



Program Packet



Victory Recovery Homes Inc.
ABN 95 258 823 224



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Mission Statement

The Victory Home is a ministry of the local church. The home provides a residential, Christian environment for men and women. The purpose of the home is to reclaim, redeem and restore lives that have been destroyed or disrupted by drugs, alcohol and/or other substance abuse by establishing three essential values;

- A Commitment to Christ*
- Restoration of the Family*
- A Positive Work Ethic*

ABOUT THE PROGRAM

Victory Homes Sydney has been established since 2017 and we are part of the wider movement with Victory Outreach International, which was established in 1967. We have a network over 500 International Recovery Centres & Churches in over 30 different countries. Since our humble beginnings our Mission Statement has never changed and we strive to help people within society whom have lost their way to substance abuse, criminality, gang violence etc. We specialise in reaching Treasures out of Darkness (Isaiah 45:2-3).

Programmes can be very start and end so we prefer to educate our people to make permanent lifestyle changes which would be sustainable after leaving our assisted accommodation facilities. We encourage to pursue one of the Reintegration Pathways made available for a successful re-entry to independent living and to continue in their sobriety & future success.

Victory Homes has evolved into an effective client focused, long term, drug-free service. Our program delivery occurs within a structured, safe and supportive environment, which promotes an abstinence model of addiction recovery. A core value of the Victory Home Recovery model is the component of a peer community & family setting to promote constructive social and psychological change in individuals. Each client is involved in working with each other and taking responsibility for their own progress.

At the Victory Home we believe that no one is past the point of change. We believe the difference we provide is that our team not only work with our residents but we also assist families and provide pastoral counselling to help achieve healing for the whole family. Since 1967, many of our graduates have reconciled with families, become upstanding members of their respected communities, leaders in the church, gone on to play professional sports, opened businesses and given the honour to serve & mentor people like themselves.

A THERAPEUTIC COMMUNITY

Therapeutic communities have a strength in recovery, focusing on the whole person and overall lifestyle changes, not just abstinence from drug/alcohol use. The healthy community is a key element for promoting personal change and a loving culture. This is model brings the recovery journey into a home style environment as opposed to an institution or hospital.

ESSENTIAL ELEMENTS OF A THERAPEUTIC COMMUNITY MODEL INCLUDE THE FOLLOWING:

- Residents participate directly to all activities
- The use of community feedback is highly encouraged
- The family environment requires a higher level of honour & respect in the community.
- The use of shared principles and values
- The relationships established between residents and staff are used to encourage each other to engage & endure in the recovery journey.

The Program utilises individual counselling and group sessions to achieve its goals. Group sessions involves educational, therapeutic and support groups addressing topics such as; anger management, guilt, shame, social skills, assertiveness and communication training, relapse prevention, etc.

ADMISSIONS

REQUIREMENTS FOR ADMISSION:

- The Victory Home is currently a men's only program.
- Applicant has detoxed from illicit/licit drugs and alcohol prior to entry.

- The applicant has identified that their life has become unmanageable with addiction.
- The applicant is 18 years of age or older. Staff will determine whether the Program will be supportive of their needs
- Assessment of applicant's personal motivation and desire to stop using prior to admission
- Applicants diagnosed with major mental health issues cannot be accepted due to constraints and demands of the Program, meaning that we are unable to support their needs. However, dual diagnosis clients who are stable and are taking prescribed medication will be accepted on a case-by-case basis.
- Applicant provides their full criminal history for review. Some crimes we are unable to house due to the dynamics of our home and insurance purposes.
- Assessments will either be completed by staff over the phone on initial contact with the applicant. Then an appointment must be made for a formal assessment, where you will also be advised of the approximate waiting time until a vacancy is likely to be available
- The applicant needs to maintain regular contact as recommended until admission is negotiated
- The applicant will be placed on an assessment waiting list until the requested reports, consent form, other requirements are provided/met
- The applicant must have the full amount of (non-refundable) Induction Fee to pay upon admission via bank transfer.
- The applicant must be eligible for Centrelink payments
- The applicant must be willing to agree to the Program rules.
- The applicant must be fit enough to fulfil work elements of the Program

