

## Moreland Hall Community News



An Alcohol and Other Drug Treatment and Education Agency

December 2009

### Catalyst Alcohol Community Rehabilitation Program Program Update

'Catalyst', our newly named Alcohol Community Rehabilitation Program has been running for nearly 6 months. The 4th group of participants will complete the 6 week program on 11<sup>th</sup> December.

To date, 28 people aged between 21 and 67 have completed the program. Most of the participants so far have come from the northern suburbs of Melbourne. As this is a day program, lack of suitable local accommodation is an obvious barrier for people who do not live locally. Next year, in an effort to remove this barrier, we intend to have limited accommodation available (ie 5 nights a week) for people living outside the area. At the weekends they will return to their usual place of residence.

To date, feedback from the clients about the structure and content of the program has generally been positive

Catalyst Clients' comments include

*"CBT has given me a better awareness of how to manage cravings and challenge thinking errors"*

*"Excellent program, particularly so with leaving in the afternoon and actually getting real*

*experience in dealing with things that come up day to day"*

*"I have seen massive changes in my life so far and I am looking forward to the future"*

*"The CBT sessions have been invaluable and the overall program has been wonderful"*

*"Staff have done an excellent job in facilitating sessions"*

*"I attended the program everyday - didn't want to miss one single day. This explains how much I love it"*

*"I was given all the help that I needed which has helped me get through some difficult situations...things would be a lot worse for me if I was not participating in this program"*

From a staff perspective, it is very rewarding to work closely with a motivated and diverse range of people. Over the 6 week program we are able to see individuals gain confidence in their ability to utilise a range of skills and strategies which will assist them to make positive changes

Outside of the core program, the current group of participants have put a lot of energy into establishing the garden. The vegetables grown are used in the recipes that have been recommended by our nutritionist. We now have a

compost bin and a scarecrow to keep guard of the produce and we are in the process of getting a water tank, table, chairs and Gazebo for shading.

The next episode of care is due to commence in mid January. Over the Christmas and new year period we will be running an extended aftercare program where current and past program participants will be able to attend twice a week for ongoing group support. If you or someone you know could benefit from the program please contact Moreland Hall Triage Worker on ph: 9386 2876.

Finally Shannon Bell, Sam Perks and myself, who are the full-time Catalyst Program staff would like to thank the many people who have offered their skills, knowledge and experience to develop this program, including the Education and Training Team here at Moreland Hall, LACP staff Polly, Kerry and Rose, Gary Rothman, (financial counselor) Kate Borland (nutritionist) and Trevor King (consultant).

Wishing everyone a safe and happy festive season.

**Joanne Richardson**

#### SPECIAL POINTS OF INTEREST:

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Shannon tends the veggie garden

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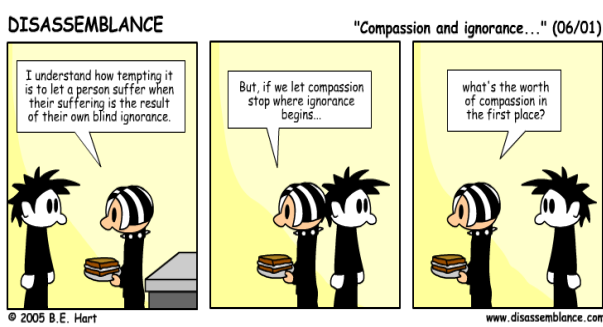
## A Community of Compassion

Visions are meant to be BIG, to draw our attention to an horizon, to keep our view ahead, and to inspire us forward.

Our vision describes "a just and compassionate community where people are not disadvantaged by alcohol and other drug issues." This vision is big and invites pondering of what a just and compassionate community would look like.

Compassion is a word that often gets used, sometimes I think, without much real appreciation for its depth and challenge. I'm not a linguist, but I understand it derives from Latin *cum passus*, and English words like "patient: one who suffers" have similar roots. It is also similar to the Greek concept *pathos* with all its attendant meanings in the English language from sorrow, pity, sadness to misery and grief

Compassion implies to suffer (together) with, to be joined together with the pain of another. It is impossible for compassion to be remote from suffering, and is profoundly important in religious traditions.



