



## THIS PROGRAM CHANGES LIVES

*Regular follow-up studies show that The Buttery program is very effective.*

To achieve this, the program guides people through two basic tracks. The standard track includes group therapy, a comprehensive education syllabus, light work projects, life skills and stress management.

It also includes orientation to 12-Step recovery support groups. A second track involves a personalised program of recovery.

**PROGRAM 1** Acceptance of the need to enter treatment and pursue an abstinence-based lifestyle.

A 12-week basic program introduces the individual to the issues around recovery. It provides a short-term basic skills “survival” course.

**PROGRAM 2** Focus is on the core issues of recovery. In this twelve-week program, issues identified by the resident and their case worker are explored in greater depth. Entry into Program 2 depends on the community’s assessment of the individual’s need and motivation and their capacity to complete the program. Individuals must also recognise that they need to complete a long-term residential program and that they can commit to seeing it through.

The Buttery is an independent, not-for-profit, charitable, community based organisation specialising in the treatment of alcohol and other drug misuse.

Its services include residential treatment and community outreach programs for people with substance abuse, mental health issues and gambling addictions.

The Buttery acknowledges the financial assistance we receive from NSW Health and the Northern NSW Local Health District and our generous donors.

T: 02 6687 1111 F: 02 6687 1039

[www.buttery.org.au](http://www.buttery.org.au)

PO Box 42 Bangalow NSW 2479

[admin@buttery.org.au](mailto:admin@buttery.org.au)

Donations to The Buttery are tax-deductible.  
ABN: 53 130 812 994



**THE BUTTERY**  
ENRICHING LIVES

**THE BUTTERY’S  
THERAPEUTIC COMMUNITY**

**Addiction is not a consequence  
of choice: Rehabilitation is.**

## THE THERAPEUTIC COMMUNITY AS AN EFFECTIVE TREATMENT

The Buttery helps people who are dependent on drugs and alcohol find lasting recovery. This is achieved by: helping them realise a sense of self-worth; nurturing the living skills many people take for granted and assisting them to find their place in society by taking paths that are fulfilling to themselves and to others.

Recovery from addiction is often dependent on the support of an understanding group of people. The Buttery offers that opportunity through its therapeutic community: the residents provide a mutually supportive environment for recovery.

In addition, the tranquil setting among the green hills of the Byron Bay hinterland makes it an ideal location to find lasting recovery. The dedicated, qualified and experienced team treat participants with compassion and dignity. The program is constantly evolving and is the result of decades of commitment.

## PROGRAM GOALS

The BATTERY program is based on the notion that drug and alcohol dependent people need treatment to recover from the physical, social, psychological and spiritual effects of addiction.

At The BATTERY, we emphasize total abstinence from addictive substances as a condition that fosters lasting recovery and allows the development of a new way of life.

### The program's goals for each individual are:

- Develop an individual long-term treatment/recovery plan designed to break the pattern of dependency and denial.
- Begin and continue total abstinence
- Examine and resolve physical, emotional and social problems resulting from and contributing to drug and alcohol dependency.



## ELIGIBILITY FOR THE PROGRAM

The BATTERY's residential program is open to anyone with the sincere desire to address problematic drug and/or alcohol use. Would-be participants all undertake a phone assessment to ensure they meet entry criteria.

### In the phone assessment\* applicants need to establish that they:

- Have a problematic drug and/or alcohol using history of two years or longer and the problem is not recreational use.
- Are 20 years of age or older.
- Are not facing legal proceedings for which their stay at The BATTERY, or application to come to The BATTERY, will be used as a mitigating factor in court proceedings.
- Have a sincere desire to stop using.
- The applicant is entering under his or her own volition and not as a condition of bail or other legal or family pressures.

Detoxification at a recognised withdrawal clinic prior to admission is the preferred mode of entry. However, alternative detox procedures can be arranged.

Due to staffing constraints, people with major psychiatric conditions such as schizophrenia cannot be admitted.

Full details\* of conditions of entry and admission procedures are available at:

<http://www.battery.org.au/therapeutic-community/>

## RELAPSE PREVENTION

The program emphasises the need to equip participants with skills to avoid relapse.

### TRANSITION PROGRAM

*Residents who complete the program may be eligible to participate in a six-week transition program. This gradually reintroduces the resident to living drug and alcohol-free in the wider community. Participants take part in escorted outings as well as debriefing and education sessions. Relapse prevention is explored by learning to understand triggers and taking personal responsibility.*

### LIVING SKILLS TRAINING

*Dependence on substances can affect all aspects of an individual's life. This can result in poor communication, low self-esteem, distrust and fear of intimacy or abandonment. The BATTERY offers group therapy and individual counselling to help identify these issues and guided direction to understand and address them.*

### AFTERCARE: HALF-WAY HOUSES

*There are BATTERY half-way houses in Byron Bay available to former BATTERY residents when they have completed the program.*

### PROGRAM ACTIVITIES

*As well as group and individual counselling, participants in The BATTERY program can take part in activities to promote mental, physical and spiritual well-being. These include: yoga, meditation, light work such as gardening, choir, art and outings to the beach, cinema or National Parks. Participants are encouraged to take part in local 12-Step Program meetings.*

## WAITING LIST AND PRIORITY ADMISSION

Due to the reputation of The BATTERY residential program, the limited number of beds and that people can take part at no direct cost to themselves\*, there is generally a waiting list of between three and six months for a place.

To avoid a long waiting time, a limited number of Priority Admission places are available. Some residents choose to pay an additional amount on top of their first three months' accommodation costs at The BATTERY. This gives priority access to the first available bed.

For more information about Priority Admission, please speak with admissions staff or email: [info@battery.org.au](mailto:info@battery.org.au)

\*Most participants contribute 80% of their Centrelink benefits (e.g. pension or sickness benefits) to cover food and lodging or if ineligible for benefits a weekly fee.

*The Medcredit finance plan may suit Priority Admission residents.*

*For more information please visit: [www.medcredit.com.au/](http://www.medcredit.com.au/) or phone Medcredit: 1300 884 355*

