

NEWS

Building bridges
to recovery

FAITH TALK

Knowing God in
times of crisis

MY STORY

Tough love fills
the void

Sharing the recovery journey

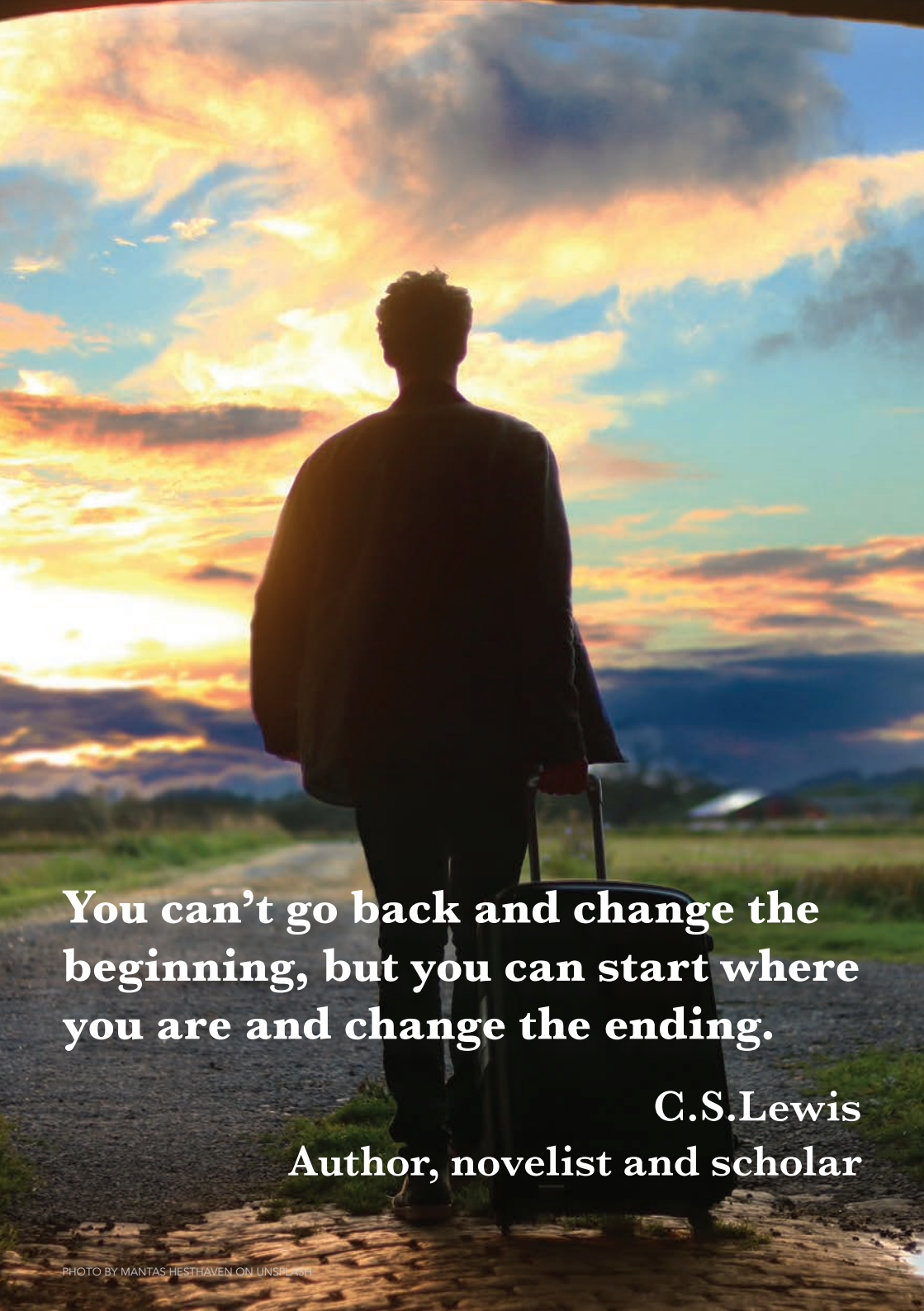
Salvos broaden options for people
with drug and alcohol issues



