



The Rainbow Lodge Program ANNUAL REPORT 2018



Who we are

The Rainbow Lodge Program is a not-for-profit organisation conducted by the Board of the Judge Rainbow Memorial Fund Inc. We provide transitional housing and a range of community support services for men as they re-enter the community after a period of incarceration.

Our Patron is Lynn Rainbow AM who is the daughter of Judge Alfred Rainbow, the inspiration for the Rainbow Lodge Program.

What we do

The men who undertake our Program are assessed as having complex needs. To give them every chance at success, we aim to provide a responsive, intensive and supportive service that helps our men successfully recover, rehabilitate, and reintegrate into the community.

The Rainbow Lodge Program consists of two phases: residential and outreach. During the residential phase, residents live on-site in a self-contained house for a maximum of 12 weeks. Only eight places are available at any one time and these are in high demand. During the outreach phase, ex-residents are supported for up to a further 24 months while living in the community.

We operate from a position where our clients deserve to be treated with dignity and respect in their journey to be responsible community members. What does this mean in practice? We persevere. We encourage personal growth and responsibility. We are open, flexible and transparent. We provide quality programs, services, and advocacy. Our approach is to use evidence based, and client centred, harm minimisation/reduction strategies that help our men to manage the enormous challenges in their lives following release from prison.

Our residents

Assessed at high risk for recidivism, all of our residents have multiple needs. We offer accommodation to those who would otherwise be homeless. Nearly all have addiction problems with alcohol and other drugs as well as a range of mental health issues. Many have disabilities and impairments. Most have limited connections to their families and the broader community. All have unresolved trauma from past events in their lives. Many have spent most of their lives in juvenile detention and adult custodial facilities. Aboriginal men are disproportionately represented in jails and we subsequently use inclusivity principles to include them in our service. We also cater for residents from a diverse range of cultural backgrounds.

Our Vision

A fresh start for men leaving custody. Support to access opportunities to live a healthy, happy and fulfilling life.

Our Services

- A 12-week **transitional supported accommodation** program to provide secure housing with workers on hand 24/7;
- Assertive **case management** that is trauma informed including access to mental health, dental and medical assessments and support. We link residents to counselling and psychologists tailored to individual client needs and aimed at capitalising on their strengths;
- Support to **access affordable housing** options after leaving the residential phase of our Program. These include community and social housing, boarding houses and other transitional supported accommodation options;
- **Advocacy & referral** to relevant service providers and agencies to quickly address individual matters of concern;
- A dynamic **Activities Program** designed to assist in the development of pro-social skills and community integration;
- **Life skills training** to develop and enhance basic living skills, address emotional/personal attitudes and support education, training and job search;
- **Outreach support/after care** following facilitated re-housing and exit from the Rainbow Lodge Program (including ongoing case management, counselling and activity programs for up to two years);
- **Tenancy support** including continued advocacy, regular phone contact and accessing small **flexible pool of funds** to provide assistance with basic furniture and materials, transport/removals, food and consumables in times of crisis;
- **Aboriginal** cultural support and connection;
- **Community** collaborations, relationships and partnerships. Especially in close partnership with NSW Corrective Services Community Corrections and Connections.

Our Funding

The majority of our funding is provided by NSW Corrective Services, with additional funding and accommodation support from the NSW Department of Family and Community Services (FACS). We actively seek other sources of financial support.



President's Report

The forty residents allocated to The Rainbow Lodge Program during 2017-2018 were, by any measure, vulnerable men. While their history included criminal offending, their life's journeys are best described as trauma saturated lives. The Rainbow Lodge Program seeks to dismember the effects of their trauma and bring stability to their lives. This is a long process. The hardest point of this dismembering process is its beginning. Twelve weeks residency offers only an introductory glimpse of a world outside prison walls. It represents no more than introducing them to a starting line to the rest of their lives, a starting line offering two options – ease of recidivism or struggle to rehabilitation. Our Outreach Program provides the coaching, the skill-set, the support and encouragement to believe rehabilitation is worthwhile, and to provide a pathway to overcome obstacles for the first two years the journey.

