

## WE CARE launches new Counselling Programme

WE CARE launched the Atypical Theft Offending (A.T.O.) counselling package to provide a structured programme for compulsive stealing and shoplifting behavior.

Following its success, WE CARE introduced new structured programmes to deal with compulsive substance use and gambling. WE CARE provides the following packages for clients seeking help with these issues.

**Gambling Addiction Recovery Intervention (G.A.R.I.)** is a counselling treatment programme involving the affected individual, and, including their family members in counselling and self-help groups.

**Substance Or Alcohol Recovery (S.O.A.R.)** is a structured therapy programme designed for people with substance, prescription meds and/or alcohol abuse problems. Counselling is provided by trained addiction specialists.



Basic programme components:

- Six individual sessions
- Two family sessions
- Four group sessions

Depending on the individual needs, counselling can be extended after eight sessions. The fees will be based on the clients' ability to pay. Whatever information is shared during the counselling session is kept strictly private and confidential.



GARI Programme Structure:

- Six individual sessions
- Two family sessions
- Four group sessions



If you know anyone that will benefit from **A.T.O.** , **G.A.R.I.** and **S.O.A.R.** , call 6457 5459 or email [help@wecare.org.sg](mailto:help@wecare.org.sg) for an appointment.

## Recovering Journey

*Once a solution, drugs have become a problem for many who are addicted.*

Find out how Benson started on his recovery at WE CARE.

“I started using drugs after my first love committed suicide. She left no answers behind. As a result, I fell into depression. Using drugs became a way for me to cope with the loss and unresolved feelings. I attempted to stop numerous times. Each time I ended up using drugs again.

When I was in NAMS for detoxification, WE CARE came to conduct an outreach talk. At the end of the talk, the speaker, Yvonne, handed me her name-card. I was touched by Yvonne's sincerity. When I checked out of NAMS, there was too much free time. An empty mind is a devil's workshop. I know that I'm in a risky position if I have too much time. I found Yvonne's name-card and paid WE CARE a visit.

WE CARE is a comfortable place. Ever since my first visit, I drop in daily. During the day, I attend workshops and engage in physical activities like badminton and gym with fellow drop-ins. I enjoy myself. while time passes so quickly when we laugh and joke.

In the evening, I attend recovery support groups, like Narcotics Anonymous, and learn skills to stop myself from relapsing. The staff at WE CARE make me feel like a friend and family member. I feel at ease here. My wife commented that it's tough to find a place that is comfortable and safe.

Recovery is difficult to do alone. At WE CARE, I found hope and learned to love. Now my wife is expecting after trying for a baby for the past six years. With the support I get from WE CARE staff and drop-ins, I'm ready to move to my next step.”

Benson\*

(\*not his real name)



# Training Workshops

In the month of March, WE CARE conducted a series of training workshops.



## Addictions & the older adult

In this workshop, participants learn how the elderly might be susceptible to addictions. There are special considerations that the caretaker needs to be aware of. They are being highlighted in the workshop. Practical tips were provided to the audience how to talk to an elderly person to seek treatment.

## Codependency

Codependency is a learned behavior. People who are co-dependents form / maintain relationships that is abusive or unhealthy. It is difficult to break from this pattern. This workshop highlights the signs of a co-dependent and the process needed to recover. The sharing by a recovering person helps to consolidate the process of recovery for the participants.



## A step at a time: On the road to recovery

This workshop introduces what 12 STEPS is and how a 12 STEPS meeting is conducted. A live mock-up of a 12 STEPS meetings provides the participants a glimpse what happens in a self-help support group. This workshop helps clinicians and therapists to introduce their clients to a self-help support group.

*"An insightful workshop. I have a better understanding what happens in a meeting"*

*\* Counsellor*

## Time of my life

The family adapts around the member suffering from addiction in order to cope with the instability. This adaptation affects the family members in the long run. "The time of my life" workshop explores the various roles that the family members take on and its effect on them.



## Recovering Journey : "One day at a time" - The Story of Haitham\*

"I'm 45 this year and I have never been free of my alcohol and drug dependency for more than two weeks. So far, I have been clean for 90 days. When I visited WE CARE, I felt supported and understood. I was taught hand-painting by a drop-in at WE CARE. After learning, I painted a few more drawings while spending time at WE CARE. Hand-painting allows me to express my mood and I feel great on completion of a new work.

Meanwhile, I went for counselling and attended recovery support meetings. WE CARE gave me the tools to help solve my problems. I learn life-skills that are important to my recovery. In the past, I have difficulty to say 'no'. I am now able to say 'no' to prevent a relapse.

Alcohol and drugs are not the problem. It's me that has the problem in managing these self-destructive habits. I take drugs and drink when I am bored or lonely. An then I take more to get high. When I am high, I engage in petty crimes. I have since learnt at WE CARE, not to take that first drink or resort to drugs.

I also learned how to reach out for help when I have a disagreement with my family members. I was feeling frustrated; yet I was willing to try a new action. I called my non-using friend. By sharing, I feel less burdened and am able to live another day without drinking or taking drugs. I have made the choice to stay drug-free."

