

VENNDALE TIMES

VENNDALE REHABILITATION CENTRE

GOOD NEWS STORY

Star of the Month: Casey Bishop



This month is to celebrate for none other than our Team Leader, Casey Bishop for receiving the Fitzgerald Social Change Award 2019! HIP HIP HOORAY! The accolade recognised Mr Bishop as "highly regarded by

his teams for his leadership, clear communication and well managed programs for the Aboriginal communities they serve". "My findings over the last decade is that a lot of people find it difficult to find support, and being that contact, being that person or organisation people lean on is a big thing," Mr Bishop said.

While thanking his teams, other stakeholders and his family members for their constant support, Casey mentioned, "Our role is to make ourselves redundant, our job is to put ourselves out of business, to solve people's issues so they don't have to come back to us."

Congratulations Casey!

Nomination in the 2019 Hesta Awards

CONTENTS

Good News Story:

Star of the Month
Nomination in the 2019 Hesta Awards
Clients Receiving Mental Health
First Aid Training, SEE Training and
Fitness Training

General News:

Education Groups at Venndale
Community Engagement
Staff Professional Development

Manager's Motivation



FROM THE TEAM AT
VENNDALE REHABILITATION CENTRE

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Both Venndale and Casey Bishop would like to thank HESTA for being nominated in the 2019 Hesta Award in the category of community sector.

At Venndale Rehabilitation Centre, 2018-2019 saw an increase of self-referrals and new initiatives that broaden its five major education and activity packages: Life Skills, Relapse Prevention, Mental Health, Self-esteem and Legal Assistance/ Knowledge. Clients have provided positive feedback expressing appreciation of Venndale. Venndale's programs, staff and facilities are strained as it maintains full capacity with 153 admission annually yet assesses 461 clients.

Casey Bishop has worked in the Alcohol & Drug Sector for 13 years. At Kalano Community Association Incorporated / Aboriginal Corporation he has Managed the Venndale Rehabilitation Centre since 2007 and more recently moved in to the Role of Program Manager of Community Safety and Wellbeing which encompasses all the Community Services of Kalano including Community Night Patrol, Transitional

Aftercare, Venndale, Kalano Youth Outreach & Transport, Public Transport. He is also a key player in running a new Youth Diversion program and the upcoming Big Rivers Child and Family Center slated to open early next year in Katherine. Casey is also a long-standing member and new board member Association of Alcohol and Other Drug Agencies NT (AADANT). Casey's skill base and qualifications include Diplomas in Alcohol and Other Drugs, Dual Diagnosis, Community Services, Leadership and Management, Mental Health and Quality Auditing.

Clients Receiving Mental Health First Aid Training , SEE Training and Fitness Training



Venndale would like to thank TeamHEALTH and

Mental Health First Aid Australia for organizing the very first Mental Health First Aid Training for our clients. We had thrived in the past to give these mob the tools to manage mental health problems and we hope with this training, they will be able to help their communities when they go back and promote social and emotional well-being.

Another BIG Thank you to STEPS for the SEE Program where the clients upskilled their literacy and numeracy and few of them received Foundation Skills Certificates (FSK) while exiting our program. Last but not the least, Venndale would like to thank Rhiannon from Wurli for her consistent support for the weekly fitness training onsite. Few of our clients are also receiving free footwear from Terrace Emporium supported by Wurli for their consistent commitment to the training for staying fit. What a good year has it been for Venndale! YAY!

GENERAL NEWS

Education Groups at Venndale

Clients attend groups on Relapse Prevention, Self-esteem, Life Skills, Mental Health and Legal Awareness topics as their regular activities while they are at Venndale. With the recommencement of the SEE program, LLN classes has been a new addition to the activity schedule for the residential clients.

