

How to get into the Farm

Assessment for suitability for the Farm TC program is undertaken at the Palmerston offices in Northbridge and Mandurah. Assessment is tailored to meet individual needs and therefore the assessment process may vary in time to complete. An information session on the program is the first step. Family members are welcome to attend.

Interest clients then attend an assessment interview. Rural and regional applications can be conducted by telephone or video conferencing.

The assessment process may identify the need for detoxification before an entry date can be provided.

For further information, or to book an appointment for an assessment, contact Palmerston Perth on 9328 7355 or Mandurah on 9581 4010.

Contact the Farm TC through
Palmerston Perth

Phone (08) 9328 7355
palmerston.org.au

Palmerston Association is a leading and respected not for profit organisation supporting people with alcohol and other drug (AOD) issues in Western Australia.

Palmerston Farm Therapeutic Community (TC) offers a residential rehabilitation program for up to 36 adults wishing to address their substance use issues. The Farm TC is situated in an attractive semi-rural location with extensive gardens, orchards and chickens. The property creates a calming environment for a comprehensive therapeutic program.

The TC program

The program provides a safe alcohol and other drug free environment. It encourages a sense of purpose in life and fosters personal growth, self-knowledge and self-management within a community of concerned people working together to help themselves and one another.

This personal development enables residents to introduce and maintain the changes necessary to improve their wellbeing. The program is varied, including active involvement in the TC program, self-management skills and social skills training, gardening activities, counselling and group work, sport and recreational involvement and art and crafts.

All residents work together on activities such as growing vegetables for consumption and general maintenance of the property. Cleaning and catering are all managed by residents. These activities provide opportunities to:

- **develop and sustain rewarding work habits**
- **help restore general health and a sense of wellbeing**
- **work with others as part of a team**
- **develop new practical skills**
- **gain an understanding of nutrition**

The program has four stages, each designed as a self-contained unit of the recovery process, building on each other to prepare residents to return to the general 'real life' community.

Supporting Aboriginal residents

The Farm TC supports Aboriginal and Torres Strait Islander people through the development of our cultural secure program and partnerships with Aboriginal services including Moorditj Koort and the Aboriginal Alcohol and Drug Service. We are supported by Elders from the Kwinana region.

Palmerston Farm is situated on Nyoongar Whudjuk land. Our Kwinana Elders have advised that the land was traditional hunting grounds and does not have any traditional sites such as men's/women's business. Everyone is welcome.

Transitional housing

Palmerston is able to offer residents access to three transitional houses located in the general community following their program at the Farm TC. These beautifully furnished homes offer residents who are at risk of homelessness a safe, short term independent living option, with support from Farm TC staff.

Clients are assisted with independent living skills, integration back into the community and support to identify suitable long term housing.