



## HOW DO I GET INTO THE FARM?

### STEP 1

#### Attend an information session at Palmerston Perth

Information sessions are held weekly at Palmerston Perth and you can register by phoning 9328 7355. You are welcome to bring a support person with you to the Information Session. Following the information session, you can make an appointment to see an assessment counsellor (ring 9328 7355). Before your individual assessment appointment your GP will need to complete some medical forms which are available at the Perth office.

### STEP 2

#### Have your GP fax through your completed medical forms (Medical Certificate and/or Form B) on fax 9227 9158

### STEP 3

#### Attend an assessment appointment

During your appointment with the assessment counsellor, information about your needs and suitability is gathered. It is important that you get your medical forms to us **prior** to this appointment, as the assessment cannot progress to the next stage without completed medical forms.

If you are progressing to the next stage of assessment, a date for you to visit the Farm will be arranged. Details on how to get to the Farm and what to take will be provided then.



### STEP 4

#### Attend a day visit to Palmerston Therapeutic Community

TC day visits are usually held on **Wednesdays**. This gives you and the staff an opportunity to see if the Therapeutic Community model is best suited to your needs. On the Monday before the day visit you will be required to bring your Medicare Card and provide a clean urine sample at Palmerston Perth. This is to ensure you are drug and alcohol free when visiting the TC. If you are unable to cease your use in order to complete a day visit, other alternatives can be discussed with the assessment officer.

The assessment process is usually completed within a two week period but can take longer depending on individual needs. You will be unable to take part in a day visit until you can provide a clean urinalysis (ie. no traces of alcohol or any drug). It is recommended that you provide this urine sample five days after your last drug use. It is important that you discuss any difficulties you have with providing a clean sample with us, as we may be able to arrange alternative pathways through an assisted detox.

### STEP 5

#### Notification

Once you have attended the Farm for a day visit, your case will again be assessed by the Farm clinical team. If the clinical team feel that the program is suited to your needs, we will then talk to you about your entry date. Bed availability at the Farm will be a key factor in determining this.

## Contact Details

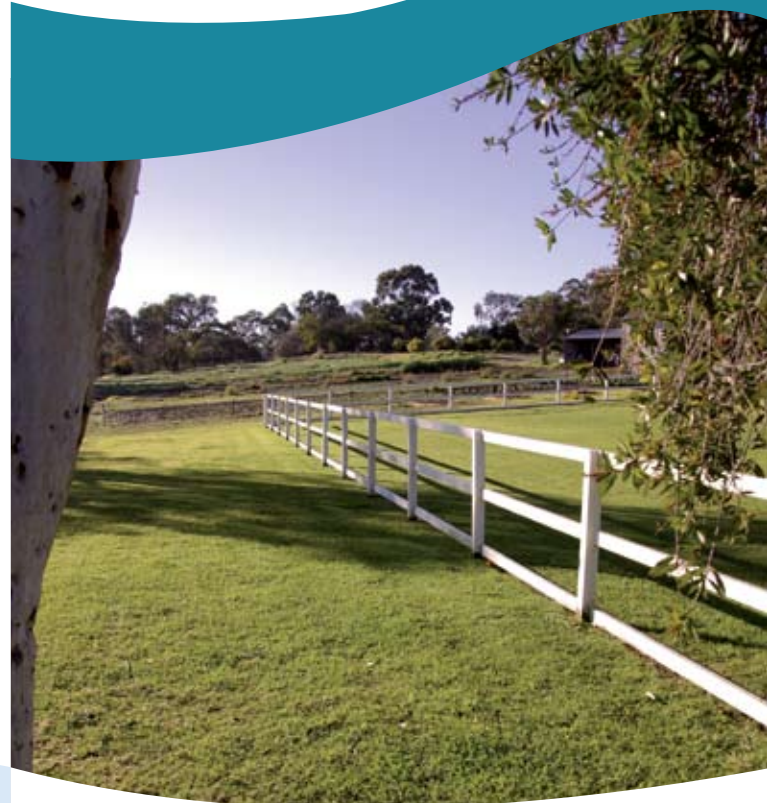
#### Contact Palmerston Farm through Palmerston Perth

134 Palmerston Street, Perth

Tel: (08) 9328 7355 Fax: (08) 9227 9158

Email: [admin@palmerston.org.au](mailto:admin@palmerston.org.au)

Website: [www.palmerston.org.au](http://www.palmerston.org.au)



# Palmerston Farm

## Frequently Asked Questions

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 the Alcohol Education and Rehabilitation Foundation, 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 was established in 1980 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 up to one year.