SALVOS

MAGAZINE



A silhouette of a person with a suitcase walking away on a path towards a sunset. The person is seen from behind, walking on a gravel path that leads into a vast, open landscape. The sky is filled with dramatic, colorful clouds in shades of orange, yellow, and blue, indicating a sunset or sunrise. The person is wearing a dark jacket and pants, and is pulling a black suitcase. The overall mood is contemplative and hopeful.

You can't go back and change the beginning, but you can start where you are and change the ending.

C.S.Lewis
Author, novelist and scholar



The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

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Help in recovery

The Salvation Army is one of Australia's largest providers of alcohol and other drug treatment (AOD) services. Each one of these offers unique programs for people experiencing alcohol or drug problems.

In this issue, we take a closer look at some of the changes being made to our AOD services to allow more participants to recover within their own communities, while still being supported by the Salvos. The Building Bridges program, which we feature, is one example of this type of program.

We also follow the story of Nigel, a young man who struggled with addiction for years but, with the help of the Salvos, has recovered and found hope, purpose and a strong Christian faith.

Kylie Hodges also shares her journey through some tough times and how she has found peace in trusting God, while not always understanding the 'why' questions of life.

Check out salvosmagazine.org.au for additional information on our services and how to get help.

Simone Worthing

Assistant Editor

Widening the road to recovery

Salvation Army broadens options for people with drug and alcohol issues

WORDS

LAUREN MARTIN



The Salvation Army has announced changes to its Alcohol and Other Drugs (AOD) services to allow more participants to recover within their own communities, strengthening connections with local Salvation Army expressions and increasing participants' long-term wellbeing.

Lieutenant-Colonel Lyn Edge, Head of Mission, said the Salvos would increase their community-based AOD work over the next 18 months while reducing the number of beds in its larger residential centres. "As we all know, the recovery journey is different for everyone. By diversifying our services, we can support even more people in their long-term recovery."

Lyn said The Salvation Army looked at a range of research before making the decision to embrace more community-based models of AOD care. "Evidence has shown us how effective treatment choice and community-based care are for long-term recovery."

She also said the benefits of this model can be seen in the stories of countless people who have accessed Salvation Army community-based AOD services and shared their experiences of pursuing recovery within their own homes and suburbs while being fully supported by the Salvos.

CARE BASED ON INDIVIDUAL NEEDS

Tasmania's Alcohol and Other Drugs (AOD) Manager Penny Chugg explained that the residential recovery setting should mostly be used when other options aren't working, or if the participant has identified it as the best treatment location for their individual needs.

"For most people, recovery is really important to do at home at their own pace, test their skills, try new things, make mistakes, have little lapses but come back and learn from that process," she said.

The Salvos in Tasmania have always offered a model of community recovery. Participants work with a Salvation Army caseworker to outline their recovery goals and have a choice about what support options will best suit.

"We know that to provide the best level of care it needs to be flexible," said Penny. "It needs to give people choice and it needs to be able to cater to the individual's needs at the time."

NAVIGATING THE MATRIX

For Joshua Leed, The Salvation Army Tasmania's Matrix program of community recovery has been a game-changer. "This program saved my life," he said. With ironclad determination, he stopped using methamphetamines twice but lapsed both times after about 90 days of abstinence. Homeless and suicidal due to the substance use and mental health issues, he said, "I realised in the end that willpower alone isn't going to get me through ... I knew I needed professional help."

He was referred to The Salvation Army and thrived in the Matrix day program. Working through his recovery within community also allowed him to join a gym and create a whole new set of friends. He also had time to work with Salvation Army Housing staff to process an application for supported housing.

