

Goldbridge Newsletter June 2022

Message From The CEO



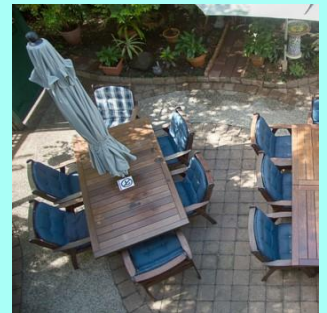
Welcome readers to our first Newsletter for 2022. Goldbridge continues to provide high quality services to people who have come forward and asked for support to either start or continue their recovery journey. We always feel so privileged that we can help and walk along side people throughout the therapeutic experience. 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). It is hard to believe that it has been over 2 years since the Pandemic began. Goldbridge is proud to say that we have survived COVID-19 within our TC. We had our first case on the 17th April 2022 and utilised our Isolation Units to minimise spread. We had another two cases and then it was contained, and we have had no more cases since April 2022. The residents, supervisors and staff did an amazing job addressing the situation. During the past two years we had all been working and planning for such a situation and were grateful for the support given by Queensland Health, Commonwealth Health, and the local Public Health Unit. Now that we know we can manage COVID-19 it has taken a weight off our shoulders. This is a great testament to staff, volunteers, clients, and management. Thankyou everyone for your ongoing work to keep people safe. As society enters a new stage of 'Living with COVID' we will continue to be flexible with our programs and continue to offer high-quality services to a range of clients. I would like to acknowledge the many clients who have shaped Goldbridge who are a continual source of inspiration, which generates the confidence, passion and commitment required in an organisation such as Goldbridge.



Therapeutic Community (TC) residential program

The TC model of treatment has a core concept of 'Community-as-Method' where the TC community itself is the principle means for promoting personal change. Clients and staff work together within the TC community to support change in behaviours in a safe environment. The Goldbridge TC program consists of 28-beds. The Goldbridge 6-month TC program has 3 exit points – 4 weeks, 4 months, and 6 months so that people can reflect and decide if continuing the program meets their needs. The full 6-month program has a different level every month where people enter to learn new strategies. As people enter each new level, they take on more responsibility and progress further into their recovery journey. If you know someone who may be interested in the TC residential program, please ask them to contact direct by phoning 07 5503 1255.



The New Office



In November 2021, we secured the office lease on Floor 2 of 9 Bay Street, Southport. This office houses the Intake and Assessment team, the Transition program, the Continuing Care program, Telehealth, enquiries/front desk and the Management team. It is a great office, very welcoming and has a coffee shop downstairs. Please pop in during office hours to pick up brochures if you or someone you know is interested in the Goldbridge program.

Team get-together

In November 2021, Goldbridge held a staff development day at the local Home Of The Arts (HOTA). This was an opportunity for us to review and share our ideas about Goldbridge’s work as a Trauma-Informed organisation.

It was also an opportunity to integrate new employee into the wider team. The day started with a Ferry ride on the local HOPO Ferry. We completed the day with a reflective session with staff.



Cultural Awareness



Goldbridge acknowledged both Sorry Day (26th May 2022) and National Reconciliation week (27th May to 3rd June 2022) with residents at the TC. Sorry Day is an important Day to remember and acknowledge the Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities. Goldbridge understands the extra importance of Mabo Day (3rd June 2022) this year as it is the 30th celebration since the Mabo High Court decision.

The Goldbridge Reconciliation Action Plan (RAP) committee met to progress our Reflect RAP to incorporate feedback from Reconciliation Australia.

Update from Bear

Bear is now 18 months old and is making a contribution to the TC community – he is working hard as part of the team. He enjoys his walks and has his regular grooming to keep him looking great. Bear is an Australian Cobberdog who lives onsite providing emotional support to the TC residents who, in return, are responsible for his care.



Mental Health Inquiry



In December 2021, the Queensland Parliament established a Mental Health Select Committee (MHSC) to conduct an inquiry into the opportunities to improve mental health outcomes for Queenslanders. In March 2022, Goldbridge was fortunate to be able to host a visit by the MHSC which consists of 8 members of Parliament. We were able to share our thoughts, experience and knowledge and organised a guided tour of the centre. We emphasise the need for Alcohol and Other Drug concerns in relation to the mental Health system and needs of clients accessing Goldbridge services.

Goldbridge Christmas Pageant

On the 9th of December 2021, Goldbridge held a Christmas pageant event at the local Southport Community Centre for residents, their families, volunteers, staff, stakeholders, and management. It was a great event with lots of fun and laughter along with awe inspiring presentations and skits from clients and staff. Thank you to everyone who made the night a great success.



Day Program



The Goldbridge Day Program has had its first birthday. The program was started in February 2021 in a direct response to challenges faced by the Pandemic for vulnerable people in our local community.

The Day Program aims to provide a structured program to support 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.

The program sessions focus on topics such as the effects of addiction on the body and mind, harm minimisation strategies and social and emotional wellbeing. Support to enter treatment and other relevant referrals is available. Please contact via phone or email or drop into our program space at the Southport Community Centre on Tuesdays, Wednesdays, or Thursday mornings.

Families Day Celebration



National Families Week celebrated the enduring theme of 'stronger families, stronger communities'. Residents were asked to reflect on the values system they hope to build in uniting their families in the future. There were some overarching themes such as respect, trust, acceptance, forgiveness, and connection that were shared within the group amongst many other values. The residents were asked to produce a representation of what family means to them, this resulted in pictures, drawing and collaged items that came together in one larger piece to share the similarities and differences that reflect the diversity of family.

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**

This program aims to provide a structured program to support 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 6-month semi-structured independent living program. The program is conducted from shared accommodation houses.

- **Continuing Care:**

This is a 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'.