

*Central Coast Recovery Association Inc.Y2294222*  
*P O Box 453 GOSFORD 2250*  
**Phone/Fax 02 4329 5252**  
[www.niagara.org.au](http://www.niagara.org.au)

## ***NIAGARA LODGE***

### ***A GROUP HOME FOR ALCOHOL AND OTHER DRUG DEPENDENT PERSONS***

We as a holistic community provide medium term (3-6 Months) accommodation for recovering alcohol and other drug dependent persons. The home is supervised by a live in Co-ordinator and staffed by volunteer ex-client Alcohol and Other Drug counsellors.

Niagara Lodge caters solely for men aged 21 to 39 years. All admissions to this home are direct from detoxification treatment centres OR with a clen urine sample on attendance. Self-referrals having completed detoxification and then short term or long term rehabilitation programs are most welcome.

**Niagara is a totally abstinence based program.** Anti depressant medications included, with the freedom of a halfway house and the structure and programs of a rehabilitation centre which is **Twelve Step based**.

#### **Clients wishing to be assessed need to:**

- 1) Be motivated to change their life-style
- 2) Remain alcohol, drug and gamble free while living in the home
- 3) Be active within the house by sharing duties
- 4) Implement a savings programme for when they move out.

#### **The house is designed to help you:**

- 1) Set goals ( Immediate / Short Term / Long Term )
- 2) Set personal objectives - Contracted weekly
- 3) Acquire Living Skills through in-house and community based programmes
- 4) Provide and implement dietary programs if required
- 5) Design exercise programmes
- 6) Attend appropriate external counselling services, if identified
- 7) Prepare for re-entry into the workforce or attend a skilled based vocational course

***The house has a fully equipped gymnasium, which encourages fitness in recovery***

# **NIAGARA LODGE**

## **PHILOSOPHY OF CARE**

*The aim of NIAGARA LODGE is to provide supported medium term accommodation for recovering alcohol and other drug dependent male persons in a semi-protected environment and through our structured program designed to empower each client to become self dependant.*

*We believe in helping people break their negative attachment to the environment from which they have established their former life-style by discovering new friendships, new coping mechanisms and new support networks.*

*The people that we cater for frequently need support and guidance when trying to establish close and normal relationships with their families. In these circumstances group homes can provide support and counselling in a family home atmosphere in which they can begin to get to know each other. Long separation is common between these people because of prolonged drug and alcohol abuse and jail terms therefore we need to foster a supportive and receptive atmosphere geared toward reconciliation.*

*Recovering people find it difficult to socialise when sober and also find it difficult to mix with members of the community whether addicts or non-addicts. Almost all these people lack self-esteem and self-confidence and in addition suffer guilt regarding their actions and attitudes while using.*

*We feel that to assimilate clients back into the community and the workforce we should encourage each of them to establish proper eating, sleeping, and exercise routines so they are capable of physically coping with the stresses of their new substance free lifestyles.*

*One of our main objectives is to continue to liaise with private and government departments, who understand the needs of our client base, so that we can continue to resource the services available which, contribute to the enhancement of each client.*

*Additionally to meet these objectives we maintain and encourage a good and knowledgeable working relationship between the clients and the management committee, which enables us, to address issues, concerns and requested activities as they arise.*

# NIAGARA LODGE

## *AIMS AND OBJECTIVES*

### **AIMS**

To provide a safe and supportive alcohol, drug and gamble free environment for recovering Alcohol and other Drugs clients.

To develop and implement a, '*Living Skills* programme.

To refer and/or advocate on behalf of clients with established service providers as listed:

- Centrelink
- Community Health Centres
- Legal Aid
- Medical Services
- Probation & Parole
- Psychologists and Dual Diagnosis centres

### **OBJECTIVES**

To work with and clearly define the immediate, short-term and long term needs of clients

- This is achieved by
- a) Client Assessment
  - b) Assessment from agency referring client(s)
  - c) One to One Counselling
  - d) Regular house meetings
  - e) Group involvement utilising the expertise of Field Workers, Committee Members and Qualified Volunteers
  - f) Introduce '*Living Skills*' and '*Personal Presentation*' Programs designed to meet the needs of clients

