



Drug and Alcohol Addiction Rehabilitation Program for Sydney Muslims

Mission of Hope

FUNDING SPONSORSHIP PROPOSAL





Hayat House

Drug and Alcohol Addiction Rehabilitation Program for Sydney Muslims

Ramadan Fundraising Iftar

"And if anyone saved a life, it would be as if they have saved all of humanity" - Qur'an 5:32

Show support during this blessed month of Ramadan for Australia's first Muslim run rehabilitation program for Muslims struggling with addictions.

Mainstream services have not been able to address core cultural, family, and religious issues that are vital for recovery in order to live a drug/alcohol-free life.

This project is headed by credible health professionals at Mission of Hope who are volunteering their time to initiate this service in a Muslim-friendly and culturally appropriate manner.

Hayat House needs an initial cost of \$75,000+GST to help save lives and help struggling Sydney Muslims return back to the commitment of their deen. They have asked for community help, so let us come together and respond to their crisis insha'Allah.



Hear from recovered Addicts, Carers, Shaykhs, and Health Professionals

Entertainment by Al-Bashir Anashid Group

When: Saturday 13th of August

Where: Adeel's Palace - Cnr Highclere Avenue and Breust Place, Punchbowl

Time: Iftar

Cost: \$75 per person of \$700 table of 10

http://www.missionofhope.org.au/buy_paypal4.php or call Basima from Flower Innovations on 0421 694 833 to purchase tickets

For more information email contact the Hayat House Project Co-ordinator, Sr. Hanan Dover h.dover@missionofhope.org.au / 0422 908 323

Donate to Mission of Hope

Acct Name: Mission of Hope

BSB: 062191

Account No: 10300318

Commonwealth Bank

All donations are tax deductible



mission of hope
www.missionofhope.org.au

Mission of Hope Board of Directors

| Name | Position | Community Role |
|------------------|------------------|---|
| Hanan Dover | President | Registered Psychologist, Director of Psych Central, Muslim Advisor to University of Western Sydney, Member and Trustee of International Association of Muslim Psychologists, Director of Happiness for Wellness, Convenor of Psychology from an Islamic Perspective Interest Group of the Australian Psychological Society, Convenor of the Arabic Section of the Mental Health Professionals Network |
| Radwan Dannawi | Vice President | Registered Physiotherapist, Coordinator Ansaar Project with Al-Ghazzali Centre |
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| | | |
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| Asma Yusra | Executive Member | Youth Advocate |
| Mohammed Al-Nakeeb | Executive Member | IT Professional |



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Hayat House (Hayat, the Arabic word meaning 'life') is a culturally appropriate, community-based drugs and alcohol addictions rehabilitation program for the Muslim community of Sydney. The program will be managed by Mission of Hope.

The aim of Hayat House is to provide community based substance abuse testing, assessment, counselling (individual, couple, family, and group), casework and rehabilitation to Muslim individuals and their families.

The spiritual and religious intentions behind the initiation of this project is to meet the ultimate objectives of the maqasid al-shariah which are necessary (al-daruriyyah) for humans to function and live peacefully in this world (dunya) according to the Quran and Sunnah.

These include five areas:

- i. **protection of life**
- ii. **protection of religion**
- iii. **protection of human generation or procreation**
- iv. **protection of intellect / mind, and lastly**
- v. **protection of wealth or resources**

Hayat House hopes to reach these ultimate objectives by assisting Muslims from further harming their health and lives from addiction with the aim to guide them towards abstinence from drugs and alcohol. This reduction and elimination of drug and alcohol consumption shall facilitate these Muslims to then follow the path of Allah (Most Compassionate and Merciful) which will enable them to perform obligatory worship ibadaat. This will further facilitate the reduction of the drug and alcohol dependency which clouds conscious awareness of Allah and everyday intelligent reasoning which is necessary for everyday living and religious worship. In reducing the consumption of drugs and alcohol will further prevent the wasting of finances in purchasing haram substances, prevent from removing important financial expenses from the family for the substance abuse habit, and reduce the amount of crimes committed to keep financing the addiction.

It is the community's responsibility to try and address the needs of the ummah, especially when they are requesting a religiously and culturally appropriate response to helping them from abstaining from drugs and alcohol. Hayat House is the first constructive attempt to do just that.

