

Summer 2016



12-Step Recovery: A Reflection

Chris Mordue, Program Manager, South Pacific Private

A new year naturally creates space for reflection and resolution as well as goal setting for the year ahead. While a wise and healthy mind can engage with both of these moderately, the out of control mind spirals with regret and rumination as well as projecting and obsessing anxiously. Recovery offers an effective means to reflect on our past and heal from our traumatic histories and current unmanageability. We are given a practical framework and spiritual toolkit to help to create an authentic life full of love, growth and new possibilities.

Recovery empowers us to make healthier lifestyle choices through improved self-awareness, self-acceptance and self-responsibility. In order to avoid relapse and evolve in the program we need to continually surrender on a momentary basis through the spiritual principles of honesty, open-mindedness and willingness. It's not always easy, but offers an amazing opportunity to connect with ourselves, others and the world around us. Coming from a shame-based family system often leaves us with low self-esteem and trust issues. We can become preoccupied with our unworthiness and get stuck in patterns of blame and victimhood. Being present, 'here and now', can help us to notice when we're drifting into these unhelpful patterns and contain ourselves in the process. We're more able to check in with our feelings and determine what we need to do.

Progress not Perfection

In order to let go, move on and grow in recovery we'll often need to hit emotional 'rock-bottoms' and experience pain in the process. Seeking to avoid painful feelings through sugar, food, caffeine, relationships and other processes such as work and sex are common features of the recovery journey. Even though we may be 'sober and clean' from our primary issues, other issues are likely to emerge. There is great wisdom in the phrase "*we're as sick as our secrets*", so normalising the behaviour through honest sharing is a very important tool. Quite often relapse can be tracked back to patterns of dishonest and secretive behaviour creeping back into the recovering person's life. Under stress we may revert to shame-based patterns and living in fantasy as a means of coping. When we do slip into these dysfunctional patterns of behaviour and relationship, it's important we accept our imperfections and not judge ourselves too harshly.

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Recovery exposes our vulnerabilities and we can be easily triggered; especially when life and the people in it threaten our sense of safety and value. These patterns of relating are multi-generational, inherited and often deeply entrenched in our minds and bodies. They are often adaptations and defences that helped us survive traumatic and abusive situations. By being compassionate (rather than beating ourselves up for being human and flawed) we can love and accept ourselves, while gently holding ourselves accountable, getting honest and beginning again. It's not helpful to wish it was different and as the eminent existential psychiatrist Irvine Yalom suggests; *"sooner or later we have to give up hope of a better past"*.

In order to move on we are far better served taking personal inventory and recognising our own part in the relationship problems we're experiencing in adult life. If we're able to inwardly connect and sit with difficult feelings, try not to act out in harmful ways to self and others, we'll notice an increased capacity to negotiate challenges and build life-skills and resilience over time.

The Power of Loving Action

Bill Wilson emphatically stated in the seminal recovery text Alcoholics Anonymous, *"The spiritual life is not a theory, we have to live it"*. It's one thing to read and talk about the themes of recovery – but another to practice them in our intimate relationships, at home, in our families, workplaces and in contact with our community. Getting the basics of self-care and self-love are incredibly important features of the recovering life, with sleep, nutrition, exercise and meditation essential. Making space for intellectual stimulation, creativity, fun and relaxation can't be overlooked. Being grateful, empathic, practicing random acts of kindness, journalling, travelling, being in nature and learning to spend time alone all add to the balanced picture. We may take our time to explore and refine our practices but these activities aren't really negotiable if we ultimately want to heal.

Sometimes, clients at SPP who grew up in the 'loving home' and had the 'happy childhood' struggle to connect with the themes and ideas presented in the program. Abuse and trauma don't only relate to sexual and physical experiences. Enmeshment, emotional neglect, abandonment and more subtle

forms of spiritual abuse can often be minimised and denied in the 'loving home' but have a huge impact on a person's capacity to give and receive love in relationship. As we seek to avoid the perceived difficult feelings such as pain, shame, loneliness and anger we tend to avoid feeling and expressing feelings of love and joy too. The consequence of this is we lose touch with our heart, our gut and intuition. We may find that we're indecisive and confused. The need for faith and a loving connection with a higher power begins to emerge as we find the courage needed to take appropriate risks, set goals and bring adventure in our recovering lives.

