



The Farm

IN GALONG

Information Booklet

**The Farm in Galong is a residential drug and alcohol
rehabilitation service for women**



ABOUT

The Farm in Galong is a residential drug and alcohol service for women situated in rural NSW. Our program is based on the Therapeutic Community method of addiction treatment. It is designed to assist women who are recovering from substance abuse. The treatment may also be helpful for women who have experienced domestic violence, abuse, trauma, homelessness or incarceration.

The Farm in Galong aims to equip women who have been harmed by substance abuse with the skills they need to lead productive and meaningful lives.

Supported by a caring community of fellow residents and qualified staff, women are encouraged to aim high to become the people they were always meant to be.

The Farm has a particular focus on women who have had children removed from their care and works with relevant stakeholders towards the restoration of children to their mothers where possible.

Our program is based on the Therapeutic Community method of addiction treatment, where residents learn about and encourage each other to model ordered and productive behaviours.

At The Farm, residents live a regular life of study, reflection and manual labour. Reflection exercises through regular journaling sessions, meditation in the onsite chapel, and philosophy studies also leads residents to encounter and realise their innate dignity, which for many is a major stepping stone towards long-term recovery.



The Farm in Galong holds QIC Health and Community Services Standards accreditation (2021-24), is a member of the Network of Alcohol and other Drugs Agencies (NADA) and an affiliate member of the Australasian Therapeutic Communities Association (ATCA).

If you are aware of women who could benefit from The Farm's program, contact us using the contact details at the back of this booklet. We look to helping more women who want to reinforce their recovery from substance abuse to attain self-efficacy.

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A PLACE OF RESTORATION

From the very beginning, The Farm has always focused on being a place of restoration for its residents.

RESTORATION

The Farm occupies four beautiful old buildings on a three-acre garden. It is being restored to its former dignity by the love and hard work of the people who live here. Residents help to maintain the grounds and buildings and are assigned tasks such as animal care, bee keeping, and flower/vegetable gardening.



GROWTH

Many hours are spent cultivating the garden and growing vegetables. Working with nature is soothing and enables residents to provide for themselves and others. Spiritual growth is also facilitated at The Farm. Residents are encouraged to reflect on their journey through reflection, meditation and journaling.

DEVELOPMENT

The education and training component helps residents to take responsibility for their lives. During their stay at The Farm, residents complete a qualification in a chosen area to help them enter the job market. Tutors are available to assist residents with their studies.



WOMEN & CHILDREN

Women with children under the age of 12 years can bring their children to The Farm during their stay here. We recognise that for many women it is a great weight off their minds knowing that they can still look after their children while they undergo rehabilitation.

We offer the following supports for women with children:

- Each child staying with their mother at The Farm is assigned a case manager who develops an individualized service plan for the child.
- During the times of the mother's therapy and study, the child will be cared for by qualified staff.
- Mothers undertake parenting classes with a qualified family therapist to develop skills to care for their children.
- For women with children in out-of-home-care, access visits can also be facilitated at The Farm.
- Where restoration is possible, the transition of the child to the mother's care can commence while the mother completes program at The Farm.



PROGRAM ELEMENTS

The Farm's program is geared towards helping residents become more aware of the issues underlying their problems, and providing them with the tools to attain self-efficacy.



01 INDIVIDUAL COUNSELLING SESSIONS

Residents have one-to-one counselling sessions. Counsellors are fully qualified and accredited and undergo required clinical supervision regularly.

02 INDEPENDENT LEARNING

Residents work through learning modules at their own pace. These are targeted to their unique needs and aim at addressing any underlying and ongoing problems that are preventing full participation in life. We also have in-house seminars on philosophy, the therapeutic community model and relapse prevention.



03 CASE MANAGEMENT

Residents receive one-on-one case management to ensure a consistent focus on individual goals. Case managers help with:

- legal and financial matters
- further education
- budgeting
- housing
- employment, and
- reunification with children and other family members.



'Work assists with permanent recovery ...'

'We also have in house seminars on philosophy...'

