

A guide for students and families at the

# New Life Centre

Teen Challenge Queensland's Centre for Rehabilitation and Hope



Phone: (07) 3422 1500 • [www.teenchallengeqld.org.au](http://www.teenchallengeqld.org.au)

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## 1 History of the New Life Centre

**First founded by David Wilkerson in 1958, New York City, Teen Challenge has grown to be the largest residential drug and alcohol rehabilitation program in the world, with more than 1,100 programs across 110 countries.**

The New Life Centre, located in Toowoomba, is a residential rehabilitation program that provides an opportunity for people to recover from the harmful effects of drug and/or alcohol dependency and other life-controlling problems. Upon relocating to Toowoomba, the Men's Centre was opened in 2001 and caters for men aged 18 to 45 years. The Women's Centre was opened in 2011 and provides care for women aged 18 to 39 years.

Teen Challenge provides an environment where people feel accepted, supported and cared for. We have a holistic approach to recovery which includes working with a team of professionals including General Practitioners, Psychologists and Counsellors. We also work closely with Mental Health, Domestic Violence, and Alcohol and Other Drug Services in Toowoomba. We also believe that physical health plays an important role in recovery and this is a pivotal focus of our program.

Teen Challenge is a faith-based organisation, and all aspects of our program are conducted in accordance with Christian principles, including church and chapel attendance, as well as individual and group studies.

The program seeks not only to assist people in dealing with their addictions, but also aims to help develop coping skills, rebuild self-image, work ethic, relationships and spiritual awareness. We are passionate about seeing men and women set free from life controlling issues and we are invested in their recovery.

We believe that every life is precious and the capacity for greatness resides within every individual. It's our mission to help people discover that greatness.

## 2 What needs to happen?

**When a person is dependent upon drugs and/or alcohol, every facet of their life is affected. Restoration can take place only when all aspects of the person's life have been healed – this includes healing for the physical body, emotional and psychological health, social relationships and the spirit.**

### Physical

Drug and alcohol use have a significant impact on physical health and wellbeing. As such, part of rehabilitation is recovering from the physical and biological impacts of addiction. Students will remain linked with our General Practitioner regularly to address general health concerns. There is also a focus on recovery for the body which includes gym use, exercise, group sport, and access to external classes with coaches.

### Emotional/Psychological

Using drugs and/or alcohol can be a means of escaping, or blocking out, trauma and past hurts. The Teen Challenge program aims to guide individuals in addressing the issues that underlie their drug and/or alcohol problem. Students can work with staff (their Case Worker, GP and Psychologist) to identify and address mental health concerns or trauma that has impacted on their life and recovery from addiction. There may also be opportunity for them to engage with external services (Alcohol and Other Drug services, Mental Health services, Domestic Violence or Trauma-informed services) that may further assist them with their individual concerns.

### Social

Staying in the same unhealthy environment or associating with the same people often makes it difficult for someone to heal from drug and/or alcohol use or mental health concerns. At the New Life Centre, the focus is on learning how to build new, positive relationships through social activities and community living. Where possible, students are encouraged and supported throughout the healing and the re-building of any past broken relationships with their families. Positive and supportive relationships are always encouraged with students of the New Life Centre.

### Spiritual

Teen Challenge operates within a Christian Framework, providing an environment of healing and lasting change. Students will engage in a range of activities including church and chapel attendance, and personal and group studies.

## 3 Caring for a loved one with an addiction

### Phases of addiction

A person may be in different phases of addiction for the different drugs they are using (for example: experimenting with speed while also being dependent on alcohol).

- A dependency develops over four predictable phases. No one ever intends to become drug dependent, but some can get caught, unwittingly, in a trap of addiction and dependency.
- Drug dependency develops over a period of time
- Initially people use because *they choose to*; but some eventually use because *they cannot choose not to*.

#### Phase 1: Experimentation

Although drug experimentation may not necessarily lead to full blown dependency, experimentation is still considered to be the first stage of addiction. Experimentation is the voluntary use of drugs, and a person in this phase may experiment with drugs once, or several times as either a way to 'have fun' or to cope with a problem. For some, experimentation may occur only temporarily with no wish to continue using that drug. For others, experimentation works as a gateway to increased use and these individuals move into the next phase of addiction: Social or Regular Use.

