



Grow

Annual Report
2014–15



Grow

A proven program for mental wellbeing

Our Vision

Grow is recognised for its unique approach to developing leaders in mental health recovery, through mutual help, friendships and community.

Our Mission

To enable people with a mental health condition or illness to take their responsible and caring place in the wider community.

Our Values

Grow's values underpin our approach and how we work with each other, our Grow members, our partners and the community.

Personal Responsibility. We have a duty to do what is right and ethical and to take responsibility for our actions.

Personal Value. Every person is valuable and has their unique place in the community.

Mutual Help. By working together, learning together and sharing experiences we help one another grow to our full potential.

Friendship. Through companionship and leadership we develop trust and hope, we break down barriers and we gain the courage to change and grow.



Grow

A proven program for mental wellbeing

Others Can See

(by Veronica)

Others can see.....

The light, the goodness that remains unchanged.

*As thoughts disturb, crashing through my mind like
waves on a rocky shore,*

My focus shifts,

And I am duped.

I claim the booby prize,

I buy the lie,

Believing that my thoughts define me.

But others can see.....

That I have remained unchanged,

That my essence is still the same,

That my value is unchanging,

I may have wrinkled the wrapping paper,

But the gist inside was undamaged,

Deeply loved

Deeply valued

Deeply loving

Deeply good.

Others can see.....

Maybe I am beginning to see, too.

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BOARD CHAIR Leonie Young

This year I was delighted to accept the Board Chair position with Grow and to add my efforts to Grow's proud 58 year history of supporting people with mental illness. I have long been impressed with the work of Grow in Australia's mental health sector, from its values and ongoing commitment to member engagement, peer support and mutual help.

I bring to Grow over 25 years' experience in national collaboration roles in Australia's public and not-for-profit sectors, particularly in health and mental health, highly relevant to Grow. I was CEO of beyondblue for more than seven years, assisting in leading and fostering its development from a small startup agency, to a highly successful, national company. I hope to bring similar achievements to Grow such as increasing mental health promotion, consumer and carer participation, access to primary care services, and reducing stigma around anxiety and depression in the community, all of which are complementary to our strategies and goals.

Together with my fellow Board members, I extend our sincere thanks and appreciation to Barry Peach, the former Chairman who stepped down from Grow's Board this year. Barry made a substantial contribution to Grow as Chairman over seven years and his skilled guidance

helped Grow through challenging times. Barry's governance skills, business expertise and knowledge of Grow have been invaluable and added great strength to Grow's administration. We also recognise and thank Barbara Peach for her long standing support and contributions to Grow.

I look forward to the upcoming year with Grow and to working alongside my fellow Board members, with Clare Guilfoyle, our outstanding CEO, and with the staff and members of Grow, as we implement our strategic plan and strengthen this organisation. We welcome the next phase of the National Mental Health Strategy as well as collaborating on its implementation, along with participating in the National Disability Insurance Scheme. Grow's continuity over nearly 60 years, and its proven programs of mutual help and peer support, are highly relevant to both initiatives as we seek to improve mental health in Australia.

CHIEF EXECUTIVE OFFICER

Clare Guilfoyle



I am very grateful to the Grow staff, our many wonderful volunteers and our Board for supporting this wonderful organisation throughout the year. Our staff and volunteers use their lived experience of mental illness and the Grow Program every day to help people develop and maintain good mental health, and lead inspiring lives in a community united by a common understanding of hope and recovery.

I'd like to thank our staff who contributed to our many successes including National Accreditation and Certification for ISO 9001 and the National Mental Health Standards. My special thanks to Craig Panagiris for his leadership in this important endeavour.

2014 marked the second year of our anti-stigma campaign, *Odd Socks Day* – *because anyone can have an odd day*, and we were delighted with the enthusiasm of our members and the general public in their support of this movement. My thanks to Liam Morland for his work and enthusiasm for the campaign.

