

We believe...

in care, compassion

and dignity for

our mob



How do I apply?

Simply give us a call or you can visit us at our Shopfront in Cairns. We welcome referrals from community and government services, but you don't need to have one.

We will assess your needs and discuss a range of support options with you. If you need residential treatment, we will book you in and can transport you to Shanty Creek if needed.

Contact us

Drop in to our shopfront at 149-153 Bunda Street, Cairns.
Call us on **07 4046 8080**.
Email us at info@liveslivedwell.org.au

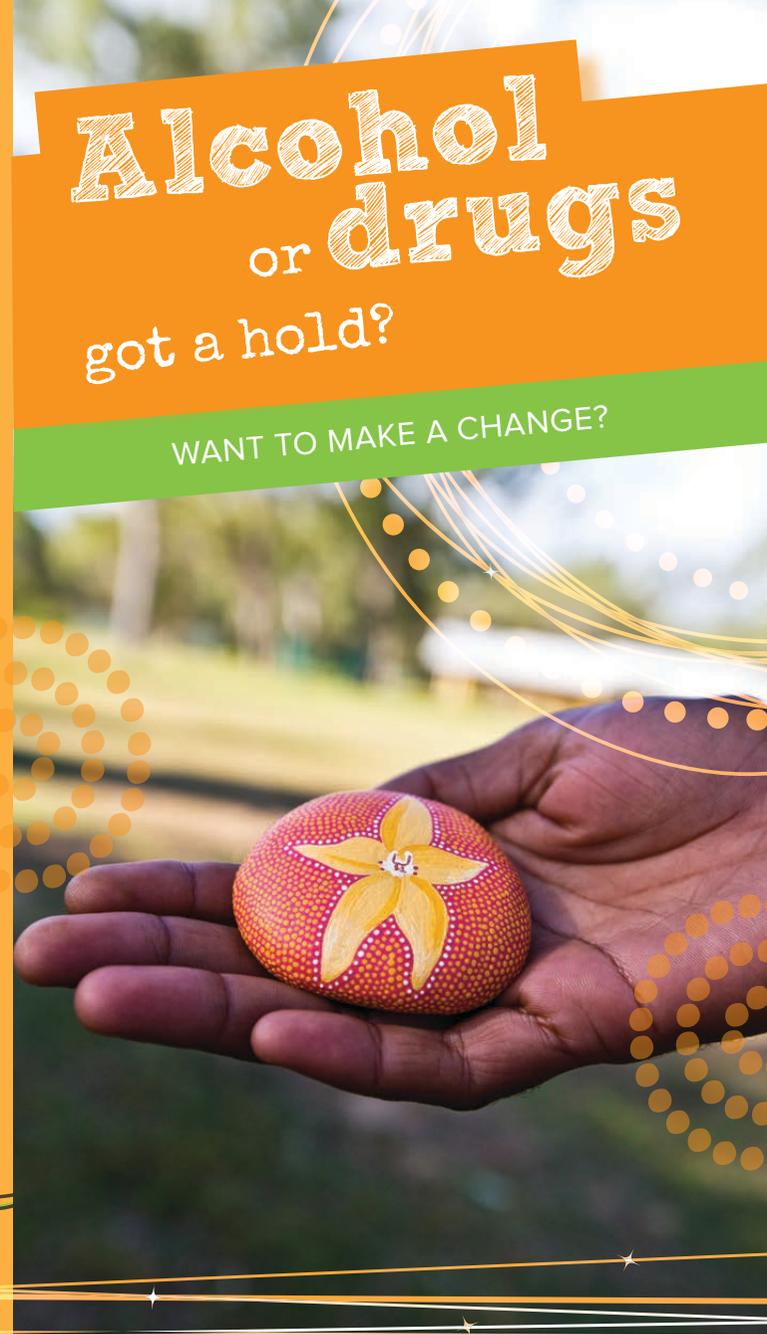
Check out our website!

For more information about Shanty Creek and other Lives Lived Well programs go to www.liveslivedwell.org.au



Alcohol or drugs got a hold?

WANT TO MAKE A CHANGE?