Relapse prevention sessions included groups on “grog story, alcohol quiz, isolation, physical, emotional and social effects of AOD, what you reckon, anger in the recovery, levels of risk, why me, the heart, what if I slip, triggers, support networks, petrol sniffing, kidneys, communication in recovery, low risk guidelines

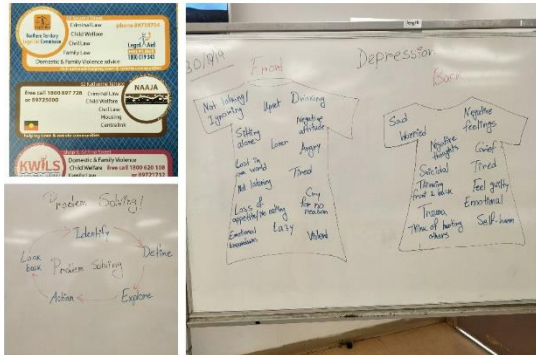
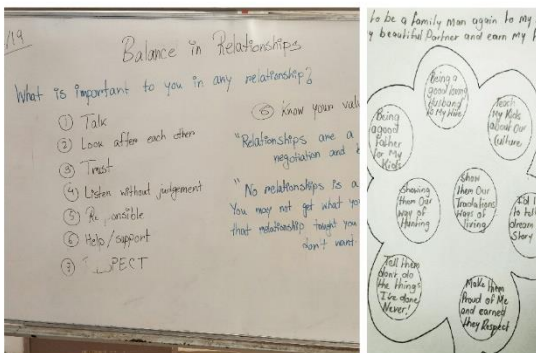
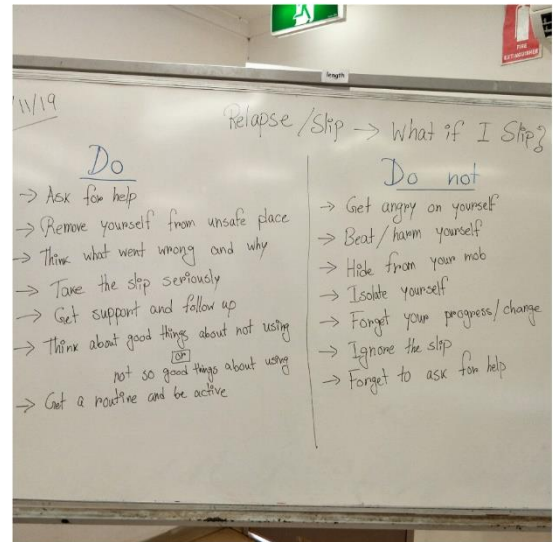
for cannabis use” etc.

Self-esteem sessions included “anger warning signs, self-esteem

tree, I statement, motivation/ readiness ruler” etc. In addition, Life skills sessions were on “stress management, problem gambling and safer gambling, responsibility, problem solving, hand hygiene, sleep hygiene, balance in relationships” etc. Mental Health ones were on “dementia, panic attacks” etc. and Legal Awareness was all about “Where to get help, interaction with police, legal help” etc.

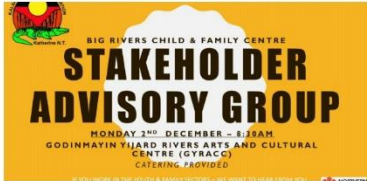
There were also some

practical groups on self-esteem art therapy, making Stress Management Board, self-exploration through Thumball Pass, Boomerang decoration and exploring past, present and future feelings in the bottle, throwing away past bad memories associated with intoxication. Video groups included watching documentaries and Ted Talks about interaction with police, boundaries in relationships, taking responsibility, negative vs. positive thinking, addiction vs connection, life is easy and other relevant relapse prevention, self-esteem and mental health awareness videos.



In the SEE program, clients learnt about measurements, distance and other relevant numeracy skills while enjoying some practical groups on cooking and weighing themselves. Clients also learnt about how to measure temperature, wind and rainfall using an appropriate gauge.

