

HOPE SPRINGS



Therapeutic Community

LEADERS
POST
REPORT
TO SITE
OFFICE



Permaculture in a Therapeutic Community

Bringing together two holistic systems.

Who we are



Mohammed Anwaar
Hope Springs TC
Manager



Harley Royce
Hope Springs TC
Facilities Manager

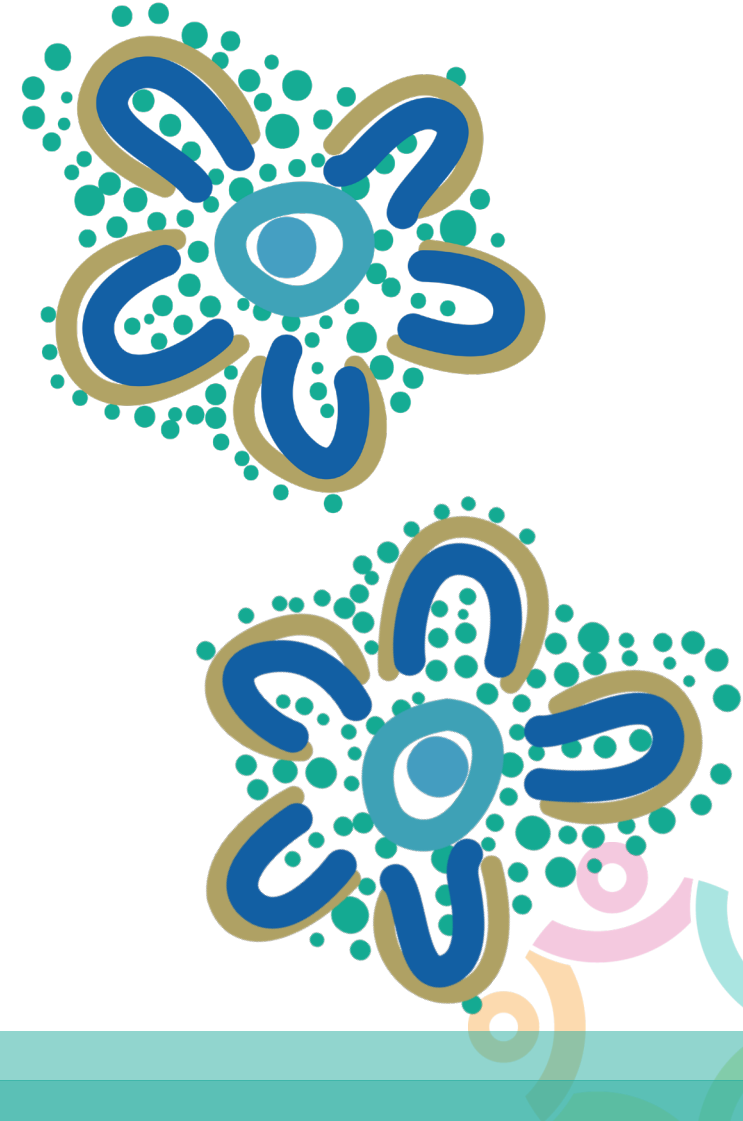


Acknowledgement

We would like to acknowledge and pay our respect to Aboriginal and Torres Strait Islander peoples, the traditional owners of the land.

We would particularly like to acknowledge and pay our respect to the Whadjuk Noongar people, on whose land we meet today, and to the Yamatji people, on whose land we are able to help others to heal.

We acknowledge that this land was never ceded, and that it always was and always will be Aboriginal and Torres Strait Islander land. We pay our respect to Traditional Owners and their Elders – past, present and emerging.



We are HOPE

- Hope Community Services is a not-for-profit organisation dedicated to supporting individuals, families and communities through some of life's toughest challenges.
- Four pillars of service; AOD, mental health, family and domestic violence, and youth justice.



