



Information Pack

INTRODUCTION

Velocity Transformations is an evidence-based, long-term, drug-free alcohol and other drugs (AOD) residential treatment service based in Hobart, Tasmania. As part of a national network of similar rehabs, in Hobart we are a 22-bed service and treat both adult men and women who live in separate and supervised residential facilities. The program does not currently cater for adults accompanied by children.

The program has been in operation since 1999 nationally; and since 2016 in Hobart. Its program delivery occurs within a structured, safe and case managed environment, which adopts an abstinence approach through what is called the Therapeutic Community (TC) model. The program is evidence-based, aligning its courseware to the National Co-morbidity Guidelines¹, in a Christian-faith supported setting. A faith background or belief is not a pre-requisite to admission, and we welcome people from all walks of life.

Supported by the Tasmanian State Government, Velocity Transformations is managed under a tri-partite relationship with Velocity Church (Moonah), Pathways Tasmania Inc and Transformations Program Australia. It is a long-term (12 months+) residential treatment service in Tasmania.

THERAPEUTIC COMMUNITY (TC) MODEL

The TC model is the most widely used treatment model in the world for residential AOD services. It is highly effective in providing positive peer support for people breaking free from both the physical and psychological attachments to addiction. The TC model generates life-long behavioural change, supported by peers, who are on their own journey of freedom from addiction.

Therapeutic communities have a recovery orientation, focusing on the whole person and overall lifestyle changes, not just abstinence from drug/alcohol use. The community itself, through self-help and mutual support, is the principal means for promoting personal change. This is reflected in the

¹ National Co-morbidity Guidelines <https://comorbidityguidelines.org.au>

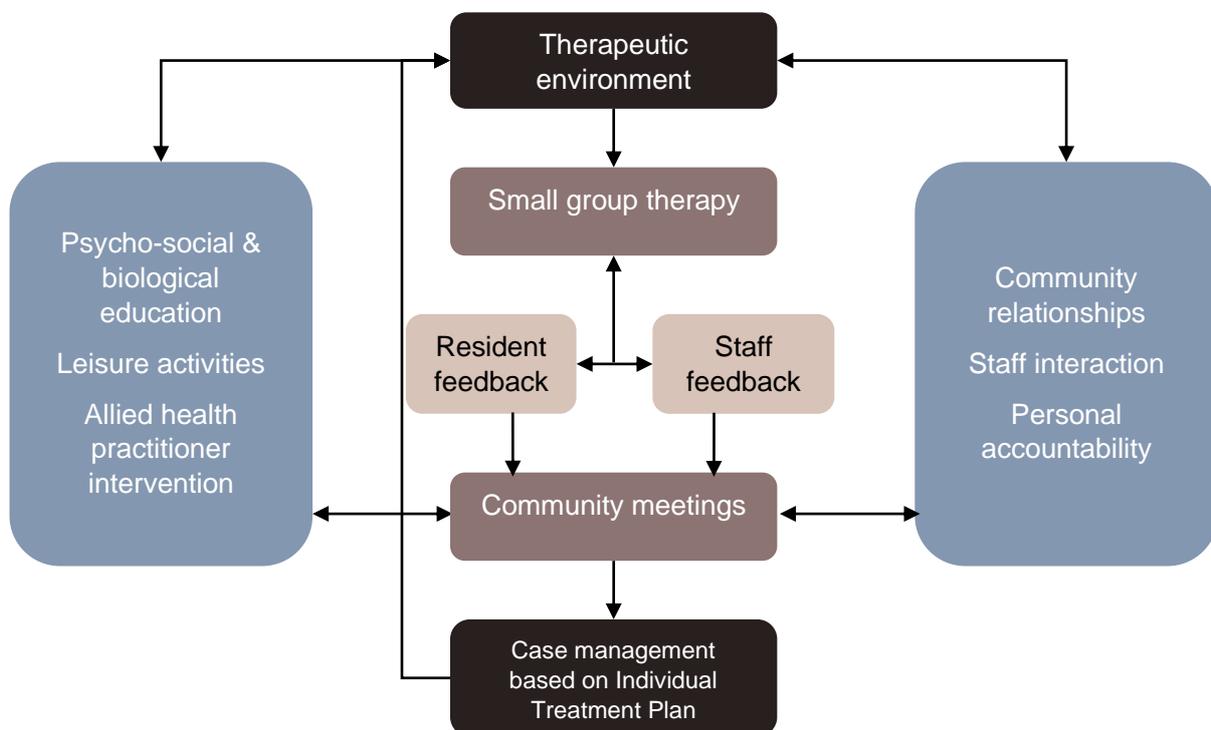
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environment, which is akin to a home as opposed to an institution or hospital. This all contributes to Transformations' success story.

Essential elements of our Therapeutic Community model include the following:

- Participants contribute directly to all activities.
- The use of membership feedback is encouraged through an Awareness System.
- The use of collective (or group) formats for guiding individual change.
- The use of shared norms and values.
- The use of relationships between individuals, peers and staff to encourage individuals to engage and remain in the process.