#### Phase 2: Social or Regular Use

Regular or Social Use is characterised by increased regularity of drug and alcohol use, but usually only presents itself at socially appropriate times or places (ie. on the weekend, at parties etc.). Many people will put in place 'safe' rules for drug taking but, will often come into problems with regulating or limiting drug use, or will push against those limits over time.

Regular or Social Use increases an individual's risk for developing drug dependency, and, can sometimes be characterised by increased risky behaviour such as driving under the influence and behavioural outbursts. It may also heighten mental health concerns.

#### Phase 3: Risky Use/Abuse

During this stage, a person will begin to prioritise their drug use over other things or relationships in their life, but, remain unaware of or unwilling to consider the risks their taking.

This transition into risky use can happen very quickly and can be difficult to detect. The line between social use and risky use is thin but is usually defined as continued use despite social or legal ramifications from that use.

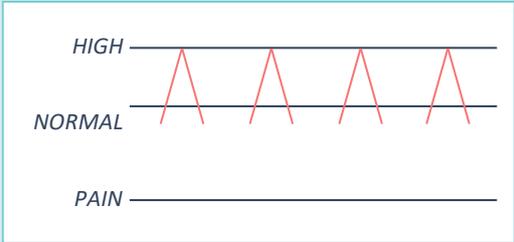
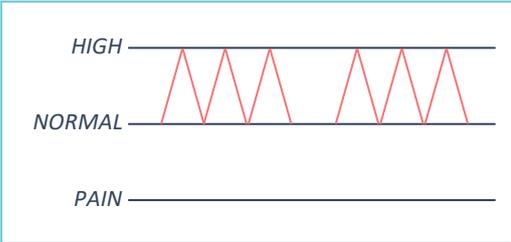
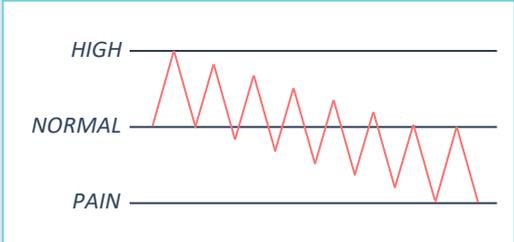
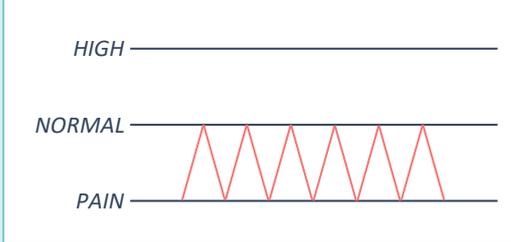
This increased use can heighten already existing mental health concerns or can be a catalyst for future mental health concerns. This phase is often characterised by physical or psychological cravings, and negative/unpredictable moods when the drug cannot be accessed.

A biological need for the drug develops, and the combination of this need mixed with psychological cravings pave the way for Phase 4: Addiction and Dependency.

### Phase 4: Addiction and Dependency

This is the final phase of addiction. This stage can be characterised by increased drug use despite negative consequences, severe impacts to mental and physical health, jeopardised or loss of personal relationships, job loss and criminality. Those in this phase need to use more often and in higher amounts to feel 'normal' and functioning day-to-day hinges on continued drug use.

If those in this stage can acknowledge their problem, they are rarely willing or able to take actions towards addressing this. Accessing drug and alcohol rehabilitation and support services are, therefore, essential and necessary to work towards recovery.

<p>Phase 1</p> <p><b>EXPERIMENTATION</b></p>  <ul style="list-style-type: none"> <li>• Learns that experimenting makes one feel good</li> <li>• Learns how much to use (substance) or practice (behaviour) to feel great</li> <li>• Do not generally experience serious ramifications from use</li> <li>• May use or practice drug taking once, or a few times</li> </ul>	<p>Phase 2</p> <p><b>SOCIAL/REGULAR USE</b></p>  <ul style="list-style-type: none"> <li>• More regular use or practice</li> <li>• Makes 'this' a part of social life, i.e. at parties, events, with friends.</li> <li>• Uses or practices at appropriate times or places</li> <li>• Makes 'safe' rules for self-regarding use or practice, but may struggle with upholding these rules</li> </ul>
<p>Phase 3</p> <p><b>RISKY USE/DAILY PREOCCUPATION</b></p>  <ul style="list-style-type: none"> <li>• Begins to lose control over use/practice, and a dependency begins</li> <li>• Frequency and amount of drug use begins to increase as the effectiveness of the high wears down</li> <li>• Violates previously held rules and boundaries</li> <li>• Use begins to negatively impact other aspects of their life</li> <li>• Lifestyle centres on compulsive behaviour</li> </ul>	<p>Phase 4</p> <p><b>DEPENDENCY/USING TO FEEL NORMAL</b></p>  <ul style="list-style-type: none"> <li>• Full biological and psychological dependency</li> <li>• Use/practice becomes 'necessary' to be able to function</li> <li>• Significant emotional, spiritual and psychological pain</li> <li>• Mental health issues, relational and family breakdowns, complete loss over use/practice</li> <li>• Daily life spirals out of control</li> </ul>

