

2018

# Baroona Youth Healing Place

Client Information Booklet



Njernda Aboriginal Corporation

A Service of Njernda Aboriginal Corporation





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## ABOUT BAROONA YOUTH HEALING PLACE

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Baroona Youth Healing Place is an Alcohol and Other Drug Residential Rehabilitation Centre situated on a 320 acre farm located outside of Echuca on the Murray Valley Highway.

Baroona is a safe and confidential place for young Aboriginal people to undergo a Journey to Heal the Spirit whilst addressing their substance abuse issues. The Journey will be based on the young person's needs assessed by them and the intake team.

We will require a payment of \$125 per week for staying at Baroona which will be deducted from your Centrelink payments and this will be organised at the time of your admittance.

The program will be delivered with a number of important aspects including:

- A Cultural & Spiritual Base
- Personal Development
- Education & Training
- Healthy Life style choices
- Traditional & Contemporary Healing opportunities
- Positive mentoring

Individual counseling sessions will be available and group work will be compulsory

A number of recreational activities will be based on client's needs and interests.

These will include:

- ❖ Traditional and contemporary Art
- ❖ Outdoor activities
- ❖ Bush walking
- ❖ Gym – Health & Fitness Program
- ❖ Craft
- ❖ Cultural activities

Residents will be required to do daily chores which will enhance personal development and life (daily living) skills including cooking, cleaning, gardening and attending to livestock. Baroona has places for up to 12 young people, they may be required to share a room. Smoking is permitted at Baroona in designated places

A post support program or referral back to Support workers will occur on completion of the program.

## **CHECKLIST OF THINGS TO DO PRIOR TO ADMISSION**

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After your admission date has been confirmed to Baroona you will need to take care of some or all of the following. It is best to do as much of this as possible, so that you can concentrate on healing. If you find it difficult to do it by yourself ask your worker or family for help.

- Centrelink – if you are currently receiving Newstart or unemployment benefits a medical certificate is required for the 16 weeks of your residential stay. If you are not registered for Newstart you can do this with a medical certificate for residential drug treatment
- Centrelink Medical Certificate for AOD rehabilitation – 16 weeks
- Legal issues such as juvenile justice, corrections or bail commitments
- Inform DHS or DoCS Child Protective Services where appropriate
- Housing
- Payment of any bills etc
- Court appointments ~ Bail preferably post Baroona
- Redirect your mail to P.O. Box 201, Echuca 3564
- Inform family about the rules of phone calls and visits (no phone calls the first 3 days, no visitors for 2 weeks)
- If any of these issues need attention when you get to Baroona please let staff know and they will help you.

## ITEMS TO BRING TO BAROONA

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Remember that you are committing to 16 weeks so you will need to think of this when making your plans.

We hope that your stay at Baroona is safe, comfortable, and relaxing. To help this along please note the following:

When staying at Baroona:

- Bring clothing that is comfortable.
- You will also need neat, casual clothing and swimming togs as there will be some outings and recreation.
- Clothing suitable for the gym.
- Most things are catered for at Baroona. You will need spending money for outings, medication, a drink or reading material.
- Ensure you have a Medicare Card Number, a current Health Care Card and a Photo ID
- Centrelink Medical Certificate for AOD Residential Rehabilitation (4 mths)
- Please bring your personal toiletries such as soap, toothbrush and toothpaste but please do not bring razors, disposables will be provided by staff. Your deodorant should be a roll-on or pump pack. **Aerosol sprays cannot be brought to Baroona.**
- Vehicles should be left with family or a friend, not at Baroona.
- We encourage you **not** to bring any valuables as we are unable to take responsibility for them. Our insurance does not cover replacement of lost or stolen client owned items.
- Feel free to bring some things from home such as a favourite pillow/blanket/doona or photos if this will help you be more comfortable.
- If you smoke, bring sealed cigarettes or sealed pouches of tobacco. Please remember that your smoking may increase as you withdraw from other substances. Baroona does not purchase cigarettes.
- Ipod shuffle only for music – no other electronic equipment accepted

***The staff at Baroona Youth Healing Place are professional and supportive and are committed to working with you to ensure that you get the most out of your time with us.***

## CLIENTS RIGHTS

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Clients who choose to undertake a residential rehabilitation at Baroona Youth Healing Place have the right to:

