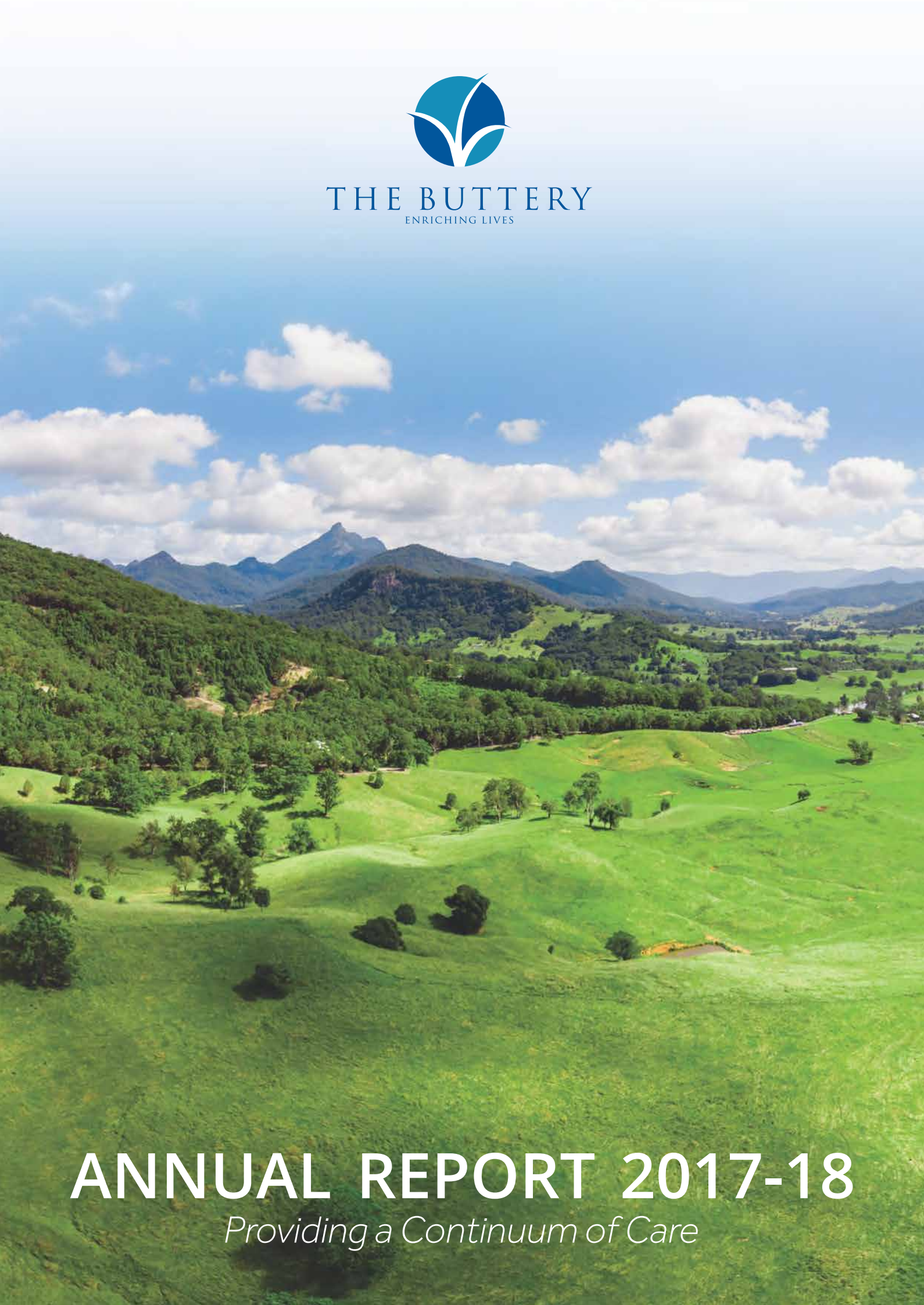




THE BUTTERY
ENRICHING LIVES



ANNUAL REPORT 2017-18

Providing a Continuum of Care



THE BUTTERY
ENRICHING LIVES

OUR VISION:

Is to enrich lives

OUR MISSION:

*Is to provide pathways for everyone
to reflect, learn, share and grow*

The Buttery's residential and community programs are evidence-based and represent the latest in recognised best-practice.

The Buttery's residential and community programs and management and governance systems are accredited under Australian Service Excellence Standards (ASES) and are audited by Quality Innovative Performance (QIP).

As a member of the Australasian Therapeutic Communities Association (ATCA), The Buttery's Therapeutic Community (TC) and Maintenance to Abstinence (MTA) programs are further accredited and comply with ATCA's standards for best-practice.

As a charity, The Buttery relies on the generosity of the community and the support of State and Commonwealth governments and agencies.

The Buttery is an independent, community organisation not aligned with any political or religious group. People are treated equally and without discrimination.





Providing a Continuum of Care

The Buttery helps teenagers and adults who have drug and alcohol misuse, gambling and mental health issues.

Founded in 1973, The Buttery has developed into a provider of fully-integrated evidence-based programs. It now delivers continuous pathways of care for teenagers and adults who may have mental health and/or addiction issues.

People can be supported in every stage of their recovery, in their efforts to avoid relapse or to minimise the harm of addictive behaviours.

The Buttery is unique because of the range, scale and integration of what it offers. All programs are evidence-based, best practice and covered by a rigorous quality assurance program.

The Buttery now conducts three residential programs and 10 separate but integrated programs based in the community.

The addition of two new programs this year addresses the diverse needs of even more people.

The Alcohol and Other Drugs Continuing Coordinated Care Program helps people in recovery from addiction avoid relapse.

Through the Young People's Early Intervention Program, The Buttery now helps even more young people aged 12-24. Last year, more than 1240 people across NSW Mid North Coast and Far North Coast took part in one or more Buttery programs.

The Buttery's new user-pays social enterprise, The Buttery Private applies proven expertise to helping even more people. It also generates funds to support The

Buttery's charitable works.

All programs are integrated with and informed by The Buttery's highly respected residential treatment model. People who do not require or who are unable, due to their personal circumstances, to participate in residential treatment, can live at home and access a wide range of services across the NSW Mid and Far North Coast areas. These programs also provide aftercare to help people avoid relapse following treatment. In some cases, participants in community programs transition into Buttery residential treatment.

The Buttery is independent and secular. A deductible gift recipient, it is holistic and inclusive, embraces diversity and operates within a non-discriminatory framework.



HIGHLIGHTS

The Buttery comes closer to achieving a Continuum of Care

With the commencement of additional youth and aftercare programs and the consolidation of The Buttery Private, The Buttery has come closer in 2017-18 to providing a fully-integrated treatment model.

Now teenagers and adults in the NSW Mid and Far North Coast Regions can be supported in every stage of their recovery, in their efforts to avoid relapse or to minimise the harm of addictive behaviours.

The Buttery treats the highest number of clients in its history

Due to an ever-increasing need and unprecedented philanthropic support alongside increased Commonwealth and State funding, The Buttery, organisation-wide treated more clients in the 2017-18 financial year than in its 40-plus-year history. Some 1,240 individuals were assisted through Buttery residential and community-based programs.



THE BUTTERY PRIVATE
FOUNDATIONS FOR WELLBEING

The Buttery Private, The Buttery's new social enterprise, delivered four intensive Wellbeing Programs to 25 participants at an idyllic location near Mount Warning/ Wollumbin. This established the viability of The Buttery Private. Surplus funds from the user-pays program are applied to The Buttery's charitable works.

New research reconfirms the effectiveness of our Residential Programs

Researchers from the The University College of Rural Health completed two studies into the effectiveness of Buttery residential programs. They confirmed that The Buttery's Therapeutic Community and Maintenance to Abstinence Program help participants achieve a high long-term rate of non-relapse. Board member, Rosemary Warnock generously supported the cost of the research projects in memory of her late husband, John Warnock.



Established Ballina Youth Treatment Program (BYTS)

This program provides Alcohol and Other Drug treatment for young people and promotes The Buttery's aftercare programs for young people who leave out of home care and correctional facilities.

Established the Alcohol & Other Drugs Continuing Coordinated Care Program

The AODCCC provides support such as assistance in finding employment or accommodation for people in recovery from long-term substance misuse. Although not a counselling service, its aim is to prevent relapse and to help people, reintegrate into the community free from substance misuse.

Expansion of the Family Counselling Program

The Buttery's Free Family Counselling Program has been helping the families of people affected by substance misuse since 2009. The Program is fully supported by philanthropy. To meet an increasing need for the program, the counsellor's hours were extended to three days per week. New community-based self-help groups mediated by trained counsellors were also established in conjunction with The Buttery's b.well program.

Appointment of new Chairman Sandy Lockhart

Long-term financial supporter and champion of the work of The Buttery through The Buttery's Sydney Committee, Sandy Lockhart was appointed Chairman. Sandy is founder of a Private Equity firm and has had a long association with The Buttery. Former long-serving Chairman, Professor Robert stepped down from The Buttery Board at the 2017-18 Annual General Meeting. The Buttery is most grateful to Professor Weatherby for his contribution to advancing the work of The Buttery.

Established the Young People's Early Intervention Project

This new program is for young people 12-24 and their families. It aims to prevent drug and alcohol misuse and to provide counselling as needed. The program provides services across the Mid and Far North Coast Regions of NSW from nine separate offices.

Buttery Sydney Committee held two successful Buttery Talk events



To thank existing donors and to involve others who may be interested in supporting, The Sydney Committee of The Buttery holds invitation-only talk events in the Sydney CBD. The events feature a high-profile speaker who speaks on a topic of general interest and include a presentation by a former Buttery resident. In 2017-18 QC, photographer and author, Mark Tedeschi QC spoke at King & Wood Mallesons, and former Premier of Victoria, The Hon Jeff Kennett AC spoke at an event at Equity Trustees Limited. Former Buttery resident, Edwina Lloyd, a criminal lawyer, lecturer and Lismore Councillor also spoke. The Buttery gratefully acknowledges the support of Chairman Sandy Lockhart who supports catering costs.

THANK YOU!

The Buttery relies on generous donors, volunteers and the Commonwealth and State Government to help so many people who may have substance misuse, mental health or gambling issues. On behalf of The Buttery Board, Sydney Committee, staff and the more than 1,200 people we helped last year, thank you.

DONORS

We are very grateful to everyone who, through their support, is part of delivering The Buttery's life-changing mission.

Special thanks to Brian and Peggy Flannery for their continuing support through the Flannery Foundation. During the year a number of other foundations and trusts supported specific projects of The Buttery. These include: Angel Fund; The R & L Uechtritz Foundation, The Northern Rivers Community Foundation, The Milton Corporation Foundation and the Portland House Foundation. Special thanks also to, Chairman, Sandy Lockhart for his generous financial and practical support.

