



THE BUTTERY
ENRICHING LIVES



ANNUAL REPORT 2018-19

VISION

An inclusive community where people realise their full potential

MISSION

The Buttery promotes healthy communities and individuals by providing coordinated support and treatment to people who are affected by substance use disorders, addictions and/or mental health issues

The Buttery's residential and community programs are evidence-based and represent the latest in trauma-informed and client centred care.

All of 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).

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

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.



THERAPEUTIC COMMUNITY
MEMBER



CONTINUUM OF CARE

The Buttery provides continuous pathways of care

Now, people can be supported in every stage of their recovery: from support while undergoing detoxification to treatment and aftercare. They can be supported 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. Participants can

'step up' or 'step down' to programs depending on their individual needs. This approach leaves no one behind and improves treatment outcomes.

All programs are evidence-based, and covered by a rigorous quality assurance program.

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

PARTICIPANT'S PATH: NO ONE GETS LEFT BEHIND



Kelly*, 35, was three-months pregnant when she was referred to The Buttery's Maintenance To Abstinence program (MTA) through The Buttery's Alcohol and Other Drugs Continuing Coordinated Care Program and The Buttery's b.well.

Her goal as an MTA resident was to safely reduce from Suboxone, an opiate substitute and commence her addiction recovery program. She was also given external support by a local doctor via the Drugs in Pregnancy

(DIP) program. When Kelly started experiencing health issues relating to her pregnancy, she decided to discontinue her treatment in the MTA program.

Leaving with a positive experience of residential treatment, Kelly was linked back with case workers within The Buttery's AODCCC and b.well programs to support and help maintain her relapse prevention skills. Now the new mother and baby are doing well.

*Name changed for privacy

HIGHLIGHTS

As well as rolling out operational efficiencies and improvements, 2018-19 was a year of learning and laughter. Our community outreach services showed up for the community from Port Macquarie to Tweed Heads.

Bringing The Buttery Together Staff Conference

“Let’s do it again” was the resounding feedback from staff after the inaugural “Bringing The Buttery Together” Staff Conference in February. The day boosted staff connection, morale, and professional development and everyone wants to do it again.



Krystian Gruft and Brendan Monson make a presentation

Novel PTSD training with the developers from the US

Staff had the opportunity to undertake training in COPE with facilitators from the Psychiatric University of South Carolina. COPE (Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure) is a novel evidence-based intervention model.

Case conferencing for the best care

To better serve clients, The Buttery has started a formalised approach to case conferencing with other services. Case conferencing aims to provide holistic, coordinated, and integrated services across providers, and to reduce duplication.

25-year milestone for our Roz!

Recently, Office Administrator, Roz Holmes, celebrated 25 years of dedicated service.

Every day Roz demonstrates her kindness and compassion for TC residents and goes out of her way to help keep The Buttery operating efficiently.



Footprints2Wellbeing

The Buttery was awarded a contract through the Primary Health Network to be the lead agency in a consortium to deliver a program to support people concerned about their mental health by offering group and individual sessions.

Footprints2Wellbeing, to commence in September 2019, is available from Tweed Heads to Port Macquarie. The Buttery is part of a consortium which includes Rekindling the Spirit, Werin, and Wellways Australia.



Stuart Nunan, Manager Footprints2Wellbeing and Community Outreach Manager, Frances Pidcock

Family Program expands to serve more families.

The Family Support Program, funded wholly by donations, has grown to meet an increasing demand. Thanks to support from Portland House Foundation, Northern Rivers Community Foundations and other donors, the program helped 270 family members.



THE BUTTERY BOARD



The Buttery Board of Directors are all volunteers and receive no remuneration for their service.

The Board comprises community representatives, people with lived experience of recovery and experts drawn from a range of backgrounds including law, accounting and business.

Inset: Rosemary Warnock, Tim Limbert (Treasurer), Jonathan Dunlop. Standing: Sandy Lockhart (Chairman), Leone Crayden (CEO). Seated: Raymond Houston, Fr. Matthew Smedley, Ian Murray, Ian McKay, Kara Goodsell (Company Secretary).



THE BUTTERY FOUNDATION COMMITTEE

The Buttery Foundation Committee helps raise the positive profile of The Buttery and assists with fund raising.

