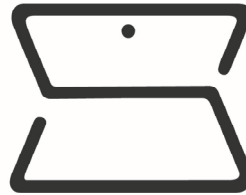


When can I visit my loved one at Aranda House?

Our visiting day
is Sunday
from 10am—4pm
(No booking required)

- Every Sunday we encourage family, carers and friends to visit and enjoy time with your loved one in our peaceful front lawn area.
- When visiting we will ask you to take a breathalyser test. Visitors with a positive alcohol reading will have their visit cancelled until the following Sunday.
- We encourage you to bring healthy food to share on your visit, and to support your loved one to keep to our healthy diet.
- You can bring your children during visits, making sure that they are supervised at all times.
- We have toilets near the lawn area for your convenience.



Drug and Alcohol Services Australia
DASAS

Aranda House Therapeutic Community

**Information for
families, carers and
friends of residents**

*At Aranda House
we care about our
residents as much as
you do*

9 KEMPE STREET
THE GAP
08 8950 3700

When can I call my loved one at Aranda?

Early Days (Pre Phase) The first 10 days of a person's stay is often filled with mixed emotions, anxieties and uncertainties.

It is vital that they use this time to get used to and settle into their new environment.

During Pre Phase your loved one won't be able to make or receive any phone calls from outside of Aranda House.

If you require an exception to this rule, you will need to negotiate contact times with your loved one's case manager.

After the first 10 days, feel free to ring your loved one after 6.30pm. They will be allowed to make one phone call out, and to receive one call in per week. These phone privileges increase as a person moves through our program.

We also have a pay phone residents can use with their own money after 5pm at night.

Mobiles are restricted at Aranda House as residents are encouraged to focus on their own recovery without distraction from the outside world.

All residents are seen by a doctor upon admission and are referred to medical or external support services as required.

Aranda House therapeutic programs

After Pre Phase, our program includes the following steps:

Phase 1 Focuses on improving the person's diet, sleep and hygiene.

Phase 2 concentrates on getting residents involved in all group activities, positive role modeling and active work to plan their recovery with a case manager. Our program includes:

- Drug awareness
- Alcohol awareness
- Relapse prevention
- Narcotics Anonymous
- Alcoholics Anonymous
- Harm minimisation
- Peer support groups
- Exercise sessions
- Psycho-social sessions
- Case management
- Living skills programs
- Cultural programs
- Arts and crafts
- External supports

Phase 3 encourages the resident to support new people, run group activities and role model good behaviors in the community.

Transitional After Care concentrates on job searching or study to help the person prepare for life back in the community. Residents move into self contained units in this phase.

Other services we can offer

Outreach Support

Sobering Up Shelter

Transitional After Care

Independent Living Program

Back on Track Drink Driver Education Course

Safer Schools Program

Community Education

We ask for your support in keeping Aranda House a safe and therapeutic place for your loved ones and other residents.

Need more information?

p: 08 8950 3700

e: intake@dasa.org.au

www.dasa.org.au