Many other individuals also give year in year out to ensure The Buttery can continue helping people. This loyal support is very encouraging to the staff of The Buttery.



THANK YOU!

RECOVERY CIRCLE DONORS

THE RECOVERY CIRCLE is a special group of generous people who make a regular donation in support of The Buttery. Membership is growing and it is open to anyone willing to give as little as \$10 a month. In 2017-18 Recovery Circle donors contributed to improvements in buildings and amenities for residents of The Buttery's Therapeutic Community.

For details about joining The Recovery Circle:



Recovery Circle

www.buttery.org.au/join-the-buttery-recovery-circle/



Fran Peacock and Lily Schmelzle were able to expand The Buttery's Family program thanks to the generous support of donors.

THE BUTTERY SYDNEY COMMITTEE

The Buttery Committee meets regularly in Sydney in the board room of Next Capital, whose founder, Sandy Lockhart is also Chairman of The Buttery Board of Directors. The Committee helps raise the profile of The Buttery among influential people, helps raise funds and when requested provides The Buttery Board with strategic financial and



THE BUTTERY SYDNEY COMMITTEE

The Buttery Sydney Committee helps raise the positive profile of The Buttery and assists with fund raising. From left: Graeme Martin, Nick Nichles, Paula Nassif, Adrian Slater, Rita Uechtriz, Richard Herlihy OAM, Sandy Lockhart (Chair), Kevin Eley, Graham Cowley, Justin Herlihy, Adriana Cecere, Chris Benaud (The Buttery), inset - Jonathan Dunlop

management advice. The Committee also holds Talk Events during the year to help raise the profile of The Buttery. One of the Sydney talks featured former Premier of Victoria, Hon Jeff Kennett AC and criminal lawyer, drug law reformer and former Buttery resident, Eddie Lloyd.

VOLUNTEERS

The Buttery is supported by 70 or more volunteers. These kind people provide practical help such as driving Buttery residents to NA and AA fellowship meetings and office support. All Board and Committee members are volunteers and receive no remuneration for the hours and hours of service they give.

GOVERNMENT

The Buttery acknowledges the support for the Therapeutic Community by NSW Health through the Northern NSW Local Health District; the Magistrates Early Release Into Treatment Program and the Medical Students Placement Program of the University Centre for Rural Health, North Coast. The Maintenance to Abstinence

Program is funded by the NSW Health Alcohol and Other Drugs Centre for Population Health. The BYTS program is funded by NSW Health. The Buttery's INTRA community program is funded by the Department of Health (Commonwealth). The b.well program and AODCCC are also funded by the Department of Health (Commonwealth). CORE and the Young People's Early Intervention Project and AODCCC are funded by the North Coast Primary Health Network. Partners in Recovery is funded by Mission Australia as the lead agency funded by the Department of Health (Commonwealth). The Northern Rivers Gambling Counselling Service is funded by the Responsible Gambling Fund managed by the NSW Department of Industry.



Australian Government
Department of Health



UNIVERSITY CENTRE
FOR RURAL HEALTH
NORTH COAST
education research workforce



Health
Northern NSW
Local Health District



Report From The Chairman



The goal of The Buttery is to provide the best possible treatment to people suffering addiction and mental health issues, whether they be alcohol, drug, gambling or otherwise. A second goal is to expand these services to meet the growing need for them. Prevention, education and providing aftercare to prevent relapse are also important parts of The Buttery's mission. Achieving these objectives is challenging at a time when both the Commonwealth and State Government are under pressure to rein in deficits and face increasing demands from other social service providers. The Buttery's approach to these challenges has been threefold. The first has been the establishment of the Buttery Private, a social enterprise, which has been designed to offer residential treatment to those people that cannot afford the time required for the traditional program offered at the Therapeutic Community. The expectation is that this user pays program will be able to support other philanthropic endeavours

of the Buttery once it has achieved higher occupancy numbers.

The second has been to develop and expand a number of outreach programs to several local communities. The Buttery's reach is now more extensive than at any time in its history. The fact that many of these have achieved high utilisation numbers in their first year of operation reflects the organisation's reputation and the obvious underlying need for the services.

The third has been the further development of non-government support through donations from both corporations, endowments and individuals.



The goal of The Buttery is to provide the best possible treatment for people suffering addiction and mental health issues...

Fund raising from these sources reached record levels in the past year and played a critical role in supporting many of the services offered by the organisation.

Without question the Buttery is like any other organisation. It is only as good as the people that support it. The Buttery's success is due to the commitment of staff and volunteers, the contribution of the Board and Sydney Committee (all volunteers), the very generous donors, foundations and Government funders. Specifically these are the North Coast Primary Health Network through the Australian Government's PHN Program, the NSW Ministry of Health under

the NSW Government's Drug and Alcohol Package and the NSW Responsible Gambling Fund.

On behalf of The Buttery and the many people served, I acknowledge and thank all of these individuals and organisations.

I also acknowledge the contribution of The Buttery's former Chairman, Professor Robert Weatherby, former Director Mrs Joan Davies the former CEO, Mr John Mundy and the former Company Secretary Mrs Margaret Weatherby. I welcome Mr Raymond Houston to the Board.

As well as being able to help more people, the expansion of The Buttery's programs has created more diverse income streams and this will help ensure The Buttery's continuing viability.

The personal and economic cost to individuals, families and the wider community of addiction and mental health issues is devastating. Through the work of The Buttery's dedicated staff and the support they receive from donors and Governments, people with the desire to change can get the support they need to lead better, more fulfilling and productive lives. Over many years The Buttery has helped thousands to realise their true potential.

I look forward to The Buttery continuing to grow and prosper so it can help many more people long into the future.

A handwritten signature in black ink, appearing to read 'Sandy Lockhart'. The signature is stylized and written in a cursive-like font.

Sandy Lockhart
CHAIRMAN



ASHER IS NOW INSPIRED TO HELP OTHERS

When someone has been addicted to drugs since 15, they have a lot of growing up to do in recovery, explains Asher. Inspired by The Buttery's counsellors and peer workers, Asher is now driven to use his lived experience to help others in recovery. His goal is to support youth early-intervention programs.

Having been in and out of Melbourne treatment centres throughout his life, the 35-year-old, who spent 10 months at The Buttery in 2012, says The Buttery's Therapeutic Community was the only option that could set him on a path of sustainable recovery.

"Heroin was the first drug I used and was addicted for 15 years. I also had a massive methamphetamine habit for 20 years and was addicted to prescription drugs for ten. "Because I started using when I was so young, I never really developed relationships with any authenticity. Developmentally you miss out. All those years that I was drug affected

I was never really there. Now all my relationships are based on authenticity and trust.

"I had a chaotic upbringing with no direction from male role models. After leaving school early, I started using and selling drugs which were easily accessible.

My closest friends were made at The Buttery. All those people are now clean...it forced me to be accountable for the first time, Not by counsellors, but by peers."

"When I was 27, I was physically in a really bad way. I was almost dead. Spiritually, I declined to a point where was bankrupt. If you continue like that you are going to die. It was a lack of options that finally got me to The Buttery," he said. "It saved my life." Asher said years of drug use made him extremely isolated.

The Buttery's therapeutic community model was integral to his recovery.

"I learnt the importance of being real and honest with others -- how to live within a community and how to be in the world. The group work was absolutely critical. I learnt how to trust again and how to feel safe in relationships.

"My closest friends were made at The Buttery. All those people are now clean. The Therapeutic Community forced me to be accountable for the first time. Not only by counsellors, but by peers."

Asher is about to finish a Diploma in Community Services and has a Student Placement at The Buttery's community-based rehab program, CORE.

"I try to help as many people as I can by walking the journey beside them," he said.

"Through The Buttery, I have regained physical, spiritual and emotional health. I have really healthy relationships with good boundaries and my connection with my family has been repaired.



The 2017-18 year was one of unparalleled activity for The Buttery, with the consolidation of some existing programs, growth into new areas and the development of a new social enterprise, (The Buttery Private) which will provide a new path of treatment as well as generating funds to support other initiatives. The overall number of individuals treated was the highest in The Buttery's history.

Last year The Buttery helped 1,240 teenagers and adults...

From a largely volunteer-based youth "drop in centre" in 1973, The Buttery has grown into an evidence-based, best-practice organisation. It now runs three residential treatment programs as well as 10 programs in the community across a wide geographical area.

Last year The Buttery helped 1,240 teenagers and adults with substance, gambling and/or mental health issues. This includes families whose loved ones have substance abuse issues. It also includes those potentially at risk of addiction or relapse. Participant numbers increased 24% over the previous year.

The Buttery now operates across the NSW Mid and Far North Coast, from Port Macquarie to Tweed Heads and West to Grafton, Nimbin and Kyogle. People come from all over Australia for the residential programs because of their reputation and excellent results.

To service a greater number of clients with more diverse needs, the Buttery increased its staff numbers by 8%. All staff additions were client-focussed roles.

To enhance efficiency, the organisation also invested resources in developing its IT and communications platforms.

All programs are subject to rigorous quality assurance and are best-practice and evidence-based...

The Buttery's expansion was achieved through the committed support of staff and volunteers, strong relationships with funding partners, the generous commitment of donors and the outstanding efforts of The Buttery's Board of Directors and The Buttery Sydney Committee. All are acknowledged and thanked for their ongoing, committed support.

There were a number of highlights during the year many of which are described in detail throughout this report.

AODCCC and RPAS (The Alcohol and Other Drugs Continuing Coordinated Care Program and the Relapse Prevention Aftercare Service) whose first clients will commence in the first quarter of 2018-19 were established.

The programs now include the full circle of prevention, treatment and relapse prevention.

The CORE program, which treated 55 people in its first year became fully operational during the year, rotating between Byron Bay, Lismore and Tweed Heads. All programs quickly reached capacity or near capacity; testament to the previously unmet need for non-residential drug and alcohol treatment.

The Buttery Private is a new user-pays social enterprise, which operates from a leased facility in the Byron Bay hinterland approximately 60 minutes from Bangalow. It applies The Buttery's expertise to helping people that have limited time to seek residential treatment. From the outset, demand has been encouraging, with the expectation that this program will expand over the coming years.

The Board encouraged the visionary decision to invest in this program with the objective of creating a social enterprise that would support other areas of The Buttery's work. As was expected with a start - up this operated at a small loss for the year.

The Buttery acknowledges its funding partners whose confidence means we can serve more people...

To date, five month-long residential programs have been held. It is helping participants achieve beneficial outcomes and has encouraging occupancy rates.