From left: Graeme Martin, Paula Nassif, Adrian Slater, Rita Uechtritz, Richard Herlihy OAM, Sandy Lockhart (Chair), Kevin Eley, Graham Cowley, Justin Herlihy, Adriana Cecere, Chris Benaud (The Buttery), inset - Jonathan Dunlop

SO MANY MORE ACHIEVEMENTS DURING THE YEAR

To better serve people in need, efficiencies and improvements were implemented during the year including:

- Introduction of centralised intake with recruitment of an Intake Coordinator (Clinical).
- Data management and introduction of Client Management System (MIMASO).
- Mandatory discharge summary on exit for all clients/residents and transfer of care plans.
- New relapse prevention programs: Continuing Coordinated Care and Relapse Prevention Aftercare Service.
- Quality management framework introduced to ensure all policy and procedures meet best practice guidelines.
- Introduction of Employee Assistance Program.
- Accreditation under the Australian Community Excellence Standards (ACES).
- Co-design workshop with REDSIX and other veterans' groups on the COPE/Core model.
- Introduction of systemic psychometric testing across all Buttery Programs – K10 and ATOPS as standard.
- Introduction of Client Reportable Experience measures (CREMS).

NOTE FROM THE CHAIR AND CEO

With pride we present the 2018-19 Annual Report. The Buttery has gone from strength to strength in the last 12 months.

We acknowledge the Board of Directors, the Foundation Committee, our donors, funding bodies and importantly our committed, compassionate and talented staff.

We are extremely grateful to have staff who care so much about the people they work with, about each other and about their community. The Board, the Foundation Committee and the CEO are in awe of those who deliver Buttery programs. Your commitment, compassion and values drive us and our organization to do better and be better. *Thank you.*

Report from the Chairman

The 12 month period, which ended on June 30th was one of considerable change and growth for the Buttery. In October we welcomed our new CEO Leone Crayden to the organisation. Leone comes with a wealth of experience in social services and has already demonstrated her leadership and management skills. I would like to thank Zac Dawkins, who was acting CEO prior to her arrival, for his hard work and diligent approach.

Priorities during the year included:

- a review of all existing programmes (both residential and outreach) to ensure full compliance with all requirements
- continuing focus on fund raising at a time when government funding (both Commonwealth and State) remain under pressure
- the preparation of a new strategic plan, which will serve as a guide for the Buttery's future development

in an increasingly challenging environment

- the pursuit of selected new growth opportunities, particularly in the outreach area

I am pleased to note that we made good progress on all fronts. Our policies and procedures have been reviewed and updated and we are in full compliance with all of our obligations. New systems are in the process of being implemented which will further strengthen these.

On the fundraising front we achieved new levels of giving support and the Buttery Private made a modest level of contribution in only its second year of operation.

During the year, and detailed below in the CEO's report, we were successful in winning a number of new tenders. While the original focus of the Buttery was centred on Bangalow and the Northern Rivers area of NSW the organisation now has offices stretching from Tweed Heads in the North to Port Macquarie in the South.

A number of exciting initiatives started during this period will

almost certainly bear fruit in the current financial year.

Notwithstanding the challenges of maintaining an aging facility, new programme initiatives and greater staff numbers the Buttery completed the financial year with a modest surplus.

The positive outcomes being achieved for our clients would not be possible without the support and input of many people. I would like to thank the Board for their support and input. Equally, thanks must go to the Foundation Committee, who do valuable work raising both the profile of The Buttery and funds for a variety of purposes. To the donors, whether big or small, thank you again for your generosity and help. Finally the staff, who sometimes toil under challenging conditions, your hard work and enthusiasm are much appreciated.



Sandy Lockhart
CHAIRMAN



The Buttery's CEO Leone Crayden with Chairman Sandy Lockhart

Report from the CEO

At The Buttery, we have worked diligently to become an integrated, unified service to serve our clients and to learn and grow.

It is vital for community organisations that the Board, CEO and senior staff work towards a common, shared vision to achieve strategic goals. This year, with input from clients, the leadership team, the Board and partner organisations, we developed a revised Strategic Plan. It articulates the future direction of The Buttery.

Another first, was the appointment of the Buttery's first female CEO. I am very grateful to the Board for having the faith in my experience to give me stewardship of this iconic and remarkable organization. I hope to remain worthy of the task. I am in awe of the life-changing work we do and the incredible stories of people's recovery and resilience. I have learnt much from our wonderful staff who inspire me daily.

In February 2019, The Buttery held its first staff only

conference, "Bringing the Buttery Together." Staff came together to present about Buttery programs. A learning experience, the conference demonstrated how much the Buttery's programs have expanded to help even more people. We now provide a full continuum of care. This includes abstinence-based residential programs and a full range of community-based programs. These focus on harm reduction, relapse prevention, addiction counselling, psychosocial education, mental wellbeing and aftercare.

I am very grateful for the support in my first year from our partner organisations. These include the Primary Health Network, Northern NSW Local Health District, the Office of Responsible Gambling and the NSW Ministry of Health.

