



Program Information

Our mission is to provide a safe place to refresh, refocus and rebuild your life.

Our heart is to see lives changed and futures reclaimed

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Introduction

Hidden, but not hiding into his tranquil environment, is an atmosphere of love, honest work and practical Christianity. It is here that people who are seeking change have an opportunity to find real answers to their needs.

Established in 1978, Sherwood is the realisation of a vision God gave John and Honi Reifler. It was in 1971 that they felt God burdening them to provide a place for those struggling with addiction. A place for them to have time to grow: physically, mentally and spiritually. Sherwood is a Christian residential drug and alcohol rehabilitation centre which operates in the context of a therapeutic community and aims to enable men, women and their children to:

1. *Re-fresh* their lives through healthy living in a nurturing, safe and secure “family” environment.
2. *Re-focus* their lives to one of purpose with an understanding of both their personal identity and their God given identity.
3. *Re-build* their lives to be able to function well in their own family units, within the Sherwood community and then the wider community.

Sherwood is staffed by full-time volunteers who live on site at the property and are committed to the needs of those participating in the program. Our volunteers are essential to the running of all aspects of the organisation and the programs provided.

We are not here to foster a gospel of “community living”, but a gospel of caring, compassion and love. Our family orientated program of rehabilitation is an expression of our holistic concern for people.

About us

Services Provided

The Sherwood program aims to provide a balanced program that covers all dimensions of an individual person’s life, including their:

- Spiritual needs – through activities such as daily devotions, grace before meals, weekly church attendance and individual guidance and prayer.
- Emotional needs – through individual support, group courses and discussions, and referral to specialist counselling and medical support if needed.
- Physical needs – through a healthy lifestyle involving an active work routine, regular exercise, healthy foods and a re-establishment of good sleep routines. Skills learnt include healthy eating and cooking skills, daily routines including household chores and personal self-care, and home activities such as gardening.
- Intellectual needs – through daily discussions within activities and community life, recreational challenges and learning new skills.
- Social needs – through sharing meals and community life, social games and activities, regular barbeque nights with other groups and participation in church and picnic following.
- Sensory needs – through self-care and awareness of sensory needs, encouragement and affirmation of a person’s God given identity.
- Family life and parenting skills are also areas that are discussed, education given and practical outworking modelled within Sherwood. Information and support regarding child development, parenting skills, healthy lifestyles and schooling expectations is available for all parents or prospective parents.

Residents are expected to participate in all aspects of the community life - the “fun” aspects such as sharing birthdays and other milestones, and the aspects of community that require extra work, responsibility, communication and sharing of skills.

Each client is a voluntary participant, and their progress is their responsibility. The program is individually monitored to enable the best outcome for each person.

The Therapeutic Community Model

Often when people think of rehab they picture something clinical, a hospital like setting. Here at Sherwood, rehab looks a little different from this. Nestled at the base of a 100m sandstone cliffs is our centre, established in 1978 by John and Honi Reifler, with the sole purpose of seeing lives changed and people set free from addiction.

Sherwood is a therapeutic community.

Some come to receive, some to give, some to learn, some come just to look and share our hospitality. Here, many have had problems resolved, pressures lifted and new visions imparted. Each person residing at Sherwood is encouraged to participate in all aspects of community life, including meal times, work programs and outings.

As a therapeutic community, we have a recovery orientation, focusing on the whole person and overall lifestyle changes, not just abstinence from drugs and alcohol. The community itself, through self-help and mutual support, is the principle means for promoting personal change. This is reflected in the environment, which is akin to a home as opposed to an institution or hospital.

Key elements of a Therapeutic community are:

1. Community is the method, this is the heart that brings change
2. Staged approach providing opportunities to progress in the program, an increase in responsibilities and privileges
3. Holistic multidimensional approach that recognises and works with the whole person.

Sherwood is family and is also home to our staff and their families. We aim to provide a family orientated environment where unconditional love and acceptance is evident; where relationships are redeveloped and where wider support networks are developed to enable a smooth transition to living in the wider community once rehabilitation is complete.