Lives Lived Well
Passionate about the possibilities



LLW | SC | 300915

 **SHANTY CREEK**
Healing the Spirit

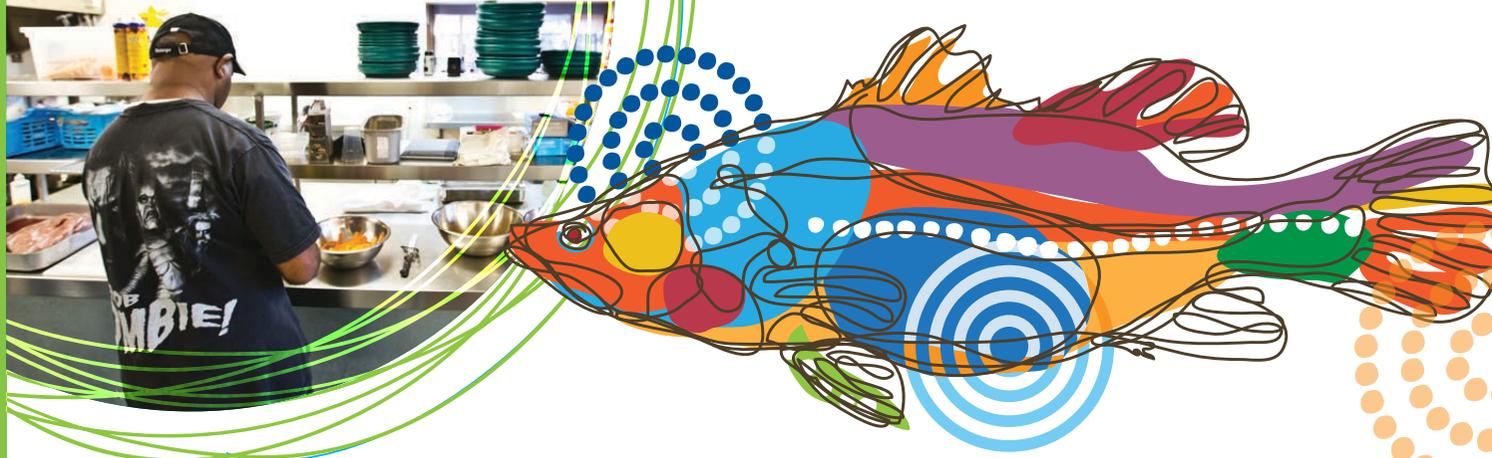
What is Shanty Creek?

Shanty Creek is a residential community where Aboriginal and Torres Strait Islander men and women, aged 18 years and over, can find solutions to their drug and alcohol problems.

Providing a safe and supportive environment, our expert team works with you to help reach your goals and reduce the harm of drugs or alcohol.

At Shanty Creek you will have the opportunity to learn about yourself, understand alcohol or drug misuse and develop new ways to face challenges in life.

Shanty Creek is about 10km outside Mareeba in the Atherton Tablelands.



What does it involve?

Our rehabilitation program guides people along a personal journey that leads to greater wellbeing.

Up to 25 residents can live-in and stay at Shanty Creek at a time. The program, which is dedicated to acceptance, compassion, respect and trust, includes:

- ▶ cultural support, activities and respect
- ▶ medical and psychological assessments
- ▶ planning for the future and goal setting
- ▶ development of positive thoughts, feelings and behaviours
- ▶ group counselling
- ▶ case management
- ▶ family and relationship building
- ▶ information
- ▶ job counselling
- ▶ a focus on nutrition, health and exercise
- ▶ life skills development
- ▶ relapse prevention
- ▶ mindfulness
- ▶ and recreational outings.

What happens when I get there?

We understand how difficult it can be arriving at a place like Shanty Creek and every effort will be made to help you settle in stress-free!

You will be introduced to staff and other residents, shown around the facility and allocated a room.

We will help you complete some essential paperwork and a trained health worker will conduct a health check.

How long is the program?

We provide individualised care and so length of stay is based on your needs. We can work with you up to six months in treatment. When ready to leave, we provide a Stepping Out program that you can access for further support in your return to the community.

Can my family stay with me?

Family and friends can visit you on Saturday or Sunday afternoons and arrangements can be made to have your immediate family spend a night or two with you in our on-site family unit.

How much does it cost?

Residents pay some money towards their stay which depends on the type of benefit or payment received from Centrelink. This will be discussed with you during your assessment.

