

## Services

Cyrenian House provides services with the aim of promoting improvements in the wellbeing of:

- People experiencing problems with the use of alcohol and other drugs.
- People who are impacted by others' use of alcohol and other drugs.

## Accessing the Service

- Information groups are held weekly for people wanting to find out about Cyrenian House TC programs.
- Assessments, support and preparation for entry to the TC programs are provided at Non-residential Services in Perth.
- Telephone/Skype assessments can be conducted for people living in regional, rural and remote areas.
- Visit our website to read more information or view videos about our service.

For further information or to arrange an assessment for the Serenity Lodge Therapeutic Community or the Rick Hammersley Centre Therapeutic Community, please contact Non-residential Services on **(08) 9328 9200**

### Cyrenian House Head Office

318 Fitzgerald St, Perth, Western Australia  
PO Box 49 Northbridge WA 6865  
Phone: (08) 9328 9200 Fax: (08) 9227 7431  
Email: enquiry@cyrenianhouse.com

### Cyrenian House Non-Residential Services

#### Perth

Phone: (08) 9328 9200 Fax: (08) 9227 7431

### Therapeutic Communities

#### Serenity Lodge

#### Rockingham

#### Rick Hammersley Centre

#### Cullacabardee

### North Metro Community Alcohol and Drug Service

#### Joondalup and Warwick

Phone: (08) 9246 6767

### CHMR Outreach Service

#### Broome

Phone: (08) 9192 6400 Fax: (08) 9192 8410  
Email: CHMRreception@cyrenianhouse.com

### Saranna Early Childhood Education and Care Centre

#### Cullacabardee

Phone: (08) 9302 6444  
Email: educationandcare@cyrenianhouse.com



## Rick Hammersley Centre Therapeutic Community

### Mixed Gender Adult Program



Visit our website for information on all of our services  
[www.cyrenianhouse.com](http://www.cyrenianhouse.com)

*A residential alcohol and other drug  
treatment service for adults*

## Acceptance

*"I feel I have been more myself here than anywhere else in my life."*

Set in 32 acres of semi-rural bushland 30 minutes north of Perth, the Rick Hammersley Centre Therapeutic Community utilises the evidenced based Community as Method treatment model.

Therapeutic Community residents address alcohol and other drug issues in a holistic way. A strengths based approach, therapeutic interventions and positive peer support teach and encourage self-responsibility and guide the individual towards optimal health and wellbeing.

Treatment consists of a four stage program. Residents can tailor their treatment experience to meet their needs and identified goals. A minimum stay of 16 weeks is recommended. Consistent with the Cyrenian House commitment to the health of people who access our services, the Rick Hammersley Centre Therapeutic Community is a tobacco free environment. Support and assistance to remain smoke free is included in the treatment program.



## Inclusion

*"Getting treatment for alcohol and drug use was the top of my priority list. However, being in a place that embraces diversity has been the reason I stayed."*

### *Family Inclusive Practice, Community Connection*

- Cyrenian House recognises the importance of family in the recovery journey and encourages and facilitates family and community connection.

### *Cultural Security*

- All Cyrenian House staff participate in cultural security training.
- A Cultural Awareness group is held fortnightly for TC residents.
- Events are held to recognise days of cultural significance for Aboriginal people.
- The property is smoked annually.
- The Cyrenian House Reconciliation Action Plan is endorsed by Reconciliation Australia.
- Aboriginal AOD support workers are members of the TC staff team.

### *GLBTI (gay, lesbian, bisexual, transgender, and intersex) People*

- Cyrenian House welcomes and supports diversity.
- Staff participate in training to support them in working with people of diverse sexuality and gender.
- A Diverse Sexuality and Gender (DSG) support and consumer feedback group is included in the TC program.

## Support

*"The TC gave me the support I needed to address the areas that were important to me, this included improving my connection with my kids."*

### *Program elements include:*

- Treatment plans based on individual needs
- Therapeutic groups
- Education groups on health, gender and parenting
- 1:1 counselling
- Multidisciplinary case management
- Medical services provided by an onsite weekly GP clinic
- Fitness program conducted by an accredited provider and well equipped gym
- Facilitated links to community self help groups
- Opportunities for residents to provide feedback about all elements of the service
- Creative expression program

### *After Care:*

- Transitional housing program
- Ongoing counselling through Cyrenian House Non-residential Services