The implementation of our national information technology strategy is progressing well and will provide enormous support for fieldworkers and administration staff. The literature review we undertook to identify the most robust theories about what contributes to mental health

recovery and evidence-based practice in peer support is helping us to develop more meaningful outcome measures that will further add to the quality of our Grow groups.

Also my thanks to our National Program Coordinator, Luanne Donohoe and the National Program Team for completing the review and re-release of Grow's Blue Book, a key element of our mutual help program. This review was undertaken in careful consultation with over 730 members contributing at over 111 Leadership Meetings. I greatly appreciate the contribution of our members and for sharing their lived experience with recovery through the Grow Program.

My thanks to our partners and supporters, including Clayton Utz, Max Employment and Zupps motors and the many, many friends of Grow who have fundraised for us through out the year. Your support has enabled us to add value to our program and subsidise a number of members and their participation in Grow events and activities.

The best part of my job has always been meeting with our Grow members and listening to their many stories about how Grow has helped them in their lives. It's a great privilege and I appreciate the opportunity to be part of their journey to recovery.



ABOUT GROW

About Grow

The need to belong is innately human. Whether at work, at home or amongst our friends, we need to feel understood and that we can talk about our problems or needs to others without feeling uncomfortable. Mental illness can isolate us from our friends and family because we believe our feelings and thoughts are different. The opportunity to talk to others who have experienced mental illness first hand, especially those that have recovered gives us hope and a sense of belonging.

Grow was started in the late 1950s by people with a mental illness – at a time when few people understood mental health and stigma was extreme. Today, there are nearly 200 Grow groups across Australia providing weekly mutual help where participants share life's challenges without judgment and obtain practical, genuine support for recovery from mental health issues. The wisdom gained from helping each other has been carefully recorded and forms the basis of Grow's program. Groups are held in local communities, there is no formal intake process and it is free to join. Groups are offered in prisons, to carers, youth and to people from diverse backgrounds. Grow also operates two residential rehabilitation programs in NSW and ACT for people with both a mental illness and alcohol or drug addiction.

In addition, Grow runs a national anti-stigma campaign, *Odd Socks Day* – because anyone can have an odd day. In 2015, in its third year of operation, the campaign has helped to break down the stigma surrounding mental illness across Australia.

2014-2015 has been an exciting year for Grow and we are happy to share our achievements with you.

"At Grow meetings I would provide a progress report on how I was coping with work and discuss any issues I was having. Members of the group would provide me with encouragement and support and pieces of relevant Grow Program and wisdoms. Wisdoms are a collection of sayings, practical, profound and paradoxical, which have been recorded in Grow groups over the years that are useful in helping to change personal attitudes for the better."

Rod

OUR IMPACT



Our Impact

In 2014-2015, Grow supported a total of 216 groups across Australia. 140 were general groups and 33 were special groups that target specific audiences such as youth, carers and those in residential services and prisons. Grow also supported an additional 33 orientation groups, mostly in psychiatric hospitals where patients were preparing for discharge. There were a total of 6810 meetings held nationally and over 50 residents undertook our mental illness and drug and alcohol rehabilitation program.

84.5% of our members have received a clinical diagnosis of mental illness.

23% identified as being diagnosed with bipolar disorder; 20% with PTSD, 17% schizophrenia; 9.5% with schizoaffective disorder, 8% personality disorder, 5.6% with postnatal depression, 7% with eating disorder. 65% of members have underlying anxiety, 73.2% underlying depression.

48% of our members stated that Grow has helped them overcome suicidal thoughts and 88 people stated that Grow has directly helped them stop suicide attempts.

70% of members had a significantly reduced need for professional help or no longer need professional help.

40% have reduced or ceased their need for medication. 41% stated they are better at taking their medication as prescribed.

41% of members have significantly reduced their need for hospitalisation while 30% no longer needed hospitalisation.

Each year we survey our members and ask them to outline how Grow has assisted in their recovery.

The following is a summary of member responses:

91% stated they now felt part of a community.

86% of experienced an improved sense of belonging.

85% reported an improved network of friends and personal support.

79% stated they were improving their problem relationships.

