



## HELP TO LEAD A MORE FULFILLING LIFE

The Buttery's diverse programs help teenagers and adults who have drug and/or alcohol, gambling and mental health issues to lead a more fulfilling, healthy life.

People can be supported in every stage of their recovery, in their efforts to avoid relapse or to minimise harm. Their loved ones can also be supported.

The Buttery is unique because of the range, scale and integration of what it offers. All programs are evidence-based, operate within trauma-informed and client-centred care practice frameworks and are covered by a rigorous quality assurance program.

The Buttery now conducts three residential programs and a full range of separate but integrated programs based in the community.

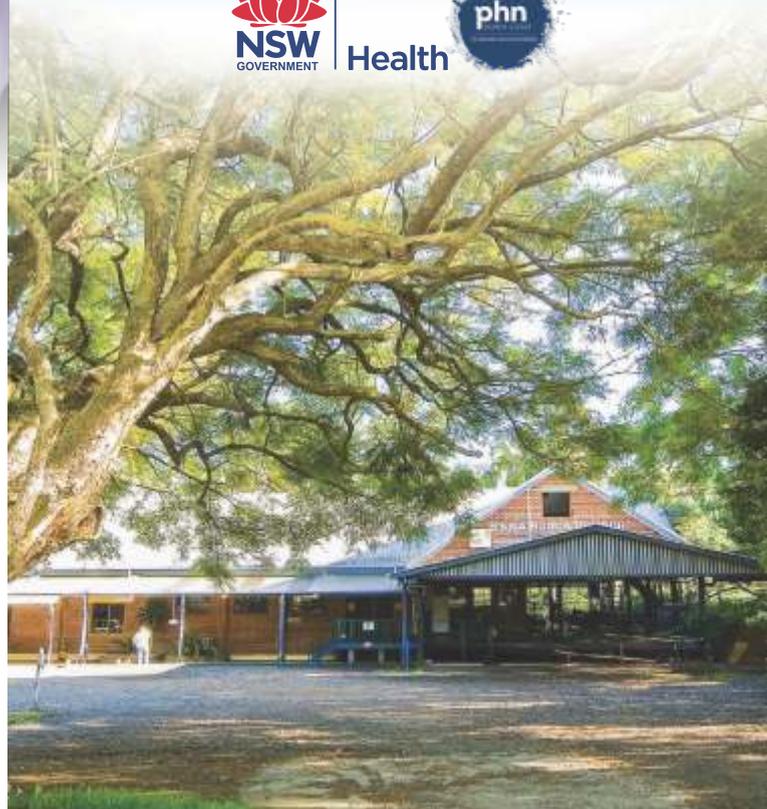
As a charity, The Buttery relies on the generosity of the community and the support of State and Commonwealth governments and agencies.

The Buttery is an independent, community organisation not aligned with any political or religious group. People are treated equally and without discrimination.

*Thank you*  
The Buttery gratefully acknowledges the financial support it receives from generous donors and the NSW State and Commonwealth Governments;  
NSW Health  
Department of Health (Commonwealth)  
NSW Responsible Gambling Fund



Health



**F**rom early origins as a youth drop-in centre in 1973, The Buttery has developed into a fully evidence-based organisation.

We serve teenagers and adults who may have mental health, substance use and/or gambling issues across a wide geographical area in Northern NSW and the Mid NSW Coast. People from all over Australia participate in The Buttery's residential programs.

We provide a continuum of care which includes prevention, treatment and aftercare.

Programs operate within a trauma-informed care and client centred care practice frameworks. This is founded on the five core principles of safety, trustworthiness, choice, collaboration and empowerment as well as respect for diversity.

In keeping with this, The Buttery provides culturally safe support in conjunction with service partners, Werin and Rekindling the Spirit.

Donations to The Buttery are fully tax-deductible  
To donate: [www.buttery.org.au/make-a-donation](http://www.buttery.org.au/make-a-donation)

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Registered Charity 10766 - Public Benevolent Institution

## RESIDENTIAL & COMMUNITY PROGRAMS

*Connected Communities  
Valued People  
Collaborative Partnerships*

For more information or to enquire  
about joining a program:

Phone: **02 6687 1111**

Or email: [intake@buttery.org.au](mailto:intake@buttery.org.au)

## COMMUNITY OUTREACH PROGRAMS

A full range of counselling is available at locations in the NSW Northern Rivers and Mid North Coast.

**For people affected by alcohol and other drugs** INTRA programs are conducted at multiple locations.

**For the family members and loved ones of people affected by alcohol and other drugs** a free family counselling service is available.

**For people affected by mental health issues** footprints2wellbeing is available at locations from Tweed Heads to Port Macquarie and locations in between.

**For people with Dual Diagnosis** (co-existing mental health and drug and alcohol issues) b.well has a wide range of programs.

**Gambling**  
Northern Rivers Gambling Counselling Service.

**For Youth** there is a full range of treatment, prevention and non-relapse programs for young people aged 12 to 24.



The Buttery operates a number of residential programs

Day Rehab is available in Lismore, Byron Bay and Tweed Heads

## AFTERCARE IS AVAILABLE FOR PEOPLE IN RECOVERY POST-TREATMENT

**For people affected by alcohol and other drugs** Continuing Coordinated Care, and Relapse Prevention Aftercare Service are there to help people prevent relapse.

**For people affected by mental health issues** Partners in Recovery and footprints2wellbeing provide tailored support.

## DAY REHABILITATION

**For people affected by alcohol and other drugs:** CORE, a program conducted during school hours for six weeks' duration on rotation at Lismore, Byron Bay and Tweed Heads.

**For people with Dual Diagnosis** (co-existing mental health and drug and alcohol issues) CORE:COPE provides care and support.

## RESIDENTIAL PROGRAMS

**The Buttery Residential Therapeutic Community (TC)** is for people seeking long-term residential treatment for long-standing drug and alcohol addiction.

**Maintenance to Abstinence Program (MTA)**, co-located with The Buttery TC near Bangalow, NSW, is for people who wish to withdraw safely from opiate substitutes (Subutex or Suboxone) to pursue an abstinence-based lifestyle.

**Buttery half-way houses:** short term-accommodation for people who have completed a TC and/or MTA program.

**The Buttery Private** The Buttery Private is a four-week intensive residential wellbeing program plus follow-up for people with emerging mental health and/or substance issues. It is a user pays program. Surplus funds from the program are applied to The Buttery's charitable works.

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