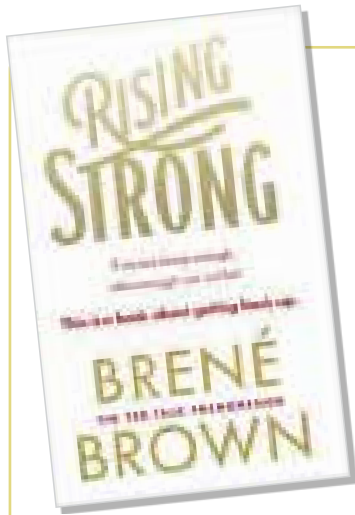
The power of community can't be underestimated in the recovery process. This is where we learn to serve others and practice love and tolerance. We get the chance to make amazing friends and be inspired by the stories and courage demonstrated by those who overcome their struggles and vulnerabilities with dignity and grace. Being 'better-than', judgemental and critical can prevent us from being empathic and helpful.

"Sooner or later we have to give up hope of a better past."

12-step recovery suggests we 'put principles before personalities' so it's important we don't distance ourselves from our community when we have interpersonal differences and disagreements. An often overlooked, but highly recommended aspect of the 12-step program is actually working and completing the 12 steps with a sponsor. It's often so simple we miss it! Attending meetings, getting a home-group and service commitment creates fellowship and unity, but the 12-step process is incredibly powerful and effective. Service through sponsorship allows us to 'give it away to keep it' and deepen and widen the spiritual connection in the process.

Recovery is always followed by the shadow of relapse and death. Like a precious child, recovery is inherently valuable, vulnerable, imperfect, dependent and spontaneous. A wise woman once said: *"Always love – you'll never regret it"*. As mature parents, we need to take responsibility and apply a loving, mindful and practical program to protect and develop the gift of recovery we've been given.

Keep it simple - love more, worry less and more will be revealed.



Rising Strong by Brené Brown

Review: Jacque Grant, Relationships Manager, South Pacific Private

The key themes in this book resonated on a number of levels, as they are themes aligned and attuned to the key concepts taught at South Pacific Private as part of our programs; integrity, gratitude, being present, setting boundaries, owning our own story, and the miracle of the individual.

True to Brené's style in 'Daring Greatly' (her previous book), this next book is also a raw and honest account of her story, which weaves in lessons, experiences and guidance throughout.

It's a thoroughly engaging read which encourages the reader to self-reflect, to pause and to have the courage to rise strongly after a fall.

As Brené so succinctly puts it, "*The truth is that falling hurts. The dare is to keep being brave and to feel your way back up.*"

This book is an inspiring well-rounded read and one that could be insightful and interesting for those who also have experience of South Pacific Private's inpatient or day programs.

It concludes with an accessible and practical summary of the key lessons of the book including a guide to wholehearted living and the gifts of imperfection.

Now all that remains is to put process into practice, as Brené suggests we must.

Beyond Reach – A Chronicle by Marinus Vlaskamp

Review: Lara Kocijan, Clinical Psychology Registrar & Primary Therapist,
South Pacific Private

I ended up reading this book in one sitting; I just couldn't put it down. It had me hooked from the first sentence "*If you ever looked into the eyes of someone who just failed to commit suicide you are peering into another world*".

This book is an incredibly honest and moving account of the devastating impact undiagnosed mental illness can have on the loved ones around them. The author offered the most humbling invitation into 'another world'. It is challenging to understand the inner world of an individual suffering mental illness. The author, however, offers insight into both the inner world of his late partner as well as his own overwhelming confusion, fear, anger and despair in supporting her while she was unwell, before ultimately coming to peace with the most devastating of experiences.

The humanity in this book was captivating and I found the story has stayed with me. The significance of owning and sharing our own stories only later dawned upon me once I had a chance to reflect further. I experienced a catharsis reading this book, familiar to me only after journaling my own inner world.

