

dreambuilders
centre 4 change

transformations

transformations

The vision of Dreambuilders centre's change Transformations program is to empower men to live a drug-free life.

We aim to:

- equip people to become functional members of society without the use of drugs and alcohol;
- give hope, healing and support;
- impart an understanding of behaviour in order to address areas that continue to impact residents negatively;
- encourage our residents to give back to the community; and
- encourage our residents to help and serve others.

Dreambuilders Transformations is a Christian, drug and alcohol rehabilitation program that operates without government funding. We are a not-for-profit residential program located in Hoppers Crossing, in Melbourne's West.

Currently we can house up to 12 men.



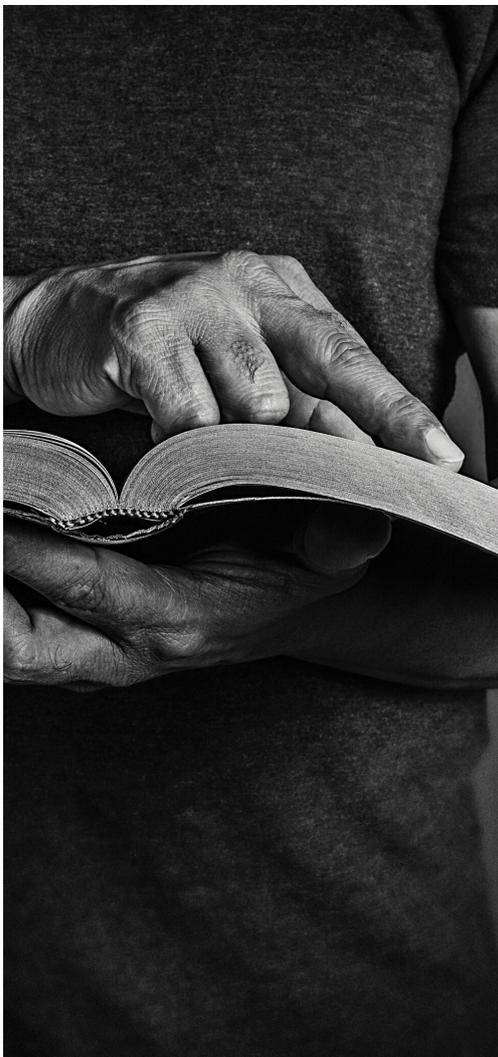
THE PROGRAM

Our program is based on the therapeutic community model in which the rehabilitation community itself, through self-help and mutual support, is the principal means for promoting personal change.

Therapeutic communities have a recovery orientation, focusing on the whole person and overall lifestyle changes, not just abstinence from drug/alcohol use. This is reflected in the environment, which is akin to a home as opposed to an institution or hospital.

In a therapeutic community, residents and professionally qualified staff participate in the management and operation of the community, contributing to a psychologically and physically safe learning environment where change can occur.

- Classes to gain an understanding of basic human behaviours and developing life skills, relapse prevention, relaxation, harm minimisation, basic nutrition and conflict resolution.
- Sessions on anger management, shame, grief and loss, fear and guilt, and self-esteem.
- Reading and discussing designated books.
- Recreation and mindfulness exercises.
- Gaining increased self-worth, self-confidence, improved decision-making.
- Restructuring lifestyles, developing healthy attitudes and activities, and setting realistic goals.
- Addressing core issues including past trauma, grief, loss and shame by undertaking a searching moral inventory.
- Sessions in relationships, grief and loss, self-esteem and inner strength.



ADMISSION REQUIREMENTS

The applicants must:

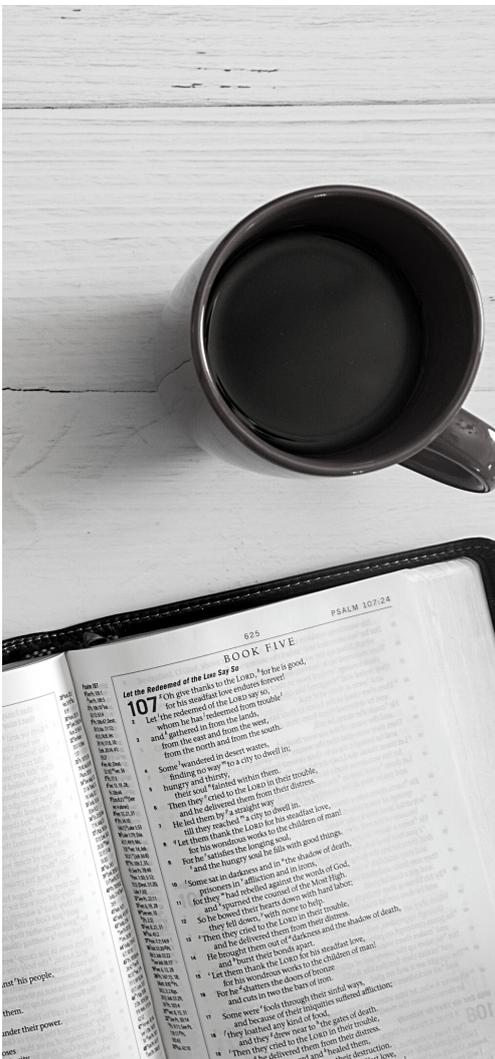
- Have a strong desire to change;
- detox from illicit/licit drugs and alcohol for seven days minimum prior to entry;
- be 18 years of age or older;
- provide the requested reports, consent forms and meet all other requirements prior to admission;
- have the full amount of rent to pay upon admission;
- be eligible for Centrelink payments;
- be fit enough to fulfil the work therapy element of the program; and
- be willing to abide by the program boundaries.

Applicants diagnosed with major mental health issues cannot be accepted due to the constraints and demands of the program. However, co-morbidity clients who are stable and are taking prescribed medication may be accepted on a case-by-case basis.

Note that residents are unable to be employed while in the program.

INITIAL ASSESSMENT

Get in touch with us for an initial assessment by phone or online via our website. This will enable us to determine your suitability for the program, and to understand your personal motivation and desire to stop using. We'll then schedule a time for a formal assessment.





FORMAL ASSESSMENT

We'll assess your individual situation and inform you of admission details, taking into account any wait list. Where possible, the admission date will be based on when you expect to complete your detox.

If you're placed on a waiting list or asked to meet certain prerequisites (e.g., completing a detox, obtaining consent forms, etc.), you'll need to keep in contact with us to provide status updates on a regular basis.

ADMISSION

Arrive at the agreed time on your admission date and we'll guide you through the rest of the process.

Support will be provided to you throughout the admission process and initial settling in phase.



Get in Touch

centre4change.org

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