With the new Footprints2Wellbeing program, we are part of a consortium which supports people with psycho-social, disability and mental health issues.

Through this consortium, I look forward to a strong, continuing

relationship with Rekindling the Spirit, Werin and Wellways Australia. This partnership will enable us to increase services to Aboriginal and Torres Strait Islander people and strengthen The Buttery's cultural awareness. Our partners will enhance our capacity for culturally safe service delivery.

To better serve our clients, we are implementing improved client management and finance software, embarked on a review of our quality management framework and upgraded vital infrastructure.

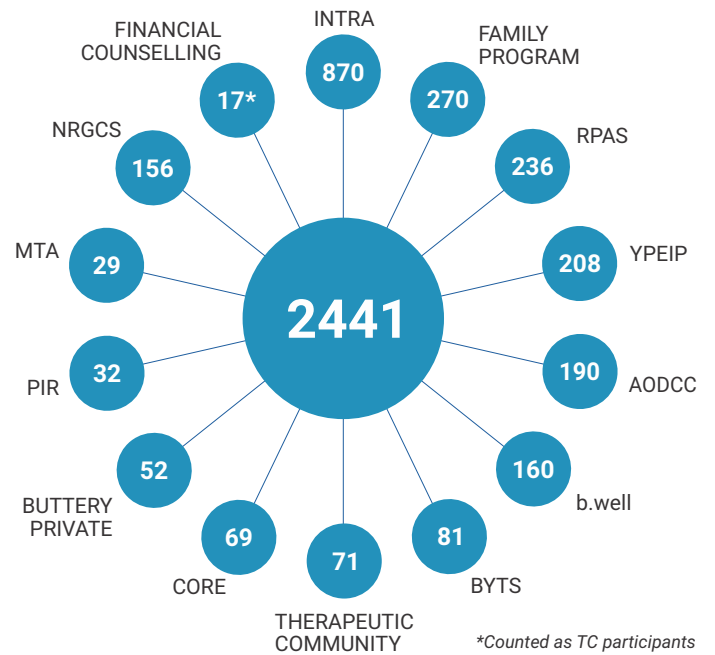
We have achieved a great deal in the last year. There is much more to do. The Buttery's new vision is "Connected Communities, Valued People, Collaborative Partnerships." I trust that with all of the invaluable and important work at the Buttery we will embrace this vision and continue enriching lives.

Leone Crayden
CEO

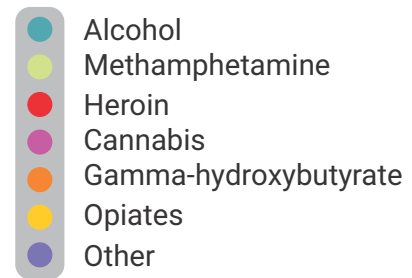
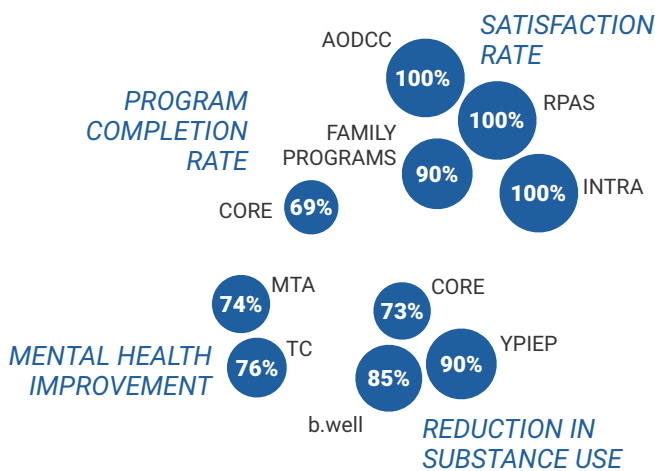
How we helped

The Buttery is committed to enriching lives. By offering both residential and community outreach programs for people with substance use, mental health and gambling issues, The Buttery provides a continuum of care for people at every stage of treatment.

