

## Footprints 2 Wellbeing (F2W)

**Age:** From 12 years.

**Location:** Tweed Heads to Port Macquarie.

### Program Overview:

F2W provides support to people with reduced psychosocial functioning aged from 12 years and above who are concerned about their mental health.

### Individual and group sessions help to:

- Self-manage mental health.
- Connect with others with lived experience.
- Access and navigate housing, employment and education.
- Develop daily living skills such as budgeting, cooking and shopping.
- Develop a healthier lifestyle by encouraging good eating habits, and regular exercise.
- Manage alcohol and other drug issues.
- Build positive relationships with others with reduced psychosocial functioning.
- Apply to the NDIS.

**Program enquiries:** 02 6687 1111



## THE BUTTERY

The Buttery is committed to providing access to responsive, integrated and quality substance misuse rehabilitation and mental health services for regional and rural NSW residents.

Connected communities  
Valued people  
Collaborative partnerships

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The Buttery acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.



## THE BUTTERY



# Young People



## Intra Youth Service (INTRA)

**Age:** 12-24 years.

**Location:** Tweed Heads, Byron Bay, Lismore and Ballina.

### Program Overview:

INTRA Youth Service is a community-based service for teenagers in Northern NSW, which minimises harm from substance use and promotes recovery. INTRA Youth Service offers individual counselling and therapeutic programs to people aged 12-24 years.

This program provides a holistic needs-based service designed to fit individual requirements in a complex space. Harm reduction, education and diversion sit side-by-side with mentoring, psychotherapy and advocacy.

### Group programs include:

- Footprints 10-week recovery program in collaboration with NSW Health.
- Prevention and aftercare.
- Art Therapy.
- Mixed Martial Arts/Gestalt Therapy Group.

**Program enquiries:** 02 6687 1111

## Buttery Community Outreach for Youth (BCOY)

**Age:** 10 - 19 years.

**Location:** Grafton and Tabulam.

### Program Overview:

- Individual and group alcohol and other drugs (AOD) early intervention, prevention and treatment.
- 10-19 year olds who identify as Aboriginal and Torres Strait Islander targeted support.
- Group counselling in ACMENA and Tabulam.

**Program enquiries:** 02 6687 1111

## Young People's Early Intervention Programs (YPEIP)

**Age:** 12 - 24 years.

**Location:** Bellingen, Maclean, Yamba and Grafton.

### Program Overview:

YPEIP offers early individual and group intervention, prevention and treatment for AOD use for youth aged 12-24 years.

The program collaborates with partners, local health services, Indigenous groups, families, carers, schools, counselling services, and Community Drug Action Teams (CDAT) to achieve the best outcomes for participants.

### Groups include:

- SMART Recovery - Cognitive Behavioural Therapy harm minimisation.
- Save-a-Mate - suicide prevention training.
- Nutting it out - Process Therapy.
- Friends of Frappa - creative expression.

**Program enquiries:** 02 6687 1111