I wouldn't recommend reading this book to someone very early in their own journey of recovery from mental illness as it was confronting at times. However, I imagine health professionals, family and friends of those suffering and those with mature and stable recovery, could find information, identification and inspiration from the experience of this courageous author.

The clinical presentation of the undiagnosed mental illness can often be misunderstood by loved ones and health professionals and highlights the importance of comprehensive and multidisciplinary treatment.

Available in iBook: <https://itunes.apple.com/au/book/beyond-reach/id1052692923?mt=13>



The Benefits of Practising Journalling in Recovery

Jacquie Grant, Relationships Manager, South Pacific Private



What is the significance of writing a journal as part of your recovery journey?

At South Pacific Private we believe that keeping and writing a journal is a simple but essential recovery tool.

By exploring your thoughts and feelings on a daily basis you will not only integrate your experiences in the mind and the body but you will also enhance and accelerate your recovery journey.

No matter what your skills as a writer, taking down your thoughts and feelings daily can help you gain a deeper understanding of yourself. Journalling can be an effective tool for anyone who is recovering from an addiction. It's accessible, available and free.

Journalling is a great way to track your progress and improve motivation. The very act of writing what's happening and what you're feeling forces you to be honest with yourself and increases your awareness about your thoughts, feelings and actions. There are a number of ways to journal and people in recovery may find some benefit to trying and applying different styles.

Here are some examples of different styles you might consider:

1. Stream-of-consciousness journal: Without making any attempt at editing yourself, simply sit down for a specified amount of time every day and write down whatever comes into your head.

2. Diary journal: Write down all of the day's most important events and how you felt about them.

3. Gratitude journal: Count your blessings and what you have gratitude for each day.

4. Spiritual journal: Track your spiritual development and your spiritual connectivity.

5. Wellbeing journal: This journal could include tracking what you eat, and sleep and stress levels, as well as the symptoms for any chronic health conditions you may be managing.

The longer and more regularly you keep a journal, the better the outcomes for you personally. Try to keep going even if keeping a journal starts out feeling uncomfortable or out of your zone of comfort. As you become more used to the daily practice of acknowledging your thoughts and feelings you'll get more and more joy out of your writing and reflection. The daily practice of writing a journal improves your mood, memory, ability to regulate emotions and leads to overall greater psychological well-being. It is a really effective tool in the healing process of recovery.

Here are our simple tips to committing yourself to the practice of daily journal writing:

1. Write every day.

2. Write freely and openly. Don't edit your thoughts or feelings.

3. Be creative. Know that keeping a journal does not need to only involve words and writing, but that it can also include expressions of emotions and feelings through art, drawings or images in addition to writing.

4. On occasion try to use your non-dominant hand as a way of accessing the other side of your brain.

5. Ask yourself what you are grateful for today? Be grateful and practice logging what you are grateful for. Keeping a list of what you are grateful for is a fantastic way to process feelings and appreciate the gifts in your life.

6. Keep a nature diary to connect with the world around you. We're blessed to be located so close to natural beauty. Record the things you notice about the sky, the weather, the seasons and ocean.

7. Acknowledge the wins! Write the small & big successes that occur during the day. As you pay attention, your list will grow and inspire you.

8. Develop your intuition by listing problems and questions you need help with. Listen for your inner wisdom and journal examples of connections to your higher power.

"The daily practice of writing a journal improves your mood, memory, ability to regulate emotions and leads to overall greater psychological well-being."

9 Practical Tips for Moving House in Recovery

Moving house is 'up there' on the list of extremely stressful life events.

When you are new to recovery and first establishing yourself in this new way of life, added stressors such as moving can be a potential trigger for relapse or poor self-care. This is why many addiction treatment centres will recommend that you avoid any unnecessary life changes in your first year of recovery. This first year needs to be all about you. It's your time to re-focus, refresh and realign.

Of course, the reality is that sometimes moving in early recovery can actually be a necessity. Sometimes it might even be beneficial to the maintenance of your sobriety. *How so?* Well, if you have unhealthy roommate situations, or live where drugs and alcohol are readily available and used, moving will certainly be a better option than trying to maintain sobriety in these environments where triggers are present daily. Other external scenarios including the loss of property/a residence due to financial difficulties, relationship breakdown or even a change in employment circumstances, can also be pre cursors to moving.

