



# The Rainbow Lodge Program ANNUAL REPORT 2019



## 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 engage with our clients with dignity and respect. We assist them in their journey to be responsible community members. What does this mean in practice? We persevere. We encourage personal growth and civility.

We are open, flexible and transparent. We provide quality programs, services and advocacy. Our approach utilises evidence based, client centred and harm minimisation/reduction strategies. We assist our clients to manage the challenges following release from prison.

## Our residents

Assessed at high risk for recidivism, all of our residents have complex and challenging needs. We offer temporary supported 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 personal attitudes and that link to education, training and job search opportunities;
- **Outreach support/after care** following 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

## What Does Success Look Like ?

Traditionally one looks to the Annual Report for an overview of an organisation's successes or failures. So what does success look like within the Rainbow Lodge Program, focused as it is on post-prison release rehabilitation of ex-prison inmates?

One of the caseworkers told me: "We have successes every day." She was speaking no doubt of the series of successes our individual residents and outreach clients experience daily. Those success stories often have a poignancy about them: "This is the first birthday I have had outside for fifteen years"; "This is the longest time I have gone without a warrant being issued for me"; "This is the first dwelling I have ever leased". Success may be when a resident chooses detox over drug use; or completes painting that is hung in the main building; or a computer lesson that opens up greater access to computers; or employment is gained; a TAFE course started or completed; a great meal has been cooked for the other residents.



The successes and achievements of our individual residents and outreach clients are a source of joy for staff and motivational food that keeps high the staff moral, feeds on-going willingness to be involved and provides a resilience to endure such failures as we have.

Of course a counter point to successes are the failures occurring. Some nine or so of our residents and outreach clients have returned to prison facing charges or convicted of them. Five men have had their leases terminated; two have been scheduled; a man's drug addiction too frequently proves, when least expected, the meaning and costs of addiction; we have had a couple of expulsions from the residential program; and two close calls with overdoses. Grim as that picture is – an alternative picture painted without the Rainbow Lodge Program would be far worse. Our recidivism rates are significantly below the general State recidivism figures.

So, lower recidivism rates than the State average may look like organizational success, and it is; but such a picture is also a picture depicting '*our misery is less than the State's misery*' and thus the picture ends up looking like a picture more about misery than about success. Fortunately, our staff, led by Brook, feels the misery and works hard to reduce the failures causing it. We refuse to accept failure of our clients-our success is turning those falls and setbacks into a better picture of success.

Our proudest successes of this year are found in a wider field of coverage than offered in past years. When Joe Moore and I joined the Board of Management (Joe being the longest serving Board member) Rainbow Lodge offered only a residential program. The total annual client-load during any one-year rested between twenty to thirty clients. The overwhelming need for offering continual service and a contact point for the vulnerable men graduating from the residential program was addressed about three years ago by establishing an Outreach Program that, initially, was passive in nature – that is, service depended upon responding to specific client's needs as they were made known to us. In the past year, two further significant offerings have evolved. The Rainbow Lodge Program now actively seeks to support and maintain contact with clients who for one reason or another have returned to custody. In supporting those clients, we have been instrumental in the court being given an opportunity to consider evidence from those who have treated the client post-release and can remark upon such progress as they have made since release, frequently resulting in a better sentencing outcome.

The second feature of significance is the continuance and modest success we have had in pursuing housing applications for Outreach clients who were unsuccessful in securing housing by the end of their residency period.

Our Outreach team (usually a residential team member changing hats) attends to issues affecting our Outreach clients, such as accommodation, food-stress, return to incarceration, victim-abuse counselling, mental health crises, general health issues and the like, that no other post-release institution in NSW has done. Our yearly client caseload is no longer in a twenty to thirty bracket. This last year our client caseload was closer to one hundred. That is still a drop in an ocean that sees more than 15,000 post-prison inmates returned to the community. But the ocean drop is three times bigger than it was and is working eight times longer than we initially offered through only a residential program. Although our Outreach program plays a crucial part in our being selected for funding, the Corrective Services funding is targeted only at our residential funding. The Outreach program deserves funding consideration from FCDS greater than we presently receive from them.