Eligibility

The Applicant must:

- Have a sincere desire to change and be willing to be committed to the process and length of time it will take for that change to occur.
- Be over 18 years +
- Have a history of drug and or alcohol addiction
- Be committed to an alcohol, drug, gambling and tobacco free life style
- Be committed to comply with all aspects of the Sherwood program
- Be committed to completing a minimum of 6 months
- Have an understanding that Sherwood provides a physically active work program

Application and Admission

To apply a person is required to contact us personally by phone to request an application.

Your application will be assessed for suitability and you will be notified of the outcome. All applications are listed according to date of receipt of the application from and are not prioritised to a need's basis.

Those on the waiting list will be contacted by phone when a position is available.

Detox

Upon acceptance you will be required to arrange detox (minimum 7 days) after which a date for intake will be confirmed.

Intake

All intakes are completed on a Tuesday only and you must have completed 7 days detox prior to arrival.

On arrival you are expected to have the following:

- Payment of \$700.00 is to be made on arrival. Total amount includes 2 weeks rent in advance (\$550.00) and program levy (a one-off payment of \$150.00)
- You **must** arrive on the date given between 10am and 4pm. Failure to arrive on the specified date will result in the loss of your position. No bed will be held.
- You **must** bring enough medication for 2 weeks and current scripts for this medication.
- You **must** provide a urine sample for drug/alcohol testing, returning a negative result.
- You **must** complete a COVID-19 RAHT test returning a negative result.
- Photo ID
- Medicare Card
- Health Care Card or Pension Card

COVID-19

You will be asked to reschedule your intake if you have tested positive to COVID-19

What to bring

RECOMMENDED

- Work clothes suitable for farm and garden work
- Work shoes (sturdy closed in runners or boots)
- Brimmed hat
- Comfortable, casual clothes and footwear
- Sleepwear suitable for community living
- Swimming costume and beach towel
- Your own toiletries—including toothpaste, toothbrush, razor, deodorant, shampoo, soap and any other personal hygiene products that you may need during the first month
- Pens, pencils and notebooks or writing paper
- You will need to write down any phone numbers and addresses that you may need while you are here as you will not have access to your phone for at least 4 months.

Storage is limited so please only bring what is necessary. The equivalent of 1 large red/white/blue stripy bag (the ones available from the cheap shops) and a carry bag will be sufficient.

Rules and regulations

Admission, Induction and Orientation

- On admission all belongings will be inspected.
- A urine drug test will be conducted on arrival and must return a negative result for intake to continue.
- New clients are required to shower under supervision and personal effects inspected for contraband.
- All clients are on a 2-4-week trial.

Contact with Family and Friends

- Access to mobile phone is not permitted in the first 4 months of the program. Limited access is permitted from 4 month.
- One phone call can be made in the first calendar month, after the first week.
- Phone calls are permitted after 1 calendar month in the program. Outgoing calls can be made on a Monday. A maximum of 2 incoming calls can be received each day. All phone calls are limited to a maximum of 10 minutes.
- Writing and receiving of letters is encouraged, especially in the first month when phone contact is limited.
- Visitors are permitted after 1 calendar month. Arrangements can be made for visits each Saturday from 3-8pm.

Conditions of Residence

- Random urine drug tests and room searches may be conducted without notice. Failure to agree could result in dismissal from the program.
- Clients are expected to respect the property of other. Incidents of theft will be reported to the police and will incur immediate discharge. Deliberate or negligent breakages must be paid for.
- Use of illegal drugs, alcohol, tobacco, vapes, pornography and weapons are strictly not permitted while in the Sherwood program.
- Behaviour that puts another person at risk is unacceptable. This includes: threats of harm, intimidation or physically attacking another person.
- Inappropriate behaviour with or around children is not acceptable and will result in immediate discharge.
- Swearing is not permitted.
- Clients are liable to be discharged for any of the following: verbal abuse, receiving unauthorised visitors, sexual misconduct – consensual or otherwise, self-harm, body modifications, purging after meals, gambling and continuing in a behaviour that has previously incurred discipline.
- Clients are to adhere to the organisational codes of conduct and respect the rights of others.
- Clients are expected to shower daily and dress appropriately. Revealing or offensive clothing is not acceptable.
- Participation in all program and community activities is compulsory. This includes: work programs, groups, meals, church, any set homework etc.
- Clients are responsible for their own self-control and self-discipline.
- Any belongings left behind when a client exits the program will be held for 14 days and given to charity if not collected.