Joshua completed the program but continues to attend to maintain social connection and to work on his recovery while looking for a job. He said the longevity of the program (the Matrix goes for up to a year) allowed him to work on his personality including having more empathy, being kinder to others and being more social. Living in a community allowed him to practise those skills in day-to-day interactions. ►



Joshua keeps in regular contact with his Salvos AOD caseworker and knows that at any point, if he's struggling, he can increase the level of support provided to him, with residential recovery an option.

A FOCUS ON FAMILIES

One of the big winners in the community-based AOD model is families. The Tasmania Salvation Army experience has shown that the majority of people in its Matrix intensive day-program are mothers or fathers who have care, work and other responsibilities that would make residential recovery impossible.

Debbie (not her real name) is a single mother of three children. She described her life as "a mess" when she first began working with the Salvos after leaving an abusive relationship, which resulted in her children being removed from her care.

"The [Salvation Army] Bridge Program offered me a day program that was flexible and meant that I could attend groups and meetings at times that suited me," she said. "This meant I could continue to work with the parenting programs, child safety and my psychologist while still doing the program."

With all levels of care on offer – part-time, full-time, residential and aftercare – the result is holistic support service. Being based in the community, the service is also able to offer programs for family members and loved ones who are supporting people experiencing issues with addiction.

"Having the family involved is so important," said Penny. "We are only around for a short period of time, but families are around forever."

CHURCH CONNECTIONS

Many of The Salvation Army's existing long-term residential recovery services have strong connections to nearby churches.

"Community-based treatment will provide clients with even more opportunities to engage with faith communities within their own neighbourhood," Lyn said.

Kathryn Wright, the Salvos' AOD National General Manager, said in many locations a Salvation Army community care recovery service will be located within a church building, which will further support connections.

Other places where community-based recovery programs could be run are at existing residential recovery centres and other suitable locations such as a local community centre or scout hall. "We just want to make it really accessible," said Kathryn.

"The changes we are making to open up more places for community-based recovery within The Salvation Army will create opportunities for participants to develop a more organic, sustainable and longer-term relationship with the Salvos. We are excited to partner with churches as we develop more diverse ways that we can support people on their recovery journey."

Building bridges to drug and alcohol recovery

Day program helps people rebuild their lives

WORDS

SIMONE WORTHING

Jason* has spent 16 years of his life in prison and was addicted to heroin. After completing two cycles of The Salvation Army Building Bridges recovery program, he is rebuilding his life and has been clean for a significant period.

Kate* also completed two cycles of Building Bridges. She spoke about being treated with respect throughout the program and having her dignity upheld by the way she was encouraged, and held accountable.



The Salvation Army's Project Hope at Dandenong Salvos runs Building Bridges – an evidence-based day therapeutic recovery program – to assist those in the local area battling drug and alcohol problems.

The Victorian Drug Court, based at the Dandenong Magistrates Court, recently recognised staff from Building Bridges for

the impact they are consistently having in the lives of the program's participants – people like Jason and Kate.

The holistic program runs over eight weeks and is based on helping participants work towards recovery and optimal health – physically, mentally, emotionally and spiritually. It is run in partnership with The Salvation Army's National Alcohol and Other Drugs (AOD) services, led by Kathryn Wright.

"The concept behind it is that most people who are misusing substances don't want to be but haven't had the skills to make a better choice in life," explained Major John Farquharson, Program Manager. "So we look at helping them develop skills to make wiser choices.

"Most importantly, we believe that every person is a human being created in the image of God and deserves to be treated with dignity and respect. We all battle with different issues; some of us just manifest them in different ways."

Spiritual awareness is a key dimension of the program and is included in the teaching and discussions around social, emotional and physical health.

The program consists of group therapy, one-on-one interviews and case management. During the COVID-19 pandemic, this has been managed online and through phone conversations.

** Names have been changed.*



Scan here for more on addiction.