# **NIAGARA LODGE**

## ***In - house rules***

- \* **NO DRUGS (INCLUDES ALCOHOL)**
- \* **NO VIOLENCE OR THREATENING BEHAVIOUR**
- \* **NO GAMBLING ON OR OFF THE PREMISES**
- \* **NO BEING ON LICENCE PREMISES**
- \* **NO WEAPONS OF ANY DESCRIPTION ARE TO BE ON THE PREMISES**
- \* **NO STEALING OR OTHER ILLEGAL ACTIVITIES**
- \* **NO SEX ON THE PREMISES**
- \* **RENT IS TO BE PAID ON ARRIVAL ( TWO WEEKS ) See website for pricing**
- \* **BOND OF \$100.00 IS TO BE PAID WITHIN THE FIRST SIX WEEKS**
- \* **RENT OR BOND WILL NOT BE REFUNDED IF YOU ARE DISCHARGED (OR LEAVE WITHOUT NOTICE).**
- \* **VISITORS MUST HAVE AT LEAST THREE MONTHS CLEAN TIME.**

## **CURFEWS**

**MONDAY - SUNDAY AFTERNOON - 4.30PM, (6: 00 when working) (Evening 10:30 PM)**

**FRIDAY to SATURDAY-12PM -With Permission (After qualifying period of Three Months)**

**SUNDAY – BY 4.00, 5:30 after 3 months& 6 PM WHEN WORKING**

**RANDOM URINE SAMPLE MUST BE FURNISHED ON REQUEST.**

**TELEPHONE HAS TEN MINUTES LIMIT**

**RISING TIME 7.45 A.M. WEEKDAYS**

**9.00 AM SAT & SUN HOUSE DUTIES TO BE FINISHED BY 9.30A.M.**

## **PROGRAM DESCRIPTION**

### **A TYPICAL STARTING MORNING WINTER**

**8:00 COFFEE & GROUP, THEN A WALK**

**8:30 BREAKFAST, CHORES, SHOWER, & DRESSING**

**(BREAKFAST CONSISTS OF CEREAL & TOAST)**

**9:00 - 11:30 WRITTEN JOURNAL, STEPS & SELECTED READINGS**

**11:30 – 1:00 LUNCH (LUNCH CONSISTS OF SANDWICHES & FRUIT ONLY)  
NO PERSON SHALL LEAVE THE HOUSE BEFORE 12 NOON.**

**12:30 - 4:30 FREE TIME (TAFE, NA & AA MEETINGS, GYM, SWIMMING ETC)**

**6:00 DINNER COOKED BY ROSTERED RESIDENT**

**7:00-10:30 FREE TIME (NA OR AA MEETINGS THREE NIGHTS)**

**10:30-11:30 QUIET TIME & BEDTIME**

## **Currently**

### **RENT- *fortnightly* (see website for pricing)**

*Needs to be paid on time, as this gives you food, shelter, electricity, Telephone and a sense of belonging.*

### **NEW ARRIVALS**

*For the first two weeks of residency clients are required to be accompanied by another house member for all activities requiring client to leave the house.*

*This increases your sense of belonging and helps new arrivals to quickly build rapport with other members of the house*

### **VISITORS**

***You are allowed to** have visits after two weeks. You must clear all new visitors at house meetings. The visitors must have at least three months clean time except in special circumstances, which are to be approved by the Co-ordinator.*

### **CURFEW**

*All curfews as listed in the house rules are to be **strictly adhered** to unless special permission has been granted by the Co-ordinator.*

### **RANDOM URINE SAMPLES**

*Failure to give a urine sample, when asked, within a reasonable time will result in you being discharged. We reserve the right to discharge a person on suspicion without taking a urine sample. Contaminated urine will be treated as a positive sample.*

### **TELEPHONE**

*Do not stay on the phone for more than **10 Minutes** at a time. Not before 12 pm and till after Dinner*

### **MOBILE PHONES**

***NO MOBILE PHONES FOR THE FIRST TWOWEEKS: THEY MAY BE USED IN FREE TIME**  
(ie after Lunch after Dinner)*

### **RISING TIME**

*Weekdays Before : 7:45 AM with Breakfast finished by 9.00*

*Saturday and Sunday 9.00 AM with Breakfast finished by 9.30*

### **DAILY HOUSE ROSTER**

*9.00 A.M. weekdays and 10:00 AM weekends must finish House and yard duties*

### **RADIO'S, CASSETTE PLAYERS AND TELEVISION**

*THESE appliances are not to be turned up **LOUD** as the purpose of the house is to fit into the community. Quiet time in the house starts at 9.30 PM. Please respect the right of others to retire early. Television is not to be turned on before 4.30 PM.*

