

Fresh Hope Achievements

The Fresh Hope program and the work of its founders, John and Karen Bartlett has been recognized and commended with the following achievements:

- 2008 Suncorp Community Spirit Award – Karen Bartlett.
- 2008 Toowoomba Business Excellence award – Community Category winner – Fresh Hope
- 2007 Significant Contribution to a Therapeutic Community by an Individual - Karen Bartlett
- 2005 Pride of Australia Medal Finalist – Community Spirit - Karen Bartlett
- 2003 Chronicle Volunteer of the Year Award – Karen Bartlett

As a Therapeutic Community, Fresh Hope is at the forefront of therapeutic work in Queensland, supporting mothers with their drug and alcohol issues. Fresh Hope is a residential therapeutic rehabilitation home with a program of 12-18 months duration.

The Fresh Hope program is open to any mother with a drug or alcohol problem whose children are under ten years of age. Mother's age is not a determinant for entry into the program.

Future Direction

Fresh Hope will open a second residential house in 2010.

The planned future services of Fresh Hope include:

- Opening a Residential home for single females.
- To have a rehabilitation centre for very young teens. Young people are beginning to use from as early as 10 yr old.
- A family program for couples and children. Couples would separate for a period of time to work on their individual problems and then come together to learn how to be a family.
- There is a need for a home for older women who often have both substance abuse issues and mental health issues who can benefit from the Fresh Hope family model.
- Development of Fresh Hope Rehabilitation services overseas

Who knows what the future holds except to say that,
“Unless God builds the house we labour in vain”.



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JOIN THE CULTURE SHIFT REVOLUTION

Breaking the Generational Cycle

by empowering mothers to develop a drug free, healthy lifestyle



1300 557 103

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Some Disturbing Statistics

“Children who have parents that abuse alcohol and drugs are at a much higher risk of becoming addicts themselves” *(The Relationship between Parental Substance Abuse and the Effects on Young Children – Lindsay Capalde, Providence College, Rhode Island)*

“Statistics show that 50% of children of substance abusers will be drinking alcohol and using drugs by the time they are in their teens with the majority of the others not far behind” *(Mental Health Council, Tasmania)*

“It is well established that children raised in families with parental substance misuse often have poor developmental outcomes.” - *(Dawe, Harnett & Frye, 2008 – Australian Institute of Family Studies)*

“It is estimated there are 60,000 children in Australia with a parent in alcohol and other Drug (AOD) treatment” *(Gruenert, Ratnam & Tsantefski 2004)*

“For Children whose parents are not yet undertaking a treatment program, it is estimated that 13.2% or 231,705 children of 12 years and under are at risk of exposure to binge drinking in the household by at least one adult. Another 2.3% or 40,372 live in a household with at least on daily cannabis user, and 0.8%, or 14,042 live with an adult who uses methamphetamine on at least a monthly basis, and reports doing so at home” *(Dawe, Atkinson, Frye, Evans. Et al., 2007)*

Fresh Hope Program Objectives

- To assist mothers, suffering substance abuse, in leading an addictive free life
- To facilitate each mother to form and maintain the bond between mother and child during rehabilitation, thus establishing effective parental involvement within the family model
- To assist each mother to develop a work ethic and enhance their life skills thus enabling them to be an effective community member
- To assist mothers and children to develop healthy, wholesome friendships with peers, developing skills for future healthy relationships
- To assist mothers in providing the children with the confidence of a secure family relationship.

Become a Culture Shift Partner

Many Fresh Hope referrals are from 2nd/3rd generation mothers suffering from substance abuse who want a different future for their children.

By becoming a **Culture Shift Partner** you are:

- **helping** set the next generation free from substance abuse
- **providing** a safe environment to develop a strong & healthy parent/child relationship
- **assisting** mothers to lead an addictive free lifestyle.

Join the Culture Shift Revolution

We are seeking **1000 Culture Shift Partners**
to donate **\$25 a month**

This will enable Fresh Hope:

- To open the **second fully staffed Residential Rehabilitation Home** for Mothers & their Children in Queensland.
- To provide **additional education programs** to assist children with development delays
- To relocate and open the proposed **Learning Development Centre**.
- To relocate and open the **administration building**

Benefits of being a Culture Shift Partner

- Annual Tax Deductible Receipt
- FH Quarterly Newsletters
- Confidence in the knowledge you are making a difference in young lives