Hayat House will be located in an as yet to be determined facility in a community centre in the

Canterbury-Bankstown area. We will need an existing organisation to donate space to run this program in its initial phase.

Services will be provided by a credentialed drug and alcohol counsellor and a provisionally registered psychologist under the clinical supervision of a registered psychologist. No fees will be charged to service recipients.

INITIAL FUNDING NEEDED

The total amount of funds for substance abuse rehabilitation / testing and counselling services required will be to START UP amount of:

\$AUS \$75,000 for the first 6 months

+ in-kind support and will require additional funding thereafter.

\$75,000 WILL CONTRIBUTE TO:

1. Drugs and Alcohol Counsellor / Program Officer (4-5 days per week)
2. Administration Assistant
3. Program Costs
4. Professional Indemnity and Public Liability costs

Additional: \$15,000-\$20,000

5. Urinalysis testing

In-Kind Support Needed: Printing of appropriate material

Marketing Costs

- Consultation room (Canterbury-Bankstown area)
- Group meeting room to be used after hours or work hours for group sessions (Canterbury-Bankstown area- must be in same building/office as consultation room)
- Volunteers to help raise funds, awareness, and assist in marketing
- Carers of Drug and Alcohol sufferers to run support groups

II. PROGRAM DESCRIPTION

A. PURPOSE

The goal of this program is to introduce for the first time in Australia, the first culturally and linguistically diverse program that for Australian Muslims and to relieve and reduce the circumstances threatening the mental and/or physical health of children due to the drug abuse of family members. The program will provide intake and assessment, urinalysis for drug screening, with or without individual, couple/family, and group counselling, and casework support services to substance abusing adults and an outpatient rehabilitation facility.

The ultimate goal of Hayat House addiction treatment program is to provide the patient the “tools” necessary to achieve long-term abstinence which is consistent with cultural and religious values. In order for someone to achieve this goal, addiction treatment programs:

- Address your medical and psychiatric/psychological needs
- Provide nutritional and medical management counselling
- Facilitate family and carer support programs
- Work on the development of interpersonal relationships
- Improve daily living skills
- Improving psychosocial needs
- Address relapse prevention
- Maintain attendance at 12-Step Millati Islami Groups

The HAYAT HOUSE program is aimed at hosting

- Outpatient Addiction Treatment Programs:

Outpatient addiction treatment programs are more suitable for individuals who are employed, have extensive social support systems, can maintain abstinence for up to 72 hours and are highly motivated individuals. Patients of outpatient addiction treatment programs generally reside at home and attend the program several evenings or days during the week. While most people with substance abuse or alcohol problems would rather attend outpatient addiction treatment, not everyone is appropriate for this level of care. An extensive assessment must be completed to determine whether an outpatient addiction treatment program can meet your needs. The length of these programs is approximately

six weeks; they generally meet three to five times a week for three hours each meeting.

Culturally appropriate programs

In Australia, residential, outpatient and hospital based programs, and the Drug Court does not have ready access to culturally appropriate programs. Many Australian Muslim men and women would have benefited if the Drug Court had access to more culturally appropriate programs. The HAYAT HOUSE Program would be able to address this need for Muslims.

B. SERVICES

1.) **General** - **HAYAT HOUSE** will provide intake, assessment and drug screening to individuals and families referred by the Drug Court, individuals on post-release programs, and those who self-refer. Individual, couple, family, and group counselling as well as case management may be provided if the agency offers this type of service.

2.) **Drug testing** – **Staff** can perform urine drug screens. These tests can either be supervised or non-supervised. All drug testing is conducted according to protocols as established by the appropriate drug testing bodies.

II. SCOPE OF WORK

Provisions of Substance Abuse testing only, or testing and counselling will be determined by HAYAT HOUSE. HAYAT HOUSE will provide testing and/or counselling services to individuals, couples, and families residing throughout NSW.

HAYAT HOUSE will accept all referrals.

Services are as follows:

- a) **Intake Assessment** – An individual evaluation of the social, economic, cultural, religious, medical and family dynamics with particular emphasis given to issues of substance abuse and dependence.

