

What it costs

WHOS is funded by the State Health Department for expenditure such as staff direct services, however this does not cover all operating costs. To cover costs such as food and provisions, accommodation, travel to and from meetings/appointments and activities, laundry, medical supplies/prescriptions, official communications and postage, stress management classes, movies, videos, leisure activities and other community functions it is necessary to charge a fee or ask for a significant proportion of your benefit entitlement for your first three months. After three months your focus is on leaving the community and you will only need to contribute for food and accommodation. A savings plan is available ensuring some financial security when leaving our program.

WHOS Mission Statement

The overall framework from which our objectives are derived are: to foster personal growth within a drug free therapeutic program. This is complemented by incorporating the concepts of harm minimisation from substance misuse/abuse, including the spread of communicable diseases for example HIV/HCV.

Professional Associations

WHOS is a member of International Congress of Alcohol and Addictions, Australian Therapeutic Communities Association, Network of Alcohol and other Drugs Agencies, World Federation of Therapeutic Communities.

Admission Details

Assessments and admissions are carried out by staff Monday to Thursday 9.00am to 5.00pm.

For more information please contact

New Beginnings staff on: (02) 9318 2139

new beginnings

for
women
seeking recovery

**We help
Ourselves.**
Established 1972

PO Box 1237 Strawberry Hills NSW 2012 Australia
Ph: (02) 9318 2139 Fax: (02) 9310 2972
Email: info@whos.com.au URL: www.whos.com.au

New Beginnings

New Beginnings is a residential therapeutic program that has evolved from a traditional women's service in recognition of the needs of women seeking treatment. It is a service for women and run by women, we cater for individual women, and women with children aged 5 to 12 years. This service is funded by the State Health Department, We Help Ourselves, donations and client contributions. Our staff work within a strict professional code of ethics and have extensive experience in the field of drug addiction and women's health.

The Community

New Beginnings women's program operates in conjunction with the other We Help Ourselves services. Its aim is to provide a safe and secure environment where women who suffer from drug abuse and its related problems can concentrate on their recovery. Groupwork and individual support is provided by drug and alcohol workers who deal with the needs of women. Our service is situated close to the city and to all the professional

facilities that a city has to offer. We are ideally situated for our residents to make the transition back into the community and we can also offer 3/4 way housing if a longer stay is required.

Activities

New Beginnings is a three to six month program offering groupwork, supportive counselling, women's health support and education, stress management skills development and referral. Groupwork covers topics such as relationship issues, parenting, self esteem building, social and communication skills, assertiveness training and boundary setting. We also provide HIV and other infectious disease education and adopt a harm minimisation approach, should a drug free outcome not be chosen. Outreach services are available and provided by We Help Ourselves. We provide multiple access to outside activities such as self help meetings, women's health centres, legal and welfare services, TAFE and other educational activities and various exercise programs eg. Yoga and Tai chi. Weekends are a time for leisure activities and relaxation.

What we expect from you

We expect an acknowledgment from you that there is a need for change and that drug use is no longer working for you. Detox arrangements will need to be made or negotiated with staff, prior to admission. We need 3 forms of identification for Centrelink purposes and our minimum age requirement is 18 years. If you have any court/legal business it needs to be deferred for the first six weeks of the program. We ask that you agree to abide by the community's rules and guidelines, in particular no drugs (includes alcohol), no violence (or threat of), no stealing, no sexual activity with another person for the first 4 months. Accommodation arrangement for children may need to be negotiated due to limited space and available resources. If you have a special medical problem that needs individual medical services or supervision, please contact us to see whether we have the resources to meet your needs.