- Be treated with dignity and respect.
- Receive healing irrespective of race, ethnicity, gender, sexual preference or appearance.
- Participate in decisions involving their healing and journey.
- Be informed in writing of their rights and responsibilities whilst at Baroona.
- Be informed in writing prior to admission of any sanctions, disciplinary measures and modification of rights that may apply.
- Be informed in writing prior to admission of all existing guidelines.
- Complain about their treatment, about the administration of guidelines, disciplinary measures and sanctions through Njernda's Grievance or Complaints Procedure.
- Examine their records or files within the guidelines approved by Njernda's Board of Governance and to rebut any information in their records by inserting a counter statement of clarification. This is to be done in the company of your Baroona support worker
- Be advised of any fees to be charged and how these are to be paid.
- Have any matters of identification and participation at Baroona be treated confidentially in accordance with Njernda's policy and procedures, requirements of the Department of Human Services and all state and federal privacy laws.
- Make phone calls as per arranged in assessment.
- Nominate three people who are parents, guardians, immediate family members or partners to visit after the first fourteen days have passed. These visitors **must not** be under the influence of drugs or alcohol.

## CLIENTS RESPONSIBILITIES

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**Clients who choose to undertake residential rehabilitation at Baroona Youth Healing Place have the responsibility for:**

- Ensuring that their prescribing medical practitioner and dispensing pharmacist have been advised of their forthcoming admission to Baroona.
- Not bringing alcohol, other substances or weapons into Baroona
- Treating all other clients, staff, program/allied staff, visitors and the general community politely and with respect regardless of their age, sex, ethnicity, visible or hidden disability, sexual orientation or appearance.
- Providing all information that enables the staff to provide adequate advice, care and therapeutic treatment.
- Respecting the rights of others
- Respecting the property of others and Baroona Property
- Respecting group confidentiality.
- The outcomes of rejecting advice or treatment given by the program and/or staff.
- Participating in all aspects of the program whilst at Baroona.
- Nominating any phone calls prior to being made, preferably at the morning meeting.
- Making all phone calls outside of program times and keeping to a maximum of ten minutes in consideration of staff and other clients. Staff will make and supervise all phone calls.

## **STAFF CODE OF ETHICS**

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All staff employed by the Njernda Aboriginal Corporation are to follow these Code of Ethical guidelines as a normal working practice. They are as follows:

- Are committed to meeting community and organisational needs
- Foster a partnership approach with the community
- Take pride in their professionalism and integrity
- Accept responsibility and accountability for their actions
- Consider the long term consequences of their decision making
- Treat others as they would like to be treated
- Value the resources of the organisation
- Provide firm, fair and decisive leadership
- Adopt a positive approach to change
- Strive for best practice and to continuously improve the quality of the service offered
- Encourage mutual respect and equity for individuals
- Treat all clients in a compassionate, caring, empathic and supportive manner



## PROGRAM RULES AND GUIDELINE

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Program rules and guidelines are designed to assist in providing a safe, secure and respectful environment where everyone is treated equally while keeping in mind our individual differences.

*The following examples if broken may result in you receiving a strong warning and consequence or instant discharge depending on circumstances and severity of this behavior.*

- Residents are required to participate in all aspects of the program throughout their stay
- Follow the lawful direction of Baroona staff
- No alcohol or other drug use is permitted on Baroona property, while on any outings or conducting of business or program activities while you are staying at Baroona.
- No alcohol or others drugs are permitted on Baroona property, no mobile phones, IPods, iPads, laptops or any other electronic devices
- You can bring an Ipod Shuffle (**only**) for music
- Not entering someone else's bedroom
- No sexual activity
- No verbal or physical bullying, threats, abuse or discrimination of other residents, staff, community members or elders.
- No excessive swearing or abusive language
- No bringing of offensive Videos, CDs or any written material
- Leaving the property without a staff member or permission to leave
- No phone call for the first three (3) days, though staff will pass messages onto residents but not make call on their behalf. After three (3) days phone calls (10 minute call) can be made with staff supervision between 7.00pm and 9.00pm each day
- No visits for the first 2 weeks then after this family can visit on Sundays

- Music is permitted in residents bedrooms only during free time
- No family member, friend or significant other who have substance misuse issues can be a phone contact or visit Baroona.