77% felt an improved sense of personal value.

80% felt hopeful about the future.

82% felt more confident about attaining good mental health.

82% felt better able to take control of their own lives.

88% stated they were developing their emotional maturity.

82% stated they were better at looking after their physical health.



THE GROW COMMUNITY

Grow's Caring and Sharing Community

Community is a familiar thread used to bring people together whether it is for family and friends, work, learning or our neighbourhoods. The sense of belonging that comes from our participation in community allows us to feel like an important part of something bigger, something beyond ourselves.

A person's skills and resources are directly related to their participation in various aspects of a community. A positive community hones the skills of a person and helps them achieve their goals. They feel a sense of worth in doing things together and share resources and interests. Community is where we find comfort in difficult times.

For people affected by mental illness, social isolation is common. As well as being distressing, isolation makes it harder for people to deal with the symptoms and effects of their mental health issues. Isolation from community can be caused by social anxiety, symptoms, stigma, intolerance and misunderstanding.

Grow recognises the value of community and for our members, the Grow community starts in their group where they can share their experiences in a supportive and non-judgmental environment. Group members also support one another outside of group and help each other with tasks or meet up to spend time together.

Grow's community also includes social activities and opportunities to have fun, meet new people and enjoy a range of good healthy experiences. Over the past twelve months, we have hosted a wide range of activities from whale watching, bike rides, lots and lots of coffees, movies and theatre, fancy dress events and loads more! Members organise most of these wonderful events through their groups or member-led social teams.

Community weekends are held in all branches and provide a chance for Growers to really get to know each other, share the organisation of the creation of a fun weekend, and leave the world behind for a little while and really enjoy life!

Training is also an important part of our community building. Learning to be a leader in Grow and developing skills together creates common purpose and strengthens our community.

"Learning leadership has allowed me to build healthy relationships and make many friends along the way as I spent the best part of my life isolating myself. I have found building friendships to be the greatest form of leadership as a way to encourage and influence others. When we develop and build trust with each other through caring and sharing and working with the Grow Program, we are then more willing to believe in ourselves and each other to go that extra mile."

Keith











LEADERSHIP

Leadership

Grow has always recognised the value of leadership, even back in the 1950's when Grow first commenced. Personal leadership is recognised in each Grow member when they take control of their own lives and create their own destiny rather than allowing mental illness to direct their future. Leadership also provides guidance to others and as Grow members recover, they take up leadership positions where they can teach and support others. There are over 300 volunteer leaders that support groups nationally.

Grow volunteers are provided with extensive training to undertake their leadership role and there are also opportunities for members to take on leadership and decision making roles within our regional, state and national teams.

"To quite a large extent, the Group Organiser role is what you make it. There are the basic functions that need to be attended to - opening the venue, choosing the leader for the day, choosing the reading, choosing who will give a testimony, following up with newcomers. But beyond that there is quite a bit of leeway as to how much responsibility you take. You will find that you will grow into it. Certainly the role called me to be more involved, more understanding, more compassionate, more relaxed and definitely "settling for disorder in lesser things for the sake of order in greater things." And the result is I am just that bit more loving, more confident, more accepting, and hopefully more understanding."

John

"The first time I was asked to lead a meeting I felt scared but also excited. What if I did a bad job? I felt a sense of achievement after the meeting and realised I could do it. I was finding after about 5 months that I could voice an opinion about a way to help a fellow Crower how to tackle a problem they were having. After about 6 months attending Grow, I decided to do some voluntary work at Meals on Wheels. I was the aid in the delivery car for twice a month. A piece of program I had in mind was Mutual Help (P 15 Blue Book)."

Michael

Leaders Supporting Grow

In late 2014, one of Grow's pioneers, **Albert Lacey**, quietly passed away. Albert was a solicitor and provided an important contribution to Grow's early development. Dr Albert Lacey came to Grow in 1963, providing important legal and governance support especially in the development of the Constitution and legal incorporation. In the 1979 publication, "Grow Comes of Age", it was written that, "Even more than to be the able lawyer, Grow is indebted to the "honest man" that he has always been for us. No mere specialist but a living example of the personal integrity and the maturity that Grow stands for".