Hope Springs



- Unique space for those committed to recovery
- 40km south of Geraldton
- 22 bed facility
- 7-month program + transition housing option
- Been open since 2016



The TC Approach



- Community as a method
- See ourselves through the eyes of our brothers and sisters
- Ascending steps to independence
- Mutual learning
- Accountability
- Learning different working styles
- Develop tool kit for handling challenges and difficult emotions throughout life



A new concept

- Landscaping a major focus of residents work groups.
- Saw an opportunity to turn a chore into a learning and personal growth opportunity.
- Developed a 16-week course in permaculture that is specific to context of Hope Springs.



Permaculture?

- Holistic design system that focused on development of long-term, sustainable solutions.
- 3 driving ethics:
 - People care
 - Earth care
 - Fair share
- 12 key principles
- Social permaculture



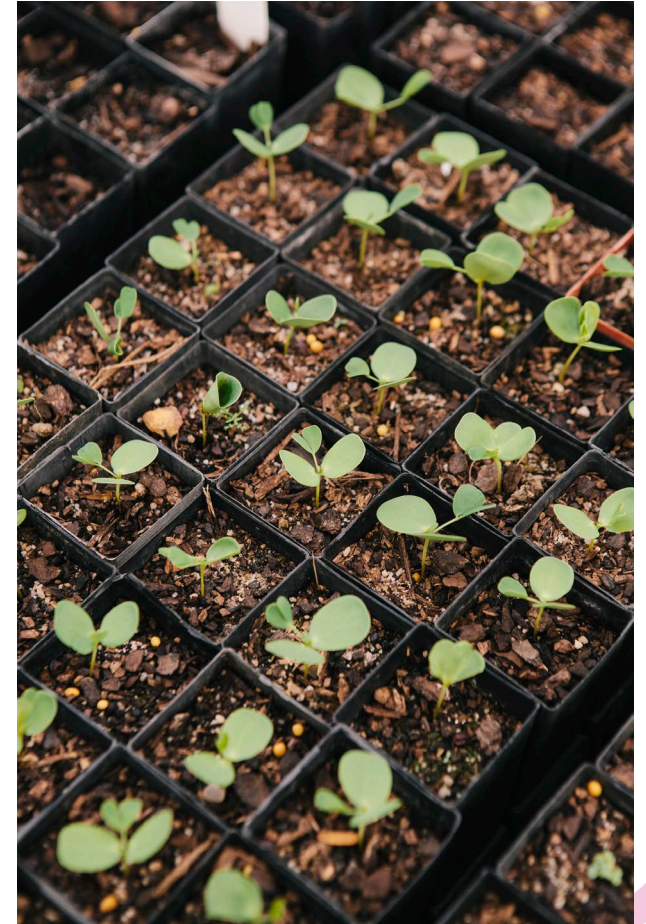
Permaculture in a Therapeutic Community

- Use concept of zones – tool to determine how a system interacts.
- In social permaculture we start with Zone 0 – which is the self, or the human part of the system.
- Examine how we belong in our ecosystem.
- Encourages holistic thinking – which will support residents in their own personal recovery journey.



