

### HOW TO GET HERE:

Surfside Bus Lines run from Pacific Fair (Stop C) to Stocklands Shopping Centre Burleigh on Bus Number **754** on weekdays departing at:

Morning Afternoon  
**7:03 8:03 9:03 10:03 11:03 12:03 1:03 2:03**  
**3:03 4:03 5:03**

Surfside Bus Lines run from Varsity Lakes Train Station to Stocklands Shopping Centre Burleigh on Route Number **757** departing at:

Morning Afternoon  
**7:00 8:00 9:00 10:00 11:00 12:00 1:00 2:00**  
**3:00 4:00 5:00**

### HOW TO LEAVE HERE:

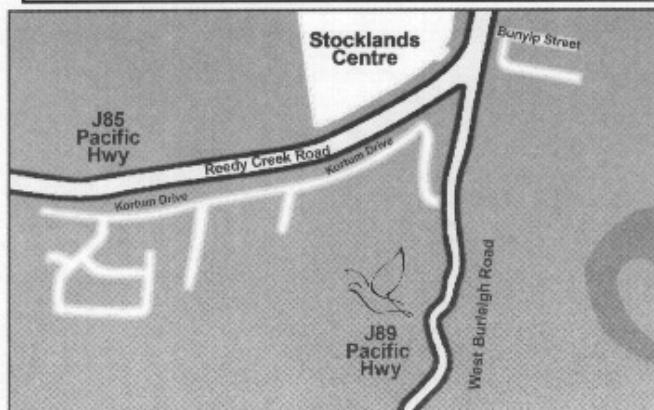
Surfside Bus Lines run from Stocklands Shopping Centre Burleigh to Pacific Fair on Bus Number **754** departing at:

Morning Afternoon  
**6:25 7:25 8:25 9:25 10:25 11:25 12:25 1:25**  
**2:25 3:25 4:25 5:25**

Surfside Bus Lines run from Stocklands Shopping Centre Burleigh to Varsity Lakes Station on Route Number **757** departing at:

Morning Afternoon  
**7:07 8:07 9:07 10:07 11:07 12:07 1:07 2:07**  
**3:07 4:07 5:07**

For additional times and routes, please phone **TRANSINFO** OR **131230**, or visit the web site at [www.translink.com.au](http://www.translink.com.au)



#### MIRIKAI THERAPEUTIC COMMUNITY PROGRAM Gold Coast Drug Council Inc

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**GoldCoast Drug Council Inc.**



**MIRIKAI**  
A Place of Peace

MIRIKAI  
THERAPEUTIC  
COMMUNITY  
PROGRAM



**Lives Lived Well**

Dealing with addiction. Passionate about the possibilities.

## Mirikai Therapeutic Community Program

Mirikai, ("a place of peace"), is a specialist alcohol and other drug treatment program that is based on a Therapeutic Community (TC) model.

The TC model involves living in a drug-free and highly structured residential facility. Residents progress through treatment stages, each representing greater levels of personal and social responsibility. The key concepts of the TC model are:

1. **Community as method**— the community is used to help clients develop more effective social skills and assimilate social norms.
2. **Peer confrontation**— the use of accepted confrontational techniques when undesirable behaviours previously associated with substance use are displayed.
3. **Self-help**— recovery is a self-help process in which the resident must initiate the change process and permit the impact of treatment to occur.

The goal of Mirikai is to enhance the capacity and commitment of clients to achieve and maintain an optimal level of personal and social functioning free from harmful drug use.

### Who?

Clients are aged 17-29 years old and have complex problems associated with their drug use, including mental health problems. The maximum number of residents at any one time is 40.



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### How?

Intake meetings are held twice a week where your assessment will be reviewed and a decision made regarding your acceptance into the program.

It is required that you detox before you enter treatment. Research tells us that those who detox before entering treatment have better outcomes because they last longer in treatment.

### Program Stages

**Assessment and Admission**— during the first 3-4 weeks after arrival, all residents will be thoroughly assessed. This includes examination by a medical practitioner, services such as mental health, dentist, sexual health, hospitals, and may include Centrelink and legal services to meet each individuals specific needs.

**Safety Net**— this is an 8-12 week intensive living and life skills program consisting of basic health and hygiene, self esteem, anger management, communication skills, relapse prevention, stress management, therapy and sports program.

Two key programs in this stage are the **Life Skills** and **Mind Skills** programs.

- **Life Skills** is a practical group designed to give you the interpersonal skills necessary to live a substance free life. Topics covered include anger management, assertiveness, communication skills, relationships and problem solving to name a few.
- **Mind Skills** focuses on developing the intrapersonal skills for a substance free life. It covers areas like dealing with and overcoming anxiety, mindfulness, and thinking styles.

**Treatment (Transition, Stage 2 & 3, Integration)**— This stage of the program lasts around 16-18 weeks and places a strong emphasis on teamwork and developing the ability to trust others. Residents learn how to have positive relationships and to change their belief systems. They begin to learn how to be responsible for their actions by helping other people, and maintaining the daily running of the program.



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### Length of the program

This residential program takes approximately 6 months. Successful completion of each stage is a necessary pre-requisite for progress onto the next stage.

The last stage, re-entry to the outside community through one of the commitment houses, lasts around 6 months, depending on the individual.

Throughout your treatment, the Gold Coast Drug Council (GCDC) offers a Family and Friends support Group. These groups are designed to help your family and friends learn to respond appropriately to the needs and behaviours of individuals with substance use or co-occurring substance use and mental health disorders.

### Rules of the Mirikai Therapeutic Community

In order for the TC to function effectively, there needs to be a structure and rules that all residents agree to live by. While these might seem overwhelming at first people entering the community soon come to realise the importance of having clear guidelines.

One of the key concepts in this area is the awareness system, which involves making your peers aware of any undesirable or unacceptable behaviours they display. The reasoning behind the system is that it will help you develop accountability, the ability to say no to others, and to put in boundaries when necessary. Examples of such behaviours that may elicit an awareness are sexualising, swearing, and dishonesty. A certain amount of awarenesses will lead to consequences, and can be appealed

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**A Day in the Life of a Mirikai Resident:**

<b>6.30am</b>	Rise early & make beds
<b>7-7.30am</b>	Volleyball
<b>7.30am</b>	Breakfast (+ Medication)
<b>8-9.15am</b>	House Chores (+ Chore Checks)
<b>9.15-9.30am</b>	Health Group
<b>11-11.45am</b>	Beginners Group
<b>11-12.30pm</b>	Community Group
<b>12.30-1.15pm</b>	Lunch (+ Medication)
<b>1.15-2.30pm</b>	Case Management & Constructive Free Time
<b>1.30-2.15pm</b>	Mind Skills Group
<b>2.30-3.30pm</b>	Assertions
<b>3.30-5pm</b>	FREE TIME
<b>5-5.30pm</b>	Diary Checks
<b>5-7pm</b>	Parent Phone Calls
<b>5.30-6.30pm</b>	Dinner (+ Medication)
<b>7.30-8.30pm</b>	Meditations/Affirmations
<b>8.30pm</b>	Medication
<b>9pm</b>	Weekly Assessments Due



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