The Ballina Youth Treatment

Program and Young People's Early Intervention Project are now fully operational. They help young people aged 12 to 24, including some who have left out-of-home-care and correctional facilities.

The Buttery's Family Counselling Program for the families of people affected by substance misuse continues expanding. This program has been supported fully by philanthropy since 2009. Due to increasing demand and generous supporters, the program now provides counselling three days per week and includes new mediated support groups for families.

All Buttery programs are subject to a rigorous quality assurance program, are best-practice and evidence based. The Buttery is proud to be an independent

community-based organisation. People are served on a non-discriminatory basis according to their needs.

The Buttery acknowledges its funding partners, whose confidence in The Buttery's capacity to deliver effective programs means it can serve many more people. Partners include the NSW Ministry of Health under the NSW Government's Health Package, the North Coast Primary Health Network through the Australian Government's PHN Program and the NSW Responsible Gambling Fund. The Buttery is also most grateful to its many donors. These generous people see the benefit of supporting people who have the genuine desire to address mental health and substance misuse or gambling

issues and have confidence in The Buttery to deliver effective programs. Donations received during the year reached a record level.

During the year Mr John Mundy the former CEO resigned and his efforts are acknowledged. The previous Chairman, Professor Robert Weatherby stepped-down and was replaced by Sandy Lockhart, a long-standing member of the Sydney Committee and also a member of the Board. Professor Weatherby is thanked for his commitment and efforts.



Zac Dawkins
ACTING CEO

DURING THE 2017-18 YEAR, THE SCALE AND SCOPE OF THE BUTTERY'S WORK EXPANDED.



To serve more people through community-based programs across the NSW Mid and North Coast, The Buttery now has established offices, counselling rooms and programs in these locations.

The Buttery's residential Therapeutic Community and administration centre is near Bangalow.

The Buttery's social enterprise, The Buttery Private is located near Wollumbin (Mt Warning).



THERAPEUTIC COMMUNITY PROGRAM

The Buttery conducts a Residential Therapeutic Community (TC), treating adults addicted to drugs and alcohol. The Buttery TC is committed to assisting chemically dependent people realise a sense of self-worth, nurture the living skills many take for

granted and to helping them take their place in society with the knowledge that they can choose paths that are not only fulfilling to themselves but to society. Two of the 26 beds are dedicated to the Magistrates Early Referral into Treatment (MERIT) Program.

A significant improvement is the the transition of The Buttery to a Smoke Free Environment. The development of a relationship with the Lismore Liver Clinic will provide residents who are Hepatitis C positive access to a new treatment that can be supported during their residential stay. Also being reintroduced after a short hiatus is our Financial Counselling Program for residents. We acknowledge and thank the generous donors who made this possible as well as Emma Ryan from the Northern Rivers Gambling Counselling Service who conducts the program.

Through the continuing support of all team members, we have been able to engage with The University Centre for Rural Health to undertake research projects with PhD Students from the University of Sydney. This research will provide valuable supporting data for the work currently being done as well as further information on the outcomes for people completing the TC Program. We will also be using this information to formulate further developments in program delivery.

HIGHLIGHTS

It has been an active year for the Therapeutic Community Team and residents. We have seen staff movement, Program developments and research projects completed. The TC Program provides a wide range of opportunities for residents to engage in activities that are designed to support the Recovery Model and practice skills that are developed during their time at The Buttery.

Residents also participate in activities such as, AA & NA Conventions, Men's & Women's Unity Days, yoga experiences hosted at Byron Yoga Centre and participate in the bi-annual camping trip to Evans Head. The residents also regularly prepare and host a public car wash to raise funds for group activities. The Residents Choir also continues to be a highlight presenting performances at local AA and NA Fellowship Conventions as well as the local Feros Aged Care Village.

The TC Counselling Team has also had an active 12 months. Several new staff members have joined the team to replace others who have taken up appointments with various Buttery community outreach programs.

The TC Team regularly participates in reviews of the current Program which culminate in the bi-annual Big Day Out where all aspects of the Program are reviewed. This process is also ably supported by The Buttery's Quality Assurance and Compliance Manager, who makes available all relevant information relating to feedback from residents.

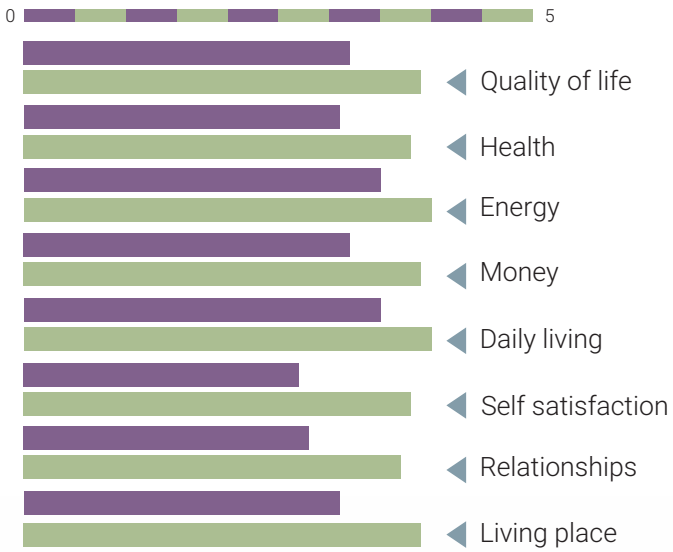
*Some of the TC Team from L:
Trent Rees,
Residential Programs Manager,
John Kerr,
Anna Mavay,
Max Lawson,
Larissa McClelland,
Program Coordinator*





PSYCHOMETRIC DATA THERAPEUTIC COMMUNITY

Quality of Life Assessment



RESIDENT INTAKE 2017
RESIDENT EXIT 2017

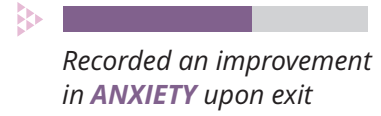
This data is based on a World Health Organisation table designed to measure one's quality of life.

DEPRESSION ANXIETY STRESS SCALE (DASS)

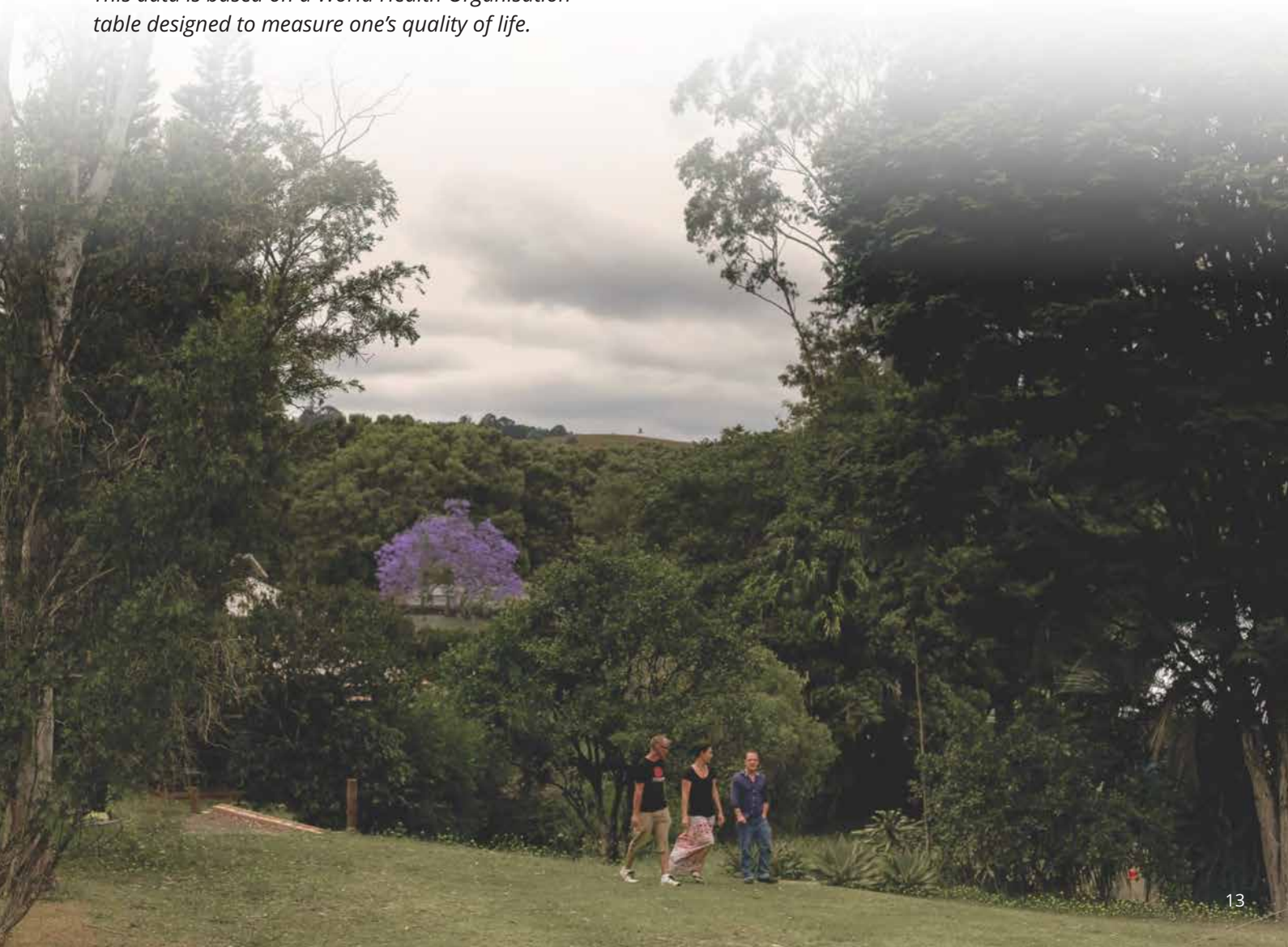
57%



62%



62%



MAINTENANCE TO ABSTINENCE PROGRAM

The Buttery's MTA Program

is for people being maintained on opioid substitutes such as Buprenorphine (Subutex or Suboxone) or Methadone, who wish to move to an abstinence-based lifestyle. The Buttery MTA Program is modelled on the Therapeutic Community concept. It includes educational groups, individual and group counselling, stress management practices

such as yoga and meditation; opportunities for self-esteem building such as art and choir; opportunities for interpersonal skills development; relapse education, work such as light gardening; opportunities to develop a sense of personal responsibility through tasks and co-ordination functions within the residential community.



Part of the MTA Team: Trent Rees (L) Residential Programs Manager, Rebecca Pevitt, David Dalton, MTA Program Coordinator.