Community Engagement



At the beginning of December, Venndale staff and clients participated in an Advisory Meeting organized by Kalano

Community Association. This meeting was all about gathering information from other stakeholders and locals to understand how the Big Rivers Child and Family Centre can help in closing the gap between services and needs for potential clients. It was a very engaging and communicative meeting where various stakeholders as well as Venndale clients participated in discussion to express their ideas and needs. Thanks to Guumali for managing the Advisory Meeting and mapping the participants' expressions.



In Mid-November, our female clients attended a 2-day

Community Legal Education session delivered by KWILS onsite about domestic violence, child protection and other relevant legal information. Recently few of our male clients have volunteered in



moving and setting up the furniture at Big Rivers Child and Family Centre.

We are grateful to the NT Public her recent visit to Venndale and its to be able to attend the Annual Kalano Community Association Inc. acknowledge the present success programs as well as to discuss of the organization along with the Kalano recently had its Christmas all programs gathered to share the Year. It was a great night with lots and gratitude expression from the programs. It was also very heart-Greeting Card from one of our ex-Christmas and Happy New Year.

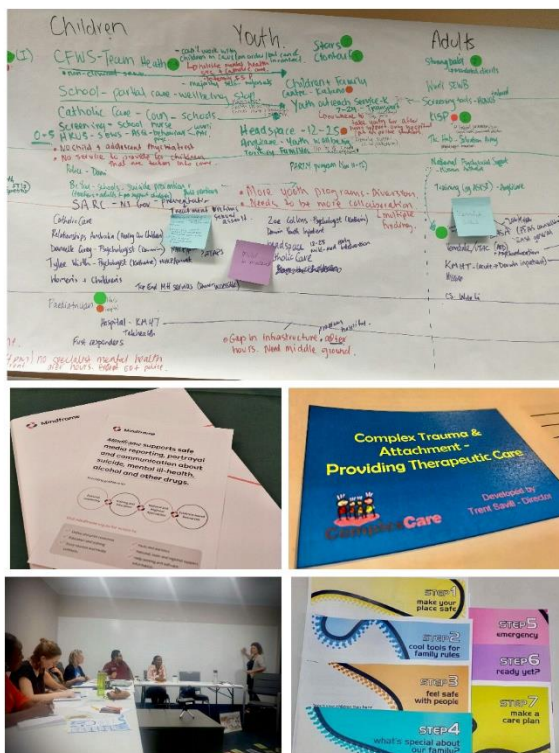
We look forward to more organizations throughout the year. contact us at (08) 8972 8600 or for delivering sessions on your other useful topics relevant to our



Guardian, Beth Walker for staff. We are also grateful General Meeting of It was great to of KCAI and KCAAC about the future success new Council on board. Party where the staff from joy of Christmas and New of laugh, fun, good food respective heads of the warming to receive a clients wishing Merry

engagement with other Please feel free to irahman@kcaac.org.au available services or any clients' life experiences.

Staff Professional Development



In November, Venndale staff attended Katherine Mental Health Mapping Service Delivered by Guumali. It was good to learn about the present and upcoming available mental health services in Katherine but also to identify the gaps for making the service better for the locals. Venndale, as part of Kalano Community Safety and Well-being (KCSAW) team, was also privileged as the Management has attended Complex Trauma & Risk Behaviours in Youth Workshop, Signs of Safety Workshop and Governance Training over these two months. Recently Venndale and VTAC staff have also attended the Mindframe Training on the portrayal and communication about suicide, mental illness, and alcohol and other drugs delivered by Everymind and organized by NTPHN.



MANAGER'S MOTIVATION

Casey Bishop

Recently it was made clear to me that the "way I am" can be perceived in many different ways. When you think you are having a 'friendly dig' or using sarcasm in a non-malicious fashion it can quite often come across the wrong way.

