



Treatment - Training - Research

**Flexible integrated care
for complex clients within
a residential setting**



KEDESH

REHABILITATION SERVICES

- Non-government, non-profit, charitable organisation
- Treatment of co-occurring substance use and mental health issues
- 20 Bed facility
 - Residential & non residential treatment options

- Our programs are based on the principles of Cognitive Behaviour Therapy (CBT)
- Treatment involves:
 - Individual counselling
 - Case management
 - Psycho-educational and therapeutic groups and activities.

A new approach

- The intake experience
- The residential experience
- Aftercare support

The Intake Experience



The Intake Experience

- A simpler, streamlined and supportive assessment process
 - Focused on identifying and meeting the needs of the client
 - Exploring options and offering assistance
 - Guiding the client from start to finish

The Intake Experience

- Assertive Outreach
 - Weekly check in calls to clients
 - Ongoing assessment and support
 - Encouraging and motivating

The Intake Experience

- Counselling while you wait
 - Maintaining motivation and building skills
 - Phone
 - Face to face
 - Skype

The Intake Experience

“The Friday calls kept me going”

—

“someone cared”

Toni

The Intake Experience

“The calls made a massive difference”

“Brittany had so much time and was so genuine, she praised and congratulated me for not using when I was triggered”

“The intake staff made it so easy, exciting and comfortable to come here.”

Connie

The Treatment Experience



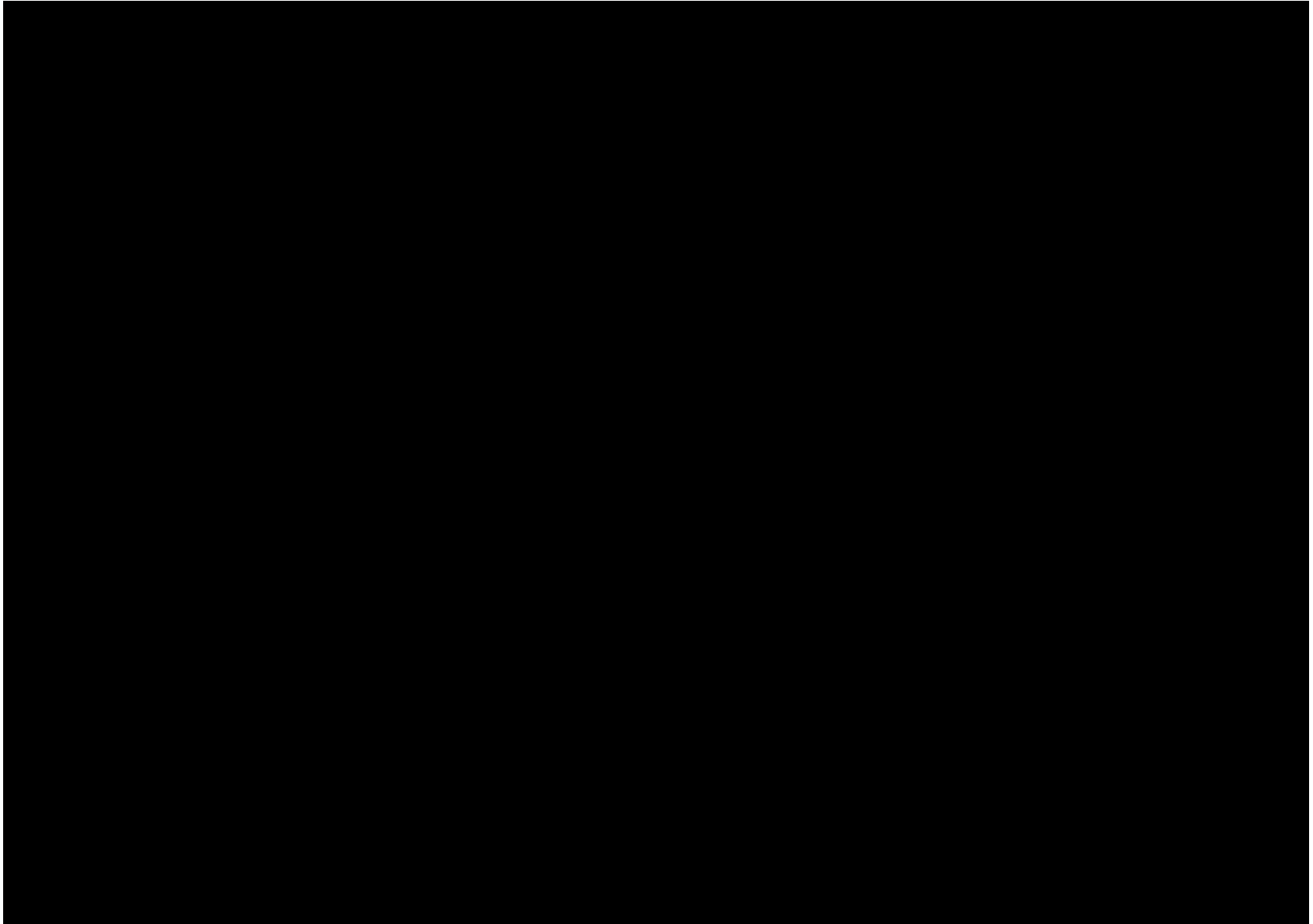
The Treatment Experience

- A program that builds over time in line with the needs of the client
- Introduction of a DBT component

