

## Overview of service and programs

Last Updated Monday, 09 August 2010

Destiny haven is a long term residential life skills development training program for women with any life controlling issue. It is an initiative of Designed for Destiny Incorporated, a charitable organisation (registered Public Benevolent Institution) that exists to see women with broken lives find healing and wholeness. Destiny Haven commenced operations in February 2007. We provide a safe and secure residential program for women who are highly motivated to change their lives. Destiny Haven is a Christian program and our programs are designed from a Christian worldview.

Destiny Haven provides comprehensive education, social, emotional, physical and spiritual services intended to promote in clients a commitment and capacity to engage with and contribute to the wider community. We are not modelled on the therapeutic Community Model, although similarities exist between the two. We provide a family environment of unconditional love and acceptance where clients are encouraged to re-develop family relationships (where possible) and to develop and interact with support networks to help facilitate a smooth transition to independent living when the program is completed. Our program also offers optional opportunities for those completing the program who may wish to develop further leadership skills. These women are given opportunity to remain with the organisation on a voluntary basis being role models and mentors to the new residents.

The program length is individual but is usually between 4-12 months although some stay longer than this to enable further healing and development. Each woman is treated individually and has the opportunity to advance at their own pace through the program.

Those entering stage 2 are able to continue in the program whilst studying part time or working part time. This also gives opportunity for safe re-integration into the community at the program completion. All residents are involved in the operation of the community of Destiny Haven which promotes change through the mutual support offered and also through self-development. The program focuses on social, emotional, physical, psychological, behavioural as well as spiritual dimensions of life offering a holistic approach. The program encourages wellbeing by encouraging behaviour and attitude changes and by instilling healthy life values in our extended family approach. We celebrate milestones like birthdays and course completions and those who prove themselves trustworthy, capable and motivated will be awarded extra responsibilities within the community.

Accommodation is twin share although new clients will have their own room during the first of the induction weeks. All linen and food are supplied. RENT is paid fortnightly in advance. All residents are issued with a key for their room and a key for their lock-cupboard for valuables. All residents are responsible for their own keys. A security bond of \$100.00 is payable on admission and is refundable at the completion of the program providing the client has stayed at least four months and has no monies owing.

Our program consists of the following core elements:

- \* Group therapy and education
- \* Living skills management
- \* Individual counselling
- \* Vocational experience activities
- \* Daily goal setting, journaling
- \* Social and recreational activities
- \* Expansion of our cottage industry which includes jewellery design and making, jams, chutneys, Christmas puddings and items that are sewed, card making etc.
- \* Each client is given a case manager that meets regularly with them.
- \* Sport
- \* Daily devotion group (Monday - Friday 9-10am)
- \* Weekly Church attendance

Participation in all activities is compulsory. Unwillingness to participate in these activities may result in discharge.

### CASE MANAGEMENT

Each resident is assigned a case worker who helps them during the early stages of the program to settle in and ensures that the new member of the program is clear regarding rules and procedures. They will be required to complete review sheets periodically and to set goals. Case managers handle any issues that the resident is comfortable discussing. This is NOT counselling which is conducted weekly by a qualified counsellor.

### COUNSELLING

Counselling is done by qualified counsellors with at least an advanced Diploma in Counselling and in-field experience. This is an important aspect of the program and will be at least fortnightly or weekly if the counsellor feels this necessary for a period of time. Home work is assigned to be completed before the next session. NB. Counselling is a recommended component of the program but is voluntary.

### SPORT

Sport is formally conducted weekly and is varied from week to week. During summer, water aerobics is a favourite. During the cooler months activities may include walking, soccer, volley ball, table tennis, cricket or base ball. All residents are required to participate in sport and are encouraged to undertake extra exercise activities during their free time.

## COTTAGE INDUSTRY

Our cottage industry "Destiny Delights" and "Destiny Designs" continue to be developed to help with costs of operation of the ministry. These items include quality jewellery, jams, preserves, marmalades, Christmas puddings, bags, covered journals, card making and more. Residents are taught new skills as they take part in this vital part of the program.

## STAGES IN THE PROGRAM

New residents arrive experiencing a measure of crisis. Some may come straight from a detox centre and may be still suffering some of the effects of long term alcohol or drug abuse. Others have experienced trauma in childhood or long term depression. Those with eating disorders come with other crises that include extreme anxiety as they come to terms with the fact that they will be required to eat and will be stringently watched to avoid purging.

For most of our clients, relationships are fractured, finances are out of control, life has become unmanageable. During the first month of the program, new residents are given a "buddy". This will be someone who has been in the program for a while and who has worked through many of their own issues and has been awarded extra responsibilities.

Time is given for the newer member of the community to get used to their new home, begin a regular routine. Their buddy will be the one who is their first port of call if they need to know anything. They will work with their buddy to learn the house duties, group expectations, homework etc. Latitude is given during this time as we recognise how courageous it is for someone to enter a program in the first place. During outings, buddies stay with each other for protection and accountability. Only one call a week can be made OR received during this time.

From induction the client progresses through the program to Level 1. Greater expectation is imposed on the resident in terms of applying themselves, participating and also being accountable for themselves. More intensive work is done in the area of living skills including budgeting, cooking meals, household management and if licenced, errands. Development in relationships, tolerance, role-modelling and accountability are encouraged. Residents will have fortnightly shopping; will earn days and weekend leave; phone calls can be made twice a week, but received any night of the week.

Moving into the next level will be different for each client depending on their own initiative.

Stage two is for those who have shown growth, initiative, trustworthiness, an ability to become others focused rather than self absorbed and for those who have proved responsible beyond expectations. Counselling during this stage will be less frequent and both counselling and case management focuses on the area of relationships and restoration. Clients in Stage 2 are able to enrol in a TAFE course or look for 1-2 days voluntary or paid work while still having the safety of the program to come "home". Level 2 residents will be given more responsibilities in terms of helping new girls and will be expected to be positive role models and will also be given increased time away from the program. This is designed to help the woman become more independent.

## GROUPS

A variety of subjects are studied in the group therapy sessions. These include:

Boundaries, anger management, co-dependency, personality profiling, safe people, changes that heal, Celebrate recovery, art therapy and others. All residents are involved in groups and homework is compulsory.