



the Buttery UPDATE

Summer 2010 / 2011
PO Box 42 Bangalow
NSW 2479

Recreating young lives



Team leader Andrew Hamilton with some of the young people getting ready for a trek.

Already more than 30 young people, 13-19 years have been given the chance to “rewrite their life story” by taking part in wilderness adventure therapy treks. The Treks are conducted by the Buttery’s INTRA program in conjunction with other organisations.

The aim of each trek is to help young people, many from troubled, disadvantaged backgrounds, to promote self-esteem, independence and resilience while learning about team spirit and friendship. The practical, measurable results of taking part are improved motivation and school performance as well as a reduction in anti-social behaviour and alcohol and drug use.

Over nine days trekkers travel all the way from Uki to Lismore under their own steam – on foot, by canoe or bicycle, travelling almost 60 kilometers through the beautiful Nightcap Ranges.

Trekkers are accompanied by youth workers and psychologists who help the young people come to know themselves more deeply as they develop goals and strategies to lead a more fulfilling life. A pre-trek assessment and follow-up help everyone get the most from the trek.

The Buttery could offer more Trek places to disadvantaged youths if funds were available. Donations in support of the treks are tax deductible.

The Buttery seeks ACHS approval

The Buttery recently participated in the auditing process that is a prelude to accreditation from the Australian Council on Healthcare Standards. The prestigious accreditation would place The Buttery among Australia’s leading healthcare providers. Over two days assessors rigorously reviewed the therapeutic program, community outreach services, management protocols and amenities at the Buttery. At the end the assessors gave a favourable report and it is anticipated that formal accreditation will be given in early 2011 after the next ACHS Board Meeting

“It is a tribute to staff, volunteers and supporters that the Buttery can rightly claim to be among the leading healthcare providers in its field,” said Executive Director, Barry Evans.

The Buttery is a treatment centre for people seeking recovery from addiction.

www.buttery.org.au

The Buttery
Therapeutic Community

Ph: 02 6687 1111

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The Buttery
Outreach Programs

(all services are free of charge)

INTRA alcohol and other
drugs intervention

Ph: 02 6687 2835

E: info@intra.org.au

NRGS Northern Rivers
Gambling Service

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E: info@nrgs.org.au

The Buttery
Development Office

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E: fundraising@buttery.org.au

THANK YOU

On behalf of the people whose lives have been transformed through the Buttery, thank you.

The continuing support of donors, supporters and friends is greatly appreciated.

RESIDENTS in RECOVERY REPORT

It's a busy, activity packed eight-and-a-half months for people who make the decision to recover from their addiction by undertaking a Battered residential program.

The Battered takes a holistic approach to recovery based on the therapeutic community model. This means residents and staff work as a community through self-help and mutual support to promote personal change.

Many residents start their day as early as 5 a.m. with self reflection, exercise or both. After breakfast, the community meets for a morning session guided by a counsellor when individuals discuss issues surrounding their recovery and strategies they can use to remain "clean." As well as other similar group sessions and one-on-one counselling sessions, participants engage in a variety of activities to help recovery.

Yoga, meditation, singing in a choir, art sessions and doing chores such as cleaning, cooking or gardening are all part of the process of helping people learn life skills that many people take for granted.

Residents are also active participants in Twelve Step Programs and attend evening meetings on most nights of the week in local townships. There is some free time and on weekends recent outings have included trips to the beach, bushwalking and going to the cinema.



Art classes offer residents the opportunity to express themselves creatively

Wake up Time - a source of pride



INTRA co-ordinators and women involved in Gula Jandahl at the Artscape exhibition. Artefact detail above.



Eight years ago Wake up Time formed. The group came about in response to concerns by aboriginal women and Battered INTRA counsellors about drug and alcohol problems in the Casino indigenous community. The women chose art as their therapeutic medium in communicating to their community.

Since then, the women have created many beautiful works as individuals and as a group, sought funding for training, contributed art for educational and community projects and grown and evolved personally. All this has taken place in a small tin shed in the Oaks Housing Estate in Casino.

They have contributed to enriching many other Aboriginal women's lives and provided a safe haven for others in their often troubled community.

This year, they completed an ACE and INTRA funded workshop, culminating in an exhibition at the 3 Rivers Gallery in Lismore of their woven work and beautiful organically dyed and printed silk

pieces from previous workshops.