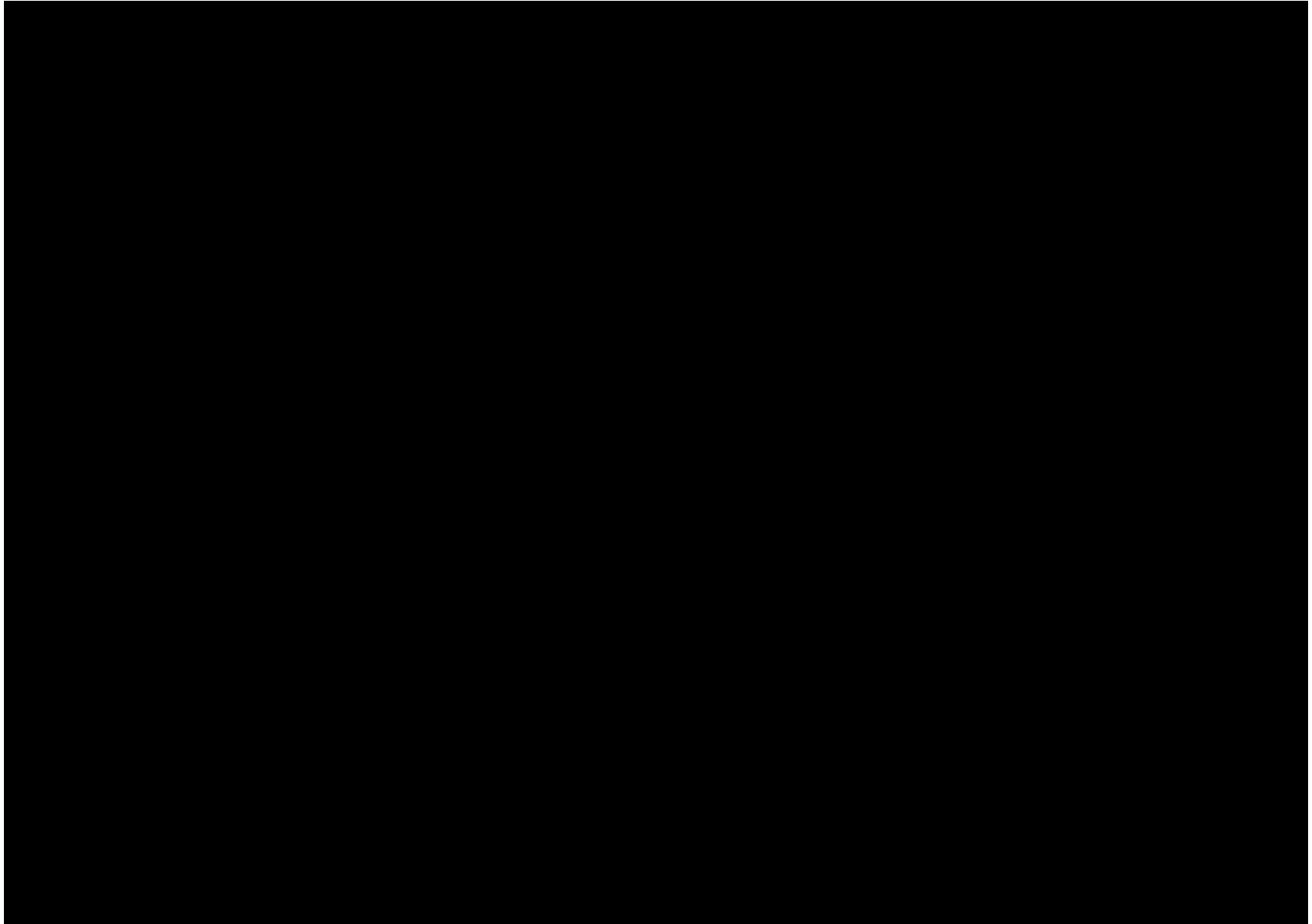
The Treatment Experience

- Flexible structure dependent on the needs of the client
- Flexibility around the rules