Note: ***Residents are unable to attain employment whilst in the program*

***Potential residents who staff determines to be under the influence of drugs or alcohol will not be able to enter the Program.*

***Random urine urinalysis is consistently conducted during program participation.*

PROGRAM OVERVIEW 4 PHASES

INDUCTION & ORIENTATION

The initial stage is a 2 week period and called the Induction & Orientation Phase, which involves the following:

- The new Residents become familiar with their new environment
- A time of no interaction with the outside environment
- A time of cutting off all ties to their old lifestyle
- Learn the History & Vision of our Program
- A time of being nurtured and supported to stay committed to the program
- The new resident will be supervised by a senior resident at all times for accountability
- Residents in the Orientation phase are not allowed visits or contact with anyone outside the program unless approved by staff.
- Mobile phones are not allowed until Final Phase (10-12 months) if trust and accountability is established.

PHASE ONE (0-3 MONTHS)

The next phase is called Stage One. This is where residents are:

- Experiencing the benefits of a drug-free and victorious lifestyle
- Visits at the Home begin after 2 weeks with pre approval & if not on discipline.
- Gaining an understanding of basic human behaviours and developing life skills
- 1st Book Report Due

- New Beginnings Course & Phase 1 Curriculum Requirements
- Making an informed choice about future treatment needs and options
- Education on issues such as relapse prevention, relaxation,, basic nutrition, conflict resolution etc.
- Basic sessions on anger, shame, grief and loss, fear and guilt, self-esteem etc.

PHASE TWO (4-6 MONTH)

- During Stage Two of the program, residents continue their recovery in a physical sense. The emphasis during this stage is on emotional and spiritual growth with the support of other residents and staff
- Fortnightly Day Passes with family begin if behaved & starts for 2 hours and slowly increases. Drug testing is done upon return
- Man2Man Course & Phase 2 Curriculum Requirements
- A time of increased feelings of self-worth, gaining self-confidence in decision-making and learning through consequential thinking
- A time of restructuring lifestyles, developing healthy attitudes and activities and setting realistic goals
- A time of exchanging false belief systems and learning Cognitive Behaviour Therapy through self-regulating behaviour

PHASE THREE (7-9 MONTH)

Stage Three is where the residents in this level:

- Take on a role of responsibility for the overall running of the program
- Full Day Passes begin & drug test done upon return.
- Learn management and people skills
- Valiant Man & Phase 3 Curriculum Requirements
- Learn stress management and time management
- Learn selfless behaviour and positive role modelling
- Identify and address Power and Control issues within their behaviour and belief systems
- This is also the phase when residents begin the process of networking and discussing an exit plan with staff to move into transition phase
- Setting goals for the future

PHASE FOUR – REINTEGRATION PREPARATION (10-12 MONTH)

Stage Four is called Reintegration Phase and this is where the residents have a supported structure for integration back to the outside world.

The residents in this level of the program are:

- Can have phone full time & be positive role model for other residents.
- Required to volunteer time in some area of Victory Outreach Church.
- Required to be actively seeking employment or vocational training
- Required to attend certain groups within the program
- Required to be actively participating in continued accountability with Staff

GRADUATION (COMPLETE OF ALL PHASES)

Graduation of the program is a celebration of the success of completing the program, and is also a step towards, and continuation of, living in a supportive environment and maintaining:

- A clean and sober life
- A positive influential life in the community
- Positive relationships and healthy boundaries
- A spiritual foundation through prayer, the Bible and networking with like-minded people

5 REINTEGRATION PATHWAYS (AFTER GRADUATION)

1. **Transition back with Family/Marriage** or positive Support System.
2. **Enter Discipleship Phase** (still live onsite but can work, study or volunteer)
3. **Attend UTC (Urban Training Centre)** with Victory Outreach International
4. **Transition to Personal Residence**
5. **Start Internship with Victory Home** as staff & assist mentoring new residents.

