



THE BUTTERY



Family Support Program

About The Buttery

The Buttery is a not-for-profit charitable organisation established in 1973.

The Buttery's purpose is to support stronger and healthier communities by assisting people living with addiction and mental health challenges to achieve recovery and rebuild their lives.

The organisation also provides a unique counselling support program for families and carers. With nearly 50 years of experience treating alcohol and substance use disorders and mental health issues, The Buttery has provided services to over 5,000 participants in its residential programs and 20,000 participants in its outreach services.



"This is a brilliant service to have with a loved one in addiction"



Family Support Program

The Buttery's Family Support Program (FSP) has been operating since 2009. The program is made possible by the generous support of benefactors.

Since 2017, the Portland House Foundation has been a major benefactor of the Family Support Program.

Families, especially parents, can experience deep, long-term trauma due to a loved one's substance use issues.

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

help families
on.”



Program Overview

The Family Support Program provides counselling services. Frameworks used for this program include:

- Individual, face-to-face and phone support, for those experiencing a loved one in addiction.
- Family relationship counselling, focusing on family dynamics.
- Collaboration with Family Drug Support (FDS).
- Education on cycle of addiction for the family.

Referrers to the FSP primarily comprise of family members of participants in The Buttery's residential programs including the Therapeutic Community (TC) and Maintenance to Abstinence program (MTA). During 2021, more than 40% of The Buttery's referrals came from families.

The Family Support Program is free of charge.

What families have said...

"The program has been extremely helpful and supportive in dealing with a family member with addiction issues. This program has supported me to look after my own needs and to be able to support my son in a healthy way."

"These sessions ground me and support me. They provide me insight and help me have more patience with the process and challenge me in a good way. They also slowly helped me come back to safety from traumatic events, and to see how I have survived trauma from my past."

"The best support I have ever encountered."

"This service is essential to support families with loved one with addictions and from my investigations, this is scarce."

"I am grateful for the support so I could help my daughter."



THE BUTTERY

Connected communities

Valued people

Collaborative partnerships

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To donate visit

buttery.org.au/make-a-donation

buttery.org.au



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.