

PREPARING FOR YOUR JOURNEY TO RECOVERY

A warm welcome to The Farm (The Farm in Galong). Now is the time to make plans for the time you are away and tie up any loose ends. You will need to make sure you are fully prepared before starting your journey to recovery at the Farm. This will include tidying up domestic, legal, or financial affairs, obtaining any required documentation, filling out some forms and packing the essentials.

If you have any questions leading up to your admission date, please contact our The Farm on 0404 112 428 or 02 6386 7275.

THINGS TO KEEP IN MIND

Contact restrictions. During the first six weeks of the program, you will not be able to access the internet or your mobile phone. Restricting your contact with the outside world gives you invaluable time for reflection without distraction. You will be amazed at the peace that comes with turning off the phone! However, those residents with children are required to contact them at least once a week or more from the beginning of their stay (if there are no court orders or care plans in place limiting contact).

After six weeks, you may access the phone on Wednesdays and Saturdays (subject to the approval of the case manager) and internet to do your studies at specified times. Clients are not allowed to use private email or any social media at all during the program. Access to email can be had during supervised sessions with the case manager and the tutor.

Alcohol and Drugs. The Farm has a zero- tolerance policy regarding alcohol and illegal drugs. Prescription only drugs must be prescribed by a qualified medical practitioner and taken as prescribed, and, if not, will be treated as illegal drugs and prohibited. This prescribed medication is taken under supervision. If any person is found breaching these rules the manager will be contacted immediately and the resident will be discharged.

Smoke free environment. There is no smoking at the Farm. Studies show that if you also quit smoking while you are in rehabilitation, it can improve your chances of recovery and sustained sobriety. You would also be surprised at how much money you can save!

PRE-ADMISSION CHECKLIST

- If you are in receipt of a Centrelink benefit, please make sure that your Centrelink payments are in place, and you have registered for Centrelink's online services. Please note that you are required to inform the Farm if you are being breached by Centrelink.
- Change your MyGov Login to a secret question. This makes it easier for The Farm to access your Centrelink details and make claims on your behalf.
- Tie up any loose ends with your current accommodation/rental agreement
 - Let go of rented accommodation (*For private rental tenants*)

- Make appropriate arrangements with your housing provider e.g., obtaining a rent reduction for the time of your absence from their housing (*For public housing tenants*)
- Arrange to store any possessions while you are away.
- ❑ Book or arrange transport to the Farm. Routes can be discussed with a member of our team.
- ❑ Make sure you have the following required documentation ready to bring to the Farm
 - **100 points of identification.** We have to undertake the same identification point system as all other organisations: we need a minimum of 100 points of identification from primary and secondary documents e.g., Birth Certificate, Medicare Card, Driver's Licence, Proof of Age Card, Bank ATM key card, credit card, Passport etc. We need this to prove to Centrelink and other services that you are who you say you are.
 - **A current Medicare Card.** If you have children that will also reside at The Farm, make sure they are listed on the card.
 - **Centrelink Health Care Card or Pension Card (if you are in of a Centrelink benefit).** If you do not have a health care card, you are required to obtain a Proof of Benefits card from Centrelink which has your CRN number and expiry date attached.
 - **All current medication and medication scripts (if applicable).** Non-prescribed medication must be from pre-loaded Webster type filled by a pharmacist.
- ❑ Advise family and friends of contact rules during Stage 1 of the program.

FORMS AND DOCUMENTATION

Before you come to the Farm, you need to check that the following forms have been completed and a copy has been sent to The Farm.

- ❑ Email to The Farm a copy of a doctor's letter giving approval for you to live in a remote area (if you haven't already)
- ❑ Email to The Farm a copy of your Mental Health Care Plan (if you haven't already)
- ❑ The Farm - Acceptance of Offer of Placement
- ❑ The Farm - Privacy and Consent Form
- ❑ The Farm – Child Safety Code of Conduct
- ❑ The Farm – Participant Code of Conduct
- ❑ The Farm - Trust Account Client Agreement
- ❑ Centrelink Paperwork
 - Nominee Form - "Authorising a person or organisation to enquire or act on your behalf form"
 - Notify Centrelink of your admission to The Farm in Galong.

PACKING YOUR BAGS

Due to limited storage, we ask you to only bring the essentials. Please note that bags will be searched upon arrival.

Essential Items to Pack

- All current medication and medication scripts (if applicable).
- 100 points of identification.
- A current Medicare Card.
- Health Care Card or Pension Card (if you are in of a Centrelink benefit).
- An Alarm Clock
- A wristwatch (no Apple watches etc.)
- A pair of sturdy working boots (above the ankle).

Recommended Items:

We ask that all residents arrive with a maximum of two suitcases (or equivalent) containing:

- Personal linen (Linen is provided but you may bring your own if you wish)
- Enclosed shoes
- Comfortable clothing (seasonably appropriate) (*Do not wear clothes that advertise or display drugs, alcohol, gambling or violence, or containing negative or abusive wording*)
- Toiletries (e.g., shampoo, soap, conditioner)
- One mobile phone and charger
- A Hat (for sun protection)

Prohibited items:

- Alcohol and drugs (including synthetic drugs and non-prescription medication)
- Ethanol based solutions (e.g., perfume and mouthwash)
- Drug paraphernalia
- Tobacco products/cigarettes (including e-cigarettes and vapes)
- Computers including laptops and iPads and TVs
- Heaters, fans or portable air conditioners
- Electrical appliances (excluding an alarm clock)
- Gambling paraphernalia including playing cards
- MP3 players, iPods or radios
- Clothing or other material depicting alcohol/tobacco branding, violence
- Furniture
- Weapons (including pocket knives)
- Food or drinks (including energy drinks)

Do not bring anything of significant value. For security reasons we request that residents do not bring items of significant monetary value.