

Lesley's Place – Residential and Outreach, Toora Women Inc.

Provides recovery-based supported accommodation for up to three months for women, and women with accompanying children. Outreach support can be provided pre and post ATOD withdrawal.

Phone:	(02) 6241 7233
Fax:	(02) 6241 8299
Mailing Address:	PO Box 106, Jamison Centre ACT 2614
Email:	lesleys@toora.org.au
Location:	Confidential
Parent organisation:	Toora Women Inc
Opening hours:	9am – 5pm, Monday – Friday
Treatment approach:	Residential Service: Abstinence within a harm minimisation approach. Outreach Service: Harm minimisation.



ACCESS CRITERIA

Target Group: Females over 16 years of age inclusively and females with accompanying children up to 12 years of age.

Area serviced: ACT and surrounding areas.

Income required: No.

Disability access: Yes, however, suitability will be determined through assessment.

Detox required before accessing program:

Residential Service: Yes, workers provide transport for women upon completion of withdrawal. Direct access from community to the service is also available.

Outreach Service: No.

Documentation required: No.

Medication: Women accessing the service can be on prescription medications, including pharmacotherapies.

Parents with accompanying children: Yes, children are accepted up to 12 years of age.

Couples: No.

HOW TO ACCESS / REFERRALS

Contact: By phone, 9am to 5pm, Monday – Friday. If a worker phones on a woman's behalf, an appropriate time and way to speak directly with the woman will be organised.

Referral: Self or worker referral. Referrals are accepted for women on court orders.

Waiting list: No waiting list.

INTAKE AND ASSESSMENT

Assessments conducted wherever possible in person, phone assessments can be arranged if need be. Following an assessment, contact will be made regarding possible support options. Intake is available from 9am – 5pm, Monday – Thursday.

PROGRAM/S

Residential Service: Provides recovery-based support for up to three months. Women develop a recovery and support plan and participate in the house structure. Information, education, advocacy, referral, practical and emotional support is available.

Outreach Service: Provides support for women who are pre, during and post withdrawal. Information, education, advocacy, referral and practical and emotional support is available.

COMORBIDITY

Provides referrals to, and has established links with, a Clinical Psychologist. Staff are trained in basic mental health and assessments include a mental health component. Workers have gender specific expertise and are trained in trauma, post traumatic stress disorder, mindfulness, self-harming behaviours, dialectical behaviour therapy and other counselling modes.

ALEXANDER MACONCHIE CENTRE

Referrals to residential programs and outreach support are accepted from Community Based Corrections as part of parole conditions.

ABORIGINAL AND TORRES STRAIT ISLANDER

Aboriginal and Torres Strait Islander specific information and referrals can be provided. All staff attend Aboriginal and Torres Strait Islander cultural awareness training and White Privilege Training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Culturally and linguistically diverse specific information and referrals can be provided. Resources in other languages are available. All staff undertake cultural awareness training and Toora Women Inc. conducts cultural safety audits across its programs. Some Lesley's Place staff are from culturally diverse backgrounds such as Lebanon and Micronesia. French, Spanish, Croatian, and Serbian are spoken by some Toora staff.

TOBACCO MANAGEMENT

Assessments include a component related to smoking, and smoking cessation information and resources are available. Some staff undertake tobacco management training. Referrals may be provided for tobacco management advice and support.

COST

Residential Service: \$50 per week for accommodation (includes food at Lesley's Place House) and key deposit. A deposit of two weeks rent is asked for on arrival; however, alternative arrangements can be made if this is not possible.

Outreach Service: Free.

STAFF

Alcohol and Other Drug Workers.

FAMILIES/CARERS

Information and referrals can be provided to families and carers.

Marzenna Drug and Alcohol Halfway House for Women, Toora Women Inc.

Provides medium to long-term recovery based supported accommodation for up to 12 months for women and accompanying children.

Phone:	(02) 6241 7233
Fax:	(02) 6241 8299
Mailing Address:	PO Box 106, Jamison Centre ACT 2614
Email:	marzenna@toora.org.au
Location:	Confidential
Parent organisation:	Toora Women Inc
Opening hours:	9am – 5pm, Monday – Friday
Treatment approach:	Abstinence within a harm minimisation approach



ACCESS CRITERIA

Target Group: Females over 16 years of age inclusively, and females with accompanying children up to 12 years of age.

Area serviced: ACT and surrounding areas.

Income required: No.

Disability access: Yes, however, suitability will be determined through assessment.

Detox required before accessing program: Women need to have been in recovery for a period of time (abstinent from alcohol and other drugs, and actively engaged in activities and strategies to maintain their recovery).

Documentation required: No.

Medication: Women accessing the service can be on pharmacotherapies. Currently unable to accept women on benzodiazepines.

Parents with accompanying children: Yes, children are accepted up to 12 years of age.

Couples: No.

HOW TO ACCESS / REFERRALS

Contact: By phone, 8am – 4pm, Tuesday – Friday.

Referral: Self or worker referral. Referrals are accepted for women on court orders.

Waiting list: No waiting list.

INTAKE AND ASSESSMENT

Upon referral, support options will be discussed and a time for an assessment will be organised. Contact will be made with the woman following the assessment regarding possible support options. Intake is available from 9am – 5pm, Monday – Thursday.

