



Men's house

Community principles

To help maintain a safe, therapeutic environment, several community principles have evolved over our many years of operation.

- residents need to be capable of engaging in all aspects of the program
- violence, threats or any kind of harassment are not acceptable
- the Community must remain free of alcohol and illicit drugs. All prescribed medications must be handed to staff for safe storage immediately upon entry
- no intimate relationships between residents are allowed during the Farm program. Sexual activity on the premises is prohibited
- no theft, malicious damage or vandalism of personal or farm property is acceptable

The staff

Palmerston Farm TC has well qualified and experienced staff providing a wide range of life experience and qualifications in a variety of areas including, but not limited to, health, welfare, psychology, social work, counselling, art and horticulture. Onsite staff support is available at all times.

Costs

Residents are required to contribute to their stay at the Farm. The weekly rent approximates 85% of Centrelink payments, and contributes towards the cost of food, power, maintenance and recreation costs. Current costs are discussed at time of assessment.

Where you can find Palmerston

Palmerston Perth

134 Palmerston Street, Perth WA 6000
PO Box 80 Northbridge WA 6865
Tel: (08) 9328 7355 Fax: (08) 9227 9158
Email: admin@palmerston.org.au
Website: www.palmerston.org.au

Palmerston Farm TC

Contact Palmerston Perth

SOUTH METRO COMMUNITY DRUG SERVICE

Palmerston Fremantle

Level 3, 22 Queen Street, Fremantle WA 6160
PO Box 1460 Fremantle WA 6959
Tel: (08) 9430 5966 Fax: (08) 9335 3071
Email: fremantle@palmerston.org.au

Palmerston Rockingham

Unit 3, 3 Goddard Street, Rockingham WA 6168
PO Box 105 Rockingham 6968
Tel: (08) 9529 2500 Fax: (08) 9529 1511
Email: rockingham@palmerston.org.au

Palmerston Mandurah

22 Tuckey Street, Mandurah WA 6210
PO Box 904 Mandurah WA 6210
Tel: (08) 9581 4010 Fax: (08) 9582 7062
Email: mandurah@palmerston.org.au

GREAT SOUTHERN COMMUNITY DRUG SERVICE TEAM

Palmerston Albany

3/145 Proudlove Parade, Albany WA 6330
PO Box 5498 Albany WA 6332
Tel: (08) 9842 8008 Fax: (08) 9842 8719
Email: albanys@palmerston.org.au

Palmerston Denmark

7/39 Strickland Street, Denmark WA 6333
Tel: (08) 9848 1491 Fax: (08) 9848 1493

Palmerston Katanning

4 Cliff Street, Katanning WA 6317
Tel: (08) 9842 8008

Palmerston Mount Barker

54 Langton Road, Mt Barker WA 6324
Tel: (08) 9851 1971 Fax: (08) 9851 1603



Palmerston Farm Therapeutic Community

Funding for Palmerston Association Inc is provided by the Western Australian Department of Health, Drug and Alcohol Office, the Commonwealth Department of Health and Ageing, Lotterywest and independent fundraising activities and donations from the public. Palmerston Association Inc is a registered charity and all donations are tax deductible.

Serving the Community for 30 years



Background

Palmerston Association, established in 1980, has been serving the community for over 30 years and provides a wide variety of residential and non-residential services for individuals, families and communities.

Palmerston Farm is a Therapeutic Community offering a residential rehabilitation program designed for people over 18 years old wishing to address their substance issues. The core program is 14 weeks, with residents having the opportunity to remain in the Therapeutic Community for up to 12 months.

The Therapeutic Community is located on a 10 acre property 30 minutes south of Perth. It offers 29 residential places for men and women and transitional housing for four graduates of the program. The farm property offers a semi rural environment for clients.

The Therapeutic Community (TC)

The Therapeutic Community provides a safe drug and alcohol free environment that offers residents the opportunity to make the positive changes they want to make in their life. This is accomplished through personal growth within a community of concerned people working together to help themselves and one another.

Our clients

Our clients come from all walks of life. Palmerston Farm TC accommodates adults with significant drug/alcohol problems. Residents must show a genuine commitment to change, be willing and able to engage in all aspects of our program and remain involved and contributing to a structured communal living environment.

The Farm TC supports Aboriginal and Torres Strait Islander clients. There are six dedicated beds which are provided with support from the Aboriginal Alcohol and Drug Service, and Aboriginal staff are available to provide advice and support.

The TC program

The aim of the program is to provide a safe environment, to encourage a sense of purpose in life and to foster a natural desire for personal growth, self-knowledge and self responsibility.

We believe this personal development enables residents to introduce and maintain the changes required to face the challenges of effective everyday living. Mindful of these goals, our program contains various components, including:

- active involvement in the Therapeutic Community as the primary task
- developing mental and physical health and well-being
- self-management skills and social skills training
- vocational program
- horticultural and gardening activities
- counselling and group work
- sport and recreational involvement
- art and craft work

The Farm program

All residents work together on the Farm each weekday morning on activities such as gardening, planting and growing vegetables for consumption and general maintenance of the property. This provides opportunities to:

- develop and sustain rewarding work habits
- help restore general health and a sense of wellbeing
- work with others as part of a team
- develop new practical outdoor skills



The vocational program

The vocational program, run in conjunction with a registered training organisation, provides clients with the opportunity to gain experience in vocational skills through accredited training.

Transitional program

The Farm TC provides a transitional program for residents who have completed the core program and who would benefit from some ongoing involvement in the Community. These residents are expected to take a lead role in the Community, while engaging in employment or pursuing further training off site. Residents will generally remain in the transitional program for up to six months.



How to apply for the TC

Assessment interviews are undertaken at the Palmerston Perth office in Northbridge. Assessment is tailored to meet individual needs and the assessment period will vary. The first part of the process is to attend an information session at Palmerston Perth on what the Farm program offers.

This is followed by an initial assessment interview and Farm day visit. Finally, if it is agreed that the program meets the client's needs, the client is booked to enter the Farm program depending on available bed spaces and detoxification if appropriate.

Assessment applications can also be undertaken for people living in rural and remote regions of WA. Interviews are conducted via video-conferencing or by telephone. Palmerston Perth can provide services with a rural assessment toolkit.

For further information, or to book an appointment for an assessment, contact Palmerston Perth on 9328 7355.