COUNSELLING AND CASE MANAGEMENT

Residents can access counselling sessions with registered Psychologists or counsellors if requested and we can organise appointments with these professionals whom we are affiliated with in alignment with our weekly schedule. Our supportive and professional case management team help address the residents physical, mental/emotional, social and spiritual needs by providing ongoing support throughout the program as well as community advocacy where needed.

If at any time residents are finding things difficult they may find it helpful to talk with other residents or approach a staff member for support.

VARIOUS GROUP SESSIONS

SPIRITUAL GROUPS

VICTORY HOME BIBLE CURRICULUM

This is basic bible studies and foundational Christian Teachings to help build a solid faith and spiritual understanding. Learn the fundamental Christian values and principles that will help rebuild our life, character and faith.

MORNING CHAPEL

This group takes place every morning and establishes the opportunity for residents to grow spiritually and gain further understanding on how the spiritual disciplines apply to their day to day life and recovery. It consists of Prayer, Personal Devotion Time, Singing Worship Songs and to hear an inspiring message from one of our staff or volunteers.

PRAYER NIGHTS

This takes place on Wednesday Nights at the church where we join the Victory Outreach Church congregation for an hour of Prayer and Fellowship.

PEER GROUPS

COMMUNITY OUTREACH

These take place during the week where we go and serve our community in various ways such as; Feeding the Homeless, Youth Outreach, Encouraging others in active addiction and serving those less fortunate and in need with services free of charge to but as voluntary work experience for our residents.

MAN 2 MAN, NEW BEGINNINGS & VALIANT MAN

These are ten week educational courses on spirituality & faith, peer support recovery, addiction education & mature manhood.

HOUSE MEETINGS

House Meetings take place every Monday and are designed to address a variety of different issues occurring in the house. These can include conflicts between residents, confronting other resident's behaviour or attitude and addressing any rules that have been broken or to bring into a person's awareness. We also go over the past week & what we've learned & come to appreciate.

Rules of Issues and House Meetings are as follows:

- i. They can under no circumstances, occur without staff present.
- ii. Use active listening skills & only one person speaks at a time.
- iii. No swearing and no outbursts of anger.
- iv. Respect other people's opinions, even if not in agreement with them
- v. Do not place blame on others or justify behaviours
- vi. Look for a way to support a change in behaviour
- vii. Everyone is to actively participate and always use "I" statements
- viii. Keep focused on a solution & look for Win/Win situations
- ix. Time out may be given if anger is arising
- x. No leaving group without permission

EDUCATIONAL AND THERAPY GROUPS

These groups are designed to teach new skills and redevelop old skills to enable residents to cope with stresses, emotions, conflicts and the general "ups and downs" of life. Some of the groups held include:

- Anger management
- Conflict resolution skills
- Relapse prevention
- Fitness and Gym Classes
- Self-Accountability
- Health education
- Healthy communication skills
- Strong House Model

SOCIAL GROUPS AND ACTIVITIES

DAY OUT

Every six weeks the residents are blessed with an opportunity to socialise, relax, escape from the seriousness of the program and have fun. A variety of activities are available eg. Beach day, camping, BBQs, ten pin bowling, bush walks, game days and other outdoor activities.

BIRTHDAYS

We believe in providing a caring home environment for our residents, and celebrating birthdays is one way we let the residents know we care.

DVD & TV NIGHT

A relaxing night at home where the residents can watch some "positive" DVDs or Christian Films, have a snack and relax on the lounges.

PROGRAM RULES

BREACH OF RULES WILL RESULT IN DISCIPLINE OR CAN RESULT IN DISMISSAL FROM THE VICTORY HOME.

