

Assessment details

All potential residents are assessed by a counsellor face-to-face and, in special cases, by phone to determine their suitability for The Woolshed.

During the assessment, all potential residents will be advised of some of the processes and the admission requirements:

- > paying rent of one week in advance
- > money for personal items
- > doctor's medical check-up and referral letter
- > current ambulance cover
- > drug and alcohol screen (urine and B.A.L.)
- > no mail, visitors or phone contact for first two weeks (except with dependent children under 16).

On leaving

The Woolshed is not an isolated program. In the later stages of the program, residents can be supported to gradually return to living in the general community.

Halfway houses located close to the Adelaide CBD can be used as an opportunity for transition and aftercare support.

Family contact is encouraged, and volunteers (especially former Woolshed residents) create a bridge to assist the transition from the program back into independent living.

Smoke-free environment

The Woolshed provides an opportunity for residents to address nicotine dependence in a supportive smoke-free environment

Smoking, including e-cigarettes, or any tobacco related products, is not permitted at any time on or off the property by residents of The Woolshed or halfway house program.

Nicotine dependent clients will be offered nicotine replacement therapy (patch/inhaler) to manage their withdrawal.



The Woolshed
PO Box 84, Ashbourne SA 5157
Ph: (08) 8536 6002
Fax: (08) 8536 6282

Alcohol and Drug Information Service (ADIS)
Phone: 1300 13 1340
8.30am to 10pm every day
Confidential telephone counselling information, assessment and referral.

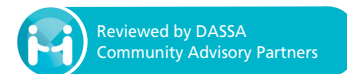
For information about other treatment options visit:
www.knowyouroptions.sa.gov.au

www.sahealth.sa.gov.au/dassa



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The Woolshed



A Therapeutic Community
(Long Admission Stay)

A treatment option for alcohol
and other drug dependency

The Woolshed

A residential therapeutic community for men and women, aged 18 years and over with drug or alcohol related problems. The Woolshed provides a long term rehabilitation program in a safe, drug, alcohol and smoke-free environment.

Located near Strathalbyn, the 28-hectare property provides a supportive rehabilitation program in a rural environment with a structured program for personal growth and behavioural change.

The philosophy and operation of the therapeutic community are aligned with the Australasian Therapeutic Community Essential Elements.

Program goals

The Woolshed program aims to develop living, work and interpersonal skills through education, counselling, group work and recreational activities.

While abstinence from alcohol and drugs is one goal, many other individual goals can be reached depending on the willingness of the client to change their lifestyle -

- > improved social and work skills
- > improved health
- > improved family and other relationships
- > better parenting skills and
- > less harmful alcohol and drug use.

Program outline

The program takes four to six months and is determined by the progress of the client.

A shorter program may be negotiated for those assessed as having commitments or needs that make the full program unsuitable.

The four main rules of the program are:

- > no drugs, alcohol, smoking or misuse of prescription medication
- > no violence
- > no stealing
- > no sexual relationships or co-dependent relationships.

Other guidelines and activities assist residents to develop and change so they may regain independence, responsibility and personal freedoms.

What to expect

Wherever possible, the program incorporates activities and experiences consistent with normal lifestyles:

- > a normal working week
- > evenings and weekends that are less structured
- > daily work activities
- > craft activities
- > stress management (e.g. relaxation, fitness, recreation)
- > one-on-one counselling
- > group and individual activities.

Entry requirements

Great care is taken in the assessment process to ensure only those people who want and need to be at The Woolshed are admitted into the program:

- > age range: 18 years and over
- > some personal motivation to change
- > a drug history of at least two years
- > previous attempts to address substance problems e.g. counselling, support meetings, other rehabilitation services
- > single or poly-drug problems such as alcohol, prescription medications, amphetamines or narcotics
- > prior detoxification at DASSA Inpatient Withdrawal Service
- > complex needs may require extensive assessment.

The Woolshed accepts clients committed to living without illicit drug use. This can include those not receiving medication and those clients on medication assisted treatment for opioid dependence (MAT-OD).