Recently, I was reminded of a story that describes compassion well:

*A man spoke with the Lord about heaven and hell. The Lord said to the man, "Come, I will show you hell."*

*They entered a room where a group of people sat around a huge pot of stew. Everyone was famished, desperate and starving. Each held a spoon that reached the pot, but each spoon had a handle so much longer than their arms that it could not be used to get the stew into their own mouths. The suffering was terrible.*

*"Come, now I will show you heaven," the Lord said after a while. They entered another room, identical to the first - the pot of stew, the group of people, and the same long-handled spoons. But there everyone was happy and well-nourished. "I don't understand," said the man. "Why are they happy here when they were miserable in the other room and everything was the same?"*

*The Lord smiled, "Ah, it is simple," he said. "Here they have learned to feed each other."*

So, this Christmas maybe we can begin to overcome blind ignorance with little acts of compassion.

Grace and peace

**Reverend Rosemary Carter**

## Robert Renton



Born and brought up in the Semaphore district of S.A., Robert spent five years as a high school teacher prior to moving with his wife, Judy, and their two sons, Simon and Damien, to Melbourne in order to undertake his studies for the Presbyterian ministry in 1972. After graduating in 1974, Robert was minister in the North Essendon Presbyterian Church and then the Essendon Regional Presbyterian Church until 1985. He also served as chaplain to Penleigh & Essendon Grammar School during those years. Appointed as chaplain to Wesley College Melbourne, Robert took on the role of Head of the Elsternwick campus and later Head of the St Kilda Road campus of Wesley College from 1988 to 2006. During this time he also acted as Principal of the College for some 15 months. Following retirement in 2007, Robert was called to the new placement of Presbytery Minister Administration for the new Presbytery of Port Phillip West in 2008, a position which he still occupies.

Robert has had a long association with the governance of transitional housing programs, as he was chairperson of the Board of MetroWest Housing Services (Footscray) for eleven years, and he is currently chairperson of UnitingCare Werribee Support and Housing's Board, which provides a range of services in the City of Wyndham.

Judy and Robert have two grandsons now, Ethan (4) and Jake (2), the children of Damien and Rosie.

Reading widely, doing *The Age's* crosswords, occasionally going to concerts or the movies, listening to music, and watching *The Bill* are the sorts of things Robert likes. He's attempting to set up a model railway during the spare moments!

## Kirsty A. Bennett

*B Arch (Hons), Grad Dip Ger, BD (Hons), Registered Architect (Vic), RAIA*

Kirsty Bennett is an architect who has specialised in designing for older people and people with dementia for over 15 years. This has included being responsible for the briefing, design, documentation and contract administration of a range of residential aged care projects in many parts of Australia. Kirsty has undertaken research and written a number of articles on designing for people with dementia, and has been invited to speak at international conferences on this topic.

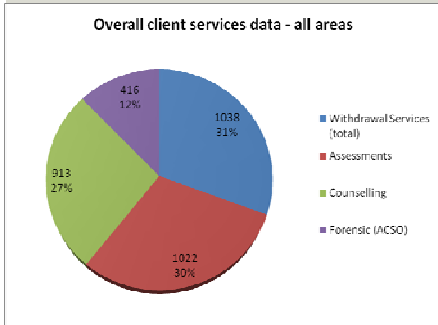
Kirsty is currently Manager of Major Projects and Architecture for the Uniting Church in Australia, Synod of Victoria and Tasmania. She is also working with Richard Fleming on a project which examines how the physical and psycho-social environment combine to reduce challenging behaviours in residents in aged care facilities. This project is funded by the Commonwealth Government as part of the EBPRAC (Encouraging Best Practice in Residential Aged Care)



The 2008/09 AGM was well attended by staff and Board of Governance members

## Feedback matters

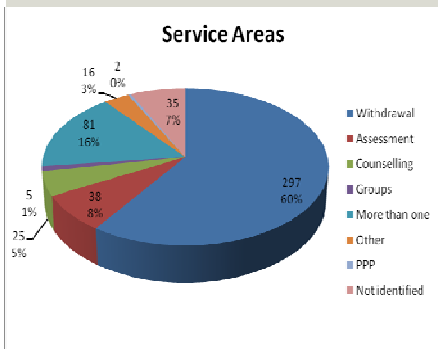
During the past year many clients have provided feedback about how Moreland Hall complies with its Client Charter. In this Newsletter is some information on what you have told us, where that has come from and changes or responses made.



