

Fresh Hope Association Inc.

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Fresh Hope Program Outline

The following is an outline of the stages that substance dependant mothers will complete during their rehabilitation process.

STAGE 1 (Week 1 – Week 6)

- No leaving the premises without staff or a stage 3 resident.
- No contact with family or friends, except in the form of letter writing. (After 6 weeks supervised phone calls, after 6 weeks visits will be integrated in the program slowly.)
- When on outing you stay with staff at all times.
- No Music in own rooms
- If these rules are broken you begin the six weeks again. You stay in stage 1 until they are respected for a period of 6 weeks
- Integration from stage 1 to 2 will take place slowly.

STAGE 2 (Week 6+)

- Permission will be given for leaving of the premises but staff must be notified.
- When on outing you may have occasional time away from group if first approved by staff.
- Music approved by staff allowed in room, perhaps with headphones.
- If these rules are broken you return to stage 1.
- Late stage 2 and stage 3 assist staff in encouraging stage 1 people.

STAGE 3

- Permission will be given for leaving the premises but staff must be notified for longer periods.
- Freedom on outings, but again staff to be notified of your whereabouts.
- Music approved by staff allowed in room, perhaps with headphones.
- If these rules are broken, negotiation takes place with staff to help you in your return to society.



About Narrative Therapy

Fresh Hope does not focus on the disease model or any other form of labeling. More helpful, more encouraging and more rewarding is the approach taken by **Narrative therapists** to empower the mother by assisting in bringing about their realization that they do have a problem but that it is external to themselves which means that it can be dealt with.

By externalizing the problem, a mother is relieved of the burden of being an addict for instance, and becomes, instead, one who is influenced by an addiction, a positive and empowering thought. The person is, therefore, able to separate the problem from themselves. Hence, the rehabilitation residents at Fresh Hope are not labeled 'addicts' but are mothers who happen to have struggled with and at times been ruled by drugs.

Narrative therapy does not take the view that a mother needs a 'professional's' help, someone who knows better than them, rather it makes the mother the expert. This approach relies on the many skills, values and abilities that each individual has accumulated through their histories and which can have an influence on resolving their addiction. Whilst we do not hold fast to the authoritarian style of rehabilitation this does not negate the fact that the staff members are ultimately responsible and at times need to exercise their authority.

Cognitive Behavioural Therapy is helpful in its forward planning approach. This approach is particularly helpful with children and the use of star charts to manage behavioral issues. Another approach used frequently, especially in the initial stages of the program is Reality Therapy.

With regard to supervision, Narrative Therapy requires that, when possible, sessions are recorded and a copy is then given to the mother. Fresh Hope has not yet been able to accomplish this but hope to in the future. Nevertheless, everything that is discussed is taken back to the resident, thus showing a transparent approach. The mothers are really quite taken aback at first with this openness; however, it soon forms a strong bond of trust between the mother and staff member. At no time does the staff ever take notes on a resident. All materials used; i.e. goals, are photocopied and a copy is held by the resident.

At Fresh Hope when it is necessary to have staff changes there are no staff meetings discussing residents. The mother and the current worker discuss relevant issues before changeover occurs.