- b) **Individual Counselling** – A person-to-person contact focusing on the needs of the individual being served. Individual sessions are usually face-to-face contacts but contractor may bill for up to one unit for telephone contacts that are of at least 30 minutes in duration for crisis intervention or case conference.

- c) **Couple and Family Counselling** – Will be conducted with the individual client and at least one or more family members focusing on the functioning of the family unit. If only one individual shows, the individual counselling rate will be used for reimbursement.

- d) **Group Sessions** - Consists of a minimum of 2 to a maximum of 12 individuals to a group focusing on the needs of the individuals served.

- e) **Casework Support** – Additional support services essential to helping the client in recovery but not listed above, including scheduling appointments, case conferences, case coordination, report writing, collateral contacts with other therapist, family members or other agencies involved in the case, follow up on program participation and other interventions on behalf of the client.

- f) **Drug testing** – The number of tests per week is to be based on the treatment plan recommendation. Specimens will be primarily obtained through urinalysis with hair samples subject to confirmatory toxicology screening. Specimens are to be submitted to an approved laboratory for toxicology screening of the following drugs:

- Amphetamines
- Methamphetamines
- Cocaine
- Codeine
- Morphine
- PCP (Phencyclidine)
- Barbiturates
- Benzodiazepines
- Methadone
- Propoxyphene

Screening for Alcohol or Marijuana may be required where need is justified or recommended in the client's treatment plan, if requested by appropriate authorities.

g) **Eligibility** – Client admission to this program shall give priority to those at-risk, referred by the Drug Court Program, Corrective Services, post-release programs, DoCs, in accordance with the program protocol jointly established by HAYAT HOUSE.

h) **Referral Referrals** can be made via the following methods of communication: telephone, email or facsimile. Requests for services that are provided via telephone or email will be followed up using a specific referral form.

i) **Reporting** – Monthly report of services provided shall be submitted. For reporting purposes, HAYAT HOUSE shall be required to track and formulate monthly service utilization reports that documents the following:

- Client Name
- Date of Referral
- Case Number
- Date of Services
- Source of Referral
- Service category

- Type of test provided
 - Number of test or Service per individual client
 - Test outcomes (number of positive or-negative results)
 - Accumulative totals of clients, test or service provided per month.
-
- This report is required in order to determine the performance of service on monthly progressive basis.
-
- HAYAT HOUSE shall provide client specific progress report upon request by Child Welfare Workers.

• HAYAT HOUSE shall store and maintain on file, copies of the notices of service authorization for each client referral.j) **Records** – Individual client records shall be maintained. At a minimum, they shall include the following information:

1. A permanent case number for identification purposes.
2. Client identifying information.
3. Referral sources, including referral forms and date of initial referral.
4. Intake/Assessment records and notes, and a Treatment Plan
5. A chronological record of dates that services was provided, the nature of the service (including progress notes) and by whom it was provided. Progress notes will be kept for all program activities.
6. Client's signed consent forms for release of information.
7. Reports requested by Child Welfare worker for court purposes, notice of client termination or changes in the treatment plan.
8. Individual, couples, family, group counselling, casework support activities and drug testing outcomes shall be noted in each client file on the date of occurrence of the activity.

k) **Location of Services** – It will be more cost effective to utilize the existing residential space of drug and alcohol addiction rehab facilities and hire out part of the residential places specifically for Muslim communities.

Testing, Counselling, and Educational Services Referral Form

Confidentiality Clause:

Date Referred:

Client Name: _____ To: _____ Medicare Eligible:

____ Yes ____ No

Attention: _____ Fax : _____

Client may participate in the following services that your program offers:

DRUG TESTING:

Hair testing

Urine testing ____ per week ____ per month ____ end date for testing

EDUCATIONAL/Other SERVICES:

Parenting Classes _____ # of sessions

Anger Management

Domestic Violence

Individual Counselling

Relapse Counselling

Drug Diversion

Supervised Visitation

Supervised Exchanges

Court reports

Registration fee (one time fee)

Recommended by: : _____ Worker#: _____

Tel. # _____

(Name/Signature)

Approved by: : _____

Date: _____

(Name/Signature)

Program Manager: _____ Date: _____