04 GROUP THERAPY

Group sessions are held regularly. These are a chance for residents to explore any particular issues that may be affecting them.

05 SKILLS FOR LIVING

Residents help in the day to day running of The Farm. This includes:

- animal care
- growing vegetables / gardening
- cooking for the community
- budgeting and taking part in social enterprises
- minor repairs and maintenance work

06 GETTING READY FOR WORK

Work assists with permanent recovery because it provides money for life's expenses, helps to develop positive social networks and is a means of allowing a person to be productive member of society.

As residents progress through the program, they begin a course of study in an area that they may eventually work in. These are normally done through TAFE online, but other education providers are also considered.



ELIGIBILITY CRITERIA

To participate in the program, the applicant would fit the following profile (with assessment of people on a needs basis as well):

- The applicant has had a problem drug and/or alcohol using history longer than two years
- The applicant is female and 20 years of age or older
- The applicant has been assessed as being motivated to change
- The applicant has a sign-off from a GP to say they can live in a remote area
- The applicant does not have a major psychiatric condition

N.B. A major psychiatric condition is a mental health condition that The Farm is not equipped to manage due to staffing constraints and our remote location. Applicants with a major mental health condition will need a doctor's letter approving a stay at a remote location like at The Farm in Galong prior to acceptance into the program.



COSTS

Residents contribute 80% of their benefit entitlement or equivalent.

APPLICATION PROCESS

Applying to The Farm takes just a phone call. The staff at The Farm will guide the applicant through the application process.



01 PHONE INTERVIEW

Call 0404 112 428 or 02 6386 7275 for an initial phone chat. During this chat, we will ask information about the applicant to ensure they receive the best treatment options and to see if The Farm in Galong will suit their needs.



02 INITIAL APPLICATION

The next step is to fill out these forms:

- Application form
- Consent to share information form

These forms will be emailed/ posted to the applicant after the phone interview. Alternatively, these forms are also available at www.TheFarmInGalong.com.au



03 PRE-ADMISSION

Nearly there! If the application is approved by The Farm, we will send an Offer of Acceptance of Placement for the applicant to sign.

During this time, we encourage applicants to remain in contact with us so we can assist them as they prepare to join us.

TESTIMONIALS

The Farm in Galong can be that necessary step towards long-term recovery, as many of our previous graduates can testify.

“I’m back home now with my two kids and family and couldn’t be happier. I am thankful for my time at The Farm. Without the help from the staff and clients, I wouldn’t be where I am today.

“Being with other girls who have experienced the same sort of struggles as me made it a lot easier to heal and grow a stronger support network. This was also helped through classes like relapse prevention in the first six weeks, time for study and research for course work and for personal interest.

“Working out in the garden, growing our own veggies, learning to budget wisely and learning “to do what you can, with what you have.” This helped me to become simple and content, learning to not want material things and not to stress about things of no importance at all.

“My time at The Farm was warm and welcoming. [During] that time I studied my Certificate III in Community Services and successfully completed it. If there was one thing I enjoyed the most (it is hard to choose one!) it would be the time you get to focus on yourself and learning to be proud of yourself again and the close bond you make with the people there.


“What an impact the place has had on my own self ... I hope they [the residents there] were able to not take that for granted and realise it was a blessing not just time spent because they had to be there. I can’t wait to come back and spend some time there.

“Being at The Farm was a time to heal and be clear of mind in order to self-regulate behaviours and adopt new positive routines for a healthier lifestyle. I was able to gain new employment for my return home. Thank you to all the staff for their support.

CONTACT US

We are available to answer any questions and work with applicants and their family/ support workers to decide if our program is suitable for their needs.

Call us Monday to Friday 8am to 8pm

 (02) 6386 7275

 0404 112 428

Email us anytime at:

 Office@galongfarm.org

 Kate.Cleary@galongfarm.org

Write to us at:

PO Box 151

Harden, NSW 2587

To find out more about The Farm in Galong visit:

 www.TheFarmInGalong.com.au





The Farm

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A residential drug and alcohol rehabilitation
service for women

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