Through a bequest we have undertaken sponsorship of a three years doctoral scholarship, examining post-prison release strategies, in the hope of being able to improve through social science study better ways of offering appropriate programs to achieve better post-prison release outcomes for vulnerable men returning to community living.

So what does success look like? The successes of each individual man are a driving force for the broader success for which the organisation strives. It is only in the course of helping individuals achieve success, the organisation likewise achieves its own successes. Staff, Board and Government should never lose sight of recidivism reduction's centerpiece, that is, the post-prison releasee. We are all about his successful reintegration into the community.

## Board of Management

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

## Life members

Judge Harvey Cooper AM (retired);

Ms Wendy Cooper;

Judge Linda Ashford (retired);

Judge Joe Moore (retired).



## **Outreach Prose 1**

*No I won't throw myself  
In front of a bus  
Even though  
Some days  
The urge is real  
Sadness is a sickness  
That eats me from the inside*

## **Resident Prose 2**

*To remember not to steal. This is a  
problem that I know I will beat.  
I have always had this voice on my  
shoulder that sometimes can  
confuse me. I am doing everything  
in my power not to listen to the  
negative side of that voice*



### ***What's the hardest thing about being homeless?***

*Loneliness; being looked down by people; moving around can't stay in one spot; waiting for something better.*

### ***Where do you sleep when you are homeless?***

*Newtown Park; couch surf on friend's floor; sleep in a bus shelter; dirty stair wells; Wynyard Station; out of the wind; in shop entrances.*

### ***What's the longest time when you went without a proper meal?***

*A month; a week; on the ice didn't worry about eating, 6 months used to steal Coles and Woolies pre-made meals; I lived on Central Station food vans.*

### ***Where did you get your support?***

*I didn't want it because of the life I was living; I felt shame; Vinnies and Wayside Chapel; my mum until she said stay away; KRC and the Aboriginal Medical Service.*

## From Uncle Bob Young, Our Aboriginal Elder

The Koori men we have here at Rainbow Lodge are now 2<sup>nd</sup> and 3<sup>rd</sup> generation Stolen Generation with the impacts of genocide and trauma on our culture very evident.

Every couple of weeks, I can share my first-hand experience of being a part of stolen generation and residing at Kinchela Boys Home (KBH). I show a video that was produced by KBH and speak of my own experience. This is helpful for all people, Koori or not, to better understand the Stolen Generation.

I see my role here as being a regular supportive presence in the Rainbow Lodge house. I am an example of rising above the trauma and giving back to the community. I am here, primarily, for the Koori men but I also engage and support all the men coming to Rainbow Lodge.

I participate in the group programs: Art Therapy – where I participate in doing Aboriginal art work and encourage men to work on their own art work. I attend Introduction Computers class on Tuesdays – and enjoy seeing the men improve on their technical skills each week. Finally, I attend the AOD group on Fridays and spend time engaging with the Rainbow Lodge men.

Outside of Rainbow Lodge I work for KBH doing Stolen Generation education talks in public schools, community centres, universities and colleges. We are in the process of doing up a bus to travel around to regional areas for educational talks. We are committed to deliver culturally sensitive services to clients from Aboriginal and Torres Strait Islander backgrounds.



## Daily Program

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>7.30 -8.45 am</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>		
<b>8.45 to 9.15 am compulsory</b>	Morning Meeting	Check in with staff	Check in with staff				
<b>9.30 to 10.00 am</b>	Cleaning Duties	Cleaning Duties	Cleaning Duties				
<b>10.30 to 12.00 pm</b> <b>All activities are compulsory.</b> <b>Activities may vary</b>	Art and creativity	Computers, IT and literacy	Alcohol and other drugs	Positive Lifestyles	Managing emotions etc	Own time	Own time
<b>12 00 to 1.00 pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1.00 to 5.00 pm</b>	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
<b>5 00 to 600 pm</b>	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
<b>6 00 to 6.30 pm compulsory</b>	Dinner & clean up	Dinner & clean up	Sunday Roast				
<b>6.30 to 7.30 pm</b>	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
<b>11.00 pm</b>	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; FlourishNewtown 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, St Vincents AOD CCC

**Medical and Mental Health Service Partners**

Exodus Dental Service; Sydney Dental Hospital; Justice Health; St Vincent’s Hospital ; RPA 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 GAP Project; Inner Sydney, Partners In Recovery- New Horizons, the Glebe Society

