Meet Max

"I'm in a good space since finishing at Sunrise Way. I am back with my family and back at work. I have a sense of self-worth and self-respect and I'm happy. I enjoy the responsibilities of work and the family and I feel valued.

In a nutshell my addiction had wrecked my life. I worked just to pay for my addiction. I had become a liar and damaged my relationships. I had lost my sense of self.

Sunrise Way provided me with coping tools. It taught me how to face challenges and helped me to become 'me' again. It gave me confidence.

Sunrise Way changed my life. The programme works and the staff are caring, passionate and dedicated people.”

A message from our Chair: Shane Charles

Well . . . we have recently turned 3 and your Sunrise Way has continued to become more effective.

Hopefully you will have seen and heard in the media that we have been successful in securing some funding from both the state and federal government. Look elsewhere in the newsletter for specific details on what the funding entails but let me say it gives the board so much joy to say that we are here and here to stay. The funding allows us to plan with certainty about our future.

Unfortunately the funding does not cover all our costs so we still need to ask for donations and to fundraise, but this is manageable from our perspective.

Whilst we are 3 in terms of an operational sense, I do note that we have been around much longer than that and give thanks to Doug Harland and his board for many years who got the place established and ready to go. I really do believe that ours is one of the greatest examples of a community project we have seen in Toowoomba.

I wish to thank Wendy Agar in particular, and the wonderful and brilliant team at Sunrise Way. It is tough working in a facility you believe in when there is no certainty of ongoing funding. Our staff believe in our cause and are passionate about improving the lives of people with addiction. I thank them for their patience and understanding.

We also need to thank the many volunteers, board members, donors and friends who have helped us on the journey. The recent wins we have had in relation to funding are a tribute to each and every one of you. Thanks for your belief in Sunrise Way but don't forget in reality we are only at the start of the journey.

We plan to be around for many years to come and want to establish ourselves as the leading facility in the fight against addiction for those situated in regional Australia.

Shane Charles
CEO Message: Wendy Agar

“We support stronger and healthier communities in rural and regional Australia through helping individuals living with addiction to rebuild their lives”.

This is the core purpose of Sunrise Way, and along with our 5 key values, provides our framework for delivering best outcomes.

Since commencing at Sunrise Way in February last year my focus has been on developing and implementing the strategy, systems, policies, structures and programmes required to attract funding, and we were recently awarded the Not for Profit Division winner at the Heritage Bank Business Excellence Awards in recognition of this work.

We see these often invisible elements as the scaffolding in the background that is essential for us to carry out the work we love every day. In this time we have evolved from a small fledgling service into a professionally run organisation operating at full 20 bed capacity of which I am really proud.

2017 has seen us expand our services to include our 20 bed residential drug and alcohol rehabilitation program, our weekly Family Support Group and our innovative outclient program, Flourish.

We attended David Littleproud’s Ice Forums in Dalby, Chinchilla, Kingaroy and Warwick in June and impact of the lack of clinical services into these centres, and other regional townships, was painfully clear. As a result we developed an innovative non-residential intensive out client delivery model, “Flourish”, that we took to both the state government and the Darling Downs and West Moreton Primary Health Network in search of funding to trial and test our concept with the goal of validating a model that we can replicate into other towns across the state.

We received funding in September and commenced our first sessions in our two trial sites, Kingaroy and Lowood, in October. We are really excited about the possibility of using our expertise in a hub-and-spoke model to make a difference in towns in regional and rural QLD.

Our focus is always on what is best for each individual client on their recovery journey, and my team of committed, dedicated, experienced and appropriately qualified professionals concentrate on this every day.

We are continuing to refine our therapeutic programme while increasing our accountability by seeking expert advice and feedback to ensure that we are delivering best practice evidence based therapies.

Our Clinical Advisory Council (pictured below) is one of our keys to doing this. As a result of this rigour, and my current staff’s experience and passion, we have seen a significant improvement in both our clinical outcomes and our retention rates this year.

This increased structure and accountability along with good clinical outcome data have been the essential components for Sunrise Way to achieve the government funding that we have long been aspiring for. We are thrilled to have contracts worth over $1.6m until June 2019 with both the Darling Downs Primary Health Network and QHealth.
While this is a considerable amount of funding, residential rehabs are expensive to operate (even on a shoestring budget) and we are still left with an operational shortfall. We are confident that we will find ways to bridge this gap as our service is such an essential one for our communities, and we will continue to seek donations, regular giving and corporate partnerships.