(Adapted from VanVonderen, 1991)

## Options for Intervention

In order to identify the intervention required, it is important to first identify the phase/s of addiction/s.

**Phase 1: Experimentation**

Intervention – *the provision of information and education*

**Phase 2: Social use**

Intervention – *the provision of information, education and counselling*

**Phase 3: Risky use/Abuse**

Intervention – *detox may be necessary, counselling, rehabilitation*

**Phase 4: Dependency**

Intervention – *detox, rehabilitation*

## Relapse vs Lapse

Lapses are not uncommon, and there are many reasons ‘why’ people lapse. Temptation surrounds us on a daily basis. Lapses do not need to be viewed as a ‘failure’ but rather as an opportunity to learn and grow. Lapses are a momentary lapse in judgement, where the physical and psychological cravings briefly overwhelm the coping skills that the person has developed in recovery.

The biggest difference between lapses and relapse is how the person reacts and learns from their setback. A lapse is exactly how it sounds – a temporary mistake.

A relapse starts out like a lapse, but this behaviour can continue if the necessary coping mechanisms or prevention plans aren’t implemented, or support isn’t sought. If a person views their lapse as being shameful or a failure, they’re more likely to not reach out to loved ones or a professional about the mistake due to embarrassment, and this lapse can turn into a relapse. The important thing to remember is this: a relapse is not a failure, so long as a person is open to getting help and support.

## 4 Support for families

### **Support to families who have a young person in a Teen Challenge residential facility is provided.**

When someone you love has a life controlling problem it can be a devastating experience.

The Family Support Worker can provide support to these persons prior to their family member entering the New Life Centre, during their stay in the centre, and after they leave the Centre.

#### Family Support Worker

The Family Support Worker can:

- Provide emotional support
- Listen to families as they share their stories
- Answer questions relating to the New Life Centres
- Provide information on drug and mental health issues
- Help link families to:
  - *Workshops*
  - *Counselling services*
  - *Support groups*
  - *Information services*
- Provide resources on addictions and addictive behaviours
- Provide information on accommodation options in Toowoomba.

The Family Support Worker will make contact with the student's primary support person (as has been indicated by the student during intake) generally within the first 2 weeks of their family member entering the New Life Centre.

We understand that the initial 4 weeks can be a stressful and anxious period for many families. If you have any questions, concerns or would just like someone to talk to, please contact (07) 3422 1500 or 0402 842 186. Phone calls are available after normal work hours to families who work full-time. Please arrange this with the Family Support Worker.

## 5 The Student Program: New Life Centre

### Aim

The program seeks to develop personal coping skills incorporating positive lifestyle choices that lay the foundation for living free in the community.

### Content

The program includes:

- individual and group studies
- recreational, sporting, gym and social activities
- spiritual growth through community interaction and church involvement
- community work program
- case management and counselling

### Case Workers

Each student at the New Life Centre will be assigned a case worker with whom they will liaise throughout their rehabilitation journey at the New Life Centre.

### Program Breakdown

Both the New Life Women's Centre, and the New Life Men's Centre operate independently from one another and as such, the following program breakdown is an approximate guide of what can be expected.

### Induction Phase

When students first come into the Centre, they take part in an orientation phase. This includes an assessment by the onsite General Practitioner, an introduction to the program, appointment to a case worker, and drug dependency education and support.

### Recover (Entry Phase)

After the Induction Phase, approved students move into the Recovery Phase (Entry Phase). Recover has an emphasis on personal responsibility and awareness. Students are taught to begin to assume greater responsibility for and ownership of their personal recovery.