Gula Jandahl - "Look at my dilly bag" was a project funded by INTRA and the Northern Rivers Community Foundation. The large woven dilly bag the women created was exhibited at the Byron Bay Artscape sculpture exhibition. The project has engendered great pride in the women's families and communities.

Some of the artefacts



Going back into the world ...seeing a holistic view of recovery



Buttery art teacher, Zoy Crizzle and Chris apply the finishing touches to the Buttery's newest mosaic. Self expression through art is an important part of the program.

Addiction can ruin lives. Apart from the enormous economic cost to society, the personal cost of wasted human potential and the suffering of addicts and the people who love them is immeasurable.

The Buttery assists people in addiction to realize a sense of self-worth, helps them nurture living skills and assists them in regaining their place in the community.

The Buttery was originally a NORCO milk depot where milk was increased in value by churning it into butter. Similarly, the people who complete Buttery programs are changed for the better in a way that can positively influence the rest of their lives.

Because the program at The Buttery is conducted for up to seven-and-a-half months, usually followed by a period of three months living in a half-way house, it can address significant aspects of human development. In the alcohol & drug field this is known as a bio-psycho-social- intervention model.

Activities such as yoga, meditation, singing in the choir, keeping a journal or doing art are all part of a holistic process. These activities are also balanced around counselling and psycho-education groups such as learning communication skills and managing anxiety, depression and anger. Residents have specific responsibilities, such as looking after the lawns, cooking or organizing outings. This gives residents a sense of belonging to a healthy and fully functioning community.

To have the opportunity to engage such a lifestyle over an extensive period enables a person to fully experience themselves at a depth that is often completely new for them. Within this framework, staff and residents witness the transformation.

Staff are an integral component to the therapeutic community. They are a well-qualified, committed, competent, dedicated group.

People living in the local communities near The Buttery are typically understanding and supportive of people in recovery. Residents are supported by the local Fellowships (Alcoholics Anonymous and Narcotics Anonymous), by local businesses as they begin part-time work, and by local residents as they work to integrate what they have learned and to become functioning members of the local communities.

Thank you for supporting

The Buttery's Family Recovery Program

The Buttery's Family Recovery Program and its contribution to helping the families of addicted people was featured in the previous Buttery newsletter. Through the telephone counselling service many families have benefited.

The Buttery gratefully acknowledges support from individual donors for the Program, including the support of The Angel Fund and Susie Lockhart.

If you can, please consider supporting the program.



Recovery was Katherine's choice



Katherine is looking forward to a life free from drugs and alcohol abuse.

For Katherine 37, recovery from addiction was a choice. Her addiction was not something she chose or wanted to endure.

"Addiction took me to a desperately lonely place. I was disconnected from everyone. It grew from fun times with drugs and alcohol and then at about 27, panic attacks and depression set in," she said.

"Traumatic events led to drug and alcohol use for self-medication. I knew that taking drugs would not solve my problems. But I just couldn't stop, much as I wanted to. I spent the years from 27 to 36 looking for a way out," she said.

At 36, Katherine decided to go to the Buttery. She was placed on a waiting list and phoned every week for five months until a place became available.

"Being on that list gave me a glimmer of hope that something could change. I was so isolated. My family was in another state, I hid from friends. I was so ashamed of being addicted to drugs and alcohol."

Participants in the eight-month Buttery program like Katherine undertake a journey of discovery and are helped to realize a sense of self-worth, to nurture living skills and to take their place in society. The Buttery is highly respected because of the low relapse rate of graduates from its program: studies show that 70 % of graduates remain clean of drugs and alcohol five years after completing the program.

"At the Buttery, every coping strategy

people use is examined and deconstructed. The Buttery allows you to peel away the fronts, to stop pretending and be authentic with yourself and others. It is a much more real and healthy way to be in the world.

"At the Buttery, there is a real cross-section of the community. People are of all ages, all kinds of ethnic backgrounds and socio-economic levels. Addiction is non-discriminatory."

At eight weeks out from the Buttery, Katherine is living with other ex-Buttery residents at the Buttery's half way house in Byron Bay. She accesses the support networks of Alcoholics Anonymous and Narcotics Anonymous and is supported by INTRA counsellors provided by the Buttery.

Katherine says leaving the Buttery is just the beginning of a life long process of recovery. She is optimistic about her future and looks forward to re-engaging with society.

"My time at the Buttery has been the best investment I have made in my life: for my life."

Please be part of the work of the Buttery Therapeutic Community through your support

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Thank you for being part of the work of the Buttery through your kind support