## **BOND**

*A bond of \$100.00 will be required within the first four weeks This will be returned on leaving ONLY if notice of ONE week is given.*

## **HOUSE MEETINGS**

*House meetings are held every Morning at 8.00 a.m. Also Wednesday at 10:00.a.m. with an outside facilitator. Residents **must** attend. Non working residents **must** be home by 4.30 PM and working residents 6:00 PM*

## **CENTRELINK**

*We arrange Newstart Disability benefits for the first (3) three months.*

*Working residents must declare all moneys earn't.*

## **EMPLOYMENT**

*After residing here for three months and finishing appropriate written Steps (Step Five ) clients may seek employment, enrol in a skilled vocational training course or be attending therapy as negotiated with the Co-ordinator.*

## **SAVINGS**

*As compulsory entry criteria clients are expected to be saving for when they are ready to move on. Every journey starts with a small step.*

## **NA OR AA MEETINGS**

*You **Must** attend one AA or NA meeting every day for the first ninety days. Clients are encouraged to attend one out of area meeting per week. After ninety days approved clients may attend five meetings per week. Working clients four meetings per week.*

## **MEAL TIMES**

*Breakfast to be completed by 9.00 AM*

*Lunch between 11.30 AM and 1.00 PM*

*Dinner cooked by rostered resident before 6.00.PM*

***NO SNACKS Most people eat out of boredom** - Fruit is an exception.*

*When you make a mess clean up after yourself.*

*You may make sandwiches and take them with you for LUNCH*

## **LOANS**

*Loans within the house are not allowed as it can cause bad feelings in the house and it can cause you to play catch up.THE CO-ORDINATOR WILL HELP OUT AS REQUIRD  
The house encourages you to break the credit cycle so you can spend your own money.*

## **RESUMES**

*Help with preparing Resumes and writing Application Letters is always available.*

# **ELECTIVE DISCHARGE**

*Upon leaving Niagara Lodge you are requested to take your possessions with you or they will be given to charity.*

## ***THINGS NOT RECOMMENDED***

- ***DO NOT CATCH UP WITH OLD FRIENDS***
- ***DO NOT SPEND TIME IN OLD USING AREAS***
- ***DO NOT TREAT THE HOUSE LIKE A MOTEL***

*THESE HOUSE OBJECTIVES ARE DESIGNED TO HELP YOU MAKE THAT OFTEN DIFFICULT TRANSITION FROM TREATMENT CENTRE BACK INTO THE COMMUNITY.*

*THE RULES AND GUIDELINES FOR THE HOUSE ALLOW IT TO RUN SMOOTHLY.*

*IF YOU CHOOSE TO FREELY ACCEPT AND ABIDE BY THESE RULES IT WILL MAKE YOUR EVENTUAL TRANSITION INTO THE WIDER COMMUNITY ALL THAT MUCH EASIER.*

*IF YOU ARE CONSIDERING BECOMMING A MEMBER OF OUR SUCCESSFUL COMMUNITY AND YOU ARE COMMITTED TO YOUR OWN RECOVERY THEN WE CAN ASSURE YOU THAT YOUR TIME SPENT WITH US WILL BE BOTH ONE OF LEARNING AND PERSONAL GROWTH.*

***Niagara Lodge also runs a successful AFTERCARE where ex residents continue to return for meals, groups and PERSONAL YEARLY CLEAN TIME CELEBRATIONS.***

*We also facilitate housing help on leaving and follow up telephone counselling.*

***THE HELP IS THERE FOR THE TAKING***

**Central Coast Recovery Association Inc.**  
**NIAGARA LODGE**

**RESIDENT AGREEMENT WITH RECOVERY HOUSE**

I \_\_\_\_\_ have read the rules and guidelines of the House  
And have had them explained to me.