Luella Lazzarini has been the Grow representative on the National Mental Health Consumer and Carer Forum (NMHCCF) for the last five years and has diligently represented Grow for over five years, and was also a member of their executive team. The NMHCCF aims to improve the wellbeing and quality of life of mental health consumers and carers throughout Australia through promoting their rights, creating a responsive, recovery-focused service system and through supporting innovations in service delivery appropriate to different life stages. Luella stepped down from her position this year and we want to thank her representation and advocacy of Grow.

We are very fortunate to have His Excellency General the Honourable **Sir Peter Cosgrove, Governor General of Australia** as our National Patron. Sir Peter has been a wonderful ambassador for Grow in his short time as Patron and has starred in a brief video that outlines how Grow works. His Excellency also met with our members at our NSW Branch alongside his wife Lady Lyn Cosgrove. In addition Sir Peter donned a pair of odd socks for Odd Socks Day and joined us in our celebrations at our Queensland Branch. Sir Peter is passionate about mental health and understands the impact it has on our population *"As a nation, we must understand the widespread and almost insidious nature of mental health issues and their accompanying heartbreak – they do not discriminate and affect people across our society"*.

We are also very grateful to **Peter Fitzpatrick**, who in 2014 became the Patron for Grow in Western Australia. Peter has been the Chief Executive Officer (CEO) of two frontline industry associations for more than 20 years and has extensive governance experience on not-for-profit and private company Boards. He was appointed a member of the Order of Australia in the Queen's Birthday Honours list in June 1984 and was a state finalist for Australian of the Year in 2008-09.

"Leadership is everything in Grow. There will be a time when we can choose a piece of program for another person. There will be a time when we will be asked to lead a meeting. I remember being asked to lead my first meeting. My personal value was strengthened and I felt that my status as an equal member of the group was being validated by that request from my Organiser. I held firmly to the Group Method, and I read exactly what was on it, and the rest of the group helped me. By regularly taking my turn to lead group meetings, I was soon eligible to attend the bimonthly leadership meetings, which help me to learn more program and gain a greater appreciation of where my little group fit in the bigger picture of Grow."

Nicola



Governor General Sir Peter Cosgrove, Grow's National Patron



Dr Albert Lacey



Lori and Clare presenting at TheMHS



Helen Shaw, Grow Royalty



Dianne Whyte



Governor General Sir Peter Cosgrove Grow's National Patron, Lady Cosgrove and NSW Staff Growers and Volunteers



Joanie, Grow Royalty



NSW BPT 2015



Vic Staff and Volunteers

A black and white photograph featuring several mannequin legs from the knee down, each wearing a different style of striped sock. The socks have various patterns, including horizontal stripes of different widths and colors (though rendered in grayscale). The legs are positioned in a way that creates a sense of depth and variety. Overlaid on the left side of the image is the text "ODD SOCKS DAY" in a large, white, sans-serif font.

ODD SOCKS DAY

Odd Socks Day – A National Anti-Stigma Campaign

2014 was our second year for our national anti-stigma initiative, Odd Socks Day. 235 businesses registered events and 3000 people raised \$14000 to help grow this important national campaign.

390 surveys were completed with respondents stating overwhelmingly that participation in the Odd Socks Day campaign contributed to a discussion about good mental health in their community and workplace.

Our thanks go to Max Employment for their support of the campaign and their contribution of \$4000 allowing us to further spread our anti-stigma message. In 2014, Facebook was once again vital in the promotion of the message with over 100,000 unique impressions during each day of the week surrounding the campaign.

Odd Socks Day (by Karen)



Odd socks, old ways, anyone can have an odd day.

Love yourself, there's no shame.

We are all lovable in our own unique way.

Be sorry for those who don't understand,

Instead of resenting them, take a stance.