This was a wakeup call for me and had me wondering how I needed to work on myself so I could maintain good relationships with those clients, colleagues and stakeholders that I work with. Research and Professional Development is always key for me and it is my belief that your staff are your biggest asset in any business so hopefully what I have discovered, to help me, will also help any of you reading this. It sounds simple and maybe even too basic but there were 2 common topics that kept coming up while looking into strategies: Self-improvement and Likeability. Professional Development is an unavoidable, and in my opinion a compulsory part of any role whether you are a Doctor or a Ditch Digger, but it can be quite uncomfortable and awkward to enter a big room full of strangers at Professional Development Sessions. Here are some strategies to remember when attending these events:

AVOIDING AWKWARDNESS SOCIAL ENVIRONMENTS / WORKSHOPS

- Be confident through happiness and not cockiness
- Do not think you are uninteresting
- Remember you will not be the only one who will feel awkward - you can ease others social anxieties by approaching people
- Look for the "gold spot" - common areas like the coffee or resources lines are great spots to start conversations, even if it's just about the coffee or resources. This may provide others with social relief.
- Try the "Offer mentality" - look for ANY way you can offer someone / anyone something (a better seat, your card, pass a pen etc.)
- Always believe you have something to offer - Don't underestimate your knowledge or thoughts.
- Ignore the 'fake it till you make it' policy - be real.
- Consider if your anxiety could actually be excitement
- Look for collegial similar people and speak to them about their roles (listen more than speaking) if you are a Case Manager, look for other Case Managers
- People are liked more when they like more people - the more people you are friendly to the more people will be friendly to you
- Find a reason / quality to like in people, even comment to them on it.
- Ask people questions you would like to be asked, give humble answers if you're asked but emphasize your responses to their answers
- Use the above answers to identify their hot buttons- things they will continue to and enjoy engaging in.
- Have a Positive Attitude and Optimistic approach to all.
- Be Engaged and Passionate but don't be intense
- Have a sense of humour

BEING LIKEABLE IS NOT A "NICE TO HAVE" it's a "NEED TO HAVE"

- Use signaling - make your social cues and signs of liking someone obvious
- We like people who like us, the more people you show you like them the more people will like you
- Use the similarity attraction effect - we are wired to like people similar to us
- Highlight similarity/ discover/ look for similarity and when you find one, don't let it go.
- High Five for similarity
- Be the real deal - your similarity and common interests must be real
- Build people up
- Ask others about themselves and give full attention
- Use courtesy and manners with a smile
- Offer your help freely and often
- Use open body language/ eye contact/ smile
- Always offer compliments
- Encourage others- you got this, empower them
- Don't engage in negative talk or gossip
- Never be passive agreement
- Allow others to participate and/ or have a say
- Hold off on jokes and pranks
- Express Affection (appropriately)

I seriously encourage that anyone reading this places time aside to self-improvement by whatever means you prefer. Books, Internet, Podcasts or even your Pastor. It doesn't matter, you need to work on yourself. When your phone is flat you put it on the charger, we are no different.

These are the 10 common topics I found in relation to my research into self-improvement. I encourage everyone to look into these topics:



In addition, some quick self-improvement tips that are easy to implement:

- Drink more water

- Eat whole foods

- Practice Daily Gratitude (Others or Yourself)

- Pick up a book/ Put down your phone

- Listen to TED Talks and explore other topics but TED is a great start

- Forgiveness mends relationships but also anxiety and hate

- Find support/ group of supports

- Congratulate yourself with this Growth

I hope this helps you. If it helps you it will help the people you work with. I again, thank everyone for the work you do. We work in a highly stressful and quiet often depressing environment where we are surrounded by failure and vicarious trauma.

Please look after **YOU** first.... MERRY CHRISTMAS & HAPPY NEW YEAR!

WE APOLOGISE FOR THE
INCONVENIENCE BUT
**VENNDALE WILL NOT BE
CONDUCTING ANY
ASSESSMENTS BETWEEN
21/12/2018 AND 06/01/2019**

----- MANAGEMENT