If the reality is that you must move in your first year of recovery, we'd like to share some suggestions for you to help you plan and prepare for this eventuality.



South Pacific Private's Advice for Moving House

1. Consider the location of local bars, pubs and clubs – are they close by and a potential source of temptation?

The reality of a local pub within walking distance is definitely not ideal for the newly sober person. If you can – our advice is that you consider choosing a location that offers alternative options for meeting and socialising such as a park, a coffee shop, a library or a beach. Making this decision early on in your search for a new location will help you to continue to work your recovery plan.

2. What type of support will you have in this new location?

Moving is stressful enough, but finding your feet in a new area can be even more so. It can take a few months to feel settled, and part of it all. It can be isolating or even a lonely experience, especially if you are moving away from a friendship group or close support network. Choose a place where you know at least one supportive friend or family member or where you know that there are regular meetings available that you can attend to connect and gain a sense of belonging.

3. Are there Recovery meetings nearby?

We recommend that you take the time to research this in advance. Perhaps even consider attending a new recovery group before you move, so that you can connect in advance and already have a sense of how you will relate to a new neighbourhood.

4. What is your living arrangement?

This is a really important decision. Who you are sharing a home with will greatly impact your Recovery. One the one hand, the presence of a flatmate will remove some financial stress and also help to ward off loneliness. On the other hand, the choice of flatmate is critical – as they need to be conducive to your recovery and not a threat to it.

5. Plan ahead as much as possible

Making a to-do list for your move is one of the best ways to get organised early on. It may feel overwhelming to list out everything you need to do, but take a deep breath and know it will help you to manage the stress more healthily.

6. Pack and purge

As soon as you know that you will be moving, start packing! This will be a great time to purge and get rid of anything you do not use or need. The

less stuff you have to move, the less stressful it will be. In addition, you might want to consider packing one room at a time and clearly labelling the boxes. Even though it seems faster and easier to just throw things in boxes at random, taking time to properly label boxes with their contents will make unpacking much less stressful.

7. Look after yourself physically

It may be tempting to rely on fast food and sugar-filled snacks when you are busy packing and moving, but eating healthfully will do wonders for managing your stress and helping you to remain focused and clear-headed.

8. Ask for help and be specific

Hiring professional movers will significantly decrease the stress of moving, but if it is not possible for any reason, enlist the help of family and friends. There can be a great sense of camaraderie about moving and having the support of others will make the process enjoyable and help to share the load.

9. Keep your Recovery first

No matter what, as you prepare to move, your recovery must still come first. Moving can give you a fresh start as long as you keep your commitment to sobriety throughout the process.



the DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™

based on the research of Brené Brown



South Pacific Private
presents

The Daring Way™

led by

Andrea Szasz

2 day Intensive Workshop

Dates: 19th - 20th March 2016

Location: Level 1, 874 Pittwater Road,

Dee Why, Sydney

Price: \$595 standard /

\$495 early bird (book & pay before Friday 19th Feb)

NB Places are limited to ten maintain effectiveness

"Amazing course. I would highly recommend it. This was a unique opportunity to dig a little (or a lot) deeper in a safe space. Thank you."



The workshop is run by Andrea Szasz. Please note that Brené Brown will not appear at this workshop.

As part of South Pacific Private's 2016 Alumni event series, we are excited to work with Andrea again and to host this wonderful workshop. The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was developed to help men and women learn how to **show up, be seen, and live braver lives.**

This 4th workshop in this series focuses on developing shame resilience skills and developing a courage practice that transforms the way we live, love, parent, and lead.

What will you learn from attending this incredible workshop?

- You are standing at the door of some of the most important parts of your life (your relationships, partnership, career, in parenting, in your recovery, body image...) and the part of you that wants to show up can't because of fears of judgment or your inner critic
- You are tired of living a life that was prescribed for you or that doesn't feel like your own
- You want to understand shame and how it holds you back from showing up
- You want to gain practical skills for shame resilience
- You are ready to develop the skills to cultivate gratitude, joy and courage through daily practice
- You are ready to own your own story
- You are looking for strategies to get back on track when hindered by perfectionism, procrastination and fear

for more information:

1800 063 332 | registrations@southpacificprivate.com.au | www.southpacificprivate.com.au/events

South Pacific Private Alumni Webinar Calendar 2016

10th February

How to Make
Recovery a Reality

20th July

Anxiety and Mood
Regulation

16th March

Self Esteem - How to Feel
like you are Worth it!

