

About The Buttery

The Buttery is a not-for-profit organisation. We support stronger and healthier communities by assisting people living with addiction and mental health conditions. The Buttery also provides a counselling support program for families and carers.

All Buttery programs are available to Aboriginal and Torres Strait Islander people.

As a charity, The Buttery relies on the generosity of the community, donors, funders and the State and Commonwealth Governments and agencies.



THE BUTTERY

Connected communities
Valued people
Collaborative partnerships

Phone: (02) 6687 1111

Email: intake@buttery.org.au
PO Box 42 Bangalow NSW 2479

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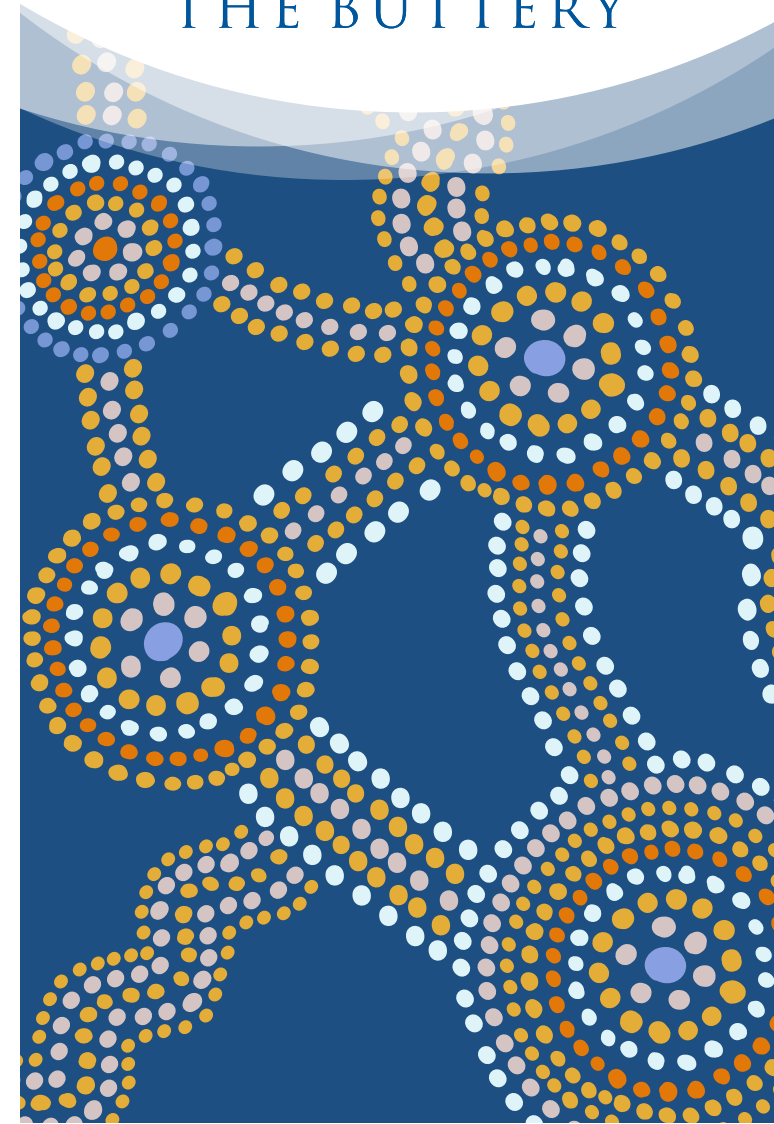


The Buttery acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of the nations our footprints cover and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

The Buttery gratefully acknowledges the financial support it receives from generous donors, the NSW State and Commonwealth Governments and Healthy North Coast through the North Coast PHN.



THE BUTTERY



Programs for Aboriginal and Torres Strait Islander People

Community Outreach Programs

The Buttery's community outreach services cover areas of the NSW Mid-North Coast and Northern Rivers Regions - from Port Macquarie in the south to Tweed Heads in the north and west to Grafton and Nimbin. These programs include:

Footprints 2 Wellbeing

Footprints2Wellbeing provides support in Port Macquarie and Lismore.

Location: Tweed Heads to Port Macquarie and Lismore.

Program Overview:

F2W provides capacity building to people with reduced psychosocial functioning aged from 16 years and above who are concerned about their mental health. Individual and group sessions help to:

- Reduce the need for acute mental health services.
- Increase connection and reduce isolation.
- Increase engagement in daily activities, relationships and the community.
- Improve or stabilise mental health and wellbeing.
- Improve self-confidence and independence.
- Support access to appropriate supports, including the NDIS where appropriate.

Community-Based Rehabilitation (CORE)

Location: Mid North Coast and North Coast, NSW.

Program Overview:

The Community-Based Rehabilitation (CORE) group program is a day program for people who experience problematic substance use.

The program supports holistic recovery in a safe and therapeutic environment and under real life conditions and challenges.

INTRA Individual Counselling and Group Programs

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

Program Overview:

INTRA Group programs include:

- Art therapy, Mixed Martial Arts, Qi Gong, Harm Minimisation Group.
- Footprints: a 10-week recovery program in collaboration with NSW Health.

B.Well Individual Counselling

Location: Tweed Heads to Port Macquarie and west to Kyogle.

Program Overview:

Group and individual counselling to help to:

- Improve wellbeing and mental health through activity and social connection.
- Cope with a loved one in addiction - a strengths-based approach to understanding addiction and managing self-care.

Programs include:

- Drumbeat - discovering relationships using music, behaviour, emotions, attitudes and thoughts.
- b.recovering - recovery-oriented group for those with dual diagnosis.
- b.supported - group peer therapy.
- b.strolling - behavioural activation.
- Parents under Pressure - a 10-week program for parents.

Family Support Program

The Buttery's Family Support Program assists family members, particularly parents, distressed by their loved one's alcohol and substance use issues.

Relapse Prevention Aftercare Service (RPAS)

Location: Tweed Heads to Port Macquarie, Byron Bay, Lismore and Ballina.

Program Overview:

Case management and coordinated care for people receiving alcohol and other drug treatment.

Supports people in recovery to connect with others, focus on their strengths, maintain a healthy lifestyle and lead a fulfilling life.

This includes assistance with obtaining housing, education, training and employment.

AOD Continuing Coordinated Care (CCC)

Location: Tweed Heads to Port Macquarie.

Northern NSW and Mid North Coast, NSW.

Program Overview:

Case management and coordinated care for people receiving alcohol and other drug treatment.

Supports people in recovery to connect with others, focus on their strengths, maintain a healthy lifestyle and lead a fulfilling life. This includes assistance with obtaining housing, education, training and employment.

Residential Programs

The Buttery has several residential treatment programs to support people to achieve recovery. Free family counselling is available for family members of people taking part in many of The Buttery's treatment programs. The residential programs include:

The Therapeutic Community (TC)

The TC is a short and long-term residential program, helps people with alcohol addiction, substance misuse and mental health conditions to find lasting recovery. Social security recipients contribute 85% of their benefits to cover food and accommodation. Those not receiving benefits contribute a similar amount each week.

Maintenance to Abstinence (MTA)

Maintenance to Abstinence (MTA) is for people who wish to withdraw from an opiate substitute maintenance program to live an abstinence-based lifestyle. Participants can adjust to an abstinence-based lifestyle over three months. Those wishing to extend their treatment can continue participating in the Therapeutic Community. Participants must be 18 years of age or older.

Youth Programs

Young People's Early Intervention Programs (YPEIP)

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.

Buttery Community Outreach for Youth (BCOY)

Location: Grafton and Tabulam.

Program Overview:

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