HIGHLIGHTS

The MTA Program continues to deliver outstanding results for participants completing the Program. Nonetheless, there have been ebbs and flows of participation numbers over the year. While occupancy targets were not met, achievements during the year include:

- ▶ 60% of residents successfully completed reduction off maintenance medication.
- ▶ 51% of residents successfully completed the full program.
- ▶ 1,576 days free of illicit drug use for residents.
- ▶ 519 days of total abstinence for residents.

The MTA Program is co-located with the Therapeutic Community Program (TC), Staff and residents participate in many joint activities. These activities are listed with the TC Report on Page 12.

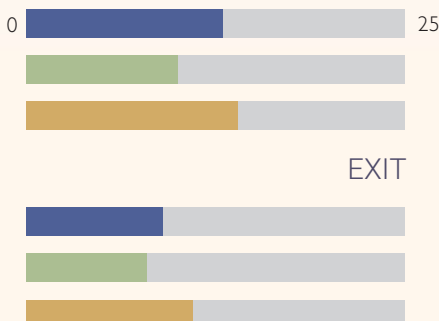
The MTA Counselling Team welcomed Rebecca Pevitt from the Residential Care Workers Team and farewelled Lisa Hopwood who has joined The Buttery's Continuing Coordinated Care (CCC) Program.

Residents in the MTA Program have benefited greatly from the continued development of our partnership with Dr Matt McDornan and The Currumbin Clinic. Our relationship with Currumbin has allowed us to provide more holistic support for residents to ensure they can be treated in a stable and supportive treatment environment.

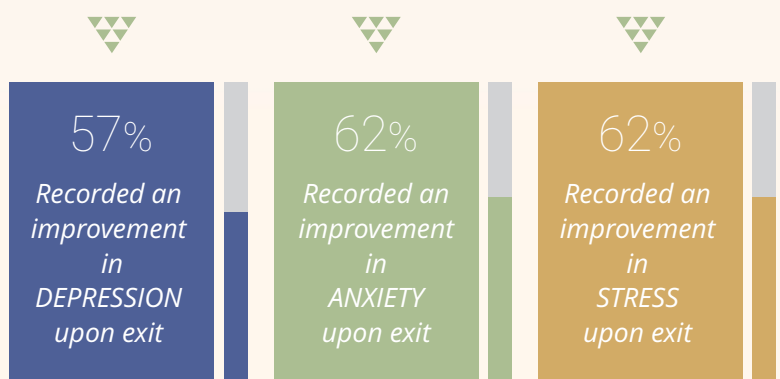
The Buttery is working to further develop a Continuum of Care which includes treatment and aftercare. The new AODCCC and RPAS Programs will support people who have completed a residential treatment program to better reintegrate into mainstream society.

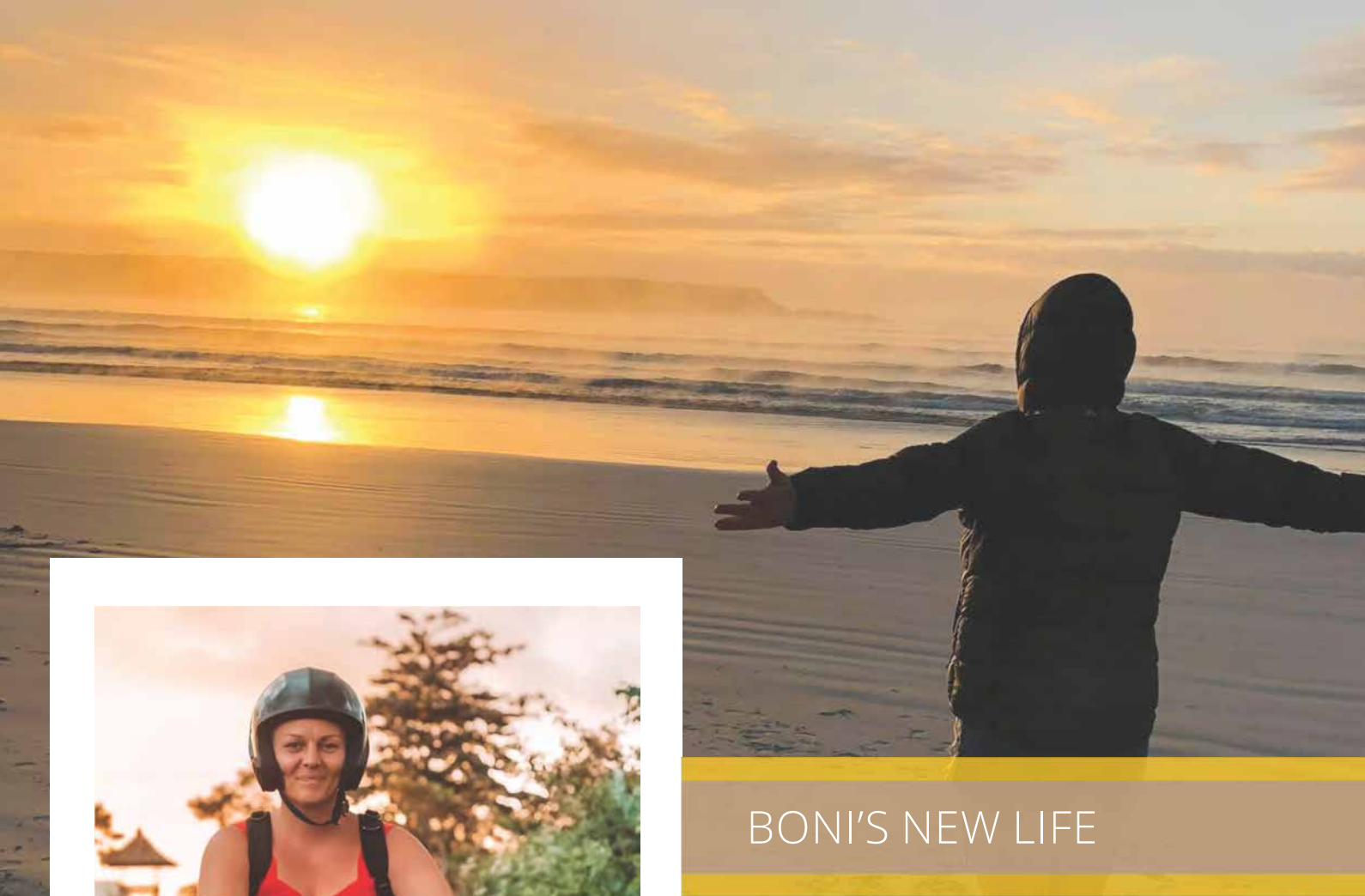
PSYCHOMETRIC DATA: Depression Anxiety Stress Scale (DASS)

DASS Averages INTAKE



DEPRESSION
ANXIETY
STRESS





BONI'S NEW LIFE



Boni Newland had relapsed using heroin after two and a half years in recovery, when she decided at 27 to reduce from Buprenorphine at The Buttery and be entirely free from opioid substitutes.

Speaking from a fishing village in Thailand, the location of the 12-step-based rehabilitation facility where she works as a support worker, Boni is a world away from her former life using heroin and opiate substitutes.

"I had been to jail. I was dying. It was a life of prostitution, heroin, benzos. My life was on the line,"

she says. "I relapsed on heroin after two and a half years clean the first time. When I was relapsing on heroin I was on Methadone

too. In order to come off the Methadone I came to Lismore, swapped from Methadone to Buprenorphine, so I could come to The Buttery and could get clean." Boni decided to undertake The Buttery's Maintenance to Abstinence (MTA) Program, one of only two residential facilities in Australia for people who wish to withdraw from an opiate maintenance program (Methadone or Buprenorphine) to pursue an abstinence-based lifestyle.

"People call Methadone the 'liquid handcuffs' for a reason. When I was on Methadone and Suboxone, it was like I was covering myself

with a sleeping bag and the drugs took away the ability to feel human. It also meant I couldn't travel."

"Having support workers at The Buttery with a lived experience in recovery was vital. When I was at The Buttery, I wanted to become a support worker myself.

"Addiction is a hopeless state of mind and body. I think what I offer now as a support worker is hope. I am passionate about recovery. I want to inspire people.

"Since I've been clean, I've started surfing and travelling. I want to write my life story. I love hiking. I love nature. I love the ocean. In addiction I went to the ocean five times in five years. It robbed me of everything.

Boni adds, "Being free of drugs has been the best thing that has ever happened to me.

"Your misery can be refunded if you decide abstinence and recovery aren't for you. What do you have to lose?"

COMMUNITY BASED REHABILITATION PROGRAM

CORE, The Buttery's new Community Based Rehabilitation Program is a short-term non-residential rehabilitation program. It is conducted in six-week blocks on weekdays during school hours. It takes part on rotation at three locations: Byron Bay, Lismore and Tweed Heads. CORE is fully evidence-based. The program is especially designed

for single parents and those with other commitments that prevent them from taking part in a long-term residential program. CORE has increased available treatment options by giving people the opportunity to learn to abstain from alcohol and other drugs while living in their usual environment and dealing with all kinds of daily temptations and triggers.

CORE participants have achieved very impressive results. 55 of the 69 people who started a CORE program completed it.

RESULTS ACHIEVED ▼

In 2017-18 four six-week programs were delivered: two in Byron Bay, and one each in Lismore and Tweed Heads. All were fully subscribed indicating a large unmet need in the Region for non-residential treatment programs.

► CORE participants have achieved very impressive results. Some 55 people of the 69 people who started a CORE program completed the whole

six-week program (80%). Follow-up studies indicate good long-term outcomes for participants.

► CORE is delivered by three highly experienced qualified counsellors; Tanya Magnay (Team Leader), Brendan Monson and Zjamal Xanitha. Both Tanya and Brendan are long-term Case Workers from The Buttery's Residential Therapeutic Community (TC). Many team members of The Buttery's

various outreach programs have developed their expertise as part of the TC team. In this way The Buttery's highly successful TC model is applied to the treatment of people in The Buttery's outreach programs.

► CORE is supported by donations and funding through the North Coast Primary Health Network through the Australian Government's PHN Network.



core

The CORE Team:
Brendan Monson,
Zjamal Xanitha
and Tanya Magnay





CORE HAS GIVEN ME A FUTURE WITH MY YOUNG SON

Jane*, 51, dreams of the day she can be with her young son for his birthday. Every day in recovery after completing The Buttery's Core program, she is a step closer to her dream.

Jane had missed her son's birthday because she was living in The Buttery's therapeutic Community.

"Being sober and having a relationship with my son again is what I live for," she said.

"Seven years ago, I had a lot of good things in my life. I had a good job and home life," she said.

But in the three years before her stay at The Buttery's Therapeutic Community in 2015, Jane's life spiralled out of control. "I was drinking to the point I could no longer be functional. I became a morning drinker. I lost my job which meant so much to me," she said.

