

What to expect at Shanty Creek



Shanty Creek Admission information

Shanty Creek Residential Rehabilitation (SCRR) centre is situated in Mareeba, one hour from Cairns, QLD. The program is delivered over 12-week cycles, with the flexibility to be extended up to three months depending on your individual recovery. You can receive support from the moment you contact us, until you are fully settled back into the community. That's because you can access our services before, during and after your stay.

You will receive one-to-one counselling in which you can set goals, ask questions and guide your treatment. We bring empathy and collaboration to our approach, believing you are the ultimate decision-maker in your future. We also take a “community” approach to treatment, upholding the values of integrity, trust, leadership, and accountability.

You will be encouraged to participate in community living and take on daily tasks and responsibilities. Here you can learn life skills, build confidence, and gain insight into how you relate to others... always in a supportive environment. We work closely with other services in the areas of mental, general health, Centrelink, and legal support. We also link in with key family and community that supports your recovery journey.

Shanty Creek believes in delivering a program of respect that you can feel proud to be part of. Our care is holistic, tailored to individual needs and education based. The program takes a harm-minimisation approach and applies a community environment of learning and support as well as individual counselling.

Age 18 and over

- An Admission fee of \$570 must be paid in full on arrival and is **non-refundable** if **you choose to leave within a 2-week period**.
- Rent amount is \$570 per fortnight this includes your own room with toilet & shower, food (2 chef cooked meals a day), Saturday Outings, Medication cost, Onsite Dr Appointments, and live-in treatment.
- You must be registered with Centrelink Online Services through MyGov and have a current email address.
- You are responsible for maintaining any housing costs you have (such as rent) while staying at Shanty creek.
- If you live in a Department of Housing property, we can provide a support letter requesting a rent reduction while you are in treatment.

Payment methods

There are multiple methods of payment.

Centrepay payment out of your Centrelink (preferred)	
Cash or EFTPOS – Available	
Direct bank deposit	Commonwealth Bank of Australia BSB: 064-012 Account Number: 1025 5076 *Reference needs to be your full name

What NOT to bring:

- Alcohol, drugs or cigarettes/tobacco products (including e-cigarettes, vapes or lighters).
- Aerosols, razor blades (safety razors are permitted).
- Any products with alcohol content such as mouthwash, hand sanitiser or perfume.
- Items that could be considered weapons (including knives and scissors).
- Smart devices - Laptops, tablets, smart Watches, iPod or iPad.
- Personal vehicles.
- Energy drinks, protein powder or food and energy supplements.
- Revealing clothing (such as) mid-riff/low cut tops.
- Clothing which displays inappropriate content or references drugs or alcohol in any way.

What to bring:

***Please bring no more than 2 bags on arrival. Clothing items should include:**

- Medicare Card
- Centrelink Healthcare/Pension Card
- Bank Card
- ID
- Jeans, Shorts, Track Pants, T-shirts and Jumpers.
- Underwear, swim wear and a Beach Towel.
- Footwear: At least 1 pair of closed-in shoes appropriate for sports/gym and safe kitchen activities and 1 pair of thongs/sandals.
- All personal hygiene items (including washing powder if possible).
- Snacks & soft drinks to last for 4 weeks (tea & coffee is provided in the communal lounges).
- Bedding is provided; however, you may bring your own.



What we would like to let you know about staying in our community:

- Shanty creek is a **NON-SMOKING FACILITY**. If you are a smoker, it is recommended that you prepare yourself in advance for the non-smoking policy by starting on the NRT product/s (Nicotine Replacement Therapy) of your choice.
- No access to mobile Phones for the first **8 weeks** but residents can use our landline for personal calls. One personal phone call per week (10 min) for the first 4 weeks and the following 4 weeks include two personal phone calls per week (10min). After 8 weeks mobile phone will be available between 4 pm to 6 pm. (Business calls are allowed). Families can contact residents on our landline during the emergency situations.
- All programs are **MANDATORY**, and attendance is required- Including programs held on the weekend. Unless directed by the RN or Manager excused for being unwell.
- Click and collect (online) shopping are allowed after 4 weeks and residents can purchase items up to \$75, and from 8 weeks residents can purchase items up to \$150. Our staff will assist residents to setup accounts and collect orders.
- After 4 weeks residents are allowed to have family visits onsite. Sundays are visitation day and residents need to provide a week notice.
- Residents can apply for day leave after 8 weeks.
- Random room check and drug test will be conducted.
- All medication (prescription and over the counter) will be safely stored and will be provided to me for self-administration through the program timetable medication schedule.
- There are to be no sexual and/or exclusive relationships with other clients.
- Clients are not to use any substances including smoking, Yandi, grog, unprescribed medications etc. any use of these and other substances will result in discharge.
- At all times treat our staff and other residents with respect- no verbal abuse, threatening language or behaviours will not be tolerated, and you will be discharged.



 <p>WILLY WAGTAIL 4 Weeks (Eligible to step up)</p> <p>Responsibilities: Attending all required programs. Healthy sleeping patterns Medication on time Eating healthy Keep yourself and area clean. Good personal Hygiene Understanding SC rules, policies & Procedures Doing house chores when able</p>						<p>Privileges: 1 *10 min Supervised phone call a week Eligibility to stage up to Scrub Turkey Move to a room in River side or Road side</p> <p>Limitations No shopping No mobiles No Laptop or internet access No leave</p>
 <p>SCRUB TURKEY 4 Weeks (Eligible to step up)</p> <p>Responsibilities: Fully participating in the program. Living skills. Role modelling Doing house chores Budgeting (Understanding of needs vs wants) Set up click and collect account Be a buddy Understand the requirements of Eagle stage Responsibilities from Willy wagtail still apply</p>						<p>Privileges: 2 *10 min Supervised phone calls a week Online Shopping according to budget (Up to \$75 a week) Visits on Sunday</p> <p>Limitations No mobiles No Laptop or internet access No leave</p>
 <p>BARRA 4 Weeks (Eligible to step up/Graduate)</p> <p>Responsibilities: Leadership Achieving goals Co-Facilitating groups where possible Time, financial and life skills practice and management Responsibilities from Scrub Turkey still apply</p>						<p>Privileges: Access to Personal mobile from 4pm - 6pm Online Shopping according to budget (Up to \$150 a week) Limited access to Laptop and Internet Eligible to apply for 2day leaves (During weekends, no over night leave)</p> <p>Limitations</p>
 <p>EAGLE Up to 6 Weeks</p> <p>Responsibilities: Actively seeking employment, studies or Independency with minimal support Still a member of SC program Possible voluntary duties. Upheld required duties according to the agreement (Rent, life skill , appointments) Responsibilities from Barra still apply</p>						<p>Privileges: Mobile phone access Internet access Eligible to apply for 2day leaves (During weekends, no over night leave)</p> <p>Limitations</p>



Lives Lived Well

SHANTY CREEK

Client Name:

Client Signature:

Date:

Staff Name:

Staff Signature:

Date:

Resident Signature