Haitham\*

(\*not his real name)

Know someone who needs help with addiction?



Email: [help@wecare.org.sg](mailto:help@wecare.org.sg)  
Tel: 6547 5459

# PROGRAMMES @ WE CARE

## A.I.M— Anger Intensive Management

**A.I.M.** is an eight session anger management course catering for individuals with a history of addictions. One common trigger for relapse is anger. By equipping the individual with anger management skills, the programme aims to help participants reduce the risk of relapse.

The participants from Teen Challenge learnt about Automatic Negative Thoughts and how it affects them personally. They also learned how to refute their irrational beliefs. Activities and sharing are incorporated into the programme to reinforce learning. The class ended its run in April. We hope to conduct more sessions later in the year.



(L-R): participants at TC

*“AIM answer some of my questions that haunted me some times.”*

*\* John*

## U.S.B.A— Understanding Substance and Behavioural Addictions

**U.S.B.A.** is a short five-session relapse prevention workshop for those with a desire to reform. During the workshop, the participants become more aware of their own triggers and reason for relapse. Their motivation to change is also explored. In the fifth and final session, they are able to work on their own relapse plan.

We conducted two such workshops for Ashram Halfway House and Highpoint Halfway House residents in November 2014 and February 2015 respectively. The residents find USBA helpful for their recovery. We will be conducting more sessions later in the year.

*“I know what to do when I’m triggered.”*

*\* Ah Ming*

## S.T.E.P.S. — Solutions to Every Problem, Sober

Attending support group meetings improves the chances of the individual’s sobriety. **S.T.E.P.S.** is a 10-session programme that prepares the participants to attend a recovery support group based on the 12 Steps approach.

In January 2015, S.T.E.P.S. underwent a revision. Under the revised format, the participants attend a mock-up support group on the ninth session.

In the tenth and final session, they will be able to experience the actual recovery support group meeting (.i.e. Alcoholic Anonymous, Narcotics Anonymous etc) within the S.T.E.P.S programme. Through this experience, we hope that participants will be more open to attending such meetings, while continuing to seek support on a regular basis to maintain long-term sobriety.

## Project S.A.F.E.— Support for recovering Addicts and Families through Empowerment

**Project S.A.F.E.** is a pilot programme that aims to provide support to both the drug offender and their family. Conceptualised in September 2013 by National Council of Social Services (NCSS) and in collaboration with Ang Mo Kio Family Service Centre (AMK FSC), the project currently sees eight clients and their families on board. AMK FSC and WE CARE organized 2 family events for the participants in September and December . The goal is to help the families to bond, share experiences and provide mutual support through close interaction.

It has just ended its phase 1 with 10 families. Currently, we are embarking onto Phase 2 with 20 families.



(L-R): children’s craft & children session

*\*Names have been changed to protect the identity of clients*



# Wellness Calendar — Events @ WE CARE

*A series of events and life skills training for our members while they work on their recovery*

## Chiropractic care

Feeling shoulders and back ache frequently? Why not seek treatment from a chiropractor? Every alternate Monday, Dr Jess Timm and Dr Brian Morris from Life Chiropractic Centre, provide free chiropractic sessions at WE CARE for our drop-in members.

We thank both Dr Timm & Dr Morris for volunteering their time and services. Contact Jess @ 6547 5459 for more information.



## Weekly Badminton

Playing games, sports or exercise helps to combat depression and allows us to bond with others. Initiated by one of our recovering individuals, a group of drop-in members play badminton at Kampong Ubi CC every Monday 4pm to 5pm. Please do join us if you are interested. Racquet and shuttlecocks are provided.

Contact Jess @ 6547 5459 for more information.



## Basic Computer Class

The objective of the class is to impart basic computer skills to our recovering clients so that they feel confident to use a computer for work and other purposes. In January, a Japanese volunteer who is an IT professional, took over the coaching role and is assisted by other adhoc volunteers.

Currently, the computer class is held every Wednesday, 715pm to 815pm. Contact Fandi @ 6547 5459 for more information.



## Tuition for Children

Since January, WE CARE has introduced free tuition services for the children of our recovering clients. With the support from our committed volunteers who have experience in teaching, the response from our young participants has been very encouraging. The class is still being conducted on a fortnightly basis.

Contact Yong @ 6547 5459 for more information.



## New Staff on board

A very warm welcome to our new Recovery Guide, Jess Ang and Counsellor, Sida who joined WECARE on 23 February and 18 May 2015 respectively.

### Jess Ang

Jess Ang was previously a volunteer at WE CARE. As a recovering individual herself, she has worked the steps and has been in recovery for close to eight years.

### Noor Sida

Noor Sida is a trained counsellor with more than 10 years of experience in the social services sector. She has worked with individuals and family with various issues like financial, marital and parenting problems.

We are positive that Jess and Sida will contribute immensely to the team at WE CARE and enables us to serve our beneficiaries even better.