The Treatment Experience



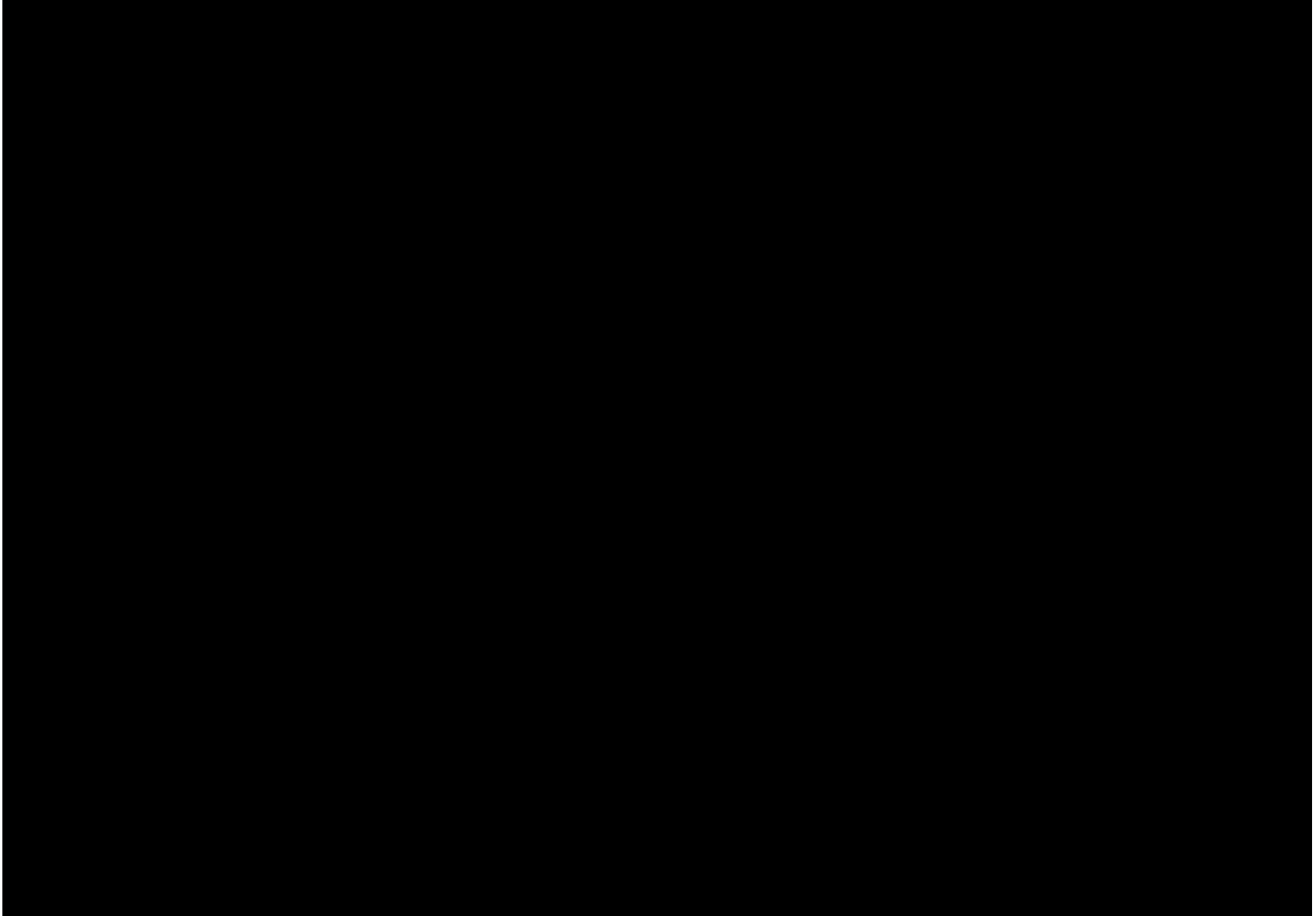
The Treatment Experience



The Treatment Experience

- Extensions
 - Based on client need
 - 1 week to 1 month and beyond
 - Clients create their own 'program'
 - Extended leave periods

The Treatment Experience



Aftercare Support



Aftercare Support

- Aftercare group
 - Current and past clients
 - SMART based approach
 - Welcome to stay for lunch

Aftercare Support

- Aftercare Counselling
 - 10 sessions of counselling
 - Face to face
 - Over the phone
 - Skype
 - Informal check ins

Where To From Here?

**LIMITATIONS LIVE
ONLY IN OUR MINDS.
BUT IF WE USE OUR
IMAGINATIONS, OUR
POSSIBILITIES
BECOME LIMITLESS.**

JAMIE PAOLINETTI

Assertive Aftercare

- Beds booked in a similar manner to a hotel room
 - Offering support
 - Access to aftercare

Family Information Sessions

- Family information sessions
 - 1 – 2 hours
 - Available to all family members
 - Information about Kedesh
 - Normalising and addressing myths
 - Self care for families

How did we go About This?



Talking...

Lots of Talking...

- With Staff
 - Staff meetings
 - Focus groups
- With Clients
 - Weekly feedback
 - Focus groups
 - House meetings

Your Life

Your Rehab



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