We have achieved so much in 2017 because of so many people. It is hard to believe that just one year ago we still had no funding contracts and only 10 available beds in our rehab!

I personally wish to thank my amazing team who do such beautiful work every day, our fantastic volunteers who keep the show rolling in so many ways, the donors and the community businesses that continue to support us silently every week and the Sunrise Way Board for their ongoing commitment and guidance.

As I reflect on life at Sunrise Way over 2017, I can’t help but smile. We have celebrated countless resident successes; we have welcomed new team members; we have reached full capacity; we have built an exceptional team of volunteers adding new skillsets and supports for our residents’ benefit; and we have built strong referral networks and connected with other service providers within the region to strengthen the work we do. It has been incredibly busy but also incredibly rewarding!

In addition, and as part of our commitment to improving best individual outcomes, our team have been working tirelessly to enhance our programme. The three-phased programme which was introduced earlier in the year is off to a great start and we have loved seeing the renewed focus and growth of residents as they reach key milestones of their recovery.

We think the key to the ongoing success of our programme is to ensure that each component focuses on the following five principles: mindfulness, gratitude, holistic wellbeing, resilience and connection. Addiction is the symptom, not the cause, so these five focus areas allow our residents to look at their life from a more balanced perspective.

We have introduced a new resident induction programme which runs for three weeks. This integral part of our programme provides foundational knowledge about the effects addiction has on the brain, how to get the most out of their therapy and the important role mindfulness plays in recovery, among other things.

Our Raising “Me” programme follows this induction period and provides our residents with the information required to build self-awareness, self-regulation and understanding. One of the favourite parts of my job is watching the transformation of each of our residents. So often, when we first meet them, they are timid, lost and helpless. By the time they are ready to graduate to our Rising Strong phase (at the 3-month mark) they are hardly recognisable. This transformation is truly inspiring and it is such a privilege to play a part in this.

Finally, we are so fortunate to have been able to introduce yoga, tai chi, group fitness, nutrition, meditation and mindful practices as part of our weekly schedule. This is all thanks to the generosity of members of our community who give up their time each week to share these holistic practices with our residents. Thank you to all of our volunteers for their ongoing support - we are very grateful!
**Rising Strong - Phase 2**

**Cheryl Calder, Rehabilitation Counsellor**

What a privilege it has been to walk alongside the Phase 2 residents as they work through their recovery here at Sunrise Way.

I have observed this group of amazing individuals take on their recovery with integrity, ownership, insight and resilience. Each one owning their stories, the good and not so good, sitting with the pain and shame of the past, to being empowered to cultivate positive change with courage, passion and power for the future. Their vulnerability, with the gift of hearing their stories, inspires me to be the most effective, passionate professional I can be.

In recent weeks, group therapy has taken us on a journey through self-discovery. Modules have included The Pyramid of Self-Worth (Self-awareness, Self-Acceptance, Self-love to Self-worth). Followed by Self-care on to Self-compassion and currently looking at our Boundaries for life.

Overall, it’s exciting to witness their growth and change with hope for a better future...

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**Transition - Phase 3**

**David Arrowsmith, Community Transition Case Manager**

The Transition Program commences 8 weeks prior to the completion of the Sunrise Way 6-month rehabilitation program with the clients working on their “life plan”, focusing on their future goals and strategies. Research and experience shows that this is important for our clients long term health and wellbeing back in the community. Following graduation clients are provided continued support for a further 12-months to assist them transition back into the greater community, with a focus on obtaining gainful employment and stable housing.

Sunrise Way Transition Program also offers accommodation for 6-months at our designated transition house located within walking distance of the main facility, allowing for support networks of staff and friendships between other residents at different stages of the program to continue naturally throughout our therapeutic community.

My role is to be available to help clients in the Transition Program to create their best chance of a new life when they leave Sunrise Way. I help them secure housing, and to seek employment opportunities using a large number of business contacts made throughout many years of working in job agencies which allows me to reach employers in all sectors of the workforce. We have had great success this year with our graduates all leaving into stable housing and 92% are now employed – a statistic we are really proud of.