31st August

Love Avoidance Addiction

20th April

Mindful Eating: Breaking
the Cycle of Sugar and
Caffeine

28th September

Defining the Impact of
Developmental Trauma
and Outlining the
Road to Recovery

25th May

Understanding
Syndromes of Shame

19th October

Parenting and Re-parenting

22nd June

Complex PTSD - From
Surviving to Thriving

23rd November

Depression and Recovery

21st December

The Recovery Zone
- Facing Addiction

▪ Please be aware that the webinar content is educational in nature and not therapeutic.

▪ All webinars will run from 7.30pm - 8.30pm (NSW) and are live. You can login from anywhere!

To register please email registrations@southpacificprivate.com.au
or call 1800 069 332. To find out more please visit
www.southpacificprivate.com.au/events

This is My Story of Hope...

by Anonymous

I celebrated my 40th birthday this year and it's been almost two years since I've been in South Pacific Private. I'm proud to say that it's also been that amount of time since I've had alcohol or an illicit substance in my blood.

I was very much a party girl in my teens and throughout my twenties; *a binge drinker to blackout from the very beginning*. I took pride in being able to drink with the boys and keep up, often continuing when most others had stopped. I worked my way through most of the recreational and harder drugs on the market and by the time I turned 32, I was tired and miserable; my body was tired, my health was deteriorating and I wasn't enjoying life. I wanted out. After a suicide attempt and a psychiatric hospitalisation I began seeing a psychiatrist who, conveniently, specialised in drugs & alcohol. I was only beginning to realise that I had a problem with alcohol even though it had become my primary food group. Battles with my meth addiction brought me to the brink of suicide again. I was miserable and desperate. I had a gaping hole of emptiness within me but no answers on how to fill it.

Substance abuse plagued my life for a few more years. I lost my licence for a year in 2010. My boyfriend at the time said to me with exasperation "*can't you see that alcohol has been a part of every bad thing that has happened to you in your life?*" (and a lot had). I hadn't seen the connection before but that simple statement rang true for me. Around that time I decided I would "cut down" and my attempts at controlling my drinking began—only there was never "just one" on social occasions. Just like any addictive substance I'd put into my system, my "one" would always turn into the unstoppable. I used to have more liquor in my espresso than coffee. I began making excuses such as needing to stay back at work late or claiming that I missed the train. Those hours that passed most evenings while I was missing dinner with my family were instead spent at the bar on the corner opposite the train station.

By the age of 37 that relationship had dissolved and his parting words were "*why don't you go to*

AA?" I wasn't ready to but those words planted a seed. Things got worse for me, my shameful drunken antics hit a new low and by 2013 I knew I needed help. I also knew I needed more than a band aid treatment of simply being admitted for a period of time until the cravings passed. I needed to get to the core of what was driving this.

I found South Pacific Private through Google and learned about the programs offered. I submitted my interest via the online form and was admitted on a Monday, the day after my 38th birthday. The sun was shining amongst soft white clouds on this beautiful autumn day only I was too sick and hung over to appreciate it. As the taxi turned the corner into Curl Curl and I looked out over the crystal blue ocean I had a wave of gratitude (and mild nausea) flow over me.

The programs and workshops offered throughout the day gave me a lot of insight into what was going on for me behaviourally. I also had the opportunity to heal some pretty dark trauma through the Changes program.

As part of the weekly schedule, there was a bus that also took a group of us on weekly outings to AA & NA meetings. I followed timidly along but with a mind open enough to remain curious, though doubting this was for me. During my very first meeting, a neatly dressed woman of around my age was asked to share. She told the group what I needed to hear. The next meeting I went to, the same thing happened only from a different member. Time and time again, I heard something that resonated with me and the foundation of my recovery was laid. I was ready to start going to meetings when I returned home to Melbourne and found comfort in having somewhere to go. I wasn't alone in this battle anymore. I had hope.