Salvos bring hope to remote rural regions

Supporting farmers and communities affected by drought

WORDS

LAUREN MARTIN

The Salvation Army's continued presence alongside farmers and communities in rural and remote regions of Australia is bringing hope in hard times.

Large parts of Australia remain in prolonged drought, despite the Bureau of Meteorology issuing a La Niña watch, which could indicate an increased period of rainfall.

White Cliffs is located near Broken Hill, in the Far West region of New South Wales. Reddish-brown dirt stretches as far as the eye can see across Barry and Annette's sheep farm, which is dotted with the occasional tree or shrub. Their shearing shed and sheep pens are eerily empty, the drought having diminished their stock.

Barry says his first experience with Salvation Army rural chaplains was in late 1994, towards the end of a severe drought. "We were sitting in the house one day and next minute there was a knock on the door," he says. "It was a Salvation Army captain and he had a cheque for \$5000 for us. And that saved our lives."

More than 25 years later, it was Majors David and Robin Pullen who turned up at Barry and Annette's door to see how they were coping. "We had a cup of coffee and a chat and it's just evolved from there," says Barry. "We've become very good friends and they've been wonderful to us, financially given us a bit of



Major David Pullen (left) chats with Barry during one of his visits.

support and just been there for us when we have needed it."

Annette says the current drought has been unrelenting. "Every day you are facing the dust and the dying animals."

"People live in hope," adds Barry. "The only reason you stay here during drought is that you live in hope! During the drought you just do whatever you need to do to maintain your sanity to get through the day."

David says farmers like Annette and Barry are incredibly resilient and it's an honour to walk alongside them. "We meet with the people on stations and also in small communities and bring a sense of hope and build a sense of community wherever we go."



Scan here for more on disasters and emergencies.

Victorian Salvos continue to meet needs of vulnerable communities

WORDS

JESSICA MORRIS

Metropolitan Melbourne never expected to re-enter life in lockdown due to COVID-19, but that hasn't stopped Salvos across the city from being the socially-distanced bringers of hope and help.

"Each new challenge has seen the team find creative solutions to continue serving the community," said Lieutenant-Colonel Bruce Stevens, who leads The Salvation Army in Victoria. "We seem to be at our best when responding to a crisis and we love showing the full extent of God's love."

Melbourne 614 Salvos are working around the clock to ensure every rough sleeper in the city has access to a face mask. Provided by the City of Melbourne and Crown, it is a vital step in ensuring the health and safety of locals, as masks became mandatory across the metropolitan area and Mitchell Shire from 11.59pm on 22 July.

Just down the road, Brunswick Salvos are also supporting some of the community's most vulnerable residents. For five days a week, the Brunswick team open their doors to hand out takeaway food to those struggling with unemployment and isolation. Three days a week people can also use the shower and laundry facilities by appointment.

Meanwhile, Upton Road Youth Centre in St



Captain Phuong Reynolds hands out meals at Sunshine Salvos.

Kilda is taking a creative approach to the lockdown, putting together 'isolation packs' to help relieve their clients' boredom. Throw in a weekly cooking class over Zoom, and they continue to work on the front lines.

Residents across Melbourne's west have access to meals, thanks to the Sunshine Salvos' partnership with local cafes and restaurants.

For Captains Monty and Mera Bhardwaj, who head up the intercultural community in Melbourne's west, the lockdown has highlighted the power of 'organic community'. "People understand that if anyone needs anything, there is someone who can help them," said Monty.

THE SALVATION ARMY **Salvos bushfire assistance update**
13 July 2020

- More than \$25 million in direct financial assistance distributed to help nearly 12,000 Australians.
- Assessed 350+ applications for financial support in the past fortnight.
- Nearly \$1 million in bushfire grants distributed in the past fortnight.

