



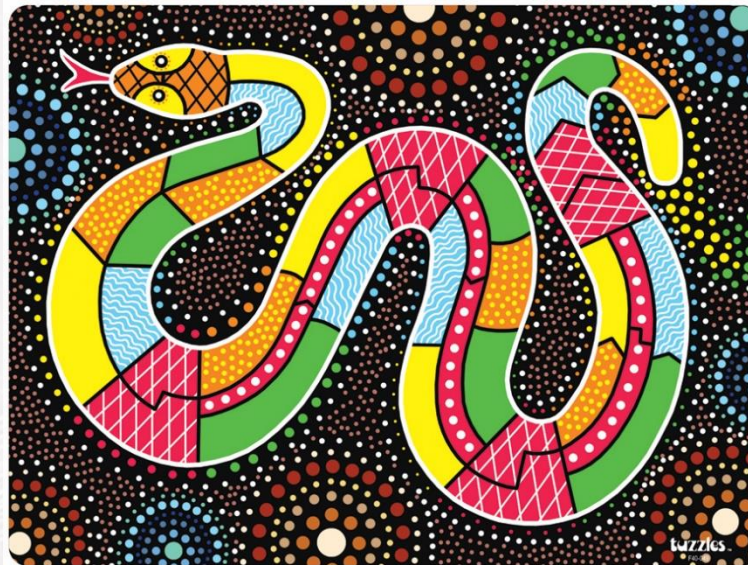
**Wungening Aboriginal
Corporation**
Healing Aboriginal Peoples:
Mind, Body and Spirit



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Solid Ground Program Presentation





We acknowledge the '*Whadjuk*' people of the *Noongar Nation*', the traditional owners of the country we are meeting on, and pay our respect to Elders past, present and emerging.

We acknowledge their leadership and stewardship for the preservation of land, seas, culture, lore and song; the past, the present and the future are, as they always are, part of each other – bound together.

About Wungening



- We are an Aboriginal Community Controlled Organisation with a close to 30 year operational history.
- We provide holistic counselling, education, advocacy and support services in the areas of:
 - AOD;
 - Family Violence;
 - Intensive in-Home Support Services;
 - Accommodation; and
 - Youth and Adult Justice.



Our Teams



Wungening teams

AOD Support

Women's Refuge

ReSet Program

Wungening Moort

Alliance Teams

Beyond YJS

Family Support Networks (FSN)

Intensive Family Support Services (IFSS)

Leslee and Vaughan

- Who are we?



The need for Solid Ground



- Residential treatment barriers for our clients included: children at home; family reasons; health; commitments; cultural safety; criminal history
- Provide structured and intense treatment for those wanting to address their AOD issues
- Residential Rehab waitlists 3-6 months
- No waitlist, can register and attend on the same day, no booking required
- A program that caters for all, no matter what stage of their recovery





The need for Solid Ground (cont.)

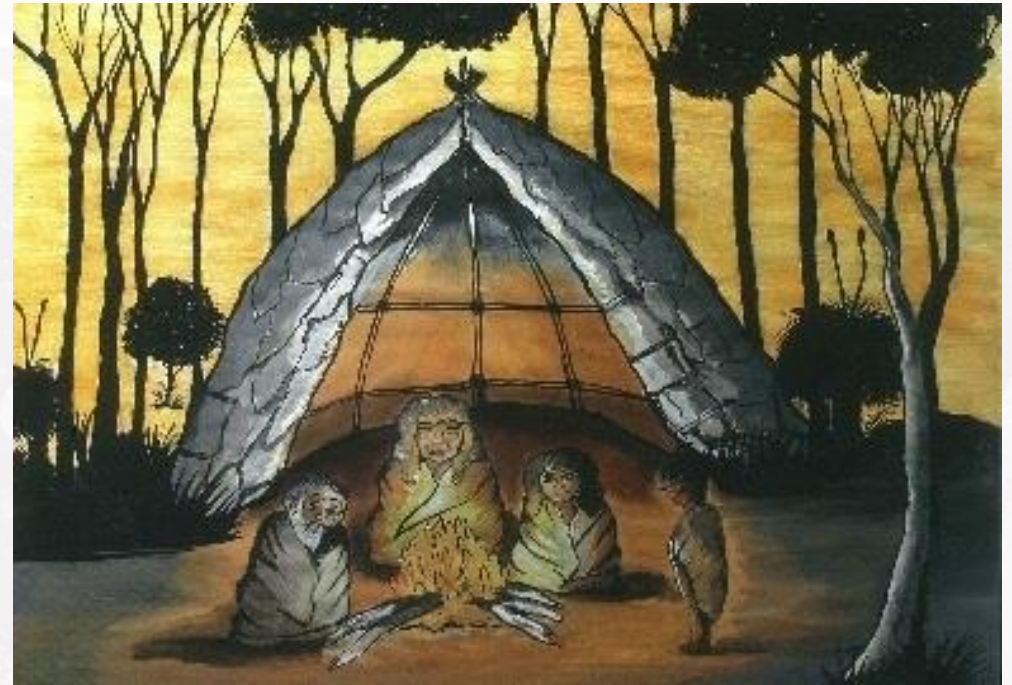
- No exclusion criteria
- Self-paced
- 5 days a week
- Multiple locations
- Free of charge
- Program responds to changing needs and trends in the sector/community



Solid Ground lifespan



- Introduced in April 2016, 3 days a week in East Perth
- Additional funding in July 2018 allowed expansion to Armadale and Midland
- Now is a 5 day program across 3 sites



Some statistics on Solid Ground



- Clients who have graduated the program = **in excess of 140**
- Solid Ground sessions delivered April 2016 – August 2019 = **645**
- Solid Ground occasions of service delivered April 2016 – August 2019 = **3336**
- Average attendance: **4 – 15 clients per session**



What makes Solid Ground unique?