"Before The Buttery, I did short term private rehabs, they were just 21 days, but I continued to relapse.

"Unfortunately, 15 months into my recovery after The Buttery I busted. I was in a state of self-sabotage," she said.

(CORE) went very deep. It brought to the surface the stuff I didn't want to explore."

Rather than going back to The Buttery's Residential program, Jane opted to complete The Buttery's community outreach program, CORE. A six-week program, which she attended in Byron Bay, which runs during school hours.

"At the start I felt I had nothing to stay sober for if I didn't have my son. But the CORE program was excellent. It went very deep.

It brought to the surface the stuff I didn't want to explore.

"The staff, especially (Program Manager) Tanya (Magnay), brought so much compassion. There was also so much love and compassion from the group. We shared all the shameful things we had done. We saw there were more similarities than differences.

"CORE was great because it focuses on addiction.

It was challenging. It was exhausting, but the staff went the extra mile for us.

"I think my story -- having my child taken away -- helped others. I told them I didn't want what happened to me to happen to them.

I hope to spend more time with my son. Last week I gave him his birthday present in person. I'm not going to push it. But I have everything to work for."

**Not her real name. Library image used.*



THE BUTTERY PRIVATE

The Buttery Private, Foundations for Wellbeing Program is an early intervention four-week residential program. It is for people with work or life-related mental health issues, including burn-out, anxiety, stress and early stage substance misuse.

This user-pays program makes it possible for The Buttery to treat more people. As it is a social enterprise, surplus funds are applied to The Buttery's charitable works.

The program is fully evidence-based. Psychological treatment includes: compassion-focused therapy, schema therapy, cognitive behavioural therapy, exposure therapy, and mindfulness-based stress reduction therapy.

It also uses additional evidence-informed modalities such as meditation and mindfulness, bodywork and massage, nutrition, exercise and community as method.

To help bring about lasting change in themselves, participants take part in a face-to-face or video conferencing counselling program for three months after the residential program.



LR The Buttery Private Team:
Shaun Duff, Jenny McGee,
Sam Booker, Mark Butler



HIGHLIGHTS ▼

In its first year The Buttery Private delivered four intensive Wellbeing Programs to 25 participants.

Some of the barriers to wellbeing participants addressed included gambling, gaming, alcohol and drug misuse, social anxiety, depression, relationship issues, stress and workplace burnout. Some of the participants completed the program to return to work, study and the community. Other participants were referred to other services and programs for further treatment.

In addition The Buttery Private:

- ▶ Secured, set-up and refurbished a permanent site on a long-term lease

for The Buttery Private in the Byron Bay Hinterland

- ▶ Collected, managed and evaluated psychometric data from Buttery Private participants at entry, discharge and three-month follow-up time points
- ▶ Presented information on initial findings of The Buttery Private at the Australian and New Zealand Addiction Conference.
- ▶ Developed referral pathways for clients and built relationships with private clinics/hospitals and psychiatrists
- ▶ Had 92% of participants complete the entire four-week residential program.

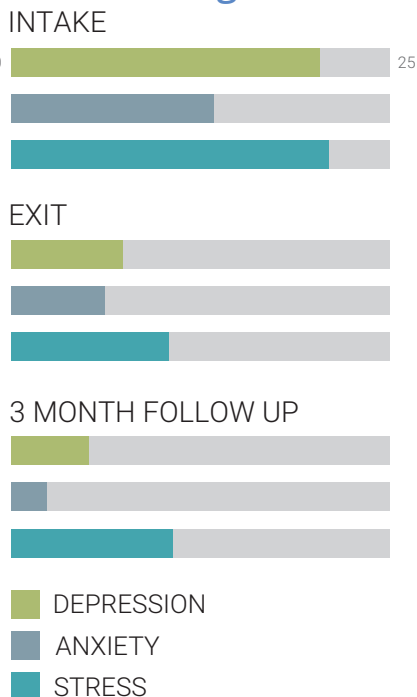
LOOKING FORWARD

The Buttery Private will deliver ten residential programs over the next year. This will confirm its position as a program that takes a much-needed psychological yet holistic approach to emerging mental health issues. The Buttery Private will be consolidating referral pathways with private clinics, Employee Assistance Providers (EAPs) and strengthening its position as a leading private small group wellbeing program.

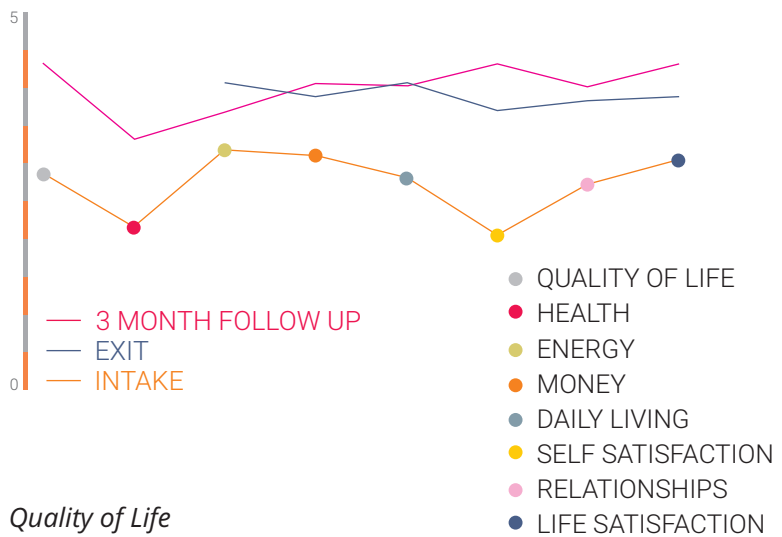
STATISTICAL DATA

Findings show that attending The Buttery Private improves self-reported individual outcomes for all measured components of wellbeing. The Buttery Private asks participants to complete psychometric assessments at entry to and discharge from the residential component and again following the three-month aftercare program.

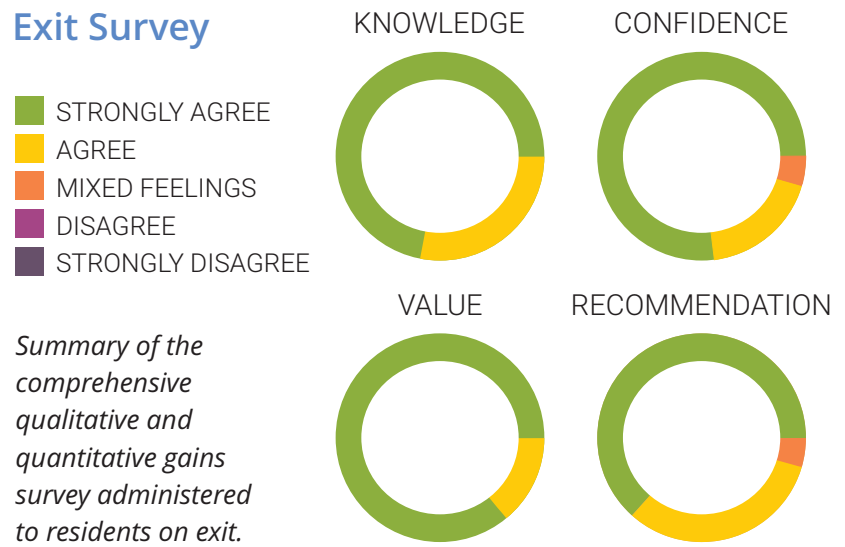
DASS Averages



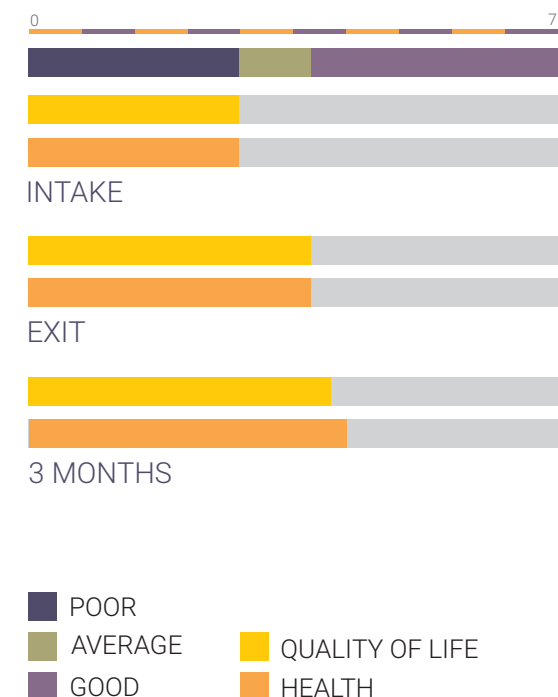
WHO Quality of Life Assessment



Exit Survey



Satisfaction with Life Scale





MARCO FINDS RECOVERY AT THE BUTTERY PRIVATE

At 31, Marco* had been to five other rehabs before going to The Buttery Private.

He said his stay at The Buttery Private was different from his experiences at other rehabs because it was an invaluable opportunity to learn more about himself and the behaviours behind his addiction.

The Buttery Private is a social enterprise which helps financially support The Buttery's drug and alcohol rehab and community outreach programs. It is a fee-paying wellbeing program which uses The Buttery's evidence-based community therapy model.

"You learn about yourself in The Buttery Private. I learnt about not being too hard on myself, about looking after myself. I learnt to be open and honest with myself and others. You have to surrender to what you are taught here if you are to find lasting recovery," Marco said.

After a severely traumatic event at 17, Marco said he switched from being a recreational cannabis

smoker and drinker to self-medicating for his sadness and trauma by injecting amphetamines ("speed").

He managed to keep his job, working in his family's business despite his accelerating drug use.

At 25 he started using heroin.

"I'd been in hospital-like rehabs before and decided I didn't want to go into a hospital setting. The Buttery Private is not at all like that."

"There were family issues about my using drugs while I operated equipment. It became a safety issue. I lost my self respect and my heroin use destroyed my relationship. Finally I admitted at 27 that I was an addict and needed help, because I just couldn't cope with my life any more."

He said he went to a succession of rehabs, but after completing the programs, relapsed each time.

Marco's drug use came to a head

when he overdosed and "died for a minute" before Narcan was administered.

As a result of the overdose he suffered severe physical symptoms including circulation issues, the temporary loss of movement in his legs as well as bronchial disease.

"I decided that I needed a long-term rehab. I knew of The Buttery's reputation, so I phoned them. Shaun, the guy I spoke to, told me about The Buttery Private program and I decided to join The Buttery Private."

"I'd been in hospital-like rehabs before and decided I didn't want to go into a hospital setting. The Buttery Private is not at all like that."