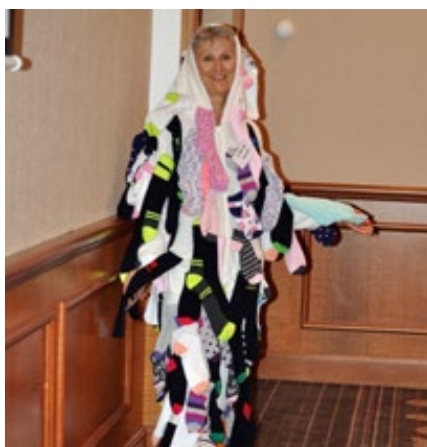
Unlikable people need love and respect,

Helpfulness, appreciation, warmth and tenderness.

Let's stomp out the stigma smothering mental illness

As we strive for mental health and happiness.





Grow BOARD



LEONIE YOUNG

The Board is chaired by **Leonie Young**, who has had a 25 year national leadership career in the public and not-for-profit sectors in Australia, including implementing and leading Australia-wide health, mental health and primary care reform strategies as a successful CEO, Board Director, NGO leader, State Manager and public sector executive.



COLLEEN HOSKING

Colleen has a Bachelor of Economics (major Accounting) from the University of Adelaide. She is currently a partner at Allworts Chartered Accountants and is a Fellow of the Institute of Chartered Accountants (FCA) and a Registered Company Auditor. Colleen is also a member of the Finance and Audit Committee.



STEVE BAILEY

Steve is a registered psychologist. He is currently working at Macquarie University with people who have dual disabilities and dual diagnosis and has been for more than 25 years. Steve was appointed to the Board in October 2010 as our Residential Rehabilitation member.



JOHN MacISAAC

John is a consulting engineer in the mining sector. he has participated in the Grow community since 2006. John was appointed to the Board in August 2011. John is our Victorian member.



KATHRYN HARRISON

Kathryn has over 25 years' experience in the community services sector working with more than 60 community organisations and managing a range of mental health programs. Kathryn was appointed to the Board as our Queensland member.



LANCE SKELTON

Lance is a marketing and advertising consultant as well as a Grower, who has participated in the program, which helped him work through some of life's challenges. Lance was appointed to the Board in November 2010 as an Independent member.



Garry Halliday

Garry has a Bachelor of Social Work and a Graduate Diploma in Family Counselling, he has recently retired as the Chief Executive Officer of Northern Territory Carers. Garry was appointed to the Board in May 2013 as our Northern Territory member.



Dr Brian Graetz

Brian is General Manager of Research, Child, Youth and Families at beyondblue and oversees their research and a range of national programs from early childhood through to early adulthood. Brian was appointed in August 2013. Has since retired from the Board in November 2014.



Doug Gowers

Doug has been involved with Grow for a period of 25 years and is the nominee from Grow's National Program Team. Doug was appointed in February 2013. He retired from the Board in May 2015.



Barry Peach

Barry has worked as a company director for over 25 years and has a wealth of experience in business, especially in strategic governance, information technology, health and human services. Barry held the position of Board Chair for seven years and recently retired from the Board in May 2015

National Program Team

The National Program Team is made up of Grow members who have worked hard on their recovery through their steady application of the Grow Program and their participation in leadership roles within their Branch. In addition, the National Program Team includes up to two staff with personal lived experience of recovery through Grow. The key purpose of the National Program Team is to ensure that the development and delivery of the Grow Program is led and informed by its cornerstone, the Grow members. As a subcommittee of the Grow Board, this team provides advice and support to the Board on key governance issues and how this supports the continued growth of the program in Australia.

The key achievement of the National Program Team this year was the completion of the review of the Blue Book. At the very first Grow meeting in 1957, there was a decision that Grow members should try to identify, write down and keep those beliefs, values, attitudes and problem-solving techniques that assisted in their recovery. What members agreed was helping their growth and recovery was written down and all writings were preserved. This was the beginning of the written program, which includes Grow's Blue Book, that is used by members in each meeting. We are proud to continue this important practice and tradition in Grow and would like to thank all Grow members from around Australia who have participated in this major work.