Contraband

Following is a list of items that cannot be held in your possession or kept on-site while participating in a Sherwood program:

- Drugs
- Alcohol
- Cigarettes and vapes
- Weapons or any kind

The following items will be kept in a locked cupboard in the office and returned to you upon departure. Please be aware that you will have limited or no access (depending on item) to these during your stay:

- Stamps
- USB
- Camera
- Mobile
- IPOD/MP
- CD/DVD
- Sharps - knives, scissors, etc
- Explicit Literature or images (pornography)
- Inappropriate clothing

Medications

All general medications, e.g.; paracetamol, antihistamine, etc, are held in a locked cupboard or drawer and must be administered by designated staff.

Prohibited Medications

Certain medications are not to be used at any time within the program or be held on the property without authorisation from management through liaison with a director due to their addictive ingredients. These are as follows;

- Codeine based products.
- Opiate based products (e.g. morphine based).

Approved medications

- Paracetamol and Aspirin.
- Ibuprofen
- Prescribed antibiotics
- Vitamin supplements

Our Program

Client Participation and Decision Making

All Clients voluntarily attend the Sherwood program with the intention of making changes from their life built upon addiction and the resulting behaviours. The process of their rehabilitation requires a commitment from both them and the Sherwood staff and volunteers who support them in that process.

In the rehabilitation process, clients are required to participate fully in the designated program. All clients are required to make every effort to attempt all activities and to attempt to learn new skills.

We believe that each person is unique and therefore is to be treated individually with love and acceptance. Our program offers a drug and alcohol environment, a safe place for recovery to take place.

3 steps of rehabilitation

Step 1: Recognition

Not only should the family, medical, and or legal personal etc recognise that there is a problem but so should the person with the problem. Along with this recognition, there must also come a desire to change. Once a person has recognised there is a problem and there is a desire to change, then the following steps are helpful (these can be looked at before, during and after rehab).

Assessment of Current behaviour

Factors that trigger and maintain present problems need to be identified. There is no single cause of addiction, therefore the whole person needs to be looked.

Defining problems

Specific problems that a person wants to deal with need to be identified. The problems need to be honestly assessed with a willingness to address them.

Goal setting

Goal setting can give a sense of momentum and direction, and also monitor the extent of the progress. Goals set by each person should be their own, and achievable.

Monitoring and evaluation

Clients are encouraged to re-evaluate their goals, personal growth and progress. Reviewing this with staff provides opportunity for feedback and continuous improvement.

Step 2: Maximum intervention

Our location provides a place that is isolated from sources that can cause stress. This isolation assists by providing an opportunity to refresh and refocus but is not a cure or a sustainable way of living. Healing should encompass the whole person; the meeting of spiritual, emotional and physical needs. The following outlines the various stages in the Sherwood program

Stage 1

First month

This initial stage is time for the new client to familiarise themselves with the Sherwood program with minimal responsibility and very limited privileges and includes the following:

- 2-4-week trial period
- Contact with family and friends limited to letter writing and 1 phone in the first month
- Maximum supervision
- Supervised shopping trip after 1 calendar month

1-2 months

During this stage each person is encouraged and expected to take on greater responsibilities within the community and with their own recovery.

- Maximum 2 incoming phone calls each day. Outgoing calls can be made from the office on a Monday
- Visits permitted from family and or close supportive friends
- High degree of supervision
- Unsupervised shopping trip after 2 months

2-4 months

During this stage each person is encouraged and expected to take on greater responsibilities within the community and with their own recovery. Actively seeking to identify and address areas for personal growth. Providing positive peer support for new clients in the program.

- Unsupervised during Sherwood outings, e.g. Church and picnic
- Unsupervised day out (9am-4pm) after 3 months. Phone access permitted during day out.

4-6 months

During this stage each person is expected to begin planning and actively working towards life beyond Sherwood. This includes looking at study/work options, licence renewal or obtainment, white card, resume building, etc. Increased responsibility within the community where each person is expected to take on responsibility for a specific area or task within Sherwood as well as having others who are new to the program working with them.