Knowing God in times of crisis

Knowing God isn't always about understanding the tough times we face

WORDS

CAPTAIN KYLIE HODGES

Our world is in crisis. COVID-19 is running rampant. Many businesses have shut down, people have been told to stay at home and even places of worship have closed their doors.

Parents don't know whether it is safe to be sending their children to school. Those who have lost their jobs don't know when, or if, their industry will open again. Many people are living in fear and are reacting out of that fear. They are terrified about what will happen to them and to their loved ones.

As the crisis continues, people have questions. How long is it going to last? What about spikes and new waves of infections? Am I doing the right thing for my family? How I am going to make ends meet? Why?

Throughout the fear and uncertainty, the question of 'why?' appears to go by unanswered.

I have thought a lot about our world during this time and asked some of these questions myself. It has reminded me of a time a couple of years ago when I again asked God: "Why?" My family had gone through some difficulties. We'd faced serious illness, suffered disappointment and experienced heartbreak.

As you deal with the crisis in front of you, let me share the answer that God gave me. It came in the form of one of my favourite verses of the Bible, Psalm 46 verse 10: "Be still, and know that I am God." It's not a long verse, but it is a profound one.

It has always been a bit of struggle, to 'be still' in the hustle and bustle of life, but as COVID-19 forces us to slow down somewhat, I find the second part of this verse much more challenging.

God commands us to know that he is God! I think that, when our world is in crisis, we struggle with 'knowing God'. Perhaps that's because



PHOTO BY KIAN WORTHING

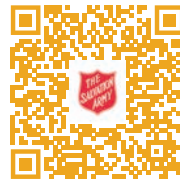
we associate knowing with understanding. We want to understand why God is allowing the world to suffer. We want to understand why we have to live with limited resources. We want to understand why all these people are suffering. We want to understand God and his ways rather than just sit with him and know him.

You see, when God said, "Know that I am God", he wasn't saying that we would understand the storms that we have to face. Truly knowing God isn't really about understanding – it's about having faith and confidence that God is there with us. It's about knowing that God's heart is aching alongside ours and that he is offering his peace and comfort in this crisis. It's about knowing that God is carrying us through. It's about knowing that God's

plan is ultimately better than any plan we have for ourselves.

We may never understand why our world is facing this pandemic, but God doesn't ask us to understand. He only asks that we be still and 'know' him – trusting him in the crisis and leaning on him. That is all he asks us to do.

Kylie Hodges is a Salvation Army officer (pastor) in South Australia.



Scan here for more on finding meaning.



'Tough love' filled the void in my life

Nigel finds purpose and hope after years of addiction

WORDS

NIGEL JOHNSTON

I grew up in a middle-class family in Melbourne, went to private schools and was successful in sports, schooling and work. I joined the Australian Defence Forces at 18 and was introduced to alcohol.

I immediately knew I had a problem. I didn't drink like others drank. I drank to change the way I felt. I drank to excess. I made poor choices when I drank, which affected my career, friendships and finances. I stopped drinking after I left the Australian Army and I thought my addiction was cured.

I completed an economics degree and went to work in Canberra. I enjoyed the fast-paced, work-obsessed environment of the government's Treasury Department. This suited my addictive nature and I was quickly consumed by a work obsession. In 2007, I was introduced to cocaine. I again knew straight away that I was in serious trouble. My addiction had reawakened.

Within five years, I went from owning an apartment in Melbourne, having a good career and a strong network of family and friends, to being homeless, broke, spiritually bankrupt and alone. I went into a 'self-destruct phase' after being fired from my job in March 2011. This nearly cost me my life.

I cannot recall all the details that led me to The Salvation Army, but I am sure God intervened. I walked into William Booth House [addiction recovery centre] in Sydney in 2012 and asked for help. I couldn't live like this anymore. My



first impression was a feeling of safety, being valued and surrounded by people who cared.

I stayed there for nine months and completed the Bridge Program [a clinical and therapeutic residential drug and alcohol recovery program]. This transformed my life. I gained a deep understanding of myself and how my addiction had impacted my life and the choices I made.