As you can see we receive a LOT more feedback at the moment from people using our withdrawal services, particularly residential services. There are lots of ideas about why this is so, including such things as having more time, feeling a bit better, and a variety of experiences to comment on.

We encourage all clients to provide feedback. So, if you are a client and were not given a feedback form by the person you see at Moreland Hall, please make sure that you pick one up or ask for one. They are available through all our services, including the waiting area at Jessie Street. They can be returned anonymously to boxes at Jessie Street and youth service or when at adult residential services. If you prefer, you can return your feedback by post. Client Charter information is also on the Moreland Hall website: [www.morelandhall.org](http://www.morelandhall.org) and SEARCH Client Charter. We hope that new

Client Feedback Forms will be available on line in the New Year.



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### Feedback can change things ....

- Over the years, staff and clients have commented on the lack of space and privacy in our waiting area. We have finally been able to enlarge the waiting area and add a television and information stands.
- "I think more structured activities. Morning, afternoon & evening every day including weekend (should be) compulsory except for day one..." The program structure at Lesley Ann Curran Place was reviewed in 2009 and changes were made to increase the range and structure of the program.
- "Write the booklet in other languages" – while we aren't able to do the whole booklet in multiple languages we have included information about availability of translators in other languages.

The menu at adult residential service is often questioned... So here's a little bit of information about the diet in the withdrawal services and the Catalyst Program and why we have increased the percentage of vegetarian meals. This information has been taken from the Catalyst Nutrition Program developed by Kate Borland (nutrition designer).

Nutritional deficiencies are common where there has been prolonged use of alcohol and other drugs. Good nutrition contributes to a reducing the damage done by alcohol and other drugs on the body and reducing physical and emotional craving. Foods that have been identified as assisting with alcohol detoxification include camomile and peppermint tea, vegetables, fruit, almonds, seaweed and water. Foods to avoid include sugar, refined foods, chips, fast foods, caffeine and cigarettes.

Food is also an important source of energy. Energy boosting foods include whole grains and green vegetables. Other nutrients that are important for energy production are oranges, potatoes, peppers, green vegetables, nuts, seeds, egg yolks, fish and grains. If you want to learn more about nutrition, and you have completed an alcohol withdrawal check out the Catalyst Program to see if you are eligible.

Reverend Rosemary Carter

## Chief Executive Officer's Column

Welcome to the December 2009 Moreland Hall Newsletter.

The end of the year is upon us again, and as I look back on the last twelve months I am amazed by all the new programs and outstanding work that has occurred around Moreland Hall.

We have been delighted to receive funding for a number of new projects in the last few months, including:

- The TAC and Ansva Insurance have given us funding to produce a further Duggy's Krew Episode
- A new project which aims to integrate Web 2.0 and other ICT-based approaches within all service areas at Moreland Hall. It is hoped it will significantly increase the agency's capacity to engage with and respond to the needs of potential service users and community members. The project will facilitate an increased level of service user participation in the delivery and review of the agency's services and improve the accessibility and relevance of educational and therapeutic resources across the Alcohol & Other Drug (AOD) service sector.

The recent AGM and Annual Report have been very well received by the Moreland Hall community.

I would also like to thank outgoing Board of Governance members, Rev Joan Gilchrist, Ms Ros Carter and Mr Maurice Paganin for their commitment and dedication in serving on the Governance Board and wish them all well for the future.

I would also like to welcome Ms Kirsty Bennet and Rev Rob Renton who have accepted terms as Board of Governance members from November 2009.

Finally, I would like to wish you all a very happy Christmas and prosperous new year and we look forward to working with you in 2010, "to build a just and compassionate community where people are not disadvantaged by alcohol and other drug issues."