OUR PARTICIPANTS BY PROGRAM

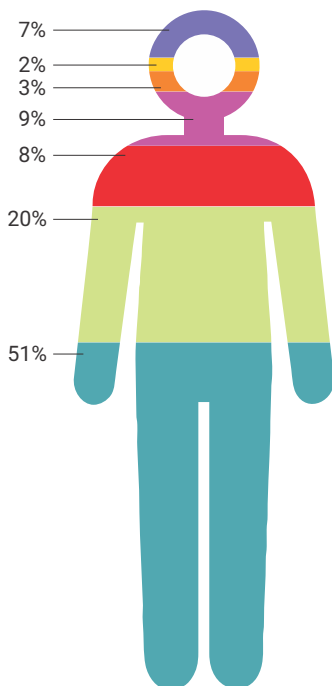


OUTCOMES: AT A GLANCE

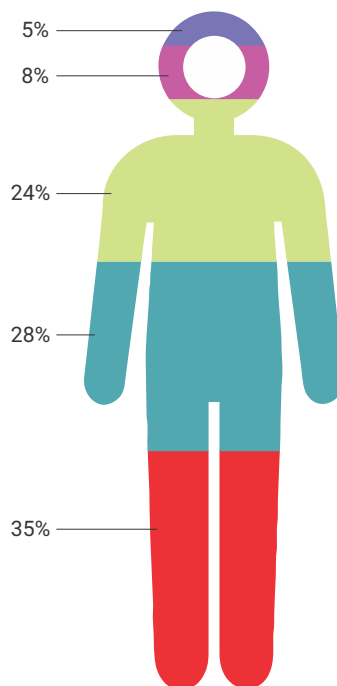


PRINCIPAL DRUG OF CONCERN

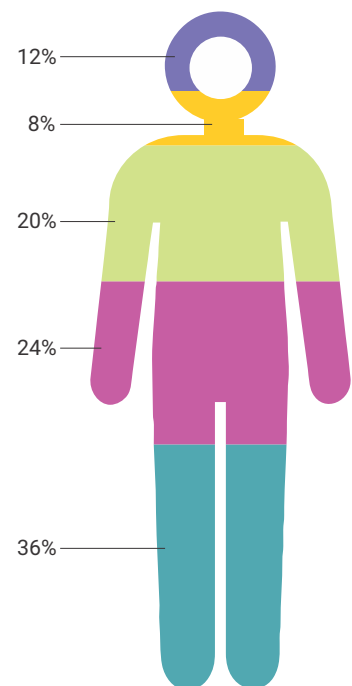
THERAPEUTIC COMMUNITY



CORE



INTRA



Opiates incl. organic derivatives; Gamma-hydroxybutyrate incl. Liquid Ecstasy, GHB; Methamphetamine incl. Speed, Ice; Alcohol incl. Ethanol

THE BUTTERY CONDUCTS THREE RESIDENTIAL PROGRAMS

Programs are delivered to the NSW

THE BUTTERY PRIVATE

The BATTERY Private is a user-pays program near Murwillumbah. As a social enterprise, surplus funds are applied to The BATTERY's charitable programs.

In 2018-19 The BATTERY Private hosted 10 residential four-week wellbeing intensives, providing evidence-based interventions for more than 50 clients.

Most participants took part in the program's three-month aftercare counselling to consolidate their wellbeing and for support when challenging issues arose.

HIGHLIGHTS

- Transition programs support participants to consolidate therapeutic gains into their daily lives and to transition into other treatment if needed.

LOOKING FORWARD

- Consolidate the existing program and expand on family/community inclusion treatment and meet the need for ongoing social support, networks and services.

RESIDENTIAL THERAPEUTIC COMMUNITY

The Residential Therapeutic Community (TC) is a long-term rehab for adults addicted to drugs, alcohol or both. It is evidence-based, best-practice and informed by the latest research into addiction treatment.

HIGHLIGHTS:

- Trained and registered all staff to facilitate Work Development Orders to assist residents to reduce their debts.
- Continued a Financial Counselling and Financial Literacy Program
- Commenced Gambling Support groups.
- Signed an MOU with Lismore Liver Clinic to treat residents with Hepatitis C.
- Participated in The Special Commission of Enquiry into the Drug Ice.
- Doubled residents' access to specialist psychiatric appointments.
- Accommodated medical student placements.
- Hosted and attended professional development.
- Seconded and trained Residential Care Workers to undertake counselling roles.

LOOKING FORWARD

- Develop a proposal for Program 1 graduates to access a BATTERY Halfway House; review program effectiveness bi-annually and implement changes.

JULY '18

AUG '18

SEP '18

CEO appointment

Leone Crayden was recruited as CEO to lead organisational growth and champion the best-practice 'Continuum of Care' approach to AOD and mental health treatment.

Leone brings a hands-on, highly-skilled and solutions-focused approach. Her career demonstrates visionary leadership, and outstanding performance in corporate management across the health, community services and disability sectors.

Paperless payroll

The BATTERY is constantly upgrading its systems to meet the needs of clients and staff.

With a staff increase of 36% and an increase in clients of 95% in 2018-19, the Finance Department rolled out paperless accounting and payroll systems, Lightyear and Deputy.

Ground-breaking research

An Australian-first study, funded by Director, Rosemary Warnock, was published. It found the length of time a person stays in a program is positively linked to abstinence, reduced crime and improved employment prospects and quality of life.

