

Residential Programs

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.



THE BUTTERY

Connected communities

Valued people

Collaborative partnerships

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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 NSW Health, Department of Health (Commonwealth).



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



Residential Programs



The Therapeutic Community (TC)

The Therapeutic Community (TC), a long-term residential program, helps people with alcohol addiction, substance use disorders (SUD) and mental health issues to find lasting recovery.

Under the TC model, participants provide a mutually supportive environment for recovery. Set in the Byron Bay Hinterland, the program has two streams.

Program One: 12 weeks of group therapy, counselling, a comprehensive education syllabus and activities to promote recovery and stress management training.

Program Two: 12 weeks of group therapy, counselling, education and activities to develop awareness of underlying core issues.

Once both programs have been completed, participants undertake a six-week transition phase focusing on relapse prevention strategies.

Upon completion, people may be eligible to stay in the transition houses in Byron Bay.

As well as group and individual counselling, activities include: yoga, meditation, light work such as gardening, choir, art, exercise and outings to the beach, cinema and parks.

Participants are encouraged to take part in 12-Step meetings.

The Buttery's TC is open to anyone aged 18 years and over. All participants undertake a phone assessment before joining. They can participate in the program at no direct cost to themselves.

Maintenance to Abstinence (MTA)

Maintenance to Abstinence (MTA) is for people who wish to withdraw from an opiate substitute maintenance program to pursue an abstinence-based lifestyle. Co-located within the Therapeutic Community, MTA participants have the opportunity to adjust to an abstinence-based lifestyle over three months. Those wishing to extend their treatment can continue participating in the Therapeutic Community.

Participants must be 18 years of age or older.

For more information about the MTA

Program: www.buttery.org.au/maintenance-to-abstinence

The TC and MTA cost of treatment and accommodation

Through NSW Ministry of Health funding and charitable donations, people can join a TC or MTA program at no direct cost to themselves.

Social security recipients contribute 85% of their benefits to cover food and accommodation. Those not receiving benefits contribute a similar amount each week.

Continuum of Care

The Buttery's three separate residential treatment programs are part of The Buttery's Continuum of Care.

Our network of residential and community-based programs provide prevention, treatment and aftercare.

To promote recovery and assist family members, free family counselling is available for the family members of people taking part in many Buttery treatment programs.

The Buttery Private

A four-week, user pays residential program



The Buttery Private is a social enterprise of The Buttery. The Buttery Private is located in the Tweed Hinterland in a comfortable retreat setting.

The Buttery Private uses best-practice, evidence-based psychological techniques to bring about lasting change.

The program utilises current research on the neuroscience of stress responses, anxiety, depression, trauma, behavioural and substance addictions.

As well as regular one-on-one counselling with a dedicated counsellor and group sessions, participants can choose from a range of therapies including yoga, meditation, mindfulness training, exercise, massage, pilates, a spa circuit and nutrition.

The four-week intensive residential program is followed by three-months of aftercare via phone or video.

As a not-for-profit charity, surplus funds generated from The Buttery Private are applied to The Buttery's charitable works.

Participants must be aged 18 years or older.

The three residential programs are evidence-based and subject to ongoing evaluation and rigorous quality assurance.

The Buttery's dedicated, qualified and experienced team, treat participants with compassion and dignity.

Programs are constantly evolving and the result of decades of commitment and development.