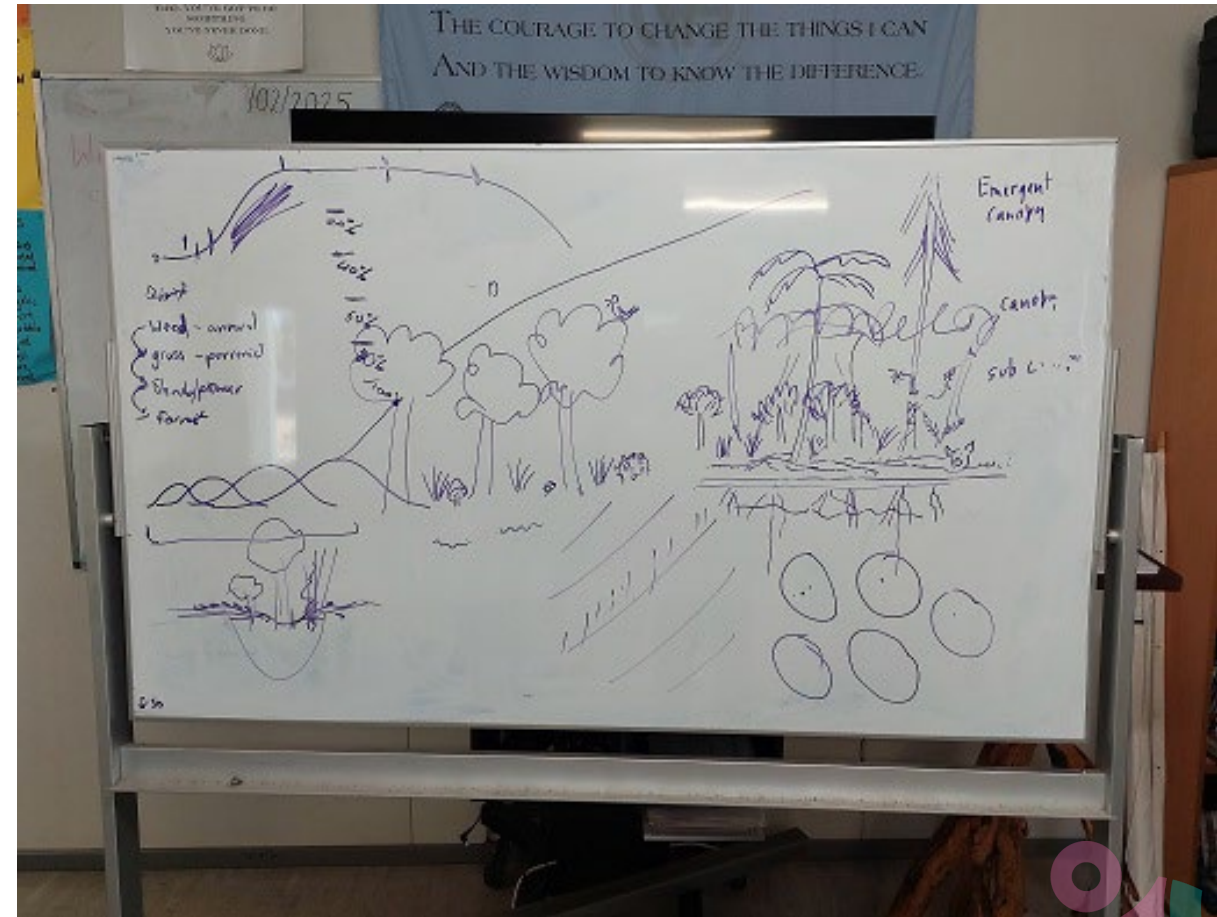
How do they align?

- Both advocate for:
 - slow and sustainable solutions
 - considered observation and interactions
 - taking responsibility and being accountable
- As part of permaculture course we run an activity to compare the ethics and principles of permaculture with the pillars of Hope Springs Therapeutic Community.



Education

- 16 week program
- Solid foundation on permaculture – adjusted to the needs of the therapeutic community.
- In class theory + ‘hand in the soil’
- Activities dependent on seasons and weather, however they include:



Community gardens



- Started introducing to residents
- Resource for residents once they leave the therapeutic community
- Enable them to access green spaces in urban areas
- Build connections with local community



Challenges

- Group is always changing – can't have a fixed, chronological curriculum.
- Concepts can be incredibly challenging for some residents.
- Seasonal changes – heat/rain can limit the 'hands in soil' time.



Client feedback

- Overwhelmingly positive
- Looking at how to better capture their experiences and use their feedback to improve and refine the program.



Goals & opportunities

- Integrating permaculture principles and ethics can lead to improved resiliency against future challenges.
- Many opportunities for permaculture to be used as a conduit to encourage connection and right living with vulnerable clients.
- Very accessible – doesn't require significant monetary investment. Can work in both low and highly resourced environments.



Conclusion



- Permaculture has given us at Hope Springs the opportunity to look holistically at client care, but from another angle.
- Equips our residents with new language and concepts to talk about their journey
- It reminds us that we are all part of the solution.





Thank you!