That wasn't to be my last stint in rehab. It took one more vicious 3-month relapse cycle of drugs and alcohol before I was desperate enough to do whatever it took to commit to my recovery. It was an easy decision for me to return to South Pacific Private even though it meant travelling interstate. By this point, I was termed a "chronic relapser" and after another 4 weeks, this time over

"The nurses and therapists at SPP loved me back to life. I am now nearly six and a half years clean."



Christmas and New Year's Eve, I was advised by my group therapist that I should consider going to a long-term rehab centre. Logistically I wasn't able to, so I made the commitment to myself to immerse myself in my local NA and AA groups.

Today I shared my 12th step with my sponsor. I can't describe in words how wonderful that feels. My heart feels full. It was a process that took me two years to get through; little by little, step by step. But I made it and I don't mind that it took me that long because it was all that I was able to do.

The skills I learned in South Pacific Private strengthened my recovery as well as my relationships as they've enabled me to have difficult conversations and express boundaries in a healthier way. Sometimes I still ask my partner if I can "share a reality" with him and it immediately diffuses the intensity of what I'm about to say. Because, let's face it, it's a weird question to ask but it highlights that I've got something going on for me that I have no other way of communicating and he respects that.

Having the 12 steps to work through gave me a rope to cling to when in early recovery I couldn't see my way through the darkness. It gave me a sense of continually moving forward, even incrementally, and something to return to when my recovery felt stagnant. It helped me to learn and practice some new principles in my life and I began to accept myself as I am in all of my imperfections. And now that I have completed my step work to the best of my ability, it doesn't feel like the end of something. Instead, I feel like I have a whole new set of guiding principles in my life. They all make sense now. At the beginning none of it did.

So, when my sponsor asked me today "*why was an NA member able to reach me in a way that no one else ever had?*" This was my answer: because they knew my pain. They understood the despair and misery that comes with using and they had found a way through it. Those that reached out to me had achieved recovery in their lives as a result of working the steps. I saw they were able to live and function in life; often representing the type of person I wanted to be. They gave me hope.

People who come to the rooms of AA & NA have the gift of compassion and understanding. We've experienced desperation and can relate to those who are suffering. Not only do we understand, but we have walked the journey as have many before us. This program allows us to have a sliver of hope for something better in our lives. It gives us something to trust in when we've never been able to trust before, after everything else has failed. It helps us feel less like a failure and more like a valuable and lovable human being in a desperate situation.

"This program allows us to have a sliver of hope for something better in our lives."

The rooms of AA and NA provide an anchor for me that I've never previously had and a sense of belonging. Somewhere. Finally. These are the gifts of recovery I've received as a result of first making the decision to go to South Pacific.

Contact us at any time to discuss how our programs can help you or a loved one. Please email info@southpacificprivate.com.au or call us on 1800 063 332.

Family Education & Support

What Can I Do for Me?



Gael Seymore, Day Program Manager, South Pacific Private

Addiction and mental health concerns are family diseases that can stress the family to breaking point, impact the stability of

the home, the family's unity, mental health, physical health, finances, and the overall family system.

Living with addictions and other mental health concerns can put family members and carers under unusual stress. Routines might be constantly interrupted by unexpected or even frightening experiences that are part of living with addiction and other mental health concerns. What is being said often doesn't match up with what family members sense, feel beneath the surface or see right in front of their eyes. In fact family members might bend, stretch, manipulate and deny reality in their attempt to maintain a family order that they experience as gradually or rapidly slipping away. The entire system becomes absorbed by a problem that is slowly spinning out of control. Little things become big and big things get minimised as pain is denied and slips out sideways.

At South Pacific Private we offer a Family Education & Support Group for those family members and carers described above; for those who are at the end of their tether in terms of knowing what to do, how to best support their loved one and how to pick up the pieces of their lives - long ago shattered.

The program is facilitated over 4 consecutive Wednesday evenings. During those sessions, family members receive the opportunity to learn about SPP's model of treatment, to understand what boundaries are, where they haven't been put in place and how to do so (including opportunity for practising). They learn how they might have been enabling the behaviours of their loved

ones – either consciously or unconsciously – and how not to. Sometimes families have lost the capacity to communicate at all and the program educates on a method of communication taught to our clients at SPP.