Students experience living free of addiction and are assisted in making positive lifestyle choices. They work with their assigned case worker, as well as with psychologists and counsellors, to move towards physical, mental, emotional and spiritual healing. Students may also have access to external community support, such as Mental Health Services, Domestic Violence Services, Legal Support, Alcohol and Other Drug Programs, and more.

In order to graduate from the Recovery Phase and move onto the next phase of the program, students must complete Contracts that are focused on specific areas of recovery. Each student contract is customized by staff to a degree, depending on the student's personal circumstances. Students may have some input in helping decide what will be in the contract.

Upon completion of these Contracts, students can then apply to move into the Second Phase of the Program. Once completed, students are congratulated and awarded a certificate at the Community Meeting.

### **Rebuild** (Consolidation Phase)

Each Phase of the program is designed to allow students to grow and develop at their own pace. Each phase encourages more responsibility from students, and with this responsibility, comes greater privileges and independence. The program is designed as such so as to help students transition back into normal life.

The Rebuild Phase emphasises consolidation and the repairing of relationships. This can mean different things to different people and, as with all aspects of the program, may be individualised to each student. This phase is designed to come to terms with and repair issues of the past. Where possible, emphasis is placed on repairing relationships with family and loved ones.

Rebuild also encourages community responsibility. As part of their increased responsibilities, senior students provide mateship and support to new students. Increased opportunities for day and weekend leave allow students to grow more comfortable with reintegration into community living.

Like with the previous phase, students continue to work on their mental, emotional and spiritual growth, and may involve additional Contracts. Upon completion, students can apply to move into the final phase of the program. There is also opportunity to apply for Senior or Leadership Positions.

### **Restore** (Transition Phase)

The Restore/Transition Phase is designed to help students in re-engaging back into the community. Increased responsibility and independence are part of this preparation for re-engagement, and these privileges are staggered over a number of months.

During the Restore Phase, students will begin to engage in work experience in the community, engage in a sport or extracurricular activity, and access increased weekend and day leave.

Towards the end of this phase, students can begin to organise work or study and accommodation opportunities for after completion. This allows them to find a place in the community where they can continue to focus on further restoring and rebuilding of their lives.

Upon graduation, each student's achievements are celebrated by fellow students and staff, and family members and loved ones are encouraged to attend this event.

## Daily activities

The program is highly structured and includes cleaning duties, study components, work duties, meal preparation and clean up. Nights are less structured but include group sessions, personal time and some study times. Recreational activities include gym sessions and training and Saturday outings. On Sunday all students attend church.

## Community Partnerships Program Work Day

An important aspect of recovery is to help others and give back to the community. The community partnership work day is an opportunity for the young person to give back to the community.

## A typical week

Students rise at 7:00am for a shower and breakfast and prepare for morning duties at 7:30am. The days are fairly structured, and can include:

- *Personal Studies*
- *Devotions*
- *Community Meetings*
- *Lunch and tidy up*
- *Visits with Doctors and Psychologists*
- *Sport/gym*
- *Work Day – Community Partnership Program*
- *Group Work*
- *Work Duties*
- *Dinner and tidy up*
- *Recreation/Free Time*
- *Community Outings*
- *Games Nights*
- *Saturday outings*
- *Family Visits at Centre*
- *Phone calls home*
- *Church Services*
- *Weekend or day leave if approved*

Bedtime is 10:00pm on weekdays and 11:00pm on weekends.

## Student Account

The student's Centrelink payment is used as a contribution toward program expenses. All finances will be administered through the office. Teen Challenge handles the student's Centrelink payments, and an allowance is put into a student account. The student account can be used by the student for individual expenses such as personal items (toothpaste, soap, shampoo etc.), confectionary, soft drink or savings.