The study was a collaboration through the University Centre for Rural Health, Lismore, between the University of Wollongong and Western Sydney University Schools of Medicine, and the BATTERY.

AL AND ELEVEN COMMUNITY-BASED PROGRAMS

Mid and Far North Coast Regions to teenagers

MAINTENANCE TO ABSTINENCE (MTA)

The Buttery's MTA Program, is for people who wish to withdraw from an opiate maintenance program (Methadone or Buprenorphine) to pursue an abstinence-based lifestyle. Modelled on the Therapeutic Community, MTA provides a safe, residential program which allows residents to reduce and adjust to continuing abstinence over a three-month period.

HIGHLIGHTS:

- Residents completing MTA program and progressing to TC Program 1
- Participation of The Buttery choir singing locally

FINANCIAL COUNSELLING

The Financial Counselling program for TC residents, conducted by an accredited Financial Counsellor and supported by philanthropy, was available one day a week to assist residents. It helps people address the management, freezing and waiver of debts, accessing credit reports, tracking lost superannuation and the preparation of budgets.

The program is supported by generous philanthropists.

NORTHERN RIVERS GAMBLING COUNSELLING SERVICE (NRGCS)

NRGCS offers free counselling and support services for people affected by gambling-related problems, to reduce the negative impact of gambling on their lives.

HIGHLIGHTS:

- Presented at a two-day conference held by Twin Towns during Responsible Gambling Awareness Week; commenced service from Ballina; commenced a Gambling Peer Support group for Therapeutic Community residents.

b.well

b.well supported people from Tweed Heads to Ballina and in locations including Nimbin, Casino, and Tabulam. The 160 participants aged 12 and above identified challenges with their mental health and substance use.

The program provided one-on-one counselling, peer work and groups including; DRUMBEAT, Rent it Keep It, b.strolling, b.connected, b.supported, Parents under Pressure, Strong Emotions and Destress and Relaxation.

HIGHLIGHTS

- Expanded programs to include Process Groups in Nimbin and worked with indigenous clients at Balund-a and Namatjira Haven; hosted students and supported volunteers; presented at the Mental Health Commission.

OCT '18

NOV '18

DEC '18

Report to Lismore City Council

As members of the Lismore Social Justice and Crime Prevention Committee, Buttery staff contributed valuable insights for a report to Lismore City Council into the need for additional local rehabilitation treatment. The recommendations of the committee were overwhelmingly supported by Lismore City Council at the May Council meeting.

Data and Client Management Systems

The paperless client management system, MIMASO, was rolled out and will be fully implemented by September 2019. MIMASO will allow The Buttery to report more accurately to funding bodies, identify trends and analyse the work completed and client outcomes achieved. This data analysis will support funding submissions, research grant applications and fundraising to ensure the transparency of data.

Digital Fundraising campaign

The Development team rolled out an extensive SMS and digitally-focused campaign for a Christmas fundraising appeal.

As an indication of donors' generous support for the work of The Buttery, digital giving increased by more than 100%.

Thanks to generous donors, net funds raised in 2018-19 increased by 65%.

ACROSS A WIDE AREA. IN 2018-19 THESE PROGRAMS SUPPORTED YOUNG PEOPLE AND ADULTS WHO MAY HAVE MENTAL HEALTH, DRUG AND ALCOHOL CHALLENGES.

b.well LOOKING FORWARD

- Increase youth work by pairing up with other youth programs and conduct DRUMBEAT in high schools; promote recovery and decrease stigma associated with mental health and AOD challenges; increase the participation of Culturally And Linguistically Diverse and indigenous clients.

INTRA

INTRA provides high quality evidence-based care in for those 12 and above who experience substance use challenges. INTRA aims to reduce harms from alcohol and other drug use, and to promote recovery.

It offers groups, including Mixed Martial Arts for youth, Creative Alternatives, Family Groups, Meditation, Footprints, Riverlands De-tox process groups, and individual counselling. It covers Tweed Heads, Murwillumbah, Byron Bay, Lismore, Casino, Nimbin and serves people from surrounding areas.

HIGHLIGHTS:

- INTRA participated in numerous education and community activities; formalised partnerships with: Mission Australia, ETC, Riverlands Detox, The Salvation Army, Lismore Hospital, Byron Hospital Community Health, Community Corrections, Department of Family & Community Services, Social Futures Housing, Rekindling the Spirit, AIME Indigenous Mentor Training, and Namatjira Haven.

RELAPSE PREVENTION AFTERCARE SERVICE (RPAS)

RPAS supports people 18-65 who identify with alcohol and other drug challenges and who have complex psychosocial needs. As part of The Buttery's Continuum of Care, it supports people to remain engaged in treatment and prevents relapse post treatment.