Family members and carers have the opportunity to ask questions relative to the process of supporting their loved one towards an admission – and it's an opportunity to learn about other support services available in the community to assist families through this challenging time.

The program provides support, as family members/carers "check in" each week and feel heard – very often for the first time – given that addictions and mental health concerns can tend to be kept secret from extended family, friends and neighbours.

The Family Education & Support Group provides some "light bulb" moments for family members and carers as they start to recognise what a powerful role they hold in being able to support their loved one into recovery – but in an entirely different way from what they had originally anticipated. Family members and carers have the opportunity to learn about themselves - and their role within the family system - in a supportive and caring environment.

For families geographically outside the area of South Pacific Private, we also offer a one full day private family option.

For further details about this and the Wednesday evenings please contact our Intake Department on 1800 063 332 and ask for more information.

You can also visit our website here: www.southpacificprivate.com.au/familyeducationandsupport

Showcasing our Expanded and Refurbished Facility



Lorraine Wood, Founder and CEO, South Pacific Private

Now that most of the scaffolding has been removed from our new building it is easy to see the progress that is being made and how exciting it is. We are a little behind our time-frame, however that is to be expected, especially with an expansion and refurbishment of this size.

We are celebrating the opening from the 5th - 11th May with many exciting events and highlights.

Our guest speaker will be Christopher Kennedy Lawford, who is the American delegate to the United Nations on addiction, and a member of the well-known Kennedy family. He has had 30 years of sobriety and is a dynamic, interesting and honest speaker, who I feel very privileged to be able to say is a big supporter of SPP.

When we opened the hospital in 1993, with a total of 8 beds, we couldn't have possibly imagined being at this stage with 53 beds and a supported living facility.

Beachwood, our new supported living facility promises to be of immense assistance to clients who will be able to reside for a further 2 or 3 week stay whilst continuing with their day program attendance as part of their ongoing treatment plan.

Twenty three years later there are many changes afoot, including new spacious accommodation, a modern kitchen and a spectacular dining room overlooking the ocean. The lecture hall has been upgraded and is far more spacious. A new nurse's station, doctor's surgery, a group observation area, expanded day program rooms and upgraded reception will all be part of the new streamlined facility.

Finally, an undercover basement parking area and a labyrinth on the top terrace complete this project that is going to take us forward to ensure the viability of the business and at the same time enable us to help many more clients in the years ahead.

Twelve step programs promise us a life beyond our wildest dreams and that has certainly come true for South Pacific Private.

I hope this year sees some dreams come true for many of you and please remember, as they say in the rooms, work your program and *"don't stop five minutes before the miracle!"*

Next month we will share the insights of the program of events and formally invite you all to join us as we share our delight in the newly upgraded and bigger facility.

South Pacific Private's Consumer and Carer Advisory Committee Needs You!

South Pacific Private's Consumer & Carer Advisory Committee (CACA) comprises of a passionate group of ex-clients who are involved in, and advise on, issues that relate to both our clients and their carers/ family members. The committee meets quarterly and their meetings have clear agendas and an annual strategy to promote ongoing improvements.

The committee are really passionate about their involvement in the hospital, with some of them having been involved almost since the hospital first opened!

In 2016 the committee is seeking an additional carer to join the committee. The committee members would be delighted to welcome an additional carer and are keen to ensure that the committee is as representative of consumer needs as well as those of the carers of those consumers.

South Pacific Private believes the value of the CACA committee is insurmountable and both values and prides itself on the importance of this feedback as well as the impact it has on the integrity and improvements in the hospital and for the patients.

Claire Barber, South Pacific Private's General Manager commented that "Effective partnerships, consumer experience and high quality health care are of the utmost importance to South Pacific Private and we feel privileged to work so closely with our consumers, carers and healthcare partners."

If you are a carer and have an interest in being part of this committee please email jgrant@southpacificprivate.com.au or call 1800 063 332 and ask to talk to the Relationships Manager about getting involved!



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