- Based on Therapeutic Community Model early stage psycho educational group work
- Holistic approach
- Culturally appropriate – Aboriginal & non-Aboriginal facilitators, Dreamtime stories, promote mind body spirit connection
- Psycho educational content - 15 unique sessions
- Aim to provide clients structure, skills, strategies and knowledge so they can maintain motivation, develop relapse prevention skills and make healthier lifestyle choices
- Supportive of clients with dual diagnosis issues
- Peer-led group which empowers clients in their recoveries
- Responsive – clients can bring their own topics for discussion and support



What makes Solid Ground unique? (cont.)



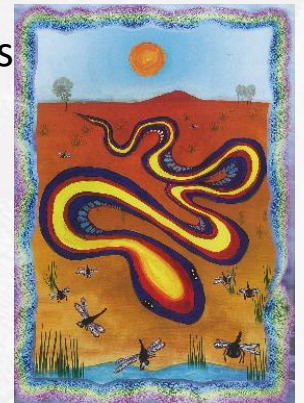
- Mixed gender
- Adult program (+18)
- Up to 20 participants per group
- Group agreements – mitigates risk and increases safety
- Certificate of completion
- Guest speakers
- Evolving program
- Tea, coffee and food provided



Pathways into and out of Solid Ground



- Clients can self-refer or be referred by anyone
- Our Assertive Outreach team engage clients in the community and try to encourage them into Solid Ground
- Solid Ground is not promoted as a stand alone service
- All clients are allocated counsellors and most attend counselling in combination with Solid Ground
- Refer Solid Ground clients to other services:
 - medical detox, residential treatment, crisis accommodation, Wungening Moort, medical services support services



(1) In the words of our clients - 45 year old male, 143 sessions



- “I wanted to reduce my drinking because I was a heavy drinker. It cost me my marriage.”
- “Solid Ground has helped me a lot. It has got me back on my two feet, in the right direction. Wungening see the new me. I don’t stutter as much, more confidence. I’m not too embarrassed to ask for things anymore. To accomplish and see how far I’ve come. Standing my ground, doing all the right things for myself, speak for who I am.”
- “I find Solid Ground is 110% much more better for me because you can bring anyone here like your friends or someone that needs help and there is help if they need it and it is a safe place and what is said in here stays in here. No matter what colour or condition you are, the counsellors can help you and will get you help and put you somewhere safe.”



(2) In the words of our clients – 26 year old female, 52 sessions



- “My original reason was for amphetamine and my goal is for my health and for my children and I’d like to be a good role model one day.”
- “Solid Ground has helped me in a life changing way. My health, my mental health. Also my physical health.”
- “Solid Ground is different to other types of treatment because it’s more supportive.”



(3) In the words of our clients - 35 year old male, 85 sessions



- “My original reason for coming to Solid Ground was trying to get off my substance. Stop using inhalants. It was affecting my health. I was homeless 12 months then found accommodation.”
- “Solid Ground has helped me, it has been good. It has helped me get off inhalants. Helped me get good ideas to help me stop. Meet others who has similar issues. Given me more confidence. I speak more engage more.”
- “Solid Ground is different to other types of treatment because its cultural appropriate. I’m involved in all discussions. Staff are respectful. Easy access good location.”



(4) In the words of our clients – 48 year old female, 122 sessions



- “My original reason for coming to Solid Ground was family breakdown. Sister in law took me there to Solid Ground. I was also on the list for Palmerston but it was a 6 week wait. Only lasted 4-5 weeks at Palmerston. Came back to Wungening. I was full on in addiction. Solid Ground gave me a safe place to come and learn and help me face my addiction issues. I realised with my addiction I couldn’t do it myself I needed help.”
- “My ‘aha moment’ was when I knew a lot but never made it work for me. I then started to change my thinking to make it work for me. When something was too hard or I was stressed or triggered I used to go straight to Meth. Now I’ve learned to regulate my emotions and deal with the issues that present to me. Wungening supported me at my lowest, never judged me, never abandoned me. They provided a safe, non-judgemental space. They used person-centered approach and looked after us as individuals dealing with addiction. I could even come in under the influence and not be turned away.”
- Solid Ground is different because it had a holistic approach. Wungening always had time to see me no matter what. Linked me with other services such as Yorgum to help with past trauma. I could pick up the phone to speak with a counsellor. I didn’t have to repeat my story because counsellors were very good at handing over to each other. Very respectful and approachable. I am so much stronger now. Building my family relationships back. I am now going onto do my Certificate 4 in Mental Health.”





To summarise Solid Ground...

- It's for everybody, regardless of which stage of change they're in. We do not only promote abstinence, we also encourage contemplation and harm minimisation
- A sacred, safe, supportive, non-judgemental space
- A place for healing your spiritual, physical and emotional areas of your life which may have been damaged by substance use
- It's a space to connect with others in recovery in a positive way
- Empowers you to change if you choose to

