

dreambuilders
centre 4 change

stepup4youth

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The vision of Dreambuilders centre4change stepup4youth day program is to empower young people to live a productive and drug-free life.

We aim to:

- equip our youth to become well balanced, positive, constructive members of society without the use of drugs and alcohol;
- give hope, healing and support;
- impart an understanding of unproductive behaviour
- encourage our young women and men to give back to the community; and
- encourage them to help and serve others.

Dreambuilders stepup4youth is a Christian, behaviour change, and drug and alcohol rehabilitation day program that operates without government funding. We are a not-forprofit organisation located in Hoppers Crossing, in Melbourne's West.



The Program

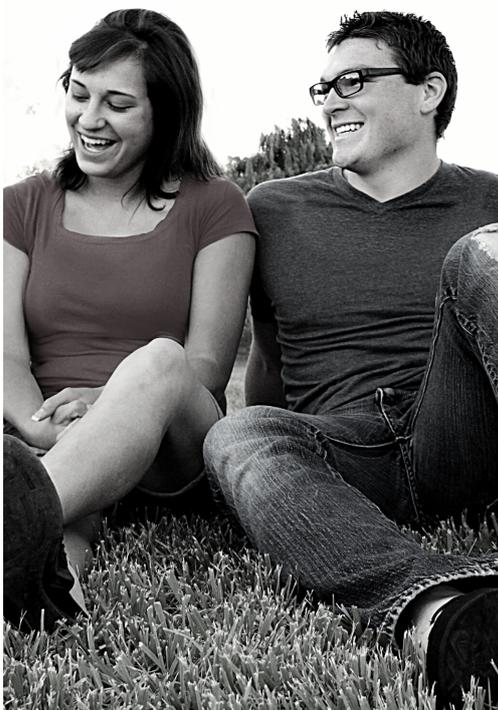
Our youth specific program, for youth and run by young people who have walked the walk, is based on the therapeutic community model in which the community itself, through self-help and mutual support, is the principal means for promoting personal change.

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.

With a focus on fun and physical where appropriate, participants still complete the following:

- 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 program participants 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.



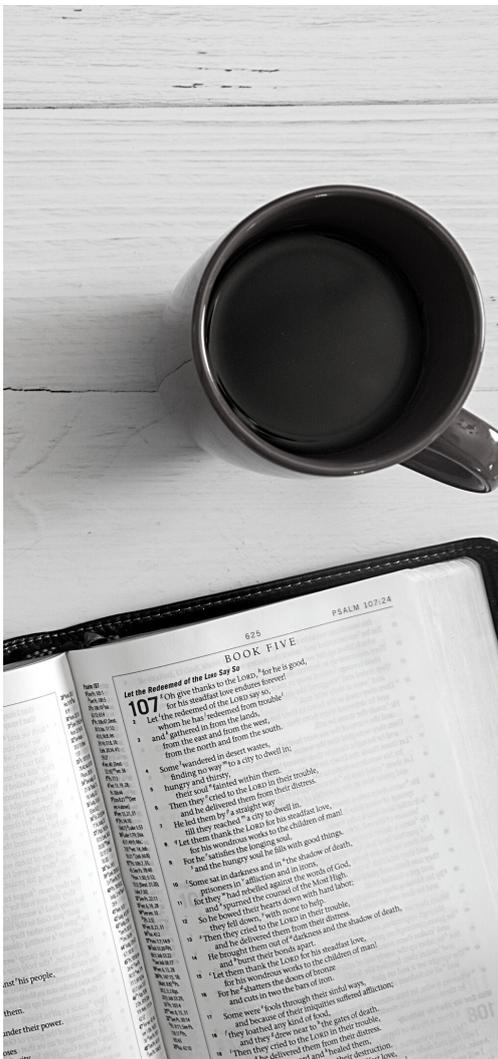
FORMAL ASSESSMENT

We'll assess your individual situation and inform you of admission details, taking into account any wait list. The admission date will be as soon as possible

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

ADMISSION

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



Get in Touch

centre4change.org

contact@centre4change.org

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