**Administrative Partnerships**

Accounting For Good

## Our achievements

- We kept Rainbow Lodge open and staffed 24 hours a day, 365 days a year
- We provided support to 39 men in our full time residential program
- We provided immediate temporary supportive accommodation for those exiting prison and also helped others access affordable accommodation on departure from our residential program
- We provided support to 37 men through our Outreach Program assisting their transition into the community
- We are nominated on 18 leases for tenant support in our partnerships with St George Community Housing and Metro Community Housing
- 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:
  - Guidance and information with 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
- Premises and garden were kept in good condition
- Strengthening Communities Grant for upgrading all bedrooms
- 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 8 students doing their placements over the year
- Celebrated Christmas and NAIDOC. Christmas presents for clients children from donations by judges and magistrates
- Our research Rainbow Lodge Research Project is about to begin. PHD student identified



## Concerns over the past year

### Funding

Our Outreach/Aftercare program needs dedicated fulltime staff to support our graduate Rainbow Lodge Program residents to reintegrate into the community.

### Accessing Affordable & Quality 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 in the current housing markets. Supporting residents to access accommodation is an important part of building a case management relationship with each client. Our Outreach Support assists our ex-residents to maintain their accommodation. We are grateful for our housing partners' support.

### Alcohol and other drugs support

We continue to have difficulties accessing local prescribing doctors for our clients pharmacotherapy needs. Many of our clients have used heroin, benzodiazepines or diverted suboxone in custody. They come to Rainbow Lodge with detox, rehab and drug and alcohol treatment needs. Our clients can not afford pharmacotherapy from private clinics and many chemists. We have difficulties accessing detox and rehab opportunities for our clients. 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

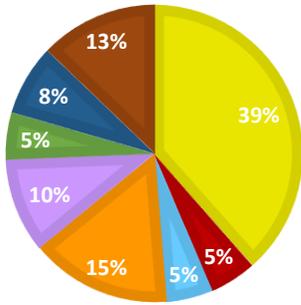
We need better access to mental health beds, both long and short term. We have difficulties accessing bulk billing psychiatrists. We need more accessible diagnostic services to identify FASD, schizophrenia, bipolar conditions, acquired brain injury, personality disorders and impairments.



# Our Annual Achievements & Resident Profiles. Sample size 39 Residents

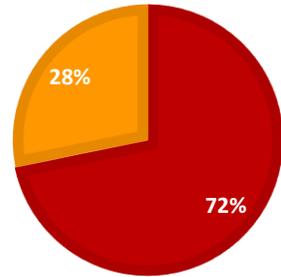
## HOUSING OUTCOMES

- Community housing
- Boarding
- Homeless
- Rehab
- NSW housing
- Jail
- Temporary accomodation
- Other/unsure