Currently our members include:

- **Brendon Barry** - WA Branch Program Team Representative.
- **Doug Gowers** - Independent Grow member.
- **Julie-Anne Dooley** - Victorian / Tasmania Acting Program Manager
- **Michael Bayles** - NSW Branch Program Team Representative.
- **Luanne Donohoe** - National Program Co-ordinator.

We would like to thank Michael Bayles, Ali Pain, Phil Bannigan, Elizabeth Kolaitis and Mary Anne Lucas, who have all contributed to the NPT membership throughout this past year. We particularly thank Michael Bayles, who was the previous Chairperson as his leadership and wisdom was very welcome in the NPT meetings.



OPERATIONS AND FINANCE

National Quality Accreditation

Grow was very proud to be awarded accreditation and certification for ISO 9001 and the National Mental Health Standards. These awards demonstrate Grow's commitment to quality and high program delivery standards. We thank our staff for their contribution to this great achievement.

Psychological Wellbeing

Our staff are very important to us and, as a national mental health service, the psychosocial health of our staff is a high priority. That's why for the last two years, Grow has participated in the People at Work survey. The survey is aimed at helping organisations identify and respond to psychosocial hazards in their workplace. We are also contributing to national research on workplace psychosocial hazards through the Queensland University of Technology in partnership with state-based Workplace Health and Safety authorities and beyondblue. Following our inaugural report in 2014, we undertook extensive consultation and action to mitigate the psychosocial hazards at Grow and we are very pleased to report that our 2015 results shows a reduction in hazards that create stress for our staff.

Pilot New Marketing Campaign in NSW

We were very pleased to work with Engine Group to develop a pilot campaign to raise awareness about Grow. The process for developing the campaign included feedback and ideas from staff and Grow members and detailed research into the Grow Program. The pilot has created some wonderful new material that we will use nationally to improve relations with local medical referrers.



For when we think
there's something wrong
with us, but we
don't trust
our judgement.

There is a place for you
to share your problems and
help solve your problems.
Grow group meetings are free
to attend and you can find out
more at grow.org.au/getstarted
or call 1800 558 268.

New Fleet Rollout

We have recently performed a full review of branch motor vehicle needs to ensure the fleet supports the people who support the Growers. We decided to work with Zupps to deliver 12 new Hyundai's across the country. Michael Mure from Zupps has become a close partner of Grow and has been a pleasure to work with.

New Database

Phase one of our new database was rolled out in 2015, following a year of development and trial. The data has been designed to be user friendly and save time for our staff that can now be spent with members. We thank the architect and lead developer Aden Jones, for his thoughtfulness and desire to really understand our needs.



An Early Photo of Con Keogh and Other Grow Members

Finance

The key source of funding for Grow is state governments and we have been fortunate to have renewed 2 and 3 year contracts with South Australia, Northern Territory, and Victoria, Tasmania.

Funds raised from donations to Grow in 2014-2015 supported the further development of our anti-stigma campaign, Odd Socks Day. It also helped fund important volunteer training and development and some social activities for Grow members, in particular our community weekends. These funds also support the prisons program, made possible by the important support of our volunteer fieldworker, Leila Ibbotson. Our self-generated funding assisted with the delivery of our Get Growing program, which is targeted at secondary school aged children. Funds generated by Grow through fundraising and donations account for approximately 3% of our total income.

In 2014-2015, the Grow Board invested reserve funding in a number of key strategic projects including the development of a national database and the continued rollout of our national IT infrastructure, marketing campaign pilot in NSW and our Odd Socks Day campaign. As a result, Grow recorded a deficit of \$336,414.

Grow members play a significant role in the delivery of the Grow Program across Australia. In 2014-2015, Grow was supported by around 350 volunteers contributing in a variety of ways all across the country, through their leadership in Grow Groups, helping with the planning of social events and fundraising, participating in promotional activities and outreach and serving on Grow decision-making teams at a local, state and national level. Each volunteer commits on average two hours a week equating to 36,400 hours annually. An estimate of the financial contribution to the organisation is estimated at \$910,000 per annum. This contribution is vital to the delivery of the Grow Program and realising our vision and mission.