ACHIEVEMENTS:

- Co-located with the Local Health District to collaborate with AOD counsellors to achieve positive outcomes for participants; achieved outcomes including helping secure housing, family reunification, engagement in education and employment and entering to rehabilitation and detox.

BYTS

BYTS provides support to 10-19 year-olds in the Clarence Valley, focusing on those who identify as indigenous and/or who are involved in the Juvenile Justice System. Work in ACMENA Youth Justice Centre is due to commence later in 2019.

HIGHLIGHTS

- Delivery of family and carer groups.

JAN '19

Teaming with Balund-a

The Buttery started working with the Indigenous Balund-a Program, an innovative intensive residential diversionary program, managed by Community Corrections to break the cycle of offending. The program aims to provide a range of programs that target issues related to offending behaviour, for example drug and alcohol misuse, anger management and family violence.

The Buttery provides in-service programs for residents.

FEB '19

Support for Families

The Northern Rivers Community Foundation donated \$75,000 for The Buttery's Family Counselling Program.

This means the Family Program can continue to meet an increasing demand by running its program for an additional day per week.

MAR '19

Funding for Veterans' program

The Hon Ben Franklin MLC visited the Buttery to promise \$300,000 for a pilot program to help Northern NSW emergency workers and returned service personnel address post-traumatic stress disorder (PTSD) and substance use issues.

RAMS HELPED MORE THAN 2,400 PEOPLE with alcohol and/or gambling issues.

CORE COMMUNITY REHAB

CORE is a six-week Alcohol and Other Drugs program running on rotation in Lismore, Tweed Heads and Byron Bay.

As a day program conducted during school hours, it suits people with carer responsibilities, such as parents, who cannot attend a residential rehab.

YPEIP (YOUNG PEOPLE'S EARLY INTERVENTION PROGRAM)

YPEIP is evidence-based early intervention drug and alcohol specialist services for 12 to 24 year-olds on the NSW Mid-North Coast.

HIGHLIGHTS:

- Extensive support to local community in education to other stakeholders and delivery of family and carers group

LOOKING FORWARD

- Commencing delivery of groups to schools in collaboration with Headspace and commencement of a Smart Recovery Group

FAMILY SUPPORT PROGRAM

The Family Support Program is for family members of people with substance use issues. It is funded fully by philanthropic donations.

HIGHLIGHTS

- The service has been growing and, to meet demand, increased from three days a week to four, employing an additional counsellor one day a week. As its reputation grows, more participants are being referred to the program from outside the Buttery network.

LOOKING FORWARD

- To continue obtaining philanthropic funding and develop a partnership with Family Drug Support and establish a peer support group in Byron Bay and conduct another eight-week Family Support process group.

PARTNERS IN RECOVERY (PIR)

PIR is a consortium with Mission Australia, New Horizons, Anglicare, CHESS Connect and Galambila. Mission Australia is the lead agency.

This program provides support for people 18-65 who experience severe and persistent mental illness and complex unmet psychosocial needs.

HIGHLIGHTS

- Commencement of part-time NDIS transition worker for three months

APR '19

MAY '19

JUN '19

Clinical Governance Committee appointed

The Clinical Governance Committee, comprising volunteer health practitioners was appointed to ensure clinical oversight of Buttery programs and that recommendations and advice from a clinical perspective are made to the CEO and Board to ensure best possible decisions on rehabilitation and recovery services.

Ice Inquiry

The Special Commission of Inquiry into the Drug Ice heard from former Buttery residents and the CEO at the Lismore Courthouse.

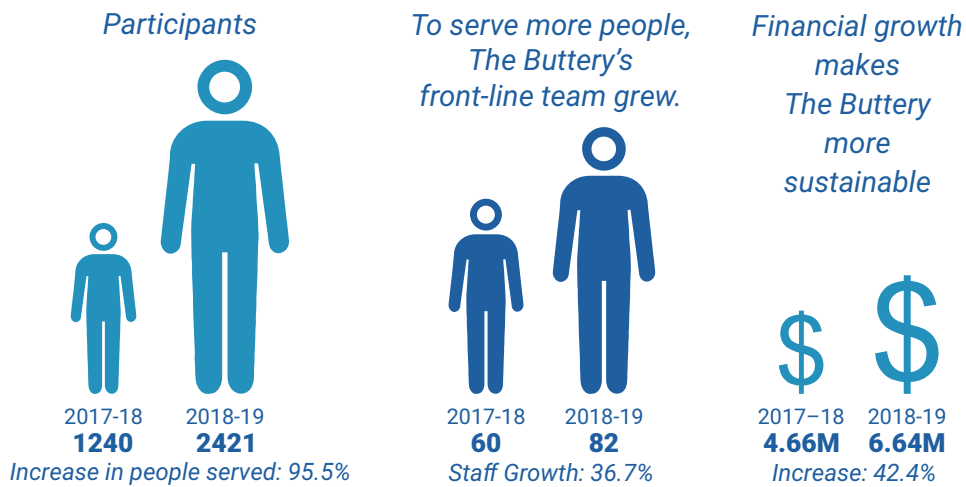
The commissioner thanked them for providing their insights into the nature, prevalence and impact of the drug in NSW.