## 6 Photos of the New Life Centre



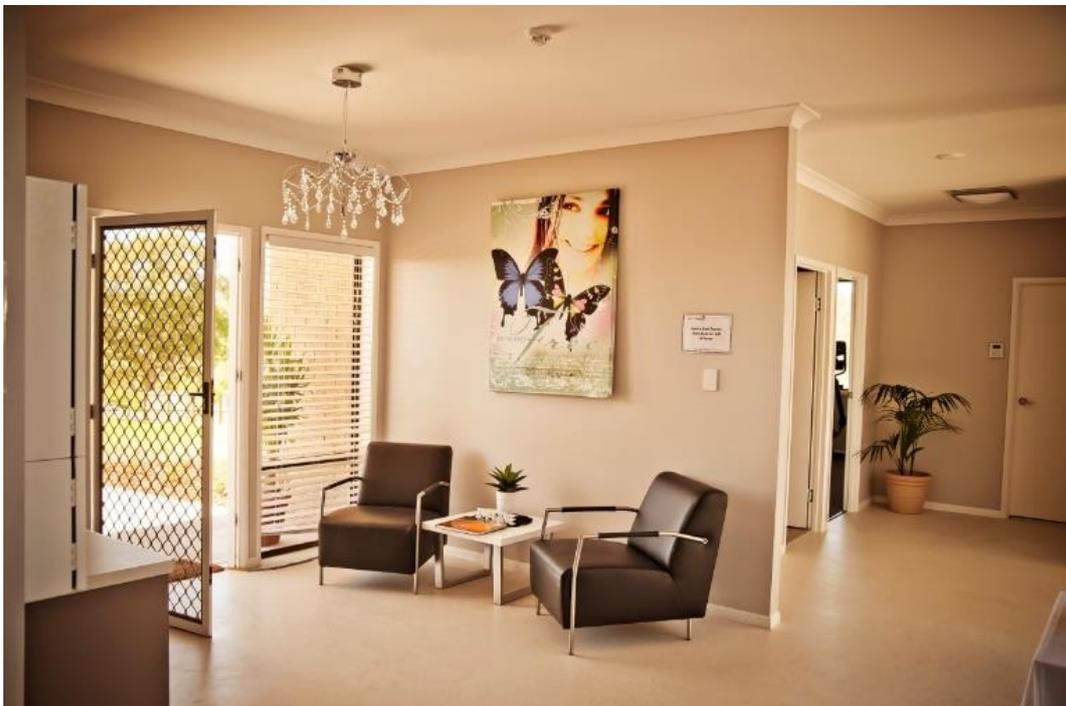
Entry to the New Life Centre property



View from the New Life Centre



Dining and Kitchen area at the New Life Women's Centre



Foyer at the New Life Women's Centre



Lounge/TV room at the New Life Women's Centre



Gym Facilities



Auditorium at the New Life Men's Centre



Lounge and common area at the New Life Men's Centre

## 7 Program guidelines

During the assessment, the applicant is taken through the various guidelines in detail, so they understand the expectations before they enter the program. All behaviour within the program will fall within the boundaries of:

- Respect
- Safety
- Responsible behaviour
- Legality
- Participation

### Church involvement

Students will attend the local Australian Christian Church regularly and participate in other appropriate activities of this church.

### A student cannot bring to the Centre:

- Drugs, alcohol, tobacco products or any other mood-altering substance
- Weapons
- Personal appliances (mobile phones, radios, clock radios, TVs, etc.)
- Pornography
- Muscle building supplements such as protein powder
- Spray/aerosol cans
- Publications such as books & magazines, unless otherwise approved by the Team Leader
- CDs or DVDs, unless otherwise approved by the Team Leader
- Immodest or revealing clothing, or clothing that promotes inappropriate material (sexually explicit/pornographic, crime or violence, inappropriate language or drug/alcohol use etc.). We recommend students only bring plain or patterned clothing with no graphic prints.

**\*Note: Any person who arrives at the centre under the influence of drugs or alcohol will not be admitted.  
All reading material is to be approved.**

### Confidentiality

All information shared between students and the New Life Centre remains confidential at ALL times, unless in the event of staff becoming concerned for a student's safety, and/or the safety of others. Students may consent to information being shared with other parties, though they must provide written consent prior to the disclosure of this information.

## Drug Testing

Teen Challenge reserves the right to drug test residents when there are concerns that a student may be using an illicit substance. Drug testing will only be used in specific instances of known or suspected drug use. Students 17 years or under will require parental consent.