I learnt that I had a void within and I was using drugs to fill it. I attended an Alpha course [a program that introduces the basics of the Christian faith], where I was introduced



to Jesus. I found that Jesus filled this void perfectly and removed all urges to use drugs, providing me with purpose and direction in life.

“

I learnt that I had a void within and I was using drugs to fill it.

”

I recalibrated my life with the support, encouragement and ‘tough love’ from the management and staff at William Booth House. I identified a new set of values and behaviours that would support my recovery. I took a strong interest in helping and supporting others, gaining a deep satisfaction from seeing others recover from addiction.

After graduating, I was offered a job. This provided me with the opportunity to ‘give back’ and help others in a professional

capacity. I worked at William Booth House for about five years in a range of roles, including as program director.

In 2018, I left the centre to focus on the next stage of my journey. I used this time to learn new skills and set new goals. I decided to study at university, earning a master’s degree in supply-chain management, with the goal of working in a procurement role with The Salvation Army.

In January, I moved to Melbourne to take up an opportunity in the Finance Department at The Salvation Army headquarters. I gain a great sense of fulfilment in helping front-line staff help people in need. God, through The Salvation Army, has given me a new life and for that I am eternally grateful.



Scan here for more on addiction.

Zucchini slice



Ingredients

170g grated zucchini, 170g grated vegetables (such as carrot, cauliflower, broccoli), 1 cup grated cheese, ½ cup oil (olive or vegetable), 1 large onion (chopped), 1 cup flour (plain or self-raising), 4 eggs (lightly beaten), salt and pepper to taste, ¼ cup sesame seeds (optional)

Method

Mix all ingredients together and transfer to a quiche or baking dish.

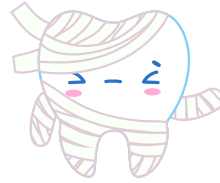
Sprinkle top with sesame seeds if desired.

Bake in a slow to moderate oven until set and golden brown.

Can be eaten hot or cold.

Freezes well!

Have a laugh



What's a toothache?

A pain that drives people to extraction.

What does a marching band member use to brush his teeth?

A tuba toothpaste!



Why did the doughnut go to the dentist?

He needed a filling!

What did the dentist say to the computer?

This won't hurt a byte.

Bible byte

"Be still, and know that I am God."

Psalm 46, verse 10

New International Version

Wordsearch

C G Z P F N H S B D P C G E S
 U C X T A O A E E A A Y G F R
 E E Z I Q V R R L T A A J B
 C C S E A N E E V D I T H C T
 O A N N L G A E S L S R S A A
 W H N E N E S C O T E U E P T
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| AFRICAN | HERDS |
| ASIAN | INTELLIGENCE |
| BULLS | IVORY |
| CALVES | MAMMAL |
| CAPTIVITY | POACHING |
| COWS | RUMBLES |
| ELEPHANTS | SANCTUARIES |
| ENDANGERED | SAVANNAH |
| FOLIAGE | THREATENED |
| FOREST | TRUNKS |
| HABITAT | TUSKS |

Answers: 1. Wednesday 12 August. 2. The preservation and protection of the world's elephants. 3. Habitat loss, poachers, mistreatment. 4. Yes, by 62 per cent. 5. To be good to them.
Tum-Tum: is sitting on top of the fridge on page 9.

Quick quiz

PHOTO BY TOBIAS ADAM ON UNSPLASH



1. When is World Elephant Day 2020?
2. What is this day dedicated to?
3. What are the biggest threats to elephants?
4. Have elephant numbers decreased over the past decade?
5. How does God tell us to treat animals?

Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



Did you know?

- There are two species of elephants, African and Asian, and while they are similar in physiology, they are too biologically different to interbreed.
- Elephants have around 150,000 muscle units in their trunk.

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