- Weekend off (Saturday 3pm-Monday 5pm). This occurs each month on from 4 months. Accommodation and plans must be approved.
- Phone access when on weekend off
- Exit plans and strategies made for those leaving at 6 months

6-8 months

For those who choose to stay longer than 6 months a full review is completed where goals are redefined, responsibilities given and specific plans put into action to reach goals.

- Time out in community programs
- Commencement of study
- Preparation to return to work
- Phone access when off-site
- 1 week leave after 8 months

Stage 2 – Transition Program

The transition program is available for those who have identified their need to be part of the Sherwood community for an extended period. This offers a safe place for clients to come home to during the pivotal phase between completing rehab and the establishment of their new life and provides the following:

- Greater opportunity for peer related roles and responsibilities within Sherwood
- Volunteer and paid work
- Accountability and support
- Guidance and security
- Use of personal vehicle

Stage 3 - Graduation

The graduation of the program is a time to celebrate the dedication to change, the hard work, the persistent commitment and the faithful effort that has been put in. This is not the end but rather the beginning of life after Sherwood, a clean sober life shared with others. The Sherwood program aims to provide an opportunity for people to build a firm foundation based on truth making way for a healthy, sustainable and whole life.

Departure Process

All departures follow the same procedure:

- All Board paid is non-refundable
- Any amounts owing must be paid upon departure
- ~~A travel fee of \$30.00 may be incurred~~

- Personal items returned
- it is expected that all aspects of departure are to be completed at Sherwood's convenience and with a mutually respectful manner
- Forwarding address and contact number to be given.

Belongings Remaining

Any personal belongings that a client leaves behind need to be delivered to or collected by relevant family or friends by 2 weeks post departure. After that date, items will be disposed of or given to relevant charities at the discretion of Sherwood management.

Post departure

Clients who have exited the program are not permitted to visit or join in the program for 1 calendar month. However, they are encouraged to connect with their support networks and to contact us by phone at any time. Face-to-face meeting can be arranged on request and will be held off-site.

Regular activities

Devotions

This is a group activity for personal spiritual growth and a deeper understanding of the scriptures. Akin to a mini church service we share in worship followed by individual sharing and group discussions. The S.O.A.P method of bible study is applied here allowing each person to further develop as they identify and apply changes in their life on a daily basis. Sherwood is about practical Christianity and a personal walk with Jesus.

Work program

Sherwood is based heavily on an active work program which involves general property maintenance and farm upkeep. This includes:

- Grounds work - mowing lawns, raking, whipper-snipping etc
- Gardening and weed control
- fencing
- Mechanical repairs and maintenance
- Maintenance of buildings, general repairs and painting
- Livestock care and maintenance of yards
- Cooking and cleaning

Sherwood BBQ

Every Saturday at 6pm we come together for a BBQ. We love to have others join us and there is an open invitation to all. Visitors are welcome anytime from 4pm.

Church & picnic

Every Sunday we head to church followed by an open picnic at a local beach. This is a great opportunity to get to know those who join us, to swim, fish, surf, walk the beach or lie in the sun.

Movie Night

Sunday afternoon is TV time followed by a movie at 7:30pm for those who wish to join in. A quiet afternoon/evening that is spent relaxing and soaking up some screen time.

Bible Study

This is offered weekly by John Reifler, co-founder of Sherwood. He is a great story teller who loves to guide others through the Bible by answering their many questions.

Art Class

The art class is run weekly and is a time for each person to discover or develop their artistic talent. This is not a competition but a time to have fun and get creative.

Men's Breakfast

Once a month the Sherwood men head into Coffs Harbour Baptist Church to join in the men's breakfast. A time to meet others in the church, eat great food and be part of interesting discussions.

