

How to get into a Palmerston residential TC

Assessment for the therapeutic residential programs usually happens at our Perth, Mandurah or Bunbury offices. Rural and regional applications can be conducted by telephone or by video conferencing. The assessment is tailored to meet individual needs and to ensure maximum benefit from participating in the therapeutic community program. For this reason, the assessment process is slightly different for each individual and may vary in time to complete.

If you live in the metropolitan area and you think you may be interested in residential rehab, please attend an information session at either our Perth or Mandurah office. No appointment is necessary, just come along and feel free to bring a support person with you. If you live in the South West or Peel district you may find it easier to attend either our Mandurah or Bunbury office.

- Perth – Wednesdays at 10.00am
Mandurah – Mondays at 10.00am
- Bunbury – Wednesdays at 10am

Following the information session, people can make an appointment to attend an assessment interview.

For all matters regarding residential rehabilitation, please contact our Perth office on 93287355 or email perth@palmerston.org.au

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Improving your wellbeing

palmerston.org.au



Palmerston
Residential
Therapeutic
Communities

**Contact the TCs through
Palmerston Perth**

**134 Palmerston Street
PERTH WA 6000**

Phone (08) 9328 7355

We acknowledge Aboriginal people as the traditional custodians of this land upon which we walk together. We recognise that Palmerston services are located on Nyoongar country.

Palmerston
Improving your wellbeing

Palmerston is a leading and trusted service improving the lives of people affected by alcohol and other drugs. We put people at the heart of our thinking.

Palmerston offers two residential services, one in a semi-rural location of Wellard and the other in a small town in the South West. Both residential “rehab” are known as a therapeutic community (TC) because this describes the way the program is designed and how it works. Both residential services offer a calm and peaceful setting for individuals to participate in a fully structured and supportive program. Residents of the services live and work together as part of a community to benefit their own and each other’s recovery. The community is the primary treatment method.

The TC program

The program provides a safe environment free from alcohol and other drugs. It encourages a sense of purpose in life and fosters personal growth, self-knowledge and self-management within a community of concerned people working together to help one another.

Personal and social development enables residents to introduce and maintain changes they have learnt and choose to improve their wellbeing. The program is varied and includes learning about harm reduction, developing emotional regulation and social skills, engaging in counselling and group work, gardening, cooking, playing sport and creative self-expression through art and craft.

These activities provide 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 skills to maintain personal goals.

The program has four stages, each designed as a self-contained unit of the recovery process as well as building on each other to prepare residents to return to the general ‘real life’ community.

Supporting Aboriginal residents

The residential TCs support Aboriginal and Torres Strait Islander people through the development of our culturally secure services and partnerships with other key Aboriginal organisations including Moorditj Koort in Kwinana, SWAMS in Bunbury and Wungening Aboriginal Corporation. We are supported in Wellard by Elders from the Kwinana region.

The Wellard service, known as the Farm TC is situated on Nyoongar Whudjuk land. Our Kwinana Elders have advised that the land in Wellard was once traditional hunting grounds and does not have any traditional sites such as men’s or women’s business. Everyone is welcome.

Our South West residential service is also situated on Nyoongar land.

Transitional Housing and Support Program (THASP)

Palmerston is able to offer residents of both TCs access to three transitional houses located in the Perth metropolitan area. These furnished homes offer residents who are at risk of homelessness, a safe, short term independent living option, with support from Palmerston staff.

Residents are assisted with independent living skills, integration back into the community and support to identify suitable long term housing.