ADMISSIONS

To ensure maximum benefit to those in the program we have a number of criteria and requirements for admission which include:

- The Transformations program is for adult men and women only. We do not cater for children or dependants. Registered sex offenders and those with a murder conviction are excluded.

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- Applicant has detoxed from illicit drugs and alcohol for a minimum of seven days prior to entry. A urinary test to verify will be conducted on day of admission.
- The applicant has identified the problem that is causing their life to become unmanageable and can articulate that themselves.
- Assessment of applicant's personal motivation and desire to stop using prior to admission.
- Applicants diagnosed with major mental health issues cannot be accepted due to constraints and demands of the Program, meaning that we are unable to support their needs. However, dual diagnosis clients who are stable and are taking prescribed medication will be accepted on a case-by-case basis.
- Assessments will initially be completed over the phone and must be conducted directly with the applicant. After initial screening, a follow-up appointment will be made for a formal assessment with the applicant with one of our trauma-informed and qualified staff.
- The applicant will also be advised of any approximate waiting time until a vacancy is likely to be available. While a support person is allowed, they do not speak for the applicant who must communicate directly with staff. This helps staff to determine their personal motivation to change, which is an important pre-requisite.
- The applicant will be placed on an assessment waiting list until the requested reports, consent forms, and any other informational requirements are provided.
- The applicant needs to maintain regular contact as recommended until admission is negotiated.
- The applicant must have the full amount of their two weeks (in advance) program fees to pay upon admission. Our program fees follow industry standard and are deemed at 80% of a resident's Centrelink entitlement. Fees are paid a fortnight in advance and cover all Program activities and classes, food, board, basic necessities (bedding, towel, toiletries etc) transport and Medicare supported health needs.
- The applicant must be eligible for Centrelink payments or an alternative source of regular income to meet their program fees. Fees are paid each two weeks in advance and are not normally refundable.
- The applicant must be willing to agree to the Program boundaries.
- The applicant must be fit enough to fulfil work therapy elements of the Program.

Note: Residents are unable to attain employment whilst in the Program as the Program is a full-time commitment with structured activities even on weekends. A resident's involvement with Transformations satisfies their mutual obligations with their job network provider, meaning residents on Jobseeker or Youth Allowance are exempt from searching for work while in the program.

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DETOXIFICATION

Transformations is a drug-free recovery program and we are not a detox facility. To evaluate individual detox needs, it is important that applicants gain an assessment through a health professional such as their GP or Community Health Detoxification Worker for either a home/ambulatory or hospital detoxification. Liaison between the client, detoxification professional and Transformations will give a smooth and supported transition into rehabilitation.

- **Self-detoxification** – Urine tests will be requested by staff and instructions provided.
- **Ambulatory and Home Detoxification Service** – Verbal confirmation from professionals concerned and an instant alcohol and Drug Screen provided on arrival.

Potential residents who staff determine to be under the influence of drugs or alcohol will not be able to enter the Program. Appropriate referrals will be provided, although accommodation and support options may be limited within the local area. Staff will renegotiate an admission date and time if appropriate.

Random urinalysis is consistently conducted during Program participation. Failure to comply with a urine test is cause for instant dismissal from the Program.

PROGRAM STRUCTURE

The Program is broken into five consecutive stages, that can be completed in around 12 months, but longer is more common.

1. **Assessment** – A four week “try before you buy” season that allows treatment goals and support plans to be assessed and put in place with a Case Manager. Program activities are light and easy, and for the first two weeks, contact with family and friends are not permitted ensuring the applicant gets their “head and heart” into their recovery. Contact with children may be allowed by phone during the first two weeks.
2. **Stage 1** – This normally lasts 3 months and is all about self-awareness. Education is provided around the biology and psychology of addiction and the often trauma-based causes that lead to it.
3. **Stage 2** – This normally lasts 3 months and is all about consequential thinking. Having advanced in their understanding of what lead them into addiction, now they learn how to control their cravings, thought patterns, distorted images of themselves, and ways of relating to others. Relapse prevention training, cognitive behavioural therapy and relaxation techniques are emphasised.
4. **Stage 3** – This normally lasts 3 months and the focus is on leadership. Residents are given leadership and mentoring roles within the therapeutic community and advance in their training and understanding of life-long recovery, power over their addictive patterns of behaving and thinking. About 90% of all those who make it to Stage 3 will graduate from the program.
5. **Stage 4** – This normally lasts 3 months with a focus on transition. Stage 4 residents are senior leaders and mentors in the program, for whom we develop a transition plan depending on

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their post-graduation ambitions: employment, education and training, or leadership into the Transformations program in Hobart or potentially at another campus in the national network.

WHAT NEXT?

If you know someone who would benefit from our program, why not call us or get them to call (03) 6278 1777 to begin the application process, or email us at reception@vt.org.au .

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