None should doubt all our residents are poorly equipped to follow an obstacle laden pathway to rehabilitation. Their lives of saturated trauma are littered with issues – mental health, cognitive, addiction, damage done through crime and correction, institutionalisation, health, homelessness and seriously restricted financial resources. Each one contrary to reasoned, objective, dispassionate judgment favouring reform and law compliance. Taking one – institutionalisation – as an example:

An Outreach client asked me: *“Do you think I am institutionalised?”* *“Yes I do”,* I replied. *“Given the years you’ve spent in prison you could hardly avoid it.”* *“What is institutionalisation?”* he asked. I knew whatever answer I gave would be inadequate and unsatisfactory for both of us. *“It is the impact custodial life has had upon your mind, your social values and your social responses to your current situation and the people you are interacting with – and how all of that differs from the general social norm.”* He looked at me blankly. I apologised. *“I’m sorry – the question was a very good one, but I’d like to think about it and get back to you with a clearer answer.”* Wikipedia reminded me of a line from the film *“The Shawshank Redemption”* *“These walls are funny. First you hate ‘em; then you get used to ‘em’ time passes, you get so you depend upon ‘em. That’s institutionalised.”*



Wikipedia also makes the more definite point that the term ‘institutional syndrome’ refers to “defects and disabilities in social life and life skills, which develop after a person has spent a long period living in ... prison ... - the individuals in institutions may be deprived of independence and of responsibility to a point that once they return to ‘outside life’ they are often unable to manage many of its demands.”

One of the qualities of institutionalisation is trusting other individuals becomes problematic, whether the individual be in authority, or an imprisoned peer; but trusting the routine upon which the institution runs comes without question. Institutionalisation, includes a loss of fear of the institution (prison), and a preference for its lifestyle over the lifestyle of open living in society. Indeed, open living in society may hold greater fear than living in, or returning to prison. Asking such a person – particularly given the other disabilities he labours under – to rehabilitate, is like asking him to climb Mt Everest.

Brook has listed our achievements on the Annual Report’s page 9. Truly, they are wonderful achievements suggesting we are leading the field in post-custodial rehabilitation work. I acknowledge and thank all who have contributed so greatly to these accomplishments. We have a truly dedicated Board of Management, staff and core of volunteers.

Without diminishing any of that, our *raison d’etra* is rehabilitation of the small stream of residents we are allocated from Corrective Services. Our accomplishments in dealing with them are impressive. But more impressive is each man who, by working with us, succeeds in finding his pathway to rehabilitation. He is our best advertisement. In recent times that number has been growing. To that growing band goes my sincerest congratulations! But here’s the thing – our Outreach Service is unfunded. Our results could be so much better if funding allowed us to be proactive rather than simply responsive to cries for help.



Board of Management

Name	Position	Role in the Community
John Nicholson	President	Retired Judge
Joseph Moore	Vice-President	Retired Judge
Sarah Larney	Secretary	Research Fellow AOD Specialist
Jenny Atkinson	Member	Magistrate
Dina Yehia	Member	Judge
Anna Robilliard	Member	Forensic Psychologist
Claude Robinson	Member	Alumni member, Youth Service Manager
Paul Adabie	Member	Boarding House Services Manager
Gareth Hamill	Member	Electrician, Business man

Life members

Judge Harvey Cooper AM (retired);
Judge Linda Ashford (retired);

Ms Wendy Cooper;
Judge Joe Moore (retired).



Research

Effective post-custodial rehabilitation methodology is an area starved of research. We are planning to conduct quantitative and qualitative research into effective rehabilitation strategies in partnership with the National Drug and Alcohol Centre, University of New South Wales. Our research will focus on improving recidivism prevention, housing, mental health, community connection and alcohol and other drug outcomes of our Outreach/Post Crisis Support clients.

Outreach Prose

*Heroin, she used to be the one
I ran back to when me and my wife were having problems.
She used to say it'll be OK
Just let me
And I'll take your pain away
I'll soothe your bones
From all dat suffering*



*Dear friends at Rainbow Lodge,
If it wasn't for you I'd be in jail. I'm looking at ways of being smarter
and being open to the consequences of the actions I take.
I'm learning that I need to pull back, sit back and look at what I do.
For example if I am gambling and no matter if I win or lose I end up
doing things I'm not proud of.
Before I know it I am taking pills and falling off the edge.
I now have pride in my home. I have pride to keep my house clean. I
like my address to stay confidential because there are lots of people
who would rob me.
I appreciate now that I am lucky with what I have right now.
Others may see this as small, but for me to have a unit where I can
cook, sleep safely and keep busy is so important for me.
I've recently taken another homeless person into my place with
parole's permission. Helping him is giving me strength and hope.
We would both be in jail if I didn't look after him and myself.*

Aboriginal clients and community

We are committed to deliver culturally sensitive services to clients from Aboriginal and Torres Strait Islander backgrounds.

