

RECREATIONAL ACTIVITIES:

We don't believe in all work and no play. At Missiondale we provide opportunities for extra activities:

- A fully equipped gym for residents to use
- A rec room with a pool table, table tennis, lounges and library
- A morning community walk on the property to promote an active lifestyle
- A weekly sporting activity eg volleyball, soccer, swimming, bowling, BBQ picnic, bush walk etc
- Opportunity to go on a Wilderness Camp with activities including canoeing, abseiling, caving
- Annual Missiondale Summer Camp
- Celebration Dinners to celebrate with residents as they complete the stages of the program
- Approved shopping and weekend leave (after an initial period of 7-9 weeks) to help residents put into practice the coping skills they have been learning during their group work and counseling sessions
- Optional Alpha Course providing an introduction to Christianity
- Optional weekly opportunity to attend a local church service

OTHER CITY MISSION SERVICES:

- Drug & Alcohol Services:
 - Place of Safety / Sobering Up Facility
 - Serenity House
- Accommodation Services:
 - Crisis Unit
 - Orana House
 - Nexus House
- Youth Services:
 - Star House
 - Youth Community Outreach
- Morton's Place
- Prisoner Support
- Emergency Assistance
- Family Support
- Children's Playhouse
- City Kitchen
- Mission Shops

For Information on these services contact
03 6331 6999 or
office@citymission.org.au

**IF YOU WOULD LIKE FURTHER
INFORMATION, PLEASE CONTACT US**

MISSIONDALE THERAPEUTIC COMMUNITY

75 Leighlands Road, Evandale TAS 7212

P: (03) 6391 8013
F: (03) 6391 8255
M: 0448 316 998

E: missiondale@citymission.org.au
www.citymission.org.au

MISSIONDALE THERAPEUTIC COMMUNITY

PROVIDING RECOVERY FROM LIFE
CONTROLLING HABITS



"Caring and Sharing in Jesus' name"

FREQUENTLY ASKED QUESTIONS:

Who can apply?

People over the age of 18 years of age who want to overcome any life controlling addiction. We also offer a Family Program (see separate brochure).

How do I apply?

You need to telephone and fill out an Application Form to go onto our waiting list. We ask that you stay in weekly contact with us. As you move up the waiting list, you will be assessed at Missiondale, if accepted, you will be given an entry date.

What does it cost?

There is an entry fee of \$100. Board and lodging is \$370 per fortnight, payable in advance. Medications, phone calls and personal items are additional expenses, payable by you.

How long is the Program?

We ask that you complete the Foundation Stage (7-9 weeks). You can then consider continuing to complete the Framework Stage (7-9 months).

Can I have contact with family or friends?

There is no contact for a period of 2 weeks, then only limited phone contact with immediate family. Limited phone contact with friends is after 4 weeks. Visits from family can be arranged after 3 weeks. Visits from friends after 6 weeks. Weekend leave is not available during the Foundation stage, it can be applied for during the Framework stage of the program.

Do I need to be detoxed?

We ask that you not use drugs or alcohol for a period of 48 hours before your admission date. To assist with this we can offer you a bed at our time out facility prior to coming to Missiondale.

Am I able to smoke at Missiondale?

A designated smoking area is provided for both men and women. All other areas are non smoking.

WHAT IS MISSIONDALE?

Missiondale is part of City Mission, an organisation that has been helping people for over 150 years. City Mission provides programs which help residents better their immediate life-style for long term benefits. We believe our residents need “a hand up, not just a hand out”.

Missiondale is a residential recovery program offering an alternative for those wanting to make positive changes in their lives. It's all about change.

Missiondale provides a safe environment to explore the possibilities for your future. You will be given all the support to do this, but you have to be willing to embrace the change, to take off the old thinking, attitudes and behavior patterns.

There are 3 stages to the program:

- **Foundation** – takes 7-9 weeks to complete. During Foundation you will talk with your Case Manager and make a decision to leave at the end of Foundation or continue on to the next stage of the program. Foundation covers topics Shame & Addiction, Chemically Speaking, Self Awareness and AA Steps 1-3.
- **Framework** – takes 7-9 months to complete, and is made up of 3 parts – Team Leader, Senior Resident and Mentor. Framework looks at Family Systems, Self Esteem, Understanding Anger and AA Steps 4-12.
- **Future** – takes 12 months to complete. Future can be done as a Graduate of the program at home, or at Missiondale as an Intern. You will receive aftercare if you are at home for the 12 month period. Interns who stay on at Missiondale are provided with support from staff and can undertake study, or volunteer work within Missiondale and other City Mission areas, as well as being active members of the Missiondale community.

Missiondale as a therapeutic community is made up of five aspects – Community Living, Group Therapy, Individual Counselling, Case Management and Work Therapy.

Community Living:

One of the strengths of the Missiondale program is that it is carried out in the context of a Therapeutic Community (living with people). The community is the therapy. There is an expectation that you become a contributing member of the community, helping yourself and others in the process. As you progress through the program you will take on more responsibility either as a Team Leader, Senior Resident or Mentor.

Group Therapy:

Group sessions are held twice a week. As you progress through the program, evaluations and assessments are carried out, with input from staff and peers.

Individual Counselling:

You will have the opportunity to receive individual counseling. These sessions will be held weekly or fortnightly depending on your individual needs.

Case Management:

Together with your Case Manager you will develop a treatment plan and be provided with support with legal issues, housing concerns, employment options and develop an exit plan at the end of your program.

Work Therapy:

Residents are assigned cleaning and cooking duties, for the daily running of the community and within their own men's or women's quarters. Work Therapy is also carried out each day, which may include gardening, lawn mowing, wood chopping, property maintenance and upkeep, looking after livestock, working at City Mission Stores, etc.