

FOUNDATION HOUSE

THE CONSTRUCTION INDUSTRY ALCOHOL, DRUG & GAMBLING TREATMENT CENTRE

Supported by the NSW Health Department

Tel: (02) 9810 3117

Fax: (02) 9810 5597

Email: rehabm@tpg.com.au

P.O. Box 1145, Rozelle 2039 NSW

The Foundation House Residential Gambling Program

Since June 2000 Foundation House has provided Residential and Outpatient Drug and Alcohol Programs to males from the construction industry and the general public. It has also provided outpatient individual gambling counselling sessions, but sadly this has been insufficient for a great number of problem gamblers who need a longer and more intensive program to help them to address the insidious nature of problem gambling and the dysfunction it brings into their lives.

In late November Foundation House achieved another milestone in its quest to deliver adequate, appropriate, and acceptable alcohol, drug and gambling services when the Honourable Kevin Greene, Minister for Gaming and Racing and Minister for Sport and Recreation officially launched our specifically targeted Residential Gambling Program and our month Intensive Outpatient Gambling Program.

These Programs will combine successful abstinence based strategies from our existing Drug and Alcohol Programs and from the programs presented in the highly successful Las Vegas Problem Gambling Centre. Individual counselling sessions aimed at reducing the harm associated with problem gambling are available for clients for whom this method of treatment is sufficient.

Another landmark to be achieved with this initiative will be that for the first time ever Foundation House will be able to accept both males and females into the Residential Drug And Alcohol and the Problem Gambling Programs.

In the safe and supported environment of Foundation House the 28 day Residential Gambling Program will address the core issues that lead to problem gambling. The Program will link clients with existing community self help groups and encourage membership and involvement in these groups after their release from Foundation House.

In conjunction with the Residential Gambling Program, Foundation House will also be conducting a one month Intensive Outpatient Gambling Program. The Intensive Outpatient Program consists of nightly 3 hour sessions Monday to Friday with clients given a 5 week period to complete the 20 night Program. This will enable all problem gamblers to avail themselves of the same information, treatment and support as is offered by the Residential Program, without having to abandon their day to day life responsibilities. It is anticipated that there will be some clients that will cross over between the Outpatient Counselling Program, the Intensive Outpatient Program and the Residential Program, determined by their needs and to the way they respond to their initial Program choice.

The Residential and Intensive Outpatient Programs contain group work, specialist individual counselling, regular attendance of self-help meetings and includes;

- Cognitive Restructuring
- Rational Emotive Therapy
- Choice Therapy
- Consequential Thinking
- DVD presentations on problem gambling and recovery, as well as DVD presentations on problem gambling triggers, signs and symptoms
- Weekend homework and assignments
- Weekly relapse prevention groups

Foundation House accepts referrals from individuals, family members, employers, Doctors, Psychologists, Psychiatrists, detox units, other treatment providers and rehabs, families, Probation and Parole, and other agencies. The admission process includes a comprehensive telephone assessment followed by a thorough face to face assessment on admission. Treatment plans that focus on the needs of the individual are then developed and implemented.

Should you wish to contact us about these Residential Programs or any of our outpatient services, please call Foundation House on **02 9810 3117**.