Men's Night Out

Once a month the Sherwood men knock off work early to get out for a bit. The plans for the evening are mutually decided upon by the guys and may include:

- fishing
- Eating out
- Mini golf or driving range
- cinema

Studies focusing on recovery and personal growth

These groups are designed to enable each person to grow personally, to learn new ways of coping, to develop or redevelop a healthy way of life that involves taking responsibility for themselves and their recovery from addiction. Programs include:

Jump Start Program

by George Patriki

- Substance abuse and mental health (dual diagnosis)
- Integrative holistic model
- Needs and underlying issues
- Grief cycle and anger
- Drink and drug driving
- Cycle of addiction
- Understanding drugs and their effects

Boundaries

by Dr. Henry Cloud and Dr. John Townsend

Boundaries are part of everyday life and are needed to live life well. This asks us to take responsibility for ourselves; our beliefs, actions, behaviours, thoughts and much more. Establishing and maintaining healthy relationships are dependent on us having healthy effective boundaries in or life. The Sherwood community is a great place to practice our boundaries with real people who love and support us.

Fog Lifter and Winning between the ears

By Gary Blackford

Books and DVD by Garry Blackfold, share a contemporary account of a personal journey through, and beyond, mental illness and depression. Clients are encouraged to reflect on these sessions which include 9 steps toward recovery

Homework

Each week there is set homework that is required to be completed in each person's own time. This is time for each person to focus on themselves and the personal journey they are on.

Rights and Responsibilities

Privacy and Confidentiality

- All persons residing or visiting Sherwood are entitled to be treated with respect, dignity and honesty. As such, the following needs to be observed:
- All personal conversations shall be respected as private unless there are concerns regarding risk of self-harm or risk to another resident or visitor. If such risks are identified, then management will be notified and appropriate action taken to reduce the risk.
- All conversations and discussions held within the program will be respected and not communicated to others outside of the relevant group of persons who were involved. However, if risks (as noted in point above) are identified, then management will be notified and appropriate action taken to reduce the risk.
- No conversation, discussion, photograph or identifying material will be made known to others either within the Sherwood community or outside of the community, unless with the express agreement of the parties concerned.

Client Rights

- All Clients have the right to be treated honestly, with respect and with dignity.
- All Clients have the right to their own personal space.
- All Clients have the right to leave the program at their own free will.

Client Responsibilities

- All Clients are responsible for treating other residents with respect, honesty and dignity.
- All Clients are responsible for maintaining a drug-free lifestyle while within the program.
- All Clients are responsible for participating in the Sherwood program to the best of their abilities.
- All Clients are responsible for maintaining an attitude of cooperation with others when working together within the program and while living in community.
- All Clients are responsible for maintaining their own self-discipline while living within the community.

Rules for Accommodation Services for Clients

All Clients will be required to share accommodation and amenities. All Clients are expected to share meals (morning tea, lunch, afternoon tea and dinner) and community life in a central building, and to share the grounds around the buildings. The following rules apply:

- Any accidental breakages need to be reported and depending on the value of the item, the replacement cost may be invoiced to the Client.
- Any deliberate breakages are required to be reported and the replacement cost will be invoiced to the Client.
- Any theft of another person's personal belongings or any Sherwood belongings will be fully investigated. If a Client is found to have carried out the theft, they will be required to replace the item and will be discharged from the program and asked to leave the premises. The police may be notified.
- All Clients are required to respect other community residents and to ensure that noise levels from loud voices, radio or music is not intrusive. Earphones or ear pieces are encouraged for private access to music and must be used between 9pm and 7am daily.
- All Clients are required to maintain their accommodation to a good standard of cleanliness with regular cleaning. This is especially relevant in shared bathrooms and/or where cross-infection is a possibility.
- All Clients are required to remove personal items from community living areas once they have been used for the purpose. All personal items left in the grounds (e.g. bikes on grassed areas) should also be removed at the end of each day to prevent accident and injury.

Code of conduct

Codes of Conduct

Every person participating in a Sherwood programs (this includes children, parents, volunteers, clients and guests), must keep to codes of behaviour as detailed in our organisation's Code of Conduct. Any person refusing to abide by these codes of conduct will be asked to leave the program and premises.