We are also very fortunate to receive pro bono support from Clayton Utz for legal advice. Grow has received advice on important trademark issues and changes to the Constitution. The pro bono support we receive from Clayton Utz is vital to the organisation and we are very grateful for their continued assistance.

Grow appreciates the support given to us by the Board of the Sydney Parklands Trust. The Trust Board generously support Grow through a reduction in our rent for the premises we use for our residential rehabilitation service in West Hoxton, Sydney. The funds saved are used for additional activities and to further improve the support to residents.

For a full copy of our audited financial statements please visit our website.

A black and white portrait of a woman with dark, wavy hair, smiling and looking slightly to the right. The background is blurred. The text "OUR PROGRAMS" is overlaid in white, sans-serif font at the bottom.

OUR PROGRAMS

The Grow Program

At Grow, people come together on a weekly basis to participate in an organised meeting that lasts around two hours and is followed by refreshments. Groups vary in size from 3-15 members, and are run by experienced members (known as Growers) who have taken a voluntary leadership role within the group.

Participation in Grow meetings is free. There are no assessments and no need for a diagnosis or other strict eligibility criteria. The only expectation is recognition of challenges that are impacting negatively in one's life and a commitment to work on overcoming these challenges.

There are around 200 Grow Groups in Australia.

Youth Services – Get Growing

Grow has extended its experience in peer support and developed a Youth Program that is conducted in schools. Led by experienced youth workers, the Get Growing Program is targeted at those aged between 10-19 years of age.

The young participants may present emotional problems, peer isolation, low self-esteem, trouble with schooling, poor coping skills, issues with bullying, self-harm or other difficulties.

Students develop their personal skills, share their issues and seek solutions and perspectives within the group. Most importantly, students grow to realise they are not alone and develop ongoing, supportive relationships with one another beyond the time spent in the program.

Prison Services

The Grow Program operates within prisons in Victoria. These groups work in the same way as general Grow Groups except they are facilitated by a staff member with lived experience. Offenders can continue their recovery in general Grow Groups upon release, enabling supportive integration into the community.

Carer Program – Grow Better Together

Grow Better Together is a peer support program for caregivers of people experiencing mental illness. It utilises the same key elements of the Grow Program, encouraging carers to further develop their own personal resources, friendships and supports to overcome barriers they experience as part of their caring role.

Supported Accommodation

Grow operates supported accommodation for people with a mental illness in NSW and ACT. The accommodation in NSW provides transition from the Dual Diagnosis Residential Rehabilitation Program for up to 19 people and ACT allows residents to develop living skills in preparation for independent living.

Residential Rehabilitation Program

The Grow Community provides a rehabilitation program for persons with coexisting mental health and drug and alcohol issues or mental health problems only. The residential can accommodate 17 adults (male and female), 18 years and over and is located in a rural farm setting in West Hoxton, Sydney.

The ACT house provides psychosocial rehabilitation for up to 5 residents with a mental illness. The residential community support workers operate closely with the residents' case managers as they prepare for independent living.

The residential rehabilitation programs offer a structured program over approximately three to twelve months. There is a daily schedule of work, exercise and recreation, together with regular Grow group meetings and study groups for rehabilitation and personal growth, with emphasis on personal responsibility, self-activation, shared learning and mutual help. The residential rehabilitation program is supervised by dedicated, qualified staff, some who have come through the program and have achieved lasting rehabilitation.



STATE SERVICES

Australian Capital Territory
Residential Rehabilitation Program - NSW
New South Wales
Northern Territory
Queensland
South Australia
Tasmania
Victoria
Western Australia

Toll Free: 1800 558 268

Website: www.grow.org.au

National Support Office
Chief Executive Officer: Clare Guilfoyle
1018 Logan Road
Holland Park QLD 4121

Ph: 07 3397 7629

Email: national@grow.org.au





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