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 three graduates of the program. The farm property offers a semi rural environment for clients.

## What is a Therapeutic Community?

A Therapeutic Community (TC) is a supportive residential environment where residents are encouraged to create positive changes in their lives and to develop new life and coping skills. The TC Model facilitates personal growth within a community of concerned people working together to help themselves and one another. Residents in a Therapeutic Community play a significant role in the day to day operation of the community and in supporting each other.

## What sort of clients do you have at the TC?

Our clients come from all walks of life. Palmerston TC accommodates people aged 18 and over, with significant drug/alcohol problems. Potential residents must show a genuine commitment to change, be willing and able to engage in all aspects of our program and contribute to a structured communal living environment. The 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.

## What support is provided for residents?

Palmerston Farm has a well qualified and experienced staff team 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. On site staff support is available at all times.

## How long will I be there?

The program is adapted to your needs and goals. The suggested minimum stay is 14 weeks. This gives you time to develop a normal sleep pattern, a daily routine, good social skills and eating habits, fitness and an opportunity to address some issues that have impacted on your drug or alcohol use.

During the program you will be able to talk with your counsellor regarding the length of stay that is appropriate for you. As you get ready to leave the program, we focus your counselling in preparation for your return to the general community.

## How much does it cost?

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, telephone, maintenance and recreation costs. Current costs are discussed at time of assessment.

## Are there any rules?

To help maintain a safe, therapeutic environment, a few basic principles have evolved over the many years of our operation.

- Residents need to be capable of engaging in all aspects of the program.
- Violence, threats or any kind of harassment are not acceptable.
- Palmerston TC 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 TC program. Sexual activity on the premises is prohibited.
- No theft, malicious damage or vandalism of Farm or personal property is acceptable.

## What do we do all day?

The TC has a balance between work activities, counselling, group education, and your own personal time. During the week, residents work from 7.30am – 11.10am on a variety of activities around gardening, planting and growing vegetables for consumption and general maintenance. We then have a daily Community group where staff and residents discuss any issues needing resolution. After lunch there is time for rest or recreation before group work.

Groups are held most afternoons and evenings. Individual counselling is also held during the day. Residents are responsible for a number of daily chores and there are facilities for pursuing your own hobbies (eg. painting, woodwork, pottery) under the agreement and direction of the staff.

## Who does the cooking?

A roster is drawn up each week and residents take turns 'on house'. This means you prepare lunch and dinner and ensure that the house and kitchen are tidy. If you can't cook, someone will teach you!

## What is the vocational program?

The TC program includes participation in a vocational program. The vocational program, run in conjunction with TAFE, provides clients with a recognised skill set, which may lead to a desire for further education in a particular field or enable participants to gain employment. The areas of learning include horticulture and computer studies.

## Can I have visitors and phone calls?

For the first two weeks, to allow you to settle in without any outside influences or pressure, there are no visitors or phone calls. After two weeks you can have phone calls between 4pm and 10pm daily, and visitors on Sundays.

## Am I able to leave the Community on my own?

After eight weeks at the TC you can go out by yourself on Saturdays, if approved by the clinical team. You must return by 6.00pm. After 14 weeks you can go out for the weekend, from Saturday morning to Sunday afternoon, again with approval from the clinical team.

## What should I bring with me?

You can bring approximately two bags of clothes and personal belongings. You will be allocated a bed in a shared room. You will need to bring your own toiletries and clothing (including work clothes and boots. Gumboots may be needed during winter). Bed linen, pillows, quilts and towels are provided. Do not bring electronic equipment (eg. mobile phones, TV's, computers) pets, drug related material of any kind or vehicles.

## What if I don't like it, can I leave?

You are free to leave at any time if you feel the program is not for you. However, we would encourage you to discuss this with your counsellor first. To avoid loss of rent, two weeks' notice is required.

## What about urine samples?

To keep the TC a safe drug-free environment we take regular urine samples. You must comply within two hours of a request. About two samples are required per week. We also have a breathalyser and you must comply immediately with a request for a breath test.

## Will being at the Therapeutic Community help in my court case?

If your court case is an incentive for you to address your drug or alcohol use, then Palmerston TC may be able to support you with this. Whether being at the TC helps your case or not will depend on the magistrate.

Palmerston also takes referrals directly from the Court Assessment and Treatment Service (Drug Court).