Laurence Alvis



The expanded client waiting area

## Cultural Competency in AOD Services: Working with Koori clients in mainstream settings

Representatives of Moreland Hall from both our Education and Training, and Forensic teams attended a workshop facilitated by VAADA regarding Working with Koori clients in mainstream settings, held at Fitzroy Town Hall on the 5<sup>th</sup> of November 2009.

The workshop was well attended with many of the participants travelling from across Melbourne and rural Victoria.

The workshop was divided into two sessions. The first session comprised of a series of presentations by key stakeholders including representatives of the Department of Health, the Telkaya Network, and the Koori Youth Alcohol and Drug Healing Service. Each of the speakers acknowledged the strengths innate in our Indigenous communities while also identifying a range of opportunities to further develop the work undertaken in mainstream settings with Koori clients.

The second half of the workshop was devoted to round table discussions where participants were asked to address four key points:

- Opportunities to increase client access to appropriate service provision.
- Strategies to improve relationships between Indigenous and non-Indigenous services.
- Barriers and opportunities to enhancing the interventions/responses currently being delivered.
- Cultural competence and strategies required to support agencies.

### Whole of sector approach

A number of strategies were identified by workshop participants, who believed that a whole of sector approach was required to address cultural issues. Such strategies included:

- A cultural competency audit of non Indigenous services.
- Reciprocal rotations of staff between Indigenous and non Indigenous services.
- Development and delivery of Cultural competency training for non - Indigenous services.

### Practice example – Whole of organisation approach

One workshop participant provided a practice example of a whole of organisation approach currently being undertaken by their organisation.

Engagement of the Koori community is regarded as an organisational priority. Therefore a Koori Engagement Committee has been formed to inform, not only practice but the whole of the organisation's approach to engaging the community.

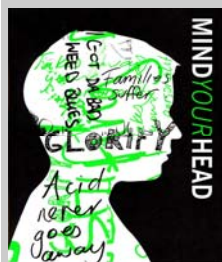
The committee consists of representatives for the non indigenous service and members of local Indigenous Co-operatives. The committee meetings are held monthly and are alternated between a range of locations in order to increase rapport and engagement with members. The scope of the committee is broad and has included:

- Consultation regarding organisations new building design, ensuring an environment that will be culturally appropriate and inviting.
- Introducing cultural competency training as part of induction for new staff.
- Developed a reciprocal arrangement between Indigenous and non-Indigenous services regarding supervision, debriefing and cultural competency training, enabling both indigenous and non-Indigenous services to work in a complementary manner.

The Cultural Competency in AOD services workshop was highly informative and provided an opportunity to explore new ideas to ensure that the Alcohol and other Drugs Sector continues to work in both a creative and innovative manner with all of its clients.

**Matthew Gleeson**

## Moreland Hall Resources for Sale



**Mind Your Head:** Developed as a resource for young people, teachers, parents and allied health workers wanting to know more about the relationship between mental health & substance use.

The book provides information on different drugs and their effects on mental health, strategies for looking after your mental health and getting help and support. \$6.00 plus P&H



### The Big Book Series: ALCOHOL, DRUGS, PARTY DRUGS, CANNABIS

Designed specifically for young people, particularly those who would be described as 'pre-contemplators' and those who may be involved in experimental drug use. These booklets have a harm minimisation focus and present drug information in an interesting way with eye-catching cartoon illustrations throughout.



**DVD—Driving Straight:** Drugs & Driving Educational DVD & Resource Booklet – Developed in line with the Victorian Government's (world first) Drugs & Driving Legislation for random roadside drug testing implemented in 2006. Includes FAQs answered by experts in the field and has a selection of 5 different 'real life' drug driving scenarios. Testing process; Regaining your licence; Assessment & drug education process;

Methadone & driving. 'Driving Straight' is the first educational resource on this subject with wide educational applications. \$100 + P&H

**For further information ring**

**Moreland Hall Education & Training on 03 9386 2876 Or email [queries@morelandhall.org](mailto:queries@morelandhall.org) for an Order Form**

### Can you support our services to the community?

You can make a difference by sending a donation to Attention:  
Mr Laurence Alvis, Chief Executive Officer,  
UnitingCare Moreland Hall, 26 Jessie Street, Moreland Victoria 3058.  
Donations over \$2. are tax deductible

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