Marco successfully completed the four week intensive program at The Buttery Private as an introduction to joining The Buttery's Therapeutic Community long-term residential program which he completed successfully in 2018.

**Name changed to preserve anonymity, library image used.*



STUDY MEASURES EFFECTIVENESS OF THE BUTTERY'S THERAPEUTIC COMMUNITY TREATMENT MODEL

During the year a study measuring the effectiveness of The Buttery's Therapeutic Community program was published in the journal *BMC Psychiatry*.*

The research project was a collaboration through the University Centre for Rural Health, Lismore, between the University of Wollongong School of Medicine, Western Sydney University School of Medicine, and The Buttery.

It showed that the idea of success of residents of The Buttery involved their sense of overall self-worth and how the program helps improve relationships, their psychological and physical wellbeing, their understanding of addiction and how it puts them on the track to gaining employment, studying and volunteering.

The study is one in a series of research projects funded by the

"John Shaw Warnock Research Grant" by a Buttery Board member, Mrs. Rosemary Warnock in memory of her late husband, John.



Rosemary Warnock (above), supporter of the series of studies



Trent Rees, Residential Programs Manager, said the research was a validation of The Buttery's approach and reinforced the need to change how successful recovery is defined.

"When people come to programs like ours, they may have also tried other interventions. Rather than see that as a series of failures, we need to recognise that recovery is a journey and all the steps taken along the way contribute to their long-term wellbeing and recovery."

"With crime, road accidents, lost productivity and healthcare costs from substance abuse disorders costing the economy and healthcare system around \$55 billion annually, Trent said the cost of residential rehabilitation paled in comparison."

(left) A Buttery Therapeutic Community counselling session near Bangalow in New South Wales.

INTRA provides community-based treatment for adults and teenagers in Byron Bay and Lismore and group programs in Ballina and Tweed Heads. It is part of The Buttery's integrated continuum of care.

As part of this continuum of care approach, clients needing more intensive interventions are referred from INTRA to CORE, The Buttery's community based rehab, or to The Buttery's residential Therapeutic Community (TC) or the Maintenance to Abstinence Program (MTA). INTRA also supports people who complete The Buttery's

residential programs. INTRA works in close partnership with other government and non-government programs. Treatment for teenagers has been offered at Headspace sites and at various high schools and youth services. By using an intensive intervention approach with young people who have particularly complex needs, the INTRA team can help prevent long-term, chronic substance misuse. As a preventive measure for young people at risk, INTRA also conducts two well-attended therapeutic martial arts programs (MMA) which

are very well regarded by referring services because of their effectiveness. In the 2017-18 year, residents from Namatjira Haven, a local Aboriginal Men's Residential Program attended INTRA's SMART Recovery group in Ballina. As part of The Buttery's Continuum of Care model, INTRA is developing improved referral pathways and better service integration. INTRA Programs are funded by donations and the Australian Government Department of Health via the local Primary Health Network (PHN). The Buttery gratefully acknowledges this support.

THE FAMILY SUPPORT PROGRAM

The Family Support Program is a free service funded entirely through donations. The highly qualified counsellor, Lily Schmelzle provides face-to-face and phone counselling three days per week. She supports the parents, partners or children of people affected by a family member's drug or alcohol use. As well as in-house referrals, the Program receives calls from members of the wider community. Often families suffer in silence and without any support for themselves and the program helps address this.

The program has a very positive effect on family members. They report high satisfaction levels with the service and make word-of-

mouth recommendations to others. This year the program also includes a group program in partnership with b.well.

Family support counsellor Lily Schmelzle



Some of the INTRA team: (Back Row LR) Ruth Langford, Paul Phillips, Zjamaal Xanitha, David Laing (Front Row) Lily Schmelzle, Adrianna Soulis, Krystian Gruft (Team Leader), Neshko Garch





INTRA A LIFE-SAVER FOR INDEPENDENT EMILY

Emily, now 41, had been using some kind of opiate since she was 18. In December last year, after two years of reducing to a low dose of opioid-substitute Buprenorphine (Suboxone) Emily joined The Buttery's INTRA program. She is now completely drug-free.

While the Buttery is best known for its longstanding residential rehabilitation program, it offers a range of recovery options which work with the strengths of participants to bring about lasting change in their lives. For Emily -- a fiercely independent person -- INTRA's outreach program was the perfect fit.

"I am a very private person and the thought of rehab for someone who has been using in secret for so long, was overwhelming.

"A family member was dying of

cancer and I moved up here to help my mum, who didn't know I still had a problem. But with INTRA, I could help my family while keeping my addiction secret," she said.

These days I am more present and more honest. I don't need to lie. I started working at the end of last year.

Emily used heroin from 18 and started injecting Suboxone at 26. In 2015, Emily moved to the Northern Rivers and stepped down from Suboxone with the help of a good GP.

However, it wasn't until she was referred to INTRA by an employment agency that the possibility of abstinence became achievable.

"I couldn't have done it without their support. They helped save my life, I will be forever grateful," said Emily.

"The team at INTRA helped me let go of the fear surrounding stopping altogether. I was just taking the tiniest sliver but I had a hard time believing I could stop after 20 years of using every day."

Emily attended the INTRA program three times a week, taking advantage of group counselling, art therapy and yoga sessions.

Now that she is completely free from opiates, Emily no longer lives with the constant anxiety of being 'found out'. She has started work, is studying community development and has a relationship.

"Abstinence has helped me develop my emotional connections and has made me really grateful every day for the paradise we live in." she said.

Library photo image used.



YOUNG PEOPLE'S EARLY INTERVENTION PROGRAM (YPEIP)

YPEIP is funded by the Commonwealth's Primary Health Network and donations. It provides non-residential alcohol and other drugs treatment and support to young people and their families in the Yamba/Grafton and Bellingen/Nambucca Heads areas. Staff work in partnership with local youth, mental health

and Aboriginal organisations and offer a point of referral to AOD treatment as well as support and consultancy for mainstream youth workers.

It provides interventions to reduce harm and address risk behaviours. Our team offer intensive support and treatment to a young people who, despite their young age are already

involved in heavy drug use. Although it has only been running for a short time, the Program has made considerable progress. Outcomes so far include a reduction or cessation of risky drug use, improved school reengagement, reconnection with families and reduction in antisocial and criminal activities.

BALLINA YOUTH TREATMENT SERVICE (BYTS).

BYTS commenced in 2018 recently and is funded by the NSW Ministry of Health. The part-time therapist provides AOD interventions and promotes the Buttery's youth programs as an aftercare option for young people leaving out-of-area residential programs or correctional facilities. This program is meeting a great need in the Ballina area after a period of this need being underserved.





"BEFORE THE FAMILY SUPPORT GROUP I THOUGHT I WAS THE ONLY ONE"

Everyone thought Kathryn was living the dream — a North Coast lifestyle, three young boys, and a husband of 19 years.

Before walking into her first Family Support Group session last year, nobody outside of her family knew the shame and anger she carried as the partner of someone living with mental health and drug misuse issues.

In January last year, Kathryn's husband, who had a history of depression and anxiety, started 'microdosing' on LSD to manage symptoms. Eventually, this escalated into a cocktail of alcohol and hallucinogens. He was taking mushrooms, ketamine, MDMA. Eventually, he became suicidal and erratic.

Before attending the group, run by The Buttery's b.well program, Kathryn felt totally isolated. "I felt like I was the

only one who had experienced something like this."

Kathryn had participated in The Buttery's family counselling program and was referred to the group sessions by b.well.

Kathryn said the support group bonded very quickly over similar stories.

These days I am more present and more honest. I don't need to lie. I started working at the end of last year.

"The age range was beautiful. The youngest would have been in her late twenties. There were a few grandmothers in the group. I think having the counsellors there, including one with a lived experience of addiction, helped.

Kathryn said the group helped her deal with anger. "I had so

much brewing inside of me. I really don't know where I'd be if I remained in anger.

Kathryn's partner is now living back in the family home, and although she admits they have a long road ahead, she sees hope for her family.

"He is now in recovery. He did his three-month rehab. He started studying. He is an active dad. He is trying. Now I need actions. I need to see it."

The Family Support Group is solely supported by donors.

The Family Support Group and Family Counselling Programs are solely supported by donors. As well as individual donors, The Buttery gratefully acknowledges Angel Fund, Northern Rivers Community Foundation, Milton Corporation Foundation and Portland House Foundation. The program was commenced in 2010 through a generous donation from The Vincent Fairfax Family Foundation.

b.well is the Buttery's community program for people living with Dual Diagnosis: people with mental health issues who are concerned about the impact of their use of alcohol or other drugs on their overall wellbeing.

This program supports people aged 12 years and above. It is a client-led, recovery-oriented, harm-minimisation program using early intervention and within a trauma-informed framework.

b.well provides counselling and includes peer and lived-experienced groups at various locations in an area from Tweed Heads to Evans Head and west to Casino.

ACHIEVEMENTS

In recognition of b.well's outstanding results, and a large increase in the number of people served, the program was selected by its funding body, the Australian Government's North Coast Primary Health Network for a promotional story in its "HealthSpeak" publication.

NEW ASSESSMENTS

▶ 52% increase
110 participants

PARTICIPANT NUMBERS

▶ 33% increase
160 participants

SERVICE EPISODES

▶ 46% increase
615 participants

CLINICAL CONSULTATIONS

▶ 42% increase
3,132 consultations

b.well was able to facilitate two student placements, one at masters and the other at diploma level, and support a volunteer in our program this year.

CLINICAL OUTCOMES

AUSTRALIAN TREATMENT OUTCOMES PROFILE

(ATOPs) RESULTS:

Using the screening method preferred by our funding body, the North Coast Primary Health Network, known as "ATOPs" since January 2018, we have obtained comparative data for this quarter.

▶ ATOPs results:

improvements recorded January to March 2018 by b.well participants:

▶ 60% decrease in daily substance misuse

▶ 57% improvement in psychological health

▶ 64% improvement in overall quality of life

Improvements were also recorded in employment rates, participation in study, securing stable housing.

PARTICIPANT SATISFACTION SURVEY

b.well's data reflect excellent participant feedback regarding satisfaction with our program from 100% of those who took part. Participants report looking forward to attending groups, feeling comfortable and safe to share "everything was wonderful", strengthened social connections and 100% said they would recommend the program to others.

b.well GROUPS

b.well conducts a number of activity groups. These have a focus on wellbeing, help break down social isolation and connect participants with counsellors and peer workers who have the lived experience of living with dual diagnosis.

Groups that have been running for a number of years include:

b.strolling, b.supported, de-stress and relaxation, strong emotions, coping with a loved one in addiction

Groups added this financial year include:

b.connected, Nimbin Central School Group, Dual Diagnosis DRUMBEAT

IN 2018-19, b.well IS LOOKING FORWARD TO:

Supporting even more people to achieve their recovery goals.

