

FOUNDATION HOUSE

THE CONSTRUCTION INDUSTRY ALCOHOL, DRUG & GAMBLING TREATMENT CENTRE

Supported by the NSW Health Department

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Foundation House

Foundation House, the Construction Industry Alcohol, Drug, and Gambling Treatment Centre is a treatment facility providing Outpatient and Residential Programs for clients with drug, alcohol or gambling problems. It offers a 10 bed 28 day Residential Drug and Alcohol Program, and a separate specially targeted 8 bed 28 day Residential Gambling Program. The unit is staffed 24 hours a day and is located in a tranquil waterfront setting within the grounds of Callan Park in Sydney's inner west. In addition to the Residential Programs the facility offers a broad range of services specifically designed around the needs of construction industry personnel, their families and members of the general public, including a structured 4 week Intensive Outpatient Gambling Program, outpatient counselling, family support, aftercare and relapse prevention groups.

The Residential Program

Our Residential Programs are 28 day 12-step abstinence based living skills Programs accepting both males and females. They are available to the construction industry workforce, members of their families and to members of the general public. We also provide an Aftercare Program to clients and former clients. The unit accepts males and females into all Programs, with admissions to the Residential Programs needing to be 18 years or over. A comprehensive telephone assessment is undertaken followed by a face to face assessment on admission. Treatment plans that focus on the needs of the individual are then developed and implemented. Group work, specialist individual counselling and regular attendance of self-help meetings are an integral part of the Program.

The cost of the Residential Program is \$170 per week.

Aims of the Residential Program

1. Provide clients with a complete orientation to abstinence based lifestyle and an introduction to 12-step programs.
2. Assist clients to develop personal living skills.
3. Ensure that the context of a client's addiction is addressed by the services provided by Foundation House, including the Family and Workplace aspects of those addictions.
4. Ensure there is good continuity of care for the client by admitting clients as soon as is practical from their referral point and placing high priority on the provision of, or planning for, aftercare.

Criteria for admission for **BOTH** Residential Programs

- At least 5 days clean from all substances except -
- 14 days clean for Meth/Amphetamine users/Buprenorphine and Methadone Maintenance Programs.
- Clients will be required to provide a supervised urine sample, within 30 minutes of arriving for admission.
- Random urine tests and random breath tests may be taken throughout the 28 day stay.
- No pending court cases within the 28 days.
- No outside appointments for the duration of the Program.
- Clients will be expected to abide by the Program rules whilst in residence.
- Clients need to make staff aware of any special dietary or medical requirements **prior** to admission.
- Foundation House does not accept clients under the Inebriate's Act.
- A Photo will be taken on admission for identification purposes.
- Clients are expected to keep the unit tidy and share in house cleaning duties.
- Clients need to be able to read and write English in order to complete the Program.
- All groups, assignments and activities are compulsory. Failure to comply or be involved may result in a client being discharged.
- Clients are not permitted to make or receive personal calls in the first seven days. No mobiles phones are allowed.
- Clients are advised to bring only clothes, toiletries and money for phone cards.
- Clients need to be in receipt of Centrelink benefits or able to meet rental payments.

Outpatient Intensive Gambling Program

Foundation House has a 20 session Outpatient evening Program for gamblers. Each session runs for three hours and covers all of the topics and issues dealt with in our Residential Programs, including self defeating learned behaviours, core beliefs, Maslow's Hierarchy, the Johari Window, cogitative behaviour and 12 step group information and program facilitation. There is a small fee to cover costs of photo-copying, tea/coffee of \$20 for employed participants and \$10 for unemployed.

PTO FOR RESIDENTIAL PROGRAM TIMETABLE