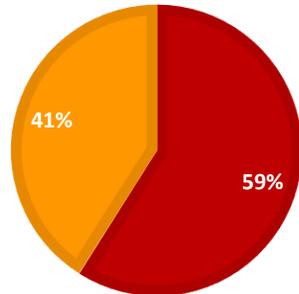
## COMPLETED RESIDENTIAL PROGRAM

- Yes
- No



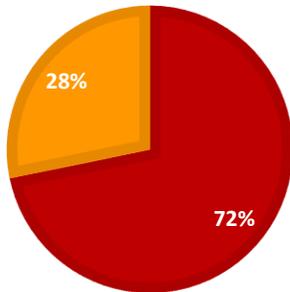
## ACCESSING PHARMACOTHERAPY

- Yes
- No



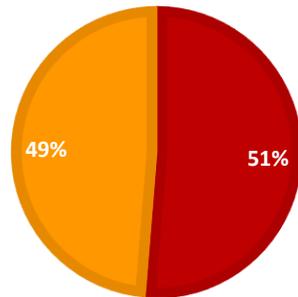
## NSW CORRECTIVE SERVICES RATING

- Medium/high
- High



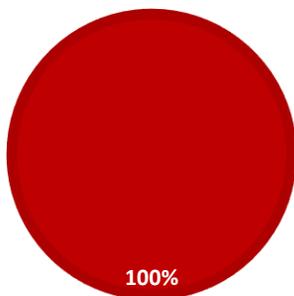
## ACQUIRED BRAIN INJURY/IMPAIRMENT

- Yes
- No

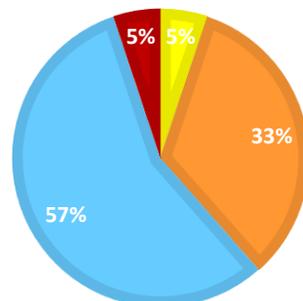


## MENTAL HEALTH ISSUES

- Yes



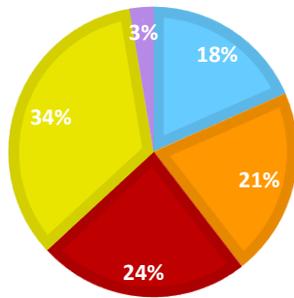
## AGE



Orange 40-50  
Blue 30-40

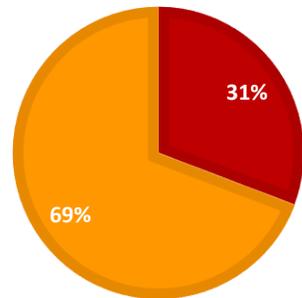
### HIGHEST YEAR OF EDUCATION ATTAINED

■ Year 7 or below ■ Year 8 ■ Year 9 ■ Year 10 ■ Year 11 or above



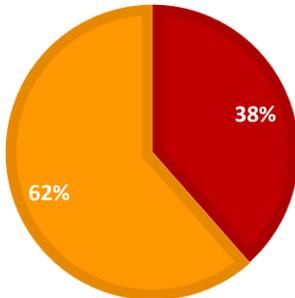
### CALD RESIDENTS

■ CALD ■ Non-CALD



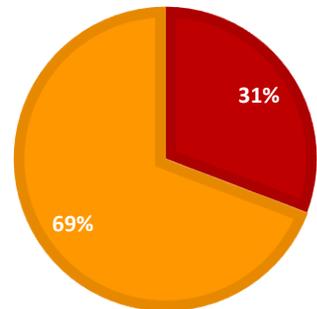
### IN FOSTER CARE DURING CHILDHOOD

■ Yes ■ No



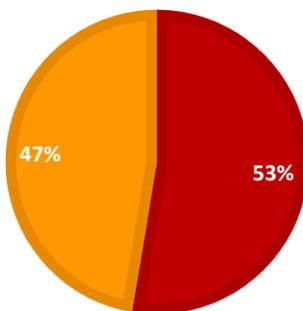
### ABORIGINAL CLIENTS

■ Aboriginal ■ Non-Aboriginal



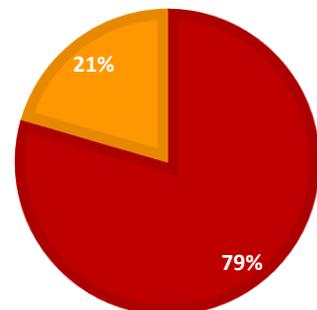
### ADULT DV CHARGES

■ Yes ■ No



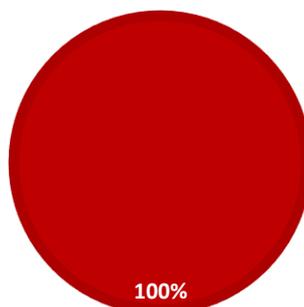
### DOMESTIC VIOLENCE EXPOSURE DURING CHILDHOOD

■ Yes ■ No



### AOD MISUSE

■ Yes





## Residential client feedback

	Most Negative	Poor	Good	Most positive
Overall stay at Rainbow Lodge	1	5	8	19
Standard of bedding and furniture	1	1	10	18
Cooking, cleaning, residence care	1	6	12	14
General cleanliness of Rainbow Lodge	1	3	16	13
Terms and Conditions of the program	1	1	11	20
Other Residents	3	6	8	16
Support and assistance from case worker	1	0	7	25
Support and assistance from after-hours workers	1	0	7	25
Activities program	1	4	13	16
Safety and support	1	1	7	24





# **Safety Hope Effort Dignity**