## Rules and regulations

### Conduct

**The following actions/behaviours are not tolerated:**

- Threatening or striking any person at any time
- Vulgar, crude, abusive or blasphemous language
- The forming of romantic and/or sexual relationships while in the program (with persons inside or outside the program)
- Talking about one's drug or criminal past except under staff supervision
- Entering another student's room without the permission of that student
- Being absent from any meal, work duty, class, or church service, or any other organised activity without getting staff permission
- Leaving the centre without staff permission
- Use of drugs, alcohol, tobacco, and/or other mood-altering substances

### Leaving the program

Participation in the program is voluntary and as such, students are able to leave the program if they choose to do so. That being said, our experience indicates that the longer a student stays fully engaged in the program, the better their chance of recovery.

It is possible for a student to be dismissed from the program if his/her behaviour is outside the program guidelines.

If a student leaves the program (or is dismissed) they are unable to re-enter the program until a period of 21-30 days has elapsed. After that time, return is dependent upon the suitability of the person for the program and the availability of a bed.

**NB: Where possible, family members will be contacted when a student leaves the program. However, please remember that we operate under strict privacy laws which may prohibit our communication with family members regarding the student.**

## 8 Contact with Students

### Visiting the New Life Centre

Visitors are welcomed and encouraged at the New Life Centre. We see it as being necessary in developing the individual.

Many students may have experienced strained and dysfunctional past relationships. The process of the New Life Centre provides students support in re-establishing these relationships through love and trust. Teen Challenge encourages students to strengthen healthy family relationships that are supportive to their needs.

Visitors begin for students on the 4<sup>th</sup> Sunday after intake. This initial period of time allows students to settle into the Centre and enables many students the time and space needed to adjust to their decision to go through rehabilitation.

Staff would appreciate your assistance in adhering to the following points. If you have any questions before your visit, please contact our Family Support Worker.

- 1 From the 4<sup>th</sup> Sunday, students may apply for approved persons to come for a once off visitation to the Centre. For students with children, there is increased opportunity for visitations, and this can be discussed with the Assessment Officer prior to entry, or with the Team Leader once in the program. Any and all visits must be approved by the Team Leader and the student's case worker.
- 2 Students must complete and lodge a *Student Request Form* the week prior to the visit and get approval for the visit to take place.
- 3 Visits are on Sundays from 12:30pm until 4:30pm for the Men's Centre and 9:30am until 2:30pm for the Women's Centre. All visitors must report to the staff member on duty and sign the visitors/volunteers' book (lunch can be purchased on the way if necessary).
- 4 Vehicles are only allowed in 'visitor's parking' areas. Students are not permitted to enter or ride in visitor vehicles at any time unless approved by a staff member.
- 5 All presents, parcels, letters (business/personal), or articles including food and literature that are other than what is intended for your picnic, must be left at the office with the student's name clearly labelled. No letters may be posted, or other items taken out on behalf of a student UNLESS processed through the office. **No money is to be given to the students at any time.**
- 6 **CIGARETTES, DRUGS OR ALCOHOLIC BEVERAGES ARE NOT PERMITTED ON THE PROPERTY.** At no time are students to be given any prescribed drug, even for a headache. This is to be administered through the staff member on duty. This is an area in which the visitor's assistance and understanding is expected.
- 7 **Bad language is not tolerated.**

- 8 Family members are **not** permitted to spend any time in student's rooms, unless permitted to do so by staff.
- 9 Please ask staff for the location of the toilets.
- 10 While on the property all visitors must obey directions given by staff, as it is their responsibility to maintain order at the New Life Centre.
- 11 Care must be taken by the students, staff and visitors to ensure safe conditions for themselves and others.

We thank you for adhering to these guidelines. Your support and encouragement is always appreciated. Please encourage and support students as they progress through this life changing experience. We hope that you have a happy and productive visit with us and with your family member.

## Mail

Mail can be received from approved persons from the student's first day at the New Life Centre. It is important that the student's stay at the New Life Centre is enhanced through support and encouragement. Students may be instructed to open mail in front a staff member. Please do not send – cash, aerosol cans, matches/lighters, or contraband - including drugs, alcohol and cigarettes.

Please contact our Family Support Worker on (07) 3422 1500 with any questions.

The postal address is:

PO Box 1167  
Toowoomba QLD 4350

## Phone calls

After the first week, phone calls are permitted to approved persons only. This allows students to focus solely on themselves without any outside influences. After this period students are permitted two phone calls per week to approved persons. A time restriction on all calls of **20 minutes** ensures all students have equal access to the phone. Special conditions apply for students with children with additional phone calls and skype calls available. Please contact the Family Support Worker if you require more information.