NADA grant for Intake and Assessment

The Buttery was awarded a grant by The Network of Alcohol and Other Drug Agencies (NADA) to document and evaluate implementation of the new and revised and centralised client intake system so that other organisations can benefit from learnings from this process.

How we've grown to help more people

The need is great for the life-changing programs The Buttery provides. Year-by-year thanks to dedicated staff, volunteers, Commonwealth and State government funding partners and donors The Buttery continues to serve more people in need across an ever-widening geographical area. This Financial year, The Buttery increased its footprint, offering and scale.



LOCATIONS



THANK YOU!

The Buttery relies on generous donors, volunteers and the Commonwealth and State Governments to help people who may have substance use, mental health or gambling issues. On behalf of The Buttery Board, Foundation Committee, staff and the more than 2,400 people we helped last year, thank you.

DONORS

We are very grateful to everyone who, through their generous donations 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, Bruce and Joanne Swift 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.



Because of their age and wooden construction, residential buildings at The Buttery require on-going maintenance. This work is supported by generous donations.



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 2018-19 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/](http://www.buttery.org.au/join-the-buttery-recovery-circle/)

THE BUTTERY FOUNDATION COMMITTEE



The Buttery Foundation Committee meets regularly in Sydney in the board room of Next Capital, whose founder, Sandy Lockhart is also Chairman of The Buttery Board. The Committee helps raise the profile of The Buttery, helps raise funds and when requested provides The Buttery Board with strategic advice. The Committee also holds Talk Events featuring high-profile speakers during the year to help raise the profile of The Buttery.

One of the Sydney talks featured actor Bryan Brown, and drug law reformer and former Buttery resident, Eddie Lloyd.

CLINICAL GOVERNANCE COMMITTEE

The Clinical Governance Committee ensures clinical oversight of Buttery programs and that recommendations and advice from a clinical perspective are made to the CEO and Board to ensure best-practice. The Buttery is most grateful for their volunteer service.

VOLUNTEERS

The Buttery is supported by 70 or more volunteers who help by driving Buttery residents to NA and AA fellowship meetings. All Board and Committee members are volunteers and receive no remuneration for the hours and hours of service they give.

GOVERNMENTS

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 BCOY 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, RPAS 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.



Health
Northern NSW
Local Health District

Australian Government
Department of Health



AGAINST THE ODDS: KAIDEN'S REMARKABLE STORY

Buttery staff can often be overheard talking with awe about the achievements of Kaiden Powell – the 2015 Therapeutic Community resident turned mentor, artist and athlete.

At 25, Kaiden Powell was in and out of out of mental health units or sleeping rough. He had attempted to take his own life and when doctors took a scan of Kaiden's brain, it revealed he'd had a stroke which they believed was drug induced.

It was around this time when Kaiden connected with Buttery worker Paul Phillips at Headspace, where he was encouraged to try rehab.

"I was using cannabis, bingeing on alcohol and taking ice recreationally – whatever I could get my hands on.

"I had a supportive family but there were times when I was sleeping in parks and behind bins. When I did find housing I had nothing left after rent, as soon as I got paid all my money went on my using. I was cooking

and eating 2 Minute Noodles out of the kitchen sink. When you are in that space – deep depression – you just don't have the self-worth to look after yourself."

While waiting to get into a rehab in Sydney, Kaiden ended up in trouble with the law, and in February 2015, got a Magistrates Early Referral Into Treatment (MERIT) placement at The Buttery.

"The beauty of The Buttery was that it provided a safe place where I could talk about what was going on. Previously, I couldn't talk about my emotions because that's what men aren't supposed to do."

For Kaiden, a proud Wiradjuri man, group therapy made sense.

"My ancestors have been sitting in a circle and yarning for thousands of years.

I learnt quickly how to live in a world with a different range of people and personalities.

After completing the full nine month residential program, Kaiden lived in a Buttery transition

house. Since then, he has launched a rich and varied career as a counsellor, touring speaker, artist and sportsman.