Commencing the therapeutic DRUMBEAT program in Mullumbimby in August 2018.

Providing further assistance to people taking part in or who have completed The Buttery's CORE program.

Further integrating b.well programs with other Buttery programs as part of The Buttery's Continuum of Care.

Providing Dual Diagnosis Drumbeat in Mental Health Services in the Byron Bay Sub-acute Mental Health Unit and the Lismore Child and Adolescent Mental Health Unit.

Facilitating an increase in more student placements



NORTH COAST PARTNERS IN RECOVERY

The North Coast PIR is a recovery-oriented and trauma-informed outreach service providing coordination of care and navigation through the National Disability Insurance Scheme (NDIS) to people who identify as having a severe and persistent mental illness and complex needs. This service area extends from Pottsville to Evans Head and west to Nimbin. PIR is a consortium comprising The Buttery, Anglicare North Coast, CHES, Galambila, New Horizons and Mission Australia as the lead agency. It is funded through the Australian Government Department of Health.

PROGRAM OBJECTIVES

The objectives of the program are to:

- ▶ Facilitate better coordination of clinical and other supports and services to deliver a person-centred support individually tailored to the person's needs.
- ▶ Strengthen partnerships and build better links between various clinical and community support organisations responsible for delivering services to the PIR target group.
- ▶ Improve referral pathways that facilitate access to the range of services and supports needed by the PIR target group.

- ▶ Promote a community-based recovery model to underpin all clinical and community support services delivered to people experiencing severe and persistent mental illness with complex needs.
- ▶ Target the transition to the NDIS, with 60% of all participants being assessed for eligibility by June 30, 2018.

ACHIEVEMENTS THIS YEAR THROUGH THE BUTTERY'S PARTICIPATION IN PIR:

- ▶ 13 of 14 client access to treatment forms submitted (above target)
- ▶ 6 participants found eligible for NDIS
- ▶ 5 NDIS decisions pending
- ▶ 4 NDIS plans in place

aodccc

ALCOHOL & OTHER DRUGS CONTINUING COORDINATED CARE PROGRAM

The AODCCC supports people ages 18-65 who have complex unmet psychosocial needs and who are receiving alcohol and other drug treatment through their Local Health District or a Community Managed Organisation program. The program helps people connect with treatment, access accommodation, connect with others in the community and provides life-skills support.

This program is funded by the NSW Ministry of Health under the NSW Government Alcohol and Other Drugs Package and provides support facilitation to people from Port Macquarie to the Queensland border and west to the New England Tablelands.

The objective of the program is to provide enhanced care coordination and wraparound

services for high needs clients who have a substance use disorder.

Services the program provides include:

- ▶ Maintaining linkages with AOD and primary health services
- ▶ Providing day-to-day functional living supports
- ▶ Supporting people to access medical and community services
- ▶ Supporting people to maintain community and family connections
- ▶ Providing access to vocational and educational services

The program commenced in June 2018.



b.well

Part of the b.well team L-R:
Amanda Hewitt,
Tunja Petrusis,
Michelle Renshaw,
Frances Pidcock
(Manager)
Mark Ashworth



NORTHERN RIVERS GAMBLING COUNSELLING SERVICE

The Northern Rivers Gambling Counselling Service (NRGCS) is funded by the Responsible Gambling Fund through the Office of Responsible Gambling. The Service provides free and confidential counselling and

support to problem gamblers and those affected by problem gambling. The aim of the service is to assist gamblers and their families in initiating and maintaining changes in their gambling behaviour and other

related problems. The NRGCS provides education to the community, information and support to the gaming industry around responsible gaming and assists in putting self exclusions in place.

HIGHLIGHTS ▼

Establishment of a new central office in Tweed Heads co-shared with other Buttery programs.

Involvement in community engagement events: NAIDOC Day celebrations in Mullumbimby; Orientation Week at Southern Cross University; Murwillumbah Community Centre's Wellbeing Day and Lismore's Mental Health Expo.

Continued active engagement with the local Aboriginal community through yarning regularly with residents at nearby Namatjira Haven; speaking at a

Young Women's holiday camp at Evans Head and meeting frequently with the Aboriginal Gambling Service, Warruwi; attending the Aboriginal Football Knockout in Lismore; Health Days in the Muli and Tabulum communities and accompanying Nathan Hindmarsh, the renowned Aboriginal ex-footballer, to a number of talks on gambling at local high schools.

Conducted a week-long promotion on Bay FM for Responsible Gambling Awareness Week. This included live interviews and promotional

displays in a number of large venues in the Tweed Heads area.

The appointment of Petra Hinchcliffe, an experienced counsellor, to replace Shelane Osborn who resigned after four years with the program.

Interviewed by Channel 7 News and ABC North Coast Radio for interviews about changes in the recent cap on poker machines in NSW.

LOOKING FORWARD ▼

- ▶ Improved social media campaigns
- ▶ Support and involvement in a two-day conference being held by Twin Towns for all venue staff in Tweed and Northern Rivers Region during Responsible Gambling Awareness Week in October 2018 to highlight the issues of problem gambling and how to understand and support their patrons.
- ▶ Establishing outreach service in Ballina from a new office there.



▶ *The NRGCS Team (L) Petra Hinchcliffe, Chester Carter, Emma Ryan (Manager)*



I'M NOW BACK IN CONTROL AND IT'S BEAUTIFUL

Josh* had been gambling for 17 years when he finally got the help he needed from the Northern Rivers Gambling Counselling Service (NRGCS). For eight years he attempted to stop, but it was only through The Buttery's program that he had his recovery breakthrough. The 47-year-old said his addiction to the pokies quite literally steered his life. "It's like being possessed. I was pulled over by the Police once because I was circling a round-about six times. The pokies had such a pull on me that I quite literally couldn't turn the wheel to get home," Josh said. Determined to beat his addiction, Josh joined *Gamblers Anonymous*, but admitted he couldn't drive past the pub on his way home from meetings without succumbing to the lure of the machines.

As a successful tradesperson, he was often paid in large lumps of cash. "Every day I had cash. The cash was a trigger," he said.

Josh admitted he would spend most of his weekly earnings on the pokies.

"One day I drove past the Tweed NRGCS office. So I took down the number and rang up.

"(NRGCS Counsellor) Petra helped me solve the problem. I related with her and when I met Petra I was ready to stop"

"I always thought gambling was a dumb-arse thing to do. That was until I had to stop playing footy due to injury. The stars sort of lined up; I got pretty dark. I was taking a lot of drugs. I had a traumatic childhood.

"The thing about pokies is that you get results second by second. I didn't have the patience for Sporstbet, or the races, because it didn't have the

same immediacy. I played professional sport, and the type of adrenaline that you get from sport, you get playing the pokies. I got results moment by moment.

Josh said it was a combination of attending regular GA meetings and counselling sessions which got him 'over the line'.

"Petra was able to get me to the point where I was accepting myself, which paved the way for a spiritual shift. I finally surrendered to it and all the trauma went away.

"Gambling cost me my relationships, my connection with my family and friends. I had completely isolated myself. But I can feel people now. I can look them in the face. Right now my typical day might be boring for most, just sitting on the beach and feeling it, but that is beautiful," Josh said.

**Name changed.
Library photo image used.*

AUDITED FINANCIAL INFORMATION

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2018

	2018 \$	2017 \$
Revenues from Ordinary Activities	4,660,468	3,999,102
Depreciation expense	(80,413)	(99,388)
Employee Benefits expense	(3,687,248)	(3,022,661)
Finance Costs expense	(6,800)	(5,719)
Rent payments expense	(232,498)	(117,394)
Other Expenses	(1,070,661)	(873,281)
Profit/(Loss) from ordinary trading before Income tax expense	(417,153)	(118,450)
Income tax expense relating to ordinary activities	-	-
Profit/(Loss) from ordinary activities after income tax expense	(417,153)	(118,450)
Other Comprehensive Income	783,462	-
Total Comprehensive Income	366,309	(118,450)

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2018

	2018 \$	2017 \$
Cash flows from operating activities		
Cash receipts in course of operations	(5,323,070)	(4,212,064)
Cash payments in course of operations	5,427,424	4,371,936
Interest received	62,981	46,004
Interest paid	-	-
Net Cash provided by (used in) the course of operations	167,335	205,876
Cash Flows from investing activities		
Proceeds from sale of property, plant and equipment	-	-12,728
Payments for property, plant and equipment	(85,883)	(33,425)
Net cash used in investing activities	(85,883)	(20,697)
Cash flows from financing activities		
Repayment of borrowings	-	-
Net cash used in financing activities	-	-
TOTAL NET INCREASE IN CASH HELD	81,452	185,179
CASH AT THE BEGINNING OF FINANCIAL YEAR	2,937,515	2,752,336
CASH AT THE END OF THE FINANCIAL YEAR	3,018,967	2,937,515

AUDITED FINANCIAL INFORMATION

STATEMENT OF FINANCIAL POSITION AS AT 30TH JUNE 2018

	2018	2017
	\$	\$
Current Assets		
Cash and Cash equivalents	3,018,967	2,937,515
Trade and other receivables	451	11,900
Other Assets	59,095	14,456
Total Current Assets	3,078,513	2,963,871
Non-Current Assets		
Property, Plant & Equipment	2,201,516	1,412,583
Total Non-Current Assets	2,201,516	1,412,583
Total Assets	5,280,029	4,376,454
Current Liabilities		
Trade and Other Payables	241,759	214,833
Provisions	452,679	379,240
Financial Liabilities	4,001	8,252
Other liabilities	570,232	142,316
Total Current Liabilities	1,268,671	744,641
Non-current liabilities		
Provisions	62,631	49,395
Total Non-current Liabilities	62,631	49,395
Total Liabilities	1,331,302	794,036
Net Assets	3,948,727	3,582,418
Equity		
Retained profits	3,129,774	3,546,927
Asset revaluation Reserve	818,953	35,491
Total Equity	3,948,727	3,582,418

For the full audited Financial Report, please visit: <https://www.buttery.org.au/audited-financial-information-2017-18.pdf>

**INDEPENDENT AUDITORS' REPORT
TO THE MEMBERS OF
THE BUTTERY LIMITED
ABN 53 130 812 994**

**REGISTERED
COMPANY
AUDITORS**

TW Graham
BBus, CA, FFin

GJ Smith
BBus, LLB, CA, Dp FP

SI Trustum
BBus, CA, Dp, FP

TL Kirkland
BBus, CA

**SMSF
AUDITORS**

GJSmith
BBus, LLB, CA, Dp FP

SI Trustum
BBus, CA Dip, FP

T Bazzana
BBus, CA Dip, FP AFP*

Opinion

We have audited the financial report of The Buttery Limited (the Company), which comprises the statement of financial position as at 30 June 2018, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the directors' declaration.

