all aspects of their life especially self-respect and responsibility. 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 and 16 weeks during the program. The residents then have an option to enter the Transition-to-Community program and also to be trained as a Goldbridge volunteers and role models. Role models are a valued part of the TC model. The Transition-to-Community program provides support, training and debriefing for all our volunteers. Goldbridge continues to support people post these programs with a well-established Continuing Care Service.

Goldbridge keeps up to date with current trends and best practice. The program is evidence based. Goldbridge has re-trained clinical staff over the past 10 years to enable us to be a dual diagnosis service (Mental Health and Alcohol and Other Drugs – MHAOD). Recently the importance of people with Lived Experience has been highlighted within the sector. This is a welcome addition to the broader sector as Goldbridge has a staff target/quota of 50% lived experience because role modelling has always been and will continue to be a core component of the TC model.

Goldbridge continues to receive funding from both the State Health and Commonwealth Health government departments. Liaisons throughout the years have strengthened these relationships as we work in a positive partnership framework. We continue to work in partnership with the Primary Health Network (PHN), the Gold Coast City Council, Queensland Network of Alcohol and Other drug Agencies (QNADA), the Australasian Therapeutic Community Association (ATCA), the Queensland Community Foundation (QCF), local businesses and community organisations.

In closing, I would like to thank the Management Committee, staff, and volunteers for their tremendous support throughout the year and their commitment to ensuring we deliver the best quality service. I would like to acknowledge the many clients who work so hard in the various roles within the program. They are a continual source of inspiration for myself as I gain strength and motivation from their commitment to improve their lives.



Goldbridge hosted an Open Day for the Australasian Therapeutic Communities Association (ATCA) Symposium delegates on 22nd November 2022. Residents conducted a tour of the centre for the visitors. A presentation and BBQ lunch was also provided, and all had a great time.

The following day several Goldbridge staff attended the ATCA Symposium in Brisbane. Wendy Zani, the Intake and Assessment Coordinator was presented with a 10 year Service Award. This award recognises the individuals who have made a contribution to the Therapeutic Community (TC) movement over a considerable period of time. We thank Wendy for her dedication and hard work.



Bear's 3rd birthday!



In August Bear turned 3 years of age. He is a great help around the TC, always happy to be with residents and show them some TLC.

Goldbridge Christmas Pageant

On the 7th December 2022, Goldbridge held its annual Christmas pageant for residents, their families, clients, volunteers and staff.

Residents and staff were brave enough to hop on stage and show off their talents! The TC residents and transition clients were all amazing. The Goldbridge staff did a 'Muppet Extravaganza'. Fun was had by all.



COVID-19

It is a shock for us all to be entering into a 4th wave during November with the peak due mid December. We are, however, confident that we can manage COVID-19 as we have been doing this for a few years now.

On 23rd August 2022 we had a whole of Goldbridge team review, facilitated by an external facilitator, to gather our learnings from the past few years, look at the new innovative practices that we developed and to decide which of these we can keep for the future.

Queensland Community Foundation (QCF)

Goldbridge is re-developing its website with financial support from QCF. We have engaged with an external Facilitator who have surveyed all staff and conducted a face-to-face workshop. The next step will be to get feedback from clients in the New Year.

Events

Throughout the year Goldbridge is invited to be a part of many events and forums. These have included:

- The Common Ground Homelessness project launch on the Gold Coast on the 3rd August 2022 which saw so many people from different sectors coming together to support a common cause.
- Homelessness Connect festival: Goldbridge hosted an information stall on the 3rd August 2022.
- Winter school conference: Goldbridge hosted an information stall on the 18th and 19th August 2022
- Queensland mental Health week: Goldbridge co-hosted a stall at 'Artbeat' festival on behalf of the heads-Up Consortia at the GC University Hospital.
- World Suicide Prevention Day 2022: Goldbridge hosted an information stall on the 10th September 2022. This event's aim is to raise awareness of suicide prevention and postvention in our community.
- QMHC leaders forum: Community leaders and community members were invited to join the conversation about reform of the alcohol and other drugs (AOD) system in Queensland.
- Gold Coast MH Symposium: Staff attended the symposium on the 6th October 2022
- Queensland Health Better Care Together and Queensland Mental Health Commission (QMHC) Achieving Balance: Staff attended a webinar presentation about these new papers.
- QMHC Shifting minds review: The CEO and Operations Manager/Deputy CEO attended a workshop to review Shifting minds: Queensland Mental Health, Alcohol and Other Drugs Strategic Plan 2018–2023 prior to its renewal
- PHN: Goldbridge is working with PHN on a video project. The short videos will be used for promotion and education purposes.

Cultural Awareness



Goldbridge clients attended a NAIDOC celebration at the Titans community celebrations on the Gold Coast on Tuesday 13th December 2022. This event was originally postponed due to bad weather in July 2022

The Goldbridge Reconciliation Action Plan (RAP) committee has sent our revised Reflect RAP to Reconciliation Australia for feedback on 28th October 2022.

Two Goldbridge staff attended the 2022 national indigenous mental health and Suicide prevention Conference in Cairns 15th – 17th August.

Accreditation



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

THERAPEUTIC COMMUNITY
MEMBER

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.

- **Day Program Service:** Goldbridge Day Program Support (DPS) service is a pre and post support service directed to adults struggling with dependence on alcohol and other drugs. It aims to provide support to people, who are experiencing issues with Drug and Alcohol, in a safe environment who need connection or who are searching for treatment options in a compassionate, inclusive space.
- **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. Goldbridge undertakes screening and assessment for people wanting to access treatment for drug and/or alcohol use. 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