*I understand that, as a member of this group-home there is certain rights and obligations, which cover my stay here.*

**MY RIGHTS INCLUDE:**

- *To be fully informed of the house rules and methods.*
- *To be informed about Rent increases and given three months notice of increases in writing.*
- *To be free to leave at any suitable time.*
- *To be accommodated in a safe, drug-free, healthy and supportive environment.*
- *To have access to appropriate medical and legal assistance, if necessary.*
- *To be able to voice grievances and suggestions freely and openly. (Written forms are on the internet site)*
- *To have open communication in the decision making process of the House.*
- *To have returned to me all possessions and **Monies Saved***

**MY OBLIGATIONS ARE:**

*To abide by the rules and guidelines and in particular the following rules which are NOT negotiable?*

1. *When I leave Niagara Lodge I will take all my personal belongings with me  
- Niagara Lodge is not responsible for any belongings I leave behind.  
- Any belongings I do leave behind will be donated to a charity seven days after my departure.*
2. *To abide by my financial commitments to pay board & lodging and other expenses **Fortnightly**  
Incurred on my behalf. To contribute to a savings plan which will be held as a bond (Bond \$100).*
3. *To actively participate in all the various aspects of the program and to do so positively*
4. *Not to break the defined boundaries negotiated with the Co-ordinator.*
5. *I acknowledge that on admission I have a three-day cooling off period.  
- If I decide to leave in that period I will receive a proportionate refund of rent.*
6. *If I use/consume alcohol or other drugs on the premises, I will be expelled and I will not receive a refund of rent*
7. *If I use/consume alcohol or other drugs away from the premises, but come on to the premises while under the influence of alcohol or other drugs, I will be expelled and I will not receive a refund of rent.*
8. *I acknowledge that if goods or money is stolen I will be asked to leave without a refund.*
9. *I must give 1 weeks notice of my intention to leave the premises. If not, I will not receive a refund.*
10. *To pay a bond of \$100.00 within my first four weeks of residency, which will only be returned on giving one week's notice?*
11. *I understand that as a Group Home, the Central Coast Recovery Association has No Public Liability Insurance which excludes me of claiming, if I have an accident, while I am a resident of Niagara Lodge.*
12. *I understand that if I break any of these rules or the rules of the house I will be expelled and will not receive a refund or return of bond.*
13. *To empower the co-ordinator to negotiate with medical practitioners on my behalf.*
14. *To empower the co-ordinator to negotiate with Centrelink on my behalf.*

***I have read all the rules and regulations governing my admittance stay and discharge from Niagara Lodge and I fully understand my obligations and I agree to abide by them all.***

**CLIENT NAME**.....

**COMMITTEE REPRESENTATIVE**

**SIGNED**.....

**SIGNED**.....

**DATE**.....

**DATE**.....



# NIAGARA LODGE

**CONFIDENTIAL CLIENT APPLICATION**  
**ALL SPACES MUST BE FILLED TO BE CONSIDERED**

NAME.....AGE & DATE OF BIRTH: .....

REFERRING AGENCY: .....AMOUNT OF CLEAN TIME.....

CONTACT PHONE NO: .....Where have you been living: .....

PLACE OF BIRTH.....DRUG OF CHOICE.....

Next of kin

ADDRESS.....

NO OF RECOVERY ATTEMPTS / HOW / **WHERE**/WHEN.....

ANY **PSYCHE**/ MEDICAL PROBLEMS: .....LIST MEDICATION? .....

Type of Centrelink Benefit & Centrelink CRN .....Date of next payment.....

Do you have Court Pending? WHAT /WHEN? .....

MARRIED/SINGLE./DEFACTO.....Children? & AGES.....

RENT see website for pricing. Can you pay two weeks rent in advance? .....IF NOT WHEN.....

NORMAL OCCUPATION.....DATE LAST WORKED.....

SKILLS/HOBBIES.....

PERSONAL EXPECTATIONS FROM NIAGARA LODGE REHABILITATION.....

PERSONAL PROBLEMS YOU NEED TO WORK ON.....

.....SIGNATURE.....

*We do not take admissions for persons with Court matters that require attendance in the first six weeks of admission.*

**FAX TO 02 4329 5252 FOR ASSESSMENT**

**YOU WILL BE CALLED BACK FOR A PHONE ASSESMENT**

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