

Solaris

Therapeutic Community

Alcohol & Other Drug Treatment in Custody

ACKNOWLEDGEMENT OF COUNTRY

Karralika Programs acknowledges the Ngunnawal people as traditional custodians of the beautiful lands on which we meet today and thank them for their custodianship, and pay our respect to Elders past, present and emerging.

We recognise any other people or families with connection to the lands of the region.

We acknowledge and respect the continuing culture and the contribution they make to the life of this region.

Karralika Programs also acknowledges people who have lived experience of recovery, and their family, carers and loved ones.



KARRALIKA PROGRAMS

Residential Programs ACT

- ☐ Adult Therapeutic Community
- ☐ Family Therapeutic Community
- ☐ Karuna Short Stay Program

Justice Services ACT

- ☐ Justice Services Counselling
- ☐ Solaris Therapeutic Community
- ☐ REVersed Drink and Drug Driving Program

Community Based ACT

- ☐ Aftercare Program
- ☐ Matrix Day Program
- ☐ Specialist AOD Counselling
- ☐ Non-Residential Withdrawal
- ☐ Women: Choice and Change

Community Based NSW

- ☐ Child & Youth Program – Wagga & Murrumbidgee
- ☐ Child & Youth Program- Eurobodalla
- ☐ FORTIS Day Program – Queanbeyan
- ☐ RISE Day Program – Griffith & Wagga Wagga
- ☐ Community Drug Action Team



SOLARIS THERAPEUTIC COMMUNITY

- Funded by the Australian Government Department of Health
- Delivered in partnership with ACT Corrective Services since 2009
- Operating within the Alexander Maconochie Centre within a dedicated accommodation unit with 28 beds for men, mixed cohort of sentenced and remanded detainees.
- Solaris is a modified Therapeutic Community:

“...a treatment facility in which the community itself, through self-help and mutual support, is the principal means for promoting personal change.

In a therapeutic community residents and staff participate in the management and operation of the community, contributing to a psychologically and physically safe learning environment where change can occur.”

De Leon G. (2000). The Therapeutic Community: Theory, Model, and Method. New York, Springer Publishing Company

SOLARIS THERAPEUTIC COMMUNITY

Key Elements

- ✓ Structure
- ✓ Work as therapy
- ✓ Responsibility & Accountability
- ✓ Psychoeducational groups
- ✓ 1:1 case management
- ✓ Community activities

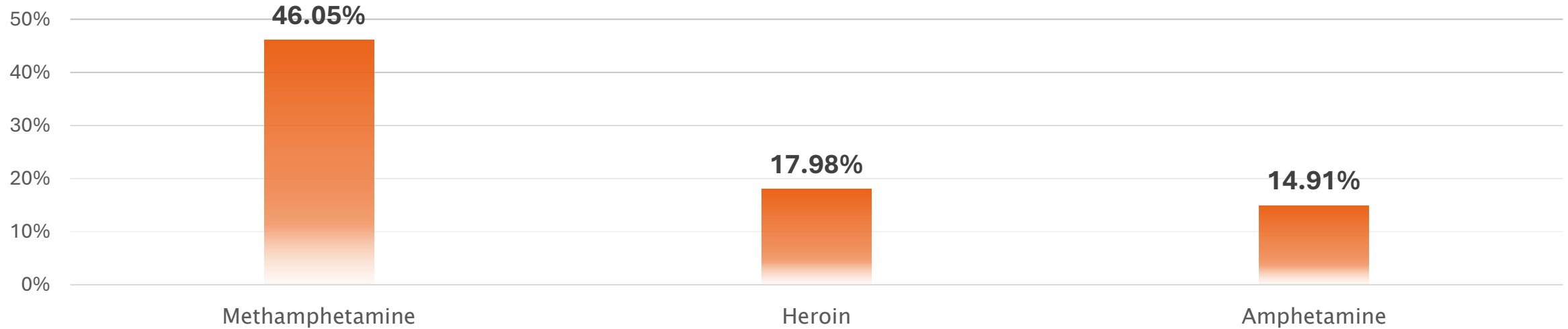
SOLARIS WEEKLY TIMETABLE

WEEK 1										
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8.30	AWAKE - ON THE FLOOR - PREP FOR THE DAY									
9.00	Morning Meeting		Morning Meeting		Morning Meeting		Morning Meeting		Morning Meeting	
9.30	[Intake]	[Intake]	[Intake]	[Intake]	External Facilitator	[Intake]	[Intake]	[Intake]	[Intake]	
10.00										
10.30										
11.00										
11.30 am - LUNCH LOCK IN										
1.30	- ON THE FLOOR -									
2.00	Process Group		House Biz		Grad Group		COMMUNITY ACTIVITY			
2.30										
3.00										
3.30										

WEEK 2										
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8.30	AWAKE - ON THE FLOOR - PREP FOR THE DAY									
9.00	Morning Meeting		Morning Meeting		Morning Meeting		Morning Meeting		Morning Meeting	
9.30	[Intake]	[Intake]	[Intake]	[Intake]	External Facilitator	[Intake]	[Intake]	[Intake]	[Intake]	
10.00										
10.30										
11.00										
11.30 am - LUNCH LOCK IN										
1.30	- ON THE FLOOR -									
2.00			Senior Biz		Grad Group		COMMUNITY ACTIVITY			
2.30										
3.00										
3.30										

5 YEARS OF DATA

PRIMARY DRUG OF CONCERN



228 participants



Average age 32 years old



**25.42% identified as
Aboriginal &/or Torres
Strait Islander**



**60.20% diagnosed with a
mental illness**



58.85% have injected before

OUTCOME MEASURES

- ❑ Kessler 10: 10-item questionnaire to measure distress-based symptoms in the last 4-weeks.
- ❑ Criminal Thinking Scale: 36 items across 6 scales: insensitivity to impact of crime, response disinhibitions, justification, power orientation, grandiosity, and social desirability. Designed to be used as a measure of changes in criminal thinking.
- ❑ CMRS: 18-item designed to measure motivations & readiness for treatment.
- ❑ Adult Hope: 12-item measure of a respondent's level of hope. Divided into 2 subscales that comprise Snyder's cognitive model of hope: 1. Agency (i.e., goal-directed energy) and (2. Pathways (i.e., planning to accomplish goals).

PARTICIPANT FEEDBACK

“Extremely happy with everything they do. You can't help but feel comfortable with and around them. I don't think I would even have got this far without the team they have. Can't thank you enough.”

“Honestly, it's help me a lot, I've gained knowledge I never had.”

“This session content has helped me to realise that I'm unique and I have values and a lot to offer others.”

“Love your work and dedication, you always stride to continue learning like the rest of us.”

“Great support from everyone. Feels like a really safe place.”




THANK YOU



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