- No possession and/or use of tobacco, alcohol, drugs or any other mind-altering substances
- Group sessions, Chapels, Church & Work Experience are mandatory parts of program.
- No sexual activity on or off the premises including pornography.
- No acts of violence or threats of violence to any persons or property.
- No denial of random urine analysis
- No mobile phones for first 3 months & slowly given once trust is built.
- No possession of any drug-related equipment eg. syringes, bongos, unprescribed meds.
- Residents are not allowed in office, directors quarters or away from property without permission.
- No indirect threats of violence to others or inappropriate joking of any kind.
- No gambling, stealing, self harm or self medicating allowed.
- No excessive conversations or being alone with any women from the community or church.
- No withholding knowledge of anyone breaking a Rules
- Respect all staff, residents & volunteers just as you want to be respected.
- No personal vehicles or pets allowed only near or after graduation.
- Not taking of other people's medication or property.

DAILY PROGRAM

(SAMPLE ONLY)

6:30am – 7.00am	Wake up, shower, bed and room tidy
7.00am – 8.00am	Morning Chapel
8.30am – 9.00am	Breakfast
9.00am – 9.30am	Chores
9.30am – 11.00am	Gym / Fitness
12.00pm – 12.30pm	Lunch
1.00pm – 2.00pm	Group Session
3.00pm - 5.00pm	Free Time
5.30pm – 6.15pm	Dinner
6.15pm – 7.00pm	Curriculum Studies
7.30pm – 9.30pm	Community Outreach
9.30pm – 10.30pm	Free time
10.30pm	Bed/lights out

EXITING THE PROGRAM

Residents that choose to exit the program before graduation are free to do so at any time. We advise them to meet with our staff and discuss the departure plan & goals of their decision.

Residents that are discharged for disciplinary reasons may re-apply after a 30 day period. During this period the discharged client is not to have access with Victory Home residents or to enter the Victory Home property. Access may only be granted following a formal interview between that client and staff following the four week cooling off period.

WHAT TO BRING

- Medicare Card
- Healthcare Card
- Bank Card or Debit Card
- Photo I.D (e.g. Drivers Licence or 18+ card)
- Program induction fee. **(non-refundable)**
- Reports from services, such as Mental Health, Probation, Parole etc.
- Enough spending money for two weeks (approx. \$20)
- Appropriate clothing and footwear (for Church & Work Experience)
- Toiletries (e.g. soap, shampoo, toothbrush, nail clippers etc.)
- All prescribed medication and prescriptions from your medical practitioner (e.g. Ventolin, insulin etc.) These will need to be handed in to staff upon arrival
- Towel/face washer

WHAT NOT TO BRING

- Any drugs (illicit or alcohol (e.g. Valium, Serapax, Panadeine forte, barbiturates, etc.)
- Any expensive personal belongings (e.g. jewellery, watches)
- Knives, scissors, sharp items and/or weapons
- Mobile phones, ipads or laptops
- Worldly Music with inappropriate lyrics or themes
- Any offensive or provocative clothing or material (e.g. alcohol or drug theme clothing, offensive logos, gang clothing, see-through clothing, CDs, videos)
- Clothing or jewellery with drug and/or alcohol symbols or advertising
- Cigarettes, Tobacco and/or pouches of tobacco (these will be confiscated on arrival and disposed)
- Books, cards, games or the like with mystical or witchcraft themes or emblems.

PRICING

INDUCTION FEE (NON REFUNDABLE)	\$600 UPON ENTRY
NEWSTART/JOBSEEKER	\$600 PER FORTNIGHT
DISABILITY SUPPORT PENSION (DSP)	\$750 PER FORTNIGHT
YOUTH ALLOWANCE	\$550 PER FORTNIGHT

*If you are eligible for Centrelink payments, you may be eligible for Pharmaceutical Benefits and Rent Assistance.

Phone: 0424 321 296 / 02-8798-2634

Email: recovery@vosydney.org

Website: VictoryHomeSYD.com.au