We acknowledge the Wangal and Gadigal clans of the Eora Nation as the traditional custodians of the land that we work on. We engage in conversations with Aboriginal staff and clients about cultural protocols and history.

We prioritise the inclusion of our Aboriginal clients and co-case manage them with Aboriginal services and Aboriginal workers.

Participation rates at Rainbow Lodge of clients from Aboriginal backgrounds reflect the rate of 35% of Aboriginal people in custody in NSW. Thus a minimum of 35% of places at Rainbow Lodge are reserved for Aboriginal clients.

The Rainbow Lodge Program employs an Aboriginal Elder (was Uncle Ken and now Uncle Bob) who offer us cultural guidance and support. They bring lived experience of being part of the Stolen Generation, surviving abuse in Government institutions and challenging racism. They bring cultural strength, healing and community connection to our Aboriginal clients who come to us from all over NSW.

The Aboriginal Yarning Garden was created by Aboriginal community members and clients in our property. It is a meeting space that carries the spirit of Aboriginal culture, connection to country and healing. It was launched with a smoking ceremony by Uncle Ken and other Aboriginal Community members. It was utilised for NAIDOC week and other community events.

The Rainbow Lodge Program has an active working partnership with Aboriginal organisations, servicers and workers.



Daily Program

	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30 -8.45 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8.45 to 9.15 am compulsory	Morning Meeting	Check in with staff	Check in with staff				
9.30 to 10.00 am	Cleaning Duties	Cleaning Duties	Cleaning Duties				
10.30 to 12.00 pm All activities are compulsory. Activities may vary	Art and creativity	Computers, IT and literacy	Alcohol and other drugs	Positive Lifestyles	Managing emotions etc	Own time	Own time
12 00 to 1.00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.00 to 5.00 pm	Personal appointments, free time. Option NA & AA	Personal appointments, free time. Option NA & AA	Personal appointments, free time. Option NA & AA	Personal appointments, free time. Option NA & AA	Personal appointments, free time. Option NA & AA	Own time	Own time
5 00 to 600 pm	Prep for dinner & catch up with Staff	Prep for dinner & catch up with Staff	Prep for dinner & catch up with Staff	Prep for dinner & catch up with Staff	Prep for dinner & catch up with Staff	Prep for dinner & check in with Staff	Prep for dinner & check in with Staff
6 00 to 6.30 pm compulsory	Dinner & clean up	Dinner & clean up	Sunday Roast				
6.30 to 7.30 pm	Gamerada Free time. Option NA & AA	Free time. Option NA & AA	Free time. Option NA & AA	HOUSE MEETING X 1 hour Option NA & AA	Free time. Option NA & AA	Free time. Option NA & AA	Free time. Option NA & AA
11.00 pm	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew



Funding Partners

Family and Community Services
 NSW Corrective Services
 Stronger Communities Grants

Ex-offender Management Partners

NSW Corrective Services- Leichhardt Community Corrections
 Justice Health and Forensic Mental Health Network - The Connections Project

Accommodation partners

Homelessness NSW; Homelessness Sector Development; Mission Australia; METRO Community Housing; St George Community Housing; Link Housing; Port Jackson Community Housing Project; Wentworth Housing; Wesley Mission ; The Salvation Army; St Vincent De Paul; National Regulatory System Community Housing; Newtown Neighbourhood Centre- Boarding House Project; Boarding House owners, YMCA

Therapeutic and Programmatic Partners

Guthrie House ; Glebe House ; Partners in Recovery; Independent Community Living Australia; Newtown Neighbourhood Centre; Disability Services Australia; The Settlement; Redfern Men’s Shed; Aftercare; NEAMI; Bower Centre; Wentworth Forensic Clinic; Community Restorative Centre; Wesley Mission; City of Sydney Victoria Park Pool & Gym

Culturally Specific Partners

Camperdown Aboriginal Mental Health; Uncle Albert Torrens- Community Corrections Leichhardt; Gamarada Program; Aboriginal Medical Service, Aboriginal Legal Service, DAMEK

Educational, Employment and Research Partners

CMA Max Employment Randwick and Ultimo TAFE Ozanum Learning Centre, Uni NSW
 School Of Law, Uni NSW National drug and Alcohol Centre

Alcohol and Other Drug Services Partners

Hospitals and Institutes; Narcotics Anonymous; Alcoholics Anonymous; Crystal Meths Anonymous; Smart Recovery Groups; NADA – Network of Alcohol and Other Drug Agencies; RTOD Camperdown Mental Health , CRC AOD Program, RPA Drug Health