## Church

If you would like information on attending any church services in Toowoomba, please contact the Family Support Worker.

## 9 Student leave from the Centre

- Weekend leave is a **privilege** at the New Life Centre. It is dependent upon the student's behaviour and progress in the program. A student **may** have his/her weekend leave cancelled or postponed due to behavioural issues or lack of motivation in the program. While on leave, a student can only stay with family if it is a stable environment and free of temptation. If a student cannot stay with their family, an approved person or family can be arranged through the office.
- This privilege is first available to a student **on their 8<sup>th</sup> weekend** in the program, and then **every fourth weekend** after the initial privilege. Students in the Transition phase may have access to increased day/weekend leave opportunities, dependent on their behaviour and progress in the program.
- The student is responsible for organising their weekend leave through their case worker via a *Student Request Form*. This means parents need to be contacted and their consent given, in regard to the weekend, including pick up and drop off information. The student must ensure that this form is lodged on the Monday prior to the weekend leave.
- A maximum of \$80.00 can be requested out of the student's account to be used while on leave. This amount does not include the cost of bus fares. Any receipts and change must be kept by the student and given to the case worker on re-entry. If receipts are not returned discipline will be given.
- The allocated time frame for weekend leave is from 1:30pm Friday (depending on availability of a family member to connect with) to 8:30am Monday (with the exception of the student's first leave, when they are due back by 4:30pm Sunday). If a student fails to return on time their privileges will be postponed for a minimum of one week. If a student has to travel further than South East Queensland, then the length of weekend leave can be negotiable.
- While on leave, the student is still considered to be "in the program"; therefore, all the guidelines and boundaries are to be followed eg. no alcohol, drugs, or cigarettes, or contact with drug users from the past. If a student breaks any of these guidelines they may face discipline accordingly.
- Contact with past acquaintances that are not supportive to the students' recovery is not encouraged. It is important for students to form positive relationships which will encourage and support them along their journey.
- On re-entry students will undergo a search of their bags and hand over any change and receipts. A random drug test may be administered in specific instances of known or suspected drug use.
- Day leave can be requested instead of weekend leave. The student must arrange their own transport, and the time frame is from 9:00am until 4:00pm on Saturday. Students who have already been granted weekend leave privilege can access day leave.

## 10 What happens when someone leaves the New Life Centre?

After-care is provided to consenting young people after they have left a Teen Challenge residential facility, as they continue to address issues related to addiction and other life controlling concerns.

Those who have left prematurely may need considerable assistance, and we recommend they continue to engage with community services for ongoing support. The After Care Worker will work with these clients as long as they wish and can assist them with referral opportunities to other services.

### Internship

Internships are offered to students who complete the program and are deemed suitable for youth work and/or ministry. Some students may not meet the criteria initially, but with further experience may become suitable.

An internship lasts for 12 months and includes completion of a Certificate IV in Youth Work. Other Certificates are also available upon discussion with their case worker. This internship gives opportunity for students to give back to the program and help other young people who are struggling with similar issues.

## 11 Crisis Accommodation - New Hope House

Teen Challenge provides services to young men who are homeless or at risk of homelessness. New Hope House is located in the inner northern suburbs of Brisbane and provides emergency accommodation for young men, 16 to 25, for up to three months.

## 12 Drug information and further support

### Websites

Teen Challenge QLD .....	<a href="http://www.teenchallengeqld.org.au">www.teenchallengeqld.org.au</a>
Australian Government – National Drug Campaign .....	<a href="http://www.drugs.health.gov.au">www.drugs.health.gov.au</a>
DRUG ARM .....	<a href="http://www.hoa.drugarm.com.au">www.hoa.drugarm.com.au</a>
Lifeline .....	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
The Alcohol and Drug Foundation Queensland (ADFQ) .....	<a href="http://www.adfq.org.au">www.adfq.org.au</a>
Mental Health Association Australia .....	<a href="http://www.mentalhealth.org.au">www.mentalhealth.org.au</a>
Family Drug Support (FDS) .....	<a href="http://www.fds.org.au">www.fds.org.au</a>
Alcohol and Drug Information Service .....	<a href="http://www.adis.health.qld.gov.au">www.adis.health.qld.gov.au</a>



### Contact Us

**Administration Office:** (07) 3422 1500

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