

About The Buttery

The Buttery is a not-for-profit charitable organisation established in 1973. The Buttery's purpose is to support stronger and healthier communities by assisting people living with addiction and mental health challenges to achieve recovery and rebuild their lives.

The organisation also provides a unique counselling support program for families and carers.

With nearly 50 years of experience treating alcohol and substance use disorders and mental health issues, The Buttery has provided services to over 5,000 participants in its residential programs and 20,000 participants in its outreach services.

The Buttery is committed to providing access to responsive, integrated and quality substance misuse rehabilitation and mental health services through its residential programs.

As a charity, The Buttery relies on the generosity of the community, donors, funders and the State and Commonwealth Governments and agencies.

Outreach Programs

The Buttery's diverse programs help teenagers and adults who have drug and alcohol and substance use disorders and mental health issues. People are supported in every stage of their recovery and to avoid relapse and minimise harm.

The Buttery's community outreach services cover vast areas of the NSW Mid-North Coast and Northern Rivers Regions - from Port Macquarie in the south to Tweed Heads in the north and west to Grafton and Nimbin.



THE BUTTERY

Connected communities

Valued people

Collaborative partnerships

Phone: (02) 6687 1111

Email: intake@buttery.org.au
PO Box 42 Bangalow NSW 2479

To donate visit

buttery.org.au/make-a-donation

buttery.org.au



The Buttery gratefully acknowledges the financial support it receives from generous donors, the NSW State and Commonwealth Governments and Healthy North Coast through the North Coast PHN.



The Buttery acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.



THE BUTTERY



Outreach Programs

Family Support Programs (FSP)

Location: Phone counselling; face to face counselling from Tweed to Lismore, Byron Bay and Ballina.

Program Overview:

Individual, face-to-face and phone support, for those experiencing a loved one in addiction.

- Family relationship counselling, focusing on family dynamics.
 - Collaboration with Family Drug Support (FDS).
 - Education on cycle of addiction for the family.
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B.Well Individual Counselling

Location: Tweed Heads to Port Macquarie and west to Kyogle.

Program Overview:

B.Well is a Community Outreach service providing support for people with mental health issues who are concerned about the impact of their substance use on their wellbeing. Services include individual counselling, one-to-one peer support, psychoeducation, activities programs, life skills programs, and educational and therapeutic groups. Individual assessment and counselling for people with co-morbid mental health and AOD issues.

B.Well Group Programs

Location: Tweed Heads to Port Macquarie and west to Kyogle.

Program Overview:

Group counselling, activities and life skills programs include:

- b.connected – improve wellbeing and mental health through activity and social connection.
 - Coping with a loved one in addiction – a strengths-based approach to understanding addiction and managing self-care.
 - Drumbeat – discovering relationships using music, behaviour, emotions, attitudes and thoughts.
 - b.recovering – recovery-oriented group for those with dual diagnosis.
 - b.supported – group peer therapy.
 - b.strolling – behavioural activation.
 - Parents under Pressure – a 10-week program for parents.
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INTRA Individual Counselling

Location: Tweed Heads, Byron Bay, Lismore and Ballina.

Program Overview:

INTRA is a community-based service offering individual counselling for teenagers and adults in Northern NSW. The program aims to minimise harm from substance use and promote recovery.

INTRA Group Programs

Location: Tweed Heads, Byron Bay, Lismore and Ballina.

Program Overview:

INTRA Group programs include:

- Art Therapy, Mixed Martial Arts and Gestalt Therapy Groups.
 - Footprints: a 10-week recovery program in collaboration with NSW Health.
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Community-Based Rehabilitation (CORE)

Location: Mid North Coast and North Coast, NSW.

Program Overview:

The Community-Based Rehabilitation (CORE) group program is a day program for people who experience problematic substance use.

The program supports holistic recovery in a safe and therapeutic environment and under real life conditions and challenges.

- Yalom Group Therapy
 - Art Therapy
 - Psychoeducation
 - Relapse-prevention
 - Aftercare
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Youth Programs

Program Overview:

The Buttery provides a full range of treatment, prevention and non-relapse programs for young people aged 12 to 24.

Footprints 2 Wellbeing

Location: Tweed Heads to Port Macquarie.

Program Overview:

F2W provides capacity building to people with reduced psychosocial functioning aged from 16 years and above who are concerned about their mental health.

Individual and group sessions help to:

- Increase functional capacity to live independently in the community.
 - Reduce the need for acute mental health services.
 - Increase connection and reduce isolation.
 - Increase knowledge and skills.
 - Increase engagement in daily activities, relationships and the community.
 - Improve or stabilise mental health and wellbeing.
 - Improve self-confidence and independence.
 - Move towards personal recovery goals.
 - Support access to appropriate supports, including the NDIS where appropriate.
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Relapse Prevention Aftercare Service (RPAS)

Location: Tweed Heads to Port Macquarie, Byron Bay, Lismore and Ballina.

Program Overview:

Case management and coordinated care for people receiving alcohol and other drug treatment.

Supports people in recovery to connect with others, focus on their strengths, maintain a healthy lifestyle and lead a fulfilling life.

This includes assistance with obtaining housing, education, training and employment.

AOD Continuing Coordinated Care (CCC)

Location: Tweed Heads to Port Macquarie.

Northern NSW and Mid North Coast, NSW.

Program Overview:

Case management and coordinated care for people receiving alcohol and other drug treatment.

Supports people in recovery to connect with others, focus on their strengths, maintain a healthy lifestyle and lead a fulfilling life. This includes assistance with obtaining housing, education, training and employment.
