

“ Client-focused personalised services that are respectful, innovative and empowering to support a better life.”



OUR VALUES.

Person-centred care and programs

Innovative proven programs

Building relationships with clients, the community and care providers

Respectful of personal and cultural circumstances

Embracing change in all our work

Courageous in pursuit of continuous improvement in our services and outcomes

Empowering communities with specialty drug & alcohol education

Drug and Alcohol First Aid

Helps participants recognise drug and alcohol misuse, talk to people about drug & alcohol use in a non-confrontational manner, identify supports & treatments available and provide help to those who have misuse problems

CRA

Community Reinforcement Approach (CRA). A positive reinforcement method of reducing drug & alcohol use through skills development.

IRIS

Indigenous Risk Impact Screen (IRIS) assesses alcohol and other drug use, and associated mental health issues in a culturally appropriate and timely manner.

Research

We undertake practice-based research to develop health service models, implementation & evaluation programs; monitor clinical services and client outcomes plus identify trends in demand and supply of drug and alcohol services

LYNDON

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Need help with drugs & alcohol?

INCLUSIVE.
CARING.
INNOVATIVE.
CONNECTED.
REGIONAL.

Where **YOU** are
our priority



lyndon
strong lives connected communities



Lyndon Community is an independent organisation helping people and their families rebuild their lives through alcohol and other drug treatments.

Lyndon has a range of services including live-in and day programs and in-community activities in specific regions of NSW.

A regional service — Lyndon has been re-building lives for over 30 years with an innovative and flexible approach, focused on client needs and wants in a supportive, culturally appropriate environment.

We service the whole of NSW with our live-in programs and provide in-community services to:



HOW WE HELP.

Live-in programs

Lyndon Withdrawal Unit

A medically supervised live-in unit with a 24 hour support team. Detox lasts between six to fourteen days and includes activities and group counselling. We support clients with their withdrawal and empower them to make informed decisions about substance use.

Wattlegrove

A three month live-in rehabilitation program for adult men and women. All activities are delivered in a way that promotes self-esteem and self-management. Residents receive supportive direction from drug & alcohol workers and become familiar with self-help options. Additional training such as positive parenting, literacy and numeracy and financial counselling are provided.

In-community programs

Lyndon Outreach

A mobile service to Orange, Dubbo and surrounding towns, delivering workshops, services for families and communities, counselling for individuals and family members and providing post Lyndon live-in program support when required.

Murdi Paaki Drug and Alcohol Network

Supporting Aboriginal medical services, community health services and GPs in the regions of Broken Hill, Bourke, Coonamble and Walgett to provide better care to Aboriginal people with drug and alcohol problems.

Wandarma

Based at Bega, Aboriginal drug & alcohol workers and counsellors provide general information, short programs; case-management and counselling; transportation, family support, youth programs to the far South Coast Aboriginal communities.

Dianella Cottage

A day program for adult women located in the Blue Mountains region to enable them to build on the skills they already have in order to repair and renew their lives and relationships.