PROGRAM/S

Provides medium to long-term recovery based supported accommodation for up to 12 months. Information, education, advocacy, referral, and practical and emotional support are also available.

COMORBIDITY

Provides referrals to, and has established links with, a Clinical Psychologist. Staff are trained in basic mental health and assessments include a mental health component. Workers have gender specific expertise and are trained in trauma, mindfulness, art therapy, and dialectical behaviour therapy and counselling.

ALEXANDER MACONOCHE CENTRE

Referrals to residential programs and outreach support are accepted from Community Based Corrections as part of parole conditions.

ABORIGINAL AND TORRES STRAIT ISLANDER

Aboriginal and Torres Strait Islander specific information and referrals can be provided. All staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Culturally and linguistically diverse specific information and referrals can be provided. Resources in other languages are available. All staff undertake cultural awareness training. French, Spanish, Croatian Lebanese, Micronesian and Serbian is spoken by some Toora staff.

TOBACCO MANAGEMENT

Assessments include a component related to smoking, and smoking cessation information and resources are available. Some staff undertake tobacco management training. Referrals may be provided for tobacco management advice and support.

COST

\$50 per week. A deposit of two weeks rent is asked for on arrival; however, alternative arrangements can be made if this is not possible.

STAFF

Alcohol and Other Drug Workers.

FAMILIES/CARERS

Information and referrals can be provided to families and carers.

Women's Information, Resources and Education on Drugs and Dependency (WIRED), Toora Women Inc.

Provides information, education, counselling and resources to women to minimise the harm associated with dependence.

Phone:	(02) 6248 8600	
Fax:	(02) 6257 5257	
Email:	wiredd@toora.org.au	
Location:	Room G03, Griffin Centre, 20 Genge St, Canberra City	
Parent organisation:	Toora Women Inc	
Opening hours:	9am – 5pm, Monday – Friday	
Treatment approach:	Harm minimisation	

ACCESS CRITERIA

Target Group: Females.

Area serviced: ACT and surrounding areas.

Income required: No.

Disability access: Yes.

Detox required before accessing program: No.

Documentation required: No.

Medication: People accessing the service can be on prescription medications, including pharmacotherapies.

Parents with accompanying children: Yes, women with accompanying children can access during drop-in hours.

HOW TO ACCESS / REFERRALS

Contact: By phone, 9am – 5pm, Monday – Friday. Drop-in is available 11am – 4pm, Monday, Thursday and Friday, and 2pm – 4pm, Tuesday.

Referral: Self or worker referral. Referrals are accepted for women on court orders.

Waiting list: No waiting list.

INTAKE AND ASSESSMENT

By phone, 9am – 5pm, Monday – Friday, or in person during drop-in hours. A form is to be filled in by women to access counselling.

PROGRAM/S

Provides information, education and resources to women to minimise the harm associated with dependency. WIREDD also provides:

Counselling:

Individual counselling for women. Phone to make an appointment.

Drop-In:

Available 11am – 4pm, Monday, Thursday and Friday, and pm – 4pm on Tuesday for women and accompanying children.

The Women's Relapse Prevention Group:

Covers topics such as practical strategies, self-esteem, stress management, anger, support systems, body image, relationships and more. The group is run from 10.30am – 12.30pm on Tuesdays. No booking required.

Family of Origin Group:

Explores family of origin issues, for example, growing up in a dysfunctional family and society, cultural differences and impacts on thought processes. Bookings required.

Beautiful Me Group:

Explores women's journeys with body image, with a focus on women and dependency. Looks at culture, media, self-esteem and more. Bookings required.

COMORBIDITY

Provides comorbidity and mental health related groups, including a focus on body image, counselling, information and referrals. Staff receive clinical supervision from a comorbidity specialist. Workers have gender specific expertise and are trained in basic mental health, trauma, motivational interviewing and narrative therapy. Assessments include a mental health component.

ALEXANDER MACONOCHIE CENTRE

Provides fortnightly outreach support in the areas of ATOD, mental health and wellbeing and housing to women in the Alexander Maconochie Centre, and post release. Phone support is available daily to women in the Alexander Maconochie Centre. Referrals to WIREDD services are accepted from Community Based Corrections as part of parole conditions.

ABORIGINAL AND TORRES STRAIT ISLANDER

Aboriginal and Torres Strait Islander specific information and referrals can be provided. All staff undertake Aboriginal and Torres Strait Islander cultural awareness training.

CULTURALLY AND LINGUISTICALLY DIVERSE

Culturally and linguistically diverse information and referrals are provided. Workers from non-English speaking backgrounds are employed. Staff are required to undertake cultural awareness training through induction. French, Spanish, Croatian, Lebanese, Micronesian, and Serbian are spoken by some Toora staff.

TOBACCO MANAGEMENT

Some smoking cessation information and resources are available. Referrals may be provided for tobacco management advice and support. WIREDD is a pilot site for the Workplace Tobacco Management Project that aims to review and implement policies related to workplace tobacco management, including the provision of nicotine replacement therapy for staff.

COST

Free.

STAFF

Alcohol and Other Drug Workers and Counsellors.

FAMILIES/CARERS

Information and referrals can be provided to families and carers.