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**Art & Music Therapy**

**Trevor Horsnell, Creative Arts Therapist**

My name is Trevor Horsnell and I have been studying at a tertiary level for the past thirteen years. In this period of time I have completed a Masters in Philosophy/Fine Art and a Masters in Mental Health with a major in Art Therapy.

For the past 5 years I have been working with groups in community centres and mental health settings. As a Creative Arts Therapist and Arts Facilitator I have also successfully completed a number of community-based projects in partnership with local councils and community groups, and I continue to engage with the broader community in this way.

That said, the work that I do as a Creative Arts Therapist at Sunrise Way is unique in the way that it challenges me to blend my creative and therapeutic knowledge. In this respect it is vital that the programs are not only based in a creative context, but they must be meaningful, creative therapeutic interventions. The basis for these programs is informed by my passion to help others that translates into a gentle approach that
encourages the residents of Sunrise Way to explore and develop their creative pathways as vehicles for self-reflection, self-discovery and positive change.

The results of these interactions over the past year have been pleasing to say the least.

Importantly, consultation with the other members of the clinical team ensures that these programs are appropriate and fit within the framework of the clinical program.

I must say that as a professional it is both a privilege and humbling to work with, and learn from these people whilst being supported by such a strong, professional clinical team.

**Meet Sally***

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“Since completing the Sunrise Way programme I am sober, more confident and independent. I have a good job, my own unit and I feel happy and contented.

My addiction had destroyed my life as I knew it. It had ruined my relationships, and affected all aspects of my life. I had become someone I did not know.

Without Sunrise Way I wouldn’t be sober. I have the utmost respect of the staff and programme.

I would say that I learnt a lot at Sunrise Way. It gave me the tools I needed, and helped me realise the reasons behind my addiction. It gave me time to work it through in a safe space.”
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*name changed for privacy reasons*

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**SW VOLUNTEERS**

**Volunteer Profile:**

**Sandy Purnell**

**How long have you been volunteering at Sunrise Way?**

Not sure of the date, but I retired in January 2014 and it wasn’t long after that so I am guessing May 2014.

**Why do you like volunteering here?**

Staff are really friendly and helpful. Also even minor contact with the clients has always been positive. We manage to find positives in all situations.

**What’s been the most enjoyable thing for you?**

I like feeling that I am contributing to the group as a whole and helping to make a difference.

**How have you seen Sunrise Way change over the time you have volunteered here?**

It is certainly more organised and has received far more publicity over the 9 - 12 months. Success is coming with the better structure.

**Why would you recommend volunteering at Sunrise Way?**

Sunrise Way is friendly, helpful, inclusive place and helping here makes you realise how fortunate you are yourself. I enjoy volunteering and I feel it is for a good cause.

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**BE PART OF THE STORY - HELP SAVE LIVES!**

Sunrise Way is a true community-led initiative. We rely on the generosity of the community to help us continue delivering life-changing outcomes.

**PLEASE DONATE TODAY:**

www.sunriseway.com.au
OUR YEAR IN PICTURES

Our 3rd birthday celebration (July)

Shane Charles (SW Chair), Kerry Shine, Jo Sheppard (CEO Toowoomba Chamber of Commerce), Cr Megan O’Hara Sullivan (Toowoomba Regional Council)

There were not many dry eyes when Linda Davies spoke about her experiences and why she is passionate about Sunrise Way

Bernice Smith and Peter Sarquis, past executive directors of Sunrise Way

Ian Macfarlane (CEO Qld Resources Council), Member for Toowoomba North Trevor Watts, Michael Duff (Darling Downs and West Moreton Primary Health Network)

Steve Roche and Dr Nev O’Connor
Kerry Shine, Minister Cameron Dick and Shane Charles attended the announcement of our State Government funding in June

We accompanied the DDWMHPHN on Member for Maranoa David Littleproud’s regional Ice Forum series in June providing information and answering questions

Our friends at the Darling Downs Lodge continued to donate equipment and support the work we do

We won the Toowoomba Queensland Day award for our service to the community in June

We are really grateful that Barry Caple and Doug Harland have continued their regular maintenance work

Pat Weir (Member for Condamine) pictured here learning about the Downs Group Training Skilling Queenslanders for Work project