Actions and Behaviours that are Unacceptable

It is acknowledged that before their admission, new Clients may have developed behaviours (that are a response to triggers) that are part of their lifestyle and would be unacceptable within a Sherwood program. During the first 4 weeks, it is hoped that these behaviours will be identified, and alternative and more healthy ways of responding to the triggers that cause those behaviours will be developed. Certain behaviours will always result in immediate discharge (such as use of drugs and/or alcohol), but some will be managed in the short term to support the person in their attempts to change their lives. All decisions and actions regarding these behaviours will be made by the Directors and Management after discussion with the Client.

Actions and Behaviours that Result in Warning or Loss of Privileges

- Foul language.
- Unacceptable attitudes to other clients, volunteers or the environment.
- Self-harm and discussion within the community of the process and method of the ways self-harm is achieved.
- Items that have been brought in illegally and not declared – especially by visitors, (e.g. money, cigarettes, unacceptable clothing, media, food, etc).
- Inappropriate relationship with other client, staff or volunteer.
- An attitude of defiance and refusal to participate in community life and/or program as expected.
- Penalties are at the discretion of Management and can include but not be limited to impacting upon: shopping days, phone calls, movie nights, visits from family and friends etc.

Actions and Behaviours resulting in Discharge:

- Drugs (illegal or medicinal), alcohol or drug paraphernalia brought onto property.
- Violence, aggression or intimidation where another adult or child is threatened or is seen to be "unsafe".
- Abuse against children.
- Break and enter, and/or theft.
- Self-harm that causes damage and requires medical treatment (e.g. cutting, purging), and/or increasing frequency of self-harm occurs despite warnings.
- Inappropriate or sexual relationship with another client, staff or volunteer.
- Pornography, gambling and other access to explicit internet sites.
- Defiance to previous warnings i.e. "3 strikes and you are out"

Discharge to a more appropriate service for that Client (such as Mental Health Services) may be appropriate. Relevant authorities will be notified and charges pressed when required.

General Health & Hygiene

Living in the Sherwood communities and participating in the active lifestyle programs requires clients, staff and volunteers to use protective equipment and clothing, maintain infection control and take responsibility to prevent injury as much as possible. At the time of induction all Clients, staff and Volunteers are informed of their responsibility in maintaining their health in the face of possible infection and or injury.

The following items are required to be used on a regular basis:

- SunSmart clothing for outdoor activity (hats, long sleeved shirts, trousers).
- Sunscreen.
- Sturdy outdoor work shoes & socks. Gloves for gardening.
- Walking shoes.
- Mud boots / Gum boots.

The following actions are required to maintain health:

- Handwashing routines as required by Health authorities.
- Kitchen rules to maintain cleanliness in food preparation: use of aprons, gloves, specific cutting boards, kitchen/dish wipes for specific purposes Use of nose wipes and protection to prevent cross-infection.
- Other cross-infection controls and behaviour as required by Health authorities for contagious diseases, e.g. Hep B & C contamination, HIV, STI's, TB, chicken pox, measles, etc.

Security of Personal Items

All accommodation should have a drawer or secure cabinet that is able to be locked to hold personal items. Each client is responsible for the key to their drawer or cabinet and it should hold their personal belongings such as cards, money and similar. A spare key is held in the locked office by management.

Accommodation

We have a variety of accommodation available our clients, volunteers and guests including:

- Twin share dormitory style rooms with shared amenities
- Twin share self-contained cabins
- Fully self-contained houses
- All accommodation is furnished and full equipped with essentials including linen

Cost

Cost is \$275 per week and is paid fortnightly in advance.

A non-refundable one-off payment of \$150 (program levy) is payable on arrival.

This means a total Of \$700.00 is payable on arrival.

Weekly Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:30-8:00am	Free time	Out of bed & breakfast						
8:00-9:00am		Morning Chores						
9:00-10:00am		Devotions					9:00-4:00pm Church & picnic lunch at the beach	
10:00-10:30am		Morning Tea						
10:30am-12:30pm		Scheduled work & group activities						
12:30-1:30pm		Lunch						
1:30-5:00pm		Scheduled work & group activities						
5:00-6:00pm		Shower & free time				4:00-8:00pm Weekly BBQ	Free time	
6:00-7:30pm	Dinner & devotions							
7:30-10:00pm	Free time with optional evening activities							
10:00pm-6:00am	Lights out and in room/house							

Contact us

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