*The following examples of breaking rules and guidelines may result in instant discharge*

- Stealing or theft of anyone's property or goods whether at Baroona or whilst on an outing.
- Violence or threats of violence to other residents, staff or community members
- Misuse or the hiding of medications
- Drug and alcohol use is not permitted inside Baroona or outside while on an outing

## **REFERRAL WILL BE AUTOMATICALLY DECLINED IF CLIENT HAS THE FOLLOWING:**

- If client is on prescribed Methadone or buprenorphine the client **WILL NOT BE ACCEPTED** to Baroona.
- If client has any sexual offense/ registered sex offender
  - Is a serious violent offender

## **BAROONA YOUTH HEALING PLACE TIMETABLE**

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**A copy of the Timetable will be provided upon  
arrival**

## CLIENT AGREEMENT

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Client Name: \_\_\_\_\_

Staff Members Name: \_\_\_\_\_

I understand that the Baroona Youth Healing Place needs to be a comfortable, peaceful, safe and friendly place for clients and staff and agree to the following **Guidelines and Conditions:**

- I consent to enter the Baroona Youth Healing Place for the purpose of treatment for substance misuse.
- On admission, I give all medication to Staff.
- I understand this admission may involve non-medical as well as medical treatment. These procedures have been fully explained to me and I authorise staff to administer prescribed medication if required.
- If a parent or guardian cannot be contacted, I permit staff to arrange any emergency medical care, including blood transfusions, which may be required.
- The staff of Baroona carrying out a search for contraband.
- That alcohol and others drugs are not permitted either at Baroona or while on outings.
- To hand in ATM Key Card, Mobile phones, Ipads/Ipods and electronic games
- To breathalyser testing and/or urine analysis (if requested).
- Participate in all program activities provided by Baroona that include household chores, group, individual and recreational activities.
- I understand that when I am on an outing with Baroona Staff and residents
  - That I need to be respectful of all other members of the community.
  - And abide by staff directives
- Participate in reviewing my individual treatment plan/case plan as is expected.
- Not leave the Baroona property unless accompanied by staff or other workers. (Clients must stay within the vicinity of the house)
- All staff to search my bags, belongings and room in my presence on entry and exit and if drug use is suspected or other contraband is believed to be in my possession.

- Only bring cigarettes or pouches of tobacco that are in unopened packets.
- Only smoke in permitted smoking area. I understand that this should be supervised by a staff member. **Smoking is not permitted in the house or vehicles.**
- Not possess or conceal any drug using equipment or weapons as they are not permitted at Baroona and agree that if found, they will be confiscated and disposed of by Staff.
- Understand that if I bring anything of value to Baroona I agree to take full responsibility for it and acknowledge that Baroona Youth Healing Place will not be legally responsible for the loss of money or valuable items. I am aware that staff will take reasonable precautions to prevent loss. I also understand that any item or sums of money that I bring to Baroona will have to be handed to staff for them to lock up during my stay and will be returned on my departure, this includes my ATM Key Card
- Not bring or use a mobile phone or other electronic devices except an iPod shuffle during the stay at Baroona.
- I agree that a housekeeping fee will be deducted from my Centrelink payment through Centrepay.

### **Behaviour Code**

*The following behaviours are examples that are not acceptable within Baroona and will result in a warning and possible discharge.*

- Entering anyone else's room at the time
- Sexual activity, verbal harassment, threats or discrimination of clients and/or staff
- Excessive swearing and abusive language
- Disrespecting other Residents and Staff

*The following are examples of behaviour that will definitely result in discharge:*

- Stealing / Theft
- Violence and/or threats of violence
- Misuse of Medication
- Drug/Alcohol use while at Baroona or on outings

Extra conditions as specified by staff and agreed to by the client:

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- I have read the rules and regulations and will abide these at all times. However, if there is anything I am not sure of, then I will discuss these issues with a staff member.
- I am aware of the factors that may lead to my instant discharge from Baroona if I break these rules.
- I further understand the program is voluntary and that I may self-discharge at any time.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Client: \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_

EXAMPLE

## Baroona Youth Healing Place

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Murray Valley Highway

Echuca Victoria 3564

Email: [Baroona@njernda.com.au](mailto:Baroona@njernda.com.au)

Web: [www.njernda.com.au](http://www.njernda.com.au)

**Our trained staff are dedicated in ensuring each client who undertakes their healing journey at Baroona Youth Healing Place has the support and encouragement they need to be successful.**

**Baroona Manager**

**Keith Hearn**



**A Service of the Njernda Aboriginal Corporation**