Medical and Mental Health Service Partners

Exodus Dental Service; Sydney Dental Hospital; Justice Health; St Vincent’s Hospital ; Glebe Medical Centre; Glebe Family Medical Centre; Leichhardt Medical Centre; Redfern Community Health; Schizophrenia Fellowship ; Justice Health & Forensic Mental Health Network; Cancer Council

Charity Partnerships

St Vincent de Paul ; OZ Harvest; Food Bank Australia; Salvation Army; Red Cross; Goods 360
 St Johns Anglican Church GAAP Project; Inner Sydney, Partners In Recovery- New Horizons, the Glebe Society

Administrative Partnerships

Accounting For Good

Our achievements

- We provided support to 40 men in the full time residential program
- We provided support to 35 men through our outreach program assisting their transition into the community
- We kept Rainbow Lodge open and staffed 24 hours a day, 365 days a year
- We provided immediate temporary supportive accommodation for those exiting prison and also helped others access affordable accommodation on departure from our residential program
- We are nominated on 16 leases for tenant support in our partnerships with St George Community Housing and Metro Community Housing
- A new partnership with the Glebe Society distributing home starter kitchen packs to graduates of our residential program
- We delivered a range of trauma informed strengths-based case-management and activities. These included:
 - Lessons on budgeting, cooking and nutrition
 - Counselling and therapeutic groups
 - Assistance to access medical, mental health and dental services
 - Referrals to other support and advocacy services
 - Helping clients reconnect with family and children
- We provided social support and recreational activities
- We provided Aboriginal cultural support through our Aboriginal staff and links to Aboriginal services and the community. Our Yarning garden was launched
- Premises was completely recarpeted, repainted, re-concreted and repaired
- Strengthening Communities Grant for kitchen equipment and outdoor tools
- Developing a quantitative and qualitative research project into effective rehabilitation strategies in partnership with the National Drug and Alcohol Centre, University of New South Wales
- We had 9 students doing their placements over the year





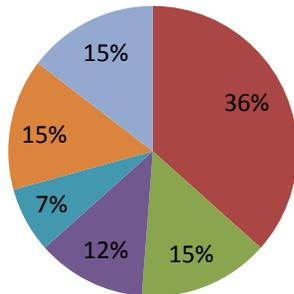
Residential client feedback

	Most Negative	Poor	Good	Most positive
Overall stay at Rainbow Lodge	1	2	8	20
Standard of bedding and furniture	1	3	13	14
Cooking, cleaning, residence care	1	5	10	16
General cleanliness of Rainbow Lodge	1	2	14	15
Terms and Conditions of the program	1	2	9	20
Other Residents	2	7	7	15
Support and assistance from case worker	1	1	5	24
Support and assistance from after-hours workers	1	1	6	23
Activities program	1	2	13	15
Safety and support	1	0	4	26

Our Annual Achievements and resident profiles. Sample 40 residents.