Kaiden used his lived experience as a counsellor at Namatjira Haven Drug & Alcohol Healing Centre before launching his own business touring schools and universities, where he is invited to share his inspirational story of adversity and recovery.

Kaiden has also toured internationally with the National Indigenous Soccer team.

"Art is another way I share my lived experience. I have a line of streetwear which brings indigenous art into mainstream fashion . I've collaborated to design the very first aboriginal motocross jumpsuit.

"Now I am in talks with an agent to write a book about my story, everyone has a story.

"I want to be able to give back and help people identify the beauty we all have within us."



CONNECTION IS THE OPPOSITE OF ADDICTION

It was a double-serving of grief that sent Nick,* a 34-year-old electrician, into a place self-destruction.

In 2013 he lost his father to suicide and his mother in 2016 to a shock traffic accident.

Nick started drinking in his mid-teens and later added prescription drugs and party drugs to the mix. But the tragic deaths exacerbated his use to a point where he no longer had any control.

"The Buttery's Therapeutic Community saved my life.

I was in a bad state for quite a long time. I had seen a lot of drug counsellors and therapists, but I couldn't stop. I couldn't put it down. I thought I was destined to a life of drug addiction.

I was at a detox in Sydney when one of the nurses said to put my name down for the Therapeutic Community at The Buttery.

I had no idea how to grieve the loss of my parents without the use of drugs. I also isolated myself from a young age which has led me down a path of loneliness and despair. But since living in the TC, the people in my life now are very dear to me. I've found out how important friendship is in my life. For me, connection is the opposite of addiction.

I have found that the only way to move through grief is to feel it and talk about it. It's an ongoing process. To me grief seems to come up when I don't expect it, so I work on being in a good head-space and to have connection in my life so

if I have bouts of grief come up I can move through it. That's why it is so important for me to be in a safe environment free of substances."

I used to hold everything in. I was a closed book. But it stopped me from moving through.

My life now is mostly recovery-based. I keep fit and healthy and spend a lot of time with friends.

I receive ongoing treatment through the Twelve Step Fellowship which keeps me alive."

**Name changed to preserve anonymity*

The Buttery teams with Balund-a to break the cycle of offending

“Bugilmah Burube Wullinje Balund-a”: is a Bundjalung name meaning, “Be good now you have a second chance down by the river.”

The Balund-a Program, a Corrective Services NSW program, is an innovative approach to managing predominantly Aboriginal people. Developed as an intensive residential diversionary program, The Buttery first came to the Balund-a Program in December 2018 for an in-service with residents and The Buttery’s contribution has been extremely well-received.

Operations Manager of the Balund-a Program, for Justice NSW, Rachel Soliman, said the residents engage positively with the Buttery’s face-to-face outreach service because it ‘breaks down barriers’.

“There had been previous challenges for the Balund-a Program residents and their case managers to gain evidence to support their post release plans. The continued relationship with The Buttery strengthens the Balund-a Program’s commitment to divert offenders from custody and the holistic approach to breaking the cycle of offending,” Ms Soliman said.

Mandy makes the connection with remote community

The Buttery is committed to helping remote and marginalised communities through its outreach services and partnerships. However, a community program is only as good as the relationships our people foster with those communities.



Daphne receives her Christmas hamper.

One Buttery team member strengthening authentic community connection is Support Facilitator, Mandy Pickett. She has been doing stand-out work in the Tabulam community near Kyogle.

Mandy has been instrumental in gaining over 30% indigenous participation rate for the AODCC program.

Mandy was on the ground the day after a devastating fire broke out at the Jabullam Community in February and assisted in organising emergency supplies.

Mandy also sourced surplus products from local businesses to contribute to Christmas hampers.

Daphne (pictured) said this was the first time some of the children had ever received a Christmas gift.

School gets behind youth early intervention program

Every day, The Buttery sees the benefits of early intervention programs such as the Therapeutic Mixed Martial Arts program for at-risk youth in Lismore and Casino. The program helps participants break a cycle of anti-social behaviour, substance misuse and school absenteeism.

The Buttery’s youth early intervention programs, under the leadership of Paul Phillips, received a glowing testimonial letter from Casino High School.

“I have seen many of the students from the program develop and display greater self-discipline, enhanced social skills and coping strategies especially when it came to dealing with their day-to-day confrontations with both staff and their peers.

Where once their first reaction would be to use verbal abuse or physical violence I’m now witnessing participants replace previous behaviours with actions such as walking away or stating that they are not wanting to fight.”

*Teacher Glenn Kemister,
co-signed by Acting Principal Daniel Moor*



Rings head coach Sam Nest and The Buttery’s Paul Phillips with the talented youngsters involved in the Lismore Mixed Martial Arts Program.



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:
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