In our opinion, the accompanying financial report of The Buttery Limited, is in accordance with the Australian Charities and Not-for-profits Commission Act 2012, including:

- (a) giving a true and fair view of the company's financial position as at 30 June 2018 and of its financial performance for the year then ended; and
- (b) complying with Australian Accounting Standards and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2013.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the Company in accordance with the auditor independence requirements of the *Corporations Act 2001* and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We confirm that the independence declaration required by the Australian Charities and Not-for-profits Commission Act 2012, which has been given to the directors of the Company, would be in the same terms if given to the directors as at the time of this auditor's report. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of the Directors for the Financial Report

The directors of the Company are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Australian Charities and Not-for-profits Commission Act 2012 and for such internal control as the directors determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

62 Woodlark St

Lismore Office

158 Molesworth St
PO Box 198
Lismore NSW 2480
† 02 6621 2581

Ballina Office

2/37-41 Cherry St
Ballina NSW 2478
† 02 6686 5655

f 02 6621 9740

e admin@wca.com.au

w www.wca.com.au

**INDEPENDENT AUDITORS' REPORT
TO THE MEMBERS OF
THE BUTTERY LIMITED
ABN 53 130 812 994**

In preparing the financial report, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Company or to cease operations, or have no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

A further description of our responsibilities for the audit of the financial report is located at the Auditing and Assurance Standards Board website at: <http://www.auasb.gov.au/Home.aspx>. This description forms part of our auditor's report.

Report on Requirements of Charitable Fundraising Act

The requirements of the Charitable Fundraising Act and the regulations regarding the proper keeping of accounts and associated records and the accounting for an application of money received as a result of fundraising appeals conducted during the year have been complied with.

WCA audit & assurance services pty ltd
Authorised Audit Company



Tania L Kirkland
Director

DATE: 19 October 2018

**REGISTERED
COMPANY
AUDITORS**

TW Graham
BBus, CA, FFin

GJ Smith
BBus, LLB, CA, Dp FP

SI Trustum
BBus, CA, Dp, FP

TL Kirkland
BBus, CA

**SMSF
AUDITORS**

GJSmith
BBus, LLB, CA, Dp FP

SI Trustum
BBus, CA Dip, FP

T Bazzana
BBus, CA Dip, FP AFP*

62 Woodlark St

Lismore Office
158 Molesworth St
PO Box 198
Lismore NSW 2480
† 02 6621 2581

Ballina Office
2/37-41 Cherry St
Ballina NSW 2478
† 02 6686 5655

f 02 6621 9740

e admin@wca.com.au
w www.wca.com.au

THERAPEUTIC MARTIAL ARTS GIVES ARLEE A FIGHTING CHANCE



When Arlee French, at 15, first took part in The Buttery's Mixed Martial Arts (MMA) Therapeutic program he was at a crossroad which could have easily led down a path of hard drug use and mental health problems.

Now 19, the young Lismore man sees his participation in the MMA program as the turning point in his life.

"It has really helped with many aspects of my life. I had really bad anxiety but with the social aspect of martial arts, I came out of my shell."

"I smoked a lot of marijuana and dabbled in other things. But martial arts gave me another outlet for the stress and anger. I was taking care of kids a lot – my younger sister and my niece and nephew. It was all a bit

much. I was smoking 24/7. As soon as I woke up. But now I use martial arts to keep me calm."

The MMA Therapeutic group is run by The Buttery's INTRA outreach program.

“*(without MMA) ... I wouldn't be able to take care of my niece and nephew and little sister like I do*”

It helps 14-19 year-old boys with a history of substance misuse, school absenteeism violence and petty crime. It is achieving remarkable results.

"MMA helped me focus on what I needed to do. Having male figures around that understood what I needed to do in life —

it gave me a reason to want to try".

"When I started I was really overweight. Physically it helped in so many ways. It helped me regain my confidence and gave me discipline."

"Before MMA I couldn't go to school because of my anxiety. Every time I thought about going to school I panicked."

"If I hadn't have done martial arts I would never have finished school. I probably would be taking a lot heavier drugs. And I wouldn't have a job. Much of life would have gone downhill and I wouldn't be able to take care of my niece and nephew and little sister like I do. There are a lot of things I'm grateful for about MMA."

"If I could give advice to anyone like me, it would be to take every opportunity given to you."

PLEASE HELP THE BUTTERY HELP MORE PEOPLE LIKE ARLEE

I wish to make a tax deductible donation of \$ _____

I enclose a cheque payable to The Buttery Limited

OR Please debit my: Visa MasterCard

Card number _____

CSF _____ Expiry date _____

Signature _____

Name shown on card _____

Please send me confidential information about leaving a gift to the Buttery in my will.

Name (Mr, Mrs, Ms etc) _____

Address _____

Postcode _____

Email _____

Phone(s) _____

Please send your donation in the envelope provided or

Post to **THE BUTTERY REPLY PAID 42 BANGALOW NSW 2479**

To donate online visit www.buttery.org.au/make-a-donation/

Donations of \$2 and more are tax deductible

We take your privacy seriously and will not pass on your details to a third party.

 *Thank you for being part of the work of the Buttery through your kind support.*



THANK YOU FOR SUPPORTING THE LIFE CHANGING WORK OF THE BUTTERY

The Buttery acknowledges the many generous individuals, foundations, organisations and companies whose support enables The Buttery to help so many people.

A number of Buttery programs are supported by funding from the North Coast Primary Health Network through the Australian Governments' PHN program. The Buttery gratefully acknowledges this support.



The Buttery acknowledges funding it receives from the NSW Ministry of Health under the NSW Government's Drug and Alcohol Package.



The Northern Rivers Gambling Counselling Service is funded by the Responsible Gambling Fund.



The Buttery helps teenagers and adults who have drug and alcohol misuse, gambling and mental health issues.

The Buttery relies on the generosity of the community to continue its life-changing work.

The full range of Buttery programs provides a continuum of care: education, residential and non-residential treatment, aftercare and relapse prevention.

Donations to The Buttery are fully tax-deductible.

The Buttery gratefully acknowledges the financial support it receives from generous donors and the NSW State and Commonwealth Governments: NSW Health, Department of Health (Commonwealth), NSW Responsible Gambling Fund.

Donations to The Buttery are tax-deductible. To donate:
<https://www.buttery.org.au/make-a-donation/>

02 6687 1111 info@buttery.org.au

www.buttery.org.au

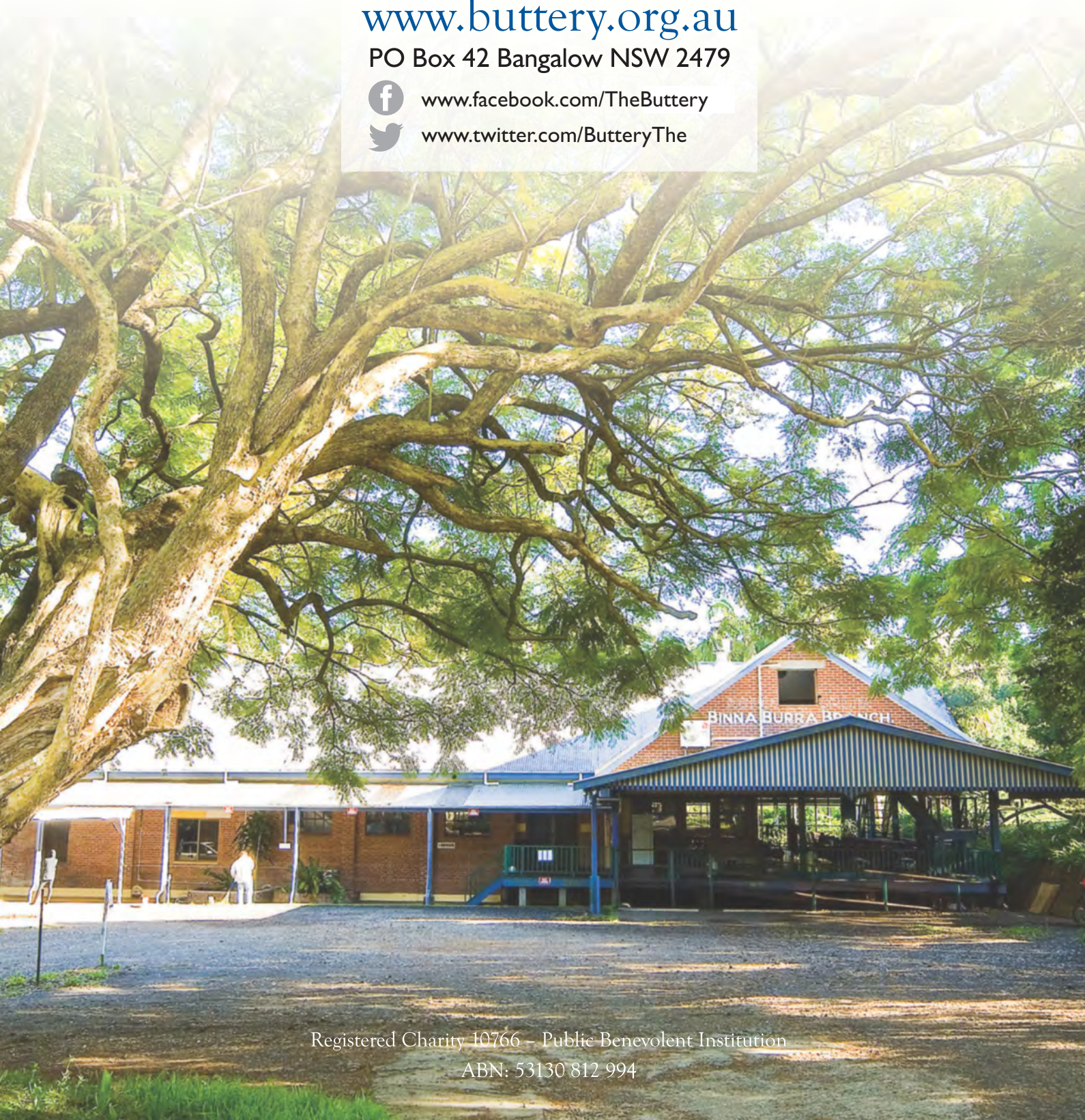
PO Box 42 Bangalow NSW 2479



www.facebook.com/TheButtery



www.twitter.com/ButteryThe



Registered Charity 10766 – Public Benevolent Institution

ABN: 53130 812 994