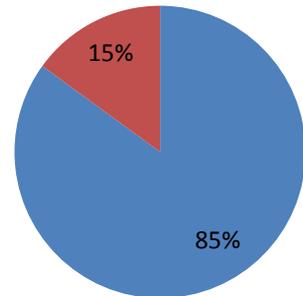
Housing outcomes

- social housing
- boarding
- homeless
- nsw housing
- jail
- other/unsure



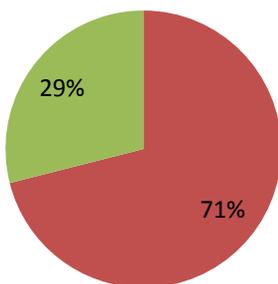
Completed residential Program

- Completed residential Program
- not



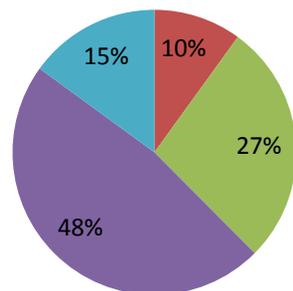
NSW Corrective Services Rating

- Medium High
- High

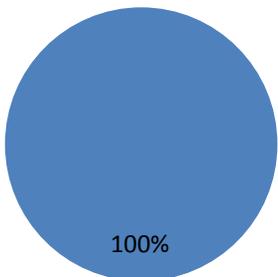


Age

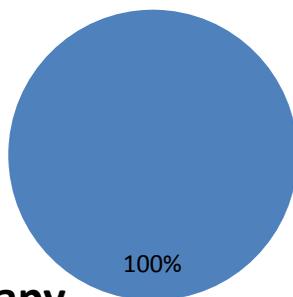
- 26-30
- 30-40
- 40-50
- 50-60



Mental health issues

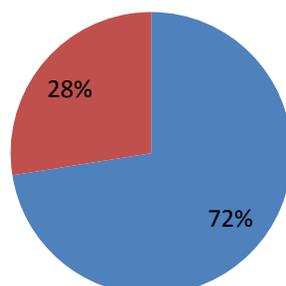


AOD misuse



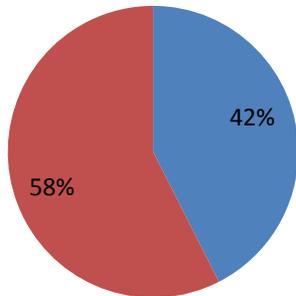
Accessing Pharmacotherapy

- pharmacotherapy
- none



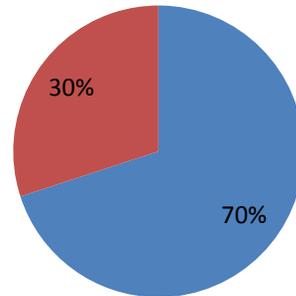
In foster care when young

■ In foster care when young ■ not



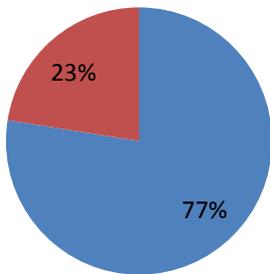
Juvenile detention when young

■ In juvenile detention when young ■ not



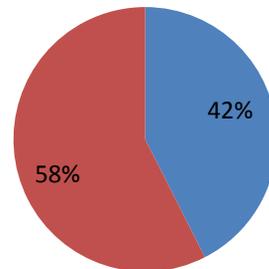
Exposed to domestic violence when young

■ Exposed to domestic violence when young ■ not



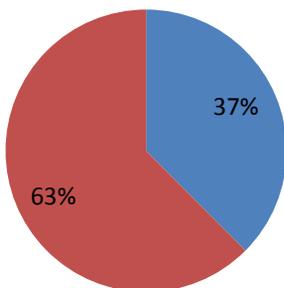
Adult domestic violence charges

■ Adult domestic violence charge ■ none



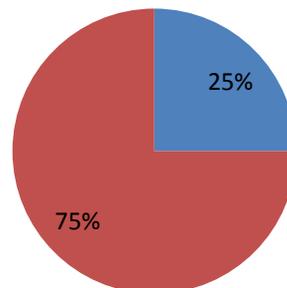
Aboriginal residents

■ Aboriginal ■ Non



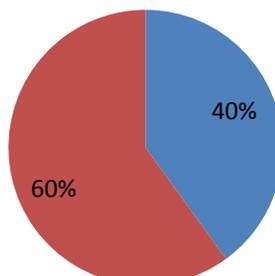
CALD Residents

■ CALD ■ Non



Acquired brain injury /impairment

■ Acquired brain injury/mental impairment ■ none



Concerns over the past year

Funding

Our Outreach/Aftercare program needs dedicated staff to support our graduate Rainbow Lodge Program residents reintegrate into the community. We have approached the Ministers for Corrective Services and Family and Community Services for funding support without success.

Accessing Affordable Accommodation

According to our funding model our caseworker and team only have within 12 weeks to access affordable accommodation for our residents. This is a difficult task with tremendous workload in the current housing markets. Supporting residents to access accommodation is an important part of building a case management relationship with each client. This spills over to our Outreach Support to help our ex-residents to maintain their accommodation. Housing applications have extensive requirements to complete and collect ie medical assessments and reports, proof of Aboriginality, AOD and mental health assessments and reports, income statements, independent living skills assessment etc. We are grateful for our housing partners' support.

Alcohol and other drugs support

We have had difficulties accessing local prescribing doctors so that clients arriving from custody, who have used illegally in custody, can access pharmacotherapy. Our clients can not afford pharmacotherapy from private clinics and many chemists. We need more free pharmacotherapy places in public hospitals. We have difficulties accessing detox and rehab opportunities for our clients who want to stop abusing prescription drugs or using illicit drugs. It is even more difficult for clients who want to access drug rehab places when they are taking prescribed pharmacotherapy medication.

General and mental health

We need better access to mental health beds, long and short term. We have difficulties accessing bulk billing psychiatrists. We need more accessible diagnostic services to identify FASD, schizophrenia, bipolar conditions, acquired brain injury, personality disorders and impairments.





Safety
Hope
Effort
Dignity