



## Acknowledgement Of Country

Hope Community Services would also like to acknowledge the Whadjuk people whose land we are meeting on and pay our respect to the leadership of the Elders past, present and future.





## Who Are We?



## “The Good Way”

Road to Recovery, Relapse Prevention Program.



*“The Goodway program delivered by Hope at EGRP is and has been a fantastic program for the Prisoners. The Prisoners engage well with the facilitator, with group discussions and one on one’s. Within the prisoners units, word of mouth has been spread around that; “This is the program to be on”. With the spread of this word, I currently have a waitlist for the Men and Woman and look forward to commencing the Program with the woman next month.*

*On behalf of the Prisoners and myself, I would like to thank Hope for delivering such a program to EGRP Prisoners”.*



## What is the “Good Way”

- Brief program intervention over 6 workshops
- Addresses both mental health and substance misuse to prepare prisoners for their re-entry to their family and communities
- Builds on the foundation of making a plan for the “Good Way”, a local colloquial word to express ‘doing the right thing’ or ‘the good thing’
- Choosing the focus for this work, also reflects and honours the positive, inclusive and respectful approach of local Aboriginal people in this area



## History

The “Good Way Road” to Recovery Relapse Prevention Program was scoped by Lyn Hazelton (BSW) in conjunction with the GCADS (Goldfields Alcohol And Other Drug Service).

We started the “Good Way” because we were receiving a number of requests from our Aboriginal inmates at the Eastern Goldfields Regional Prison for Alcohol and Drug Counselling and we wanted to provide a program for them that promoted connection with self, family, community and culture.



## 5 Stages of the Good Way

Story of Life and Addiction – (Relapse Prevention)

Handling the Signs - (Physical Relapse)

Dealing With Hurt – (Emotional Regulation)

Keeping on Track – (Mental Focus)

The Good Way Plan – (Relapse Prevention Plan)



## Stage 1

# Story of Life and Addiction

(Relapse Prevention)

- 1.How did I get here?
- 2.Where do I want to go?
- 3.How can I get there?
- 4.What will it take?



## Relapse

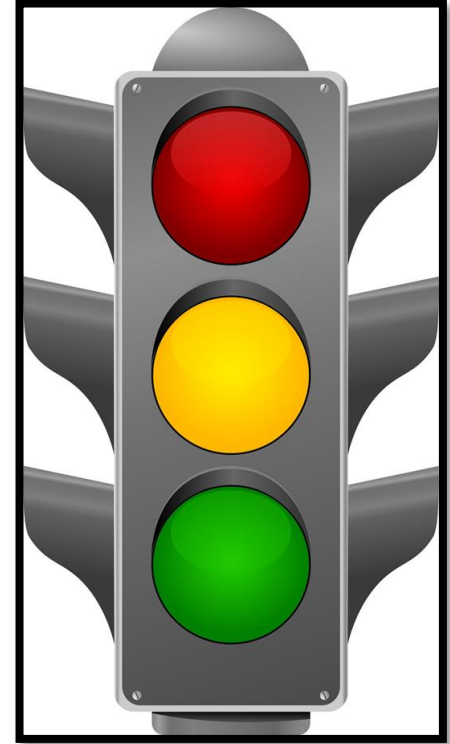
*Relapse is a process, not just an event*  
*Relapse starts weeks or even months before the event of*  
*physical relapse*





## Traffic Lights

- **Red**  
Stop before you get to the line.
- **Yellow**  
Judge with caution
- **Green**  
Clear to go.





## Stage 2

### **Handling the Signs**

(Physical Relapse)

1. How can we keep strong and what does wellness look like?
2. How can we spot our triggers, signs or relapse?
3. How do I handle cravings and replace old habits with new strengthening activities and connections?
4. How can I relax when I live with chaos and constant change?



## Stage 3

# Dealing With Hurt

## (Emotional Regulation)

1. How can we recover and rebuild after an angry outburst?
2. Cope with everyday stress that can lead to a “Slip, “Trip, or “Fall”.
3. How can we relax in 40 seconds and keep it up all day
4. What do I want to happen when I relapse and am in crisis?



## Stage 4

# **Staying On Track**

(Mental Attention)

1. How do I improve my mental focus?
2. How can I work out the best way to pay attention, avoid relapse and get best out of the moment?



## Stage 5

# The Good Way Plan

So what are we doing today?

1. How do I get back on track to recovery?
2. How do I stay on track to relapse prevention?



## Good Way Feedback

*"I would do something positive when I get cravings"*

*"Great course, gives you confidence"*

*"What I have learnt, I will give back to others that need help"*

*"I want to get to know myself and how to handle my feelings"*

*"Speaking about helping others, has helped me"*

*"Be strong for yourself and your children"*



Thank you!

Any questions?