



Who can come to Tumbelin Farm?

Tumbelin Farm is a new long stay residential program. It is designed for young people aged 16-21 who are looking to overcome the negative impacts of drug and alcohol in their lives, and are ready to go on a supported journey of change.

Tumbelin Farm will initially open to young men (16-21yrs) from the Onkaparinga, Fleurieu and Murray Bridge regions. The program will open to female participants in mid-2020 with the opening of a second residential facility, and to participants from other areas of SA after that.

Please see the [eligibility criteria](#) for further details.

What does the farm look like?

Tumbelin Farm is a fully supervised 24/7 program. Within the farm, you'll be living in a community with three other young adults and two House Parents. You will have your own room and share a bathroom and living areas.

Daily routines will include preparing food, doing chores, daily fitness, as well as chilling out together/watching movies etc. It's a working farm, so you'll be involved in looking after livestock, feeding the chooks, collecting their eggs, growing produce, mowing the lawn, mending fences and looking after the equipment we use for our Adventure activities.

What does a typical day at Tumbelin Farm involve?

Every day at Tumbelin Farm will be an adventure, but there'll be some regular routines and activities that you'll be involved in most days:

- *Personal Learning & Development:* Most mornings you'll work on your '*Personal Journey Plan*' through group-based and individual learning sessions. You'll also work with the Education/Training Coordinator to develop a '*Personal Learning Plan*' which is aimed at extending your education or building vocational skills that you can apply back home.
- *Adventure Therapy:* We know that some of the best learning involves being outside, doing stuff together and reflecting on our experiences. Wednesdays are 'adventure days' when we'll head out and about and engage in activities such as rock-climbing, kayaking or camping. We'll also head out most weekends.
- *Skill Development:* As you progress through the Tumbelin Farm program you'll have the opportunity to learn new practical skills around the farm and in other Baptist Care programs – construction projects, vocational training and even traineeships.
- *Personal Change:* You'll meet regularly with our Family Group Counsellor and your mentor. Additional psychological support is available if you need it.

The weekly schedule will change from time to time based on the needs of the participants.



What happens on the weekends?

Weekends are a chance to swag out on the farm property, or head out on camping trips and recreation days. These will be memorable experiences that will last a lifetime! Weekends are also a chance for some valuable down time and for connecting with your 'Circle of Support' back home.

How long will I stay?

Every person's Tumbelin Farm journey is different and the length of your stay will vary too. To allow enough time to achieve your goals we ask for a minimum commitment of 8 weeks at the Farm, but you can stay for as long as 6 months if you need to.

We'll work with you to return home when you feel ready.

Can I smoke cigarettes?

Tumbelin Farm is 100% drug and alcohol free and this includes cigarettes and e-cigarettes. We'll support you to rise to this challenge; Nicotine replacement therapy is available as part of the program, throughout your withdrawal period and farm-stay.

Will I be tested during my stay at the Farm?

Yes, Tumbelin Farm does conduct drug testing through swab and breath tests. We expect you to remain alcohol and drug free throughout your stay.

What should I bring to the Farm?

You will be supplied with a list of what you can/can't bring to the Farm. You will need to bring an appropriate amount of clothing, and some personal items are OK, but you'll need to limit your luggage to a maximum of 2 suitcases or bags. All specialised adventure clothing and equipment will be provided.

We believe that it's important "to disconnect to reconnect", and so the Farm has a policy of no personal phones/computers. However, you will have access to a landline for making scheduled calls to people in your Circle of Support, and you will have access to the internet at particular times during the day.

And of course drugs, alcohol, illicit material and any weapons are not allowed at the Farm.

How much does the Farm cost?

Tumbelin Farm is funded by the Federal Department of Health as well as the generous support of businesses and individuals in the community.

However you will also need to make a (weekly) financial contribution to go towards food and lodging during your time at Tumbelin Farm. This cost varies depending on your



circumstances, but for those who receive a Centrelink payment it will be a proportion of your payment. This will be discussed with you through the application process. We've got the necessities covered, so apart from this weekly contribution you won't have any other out of pocket expenses.

Am I allowed to have visitors during my stay at the Farm?

Yes. The first couple of weeks at the Farm will be important for you to focus on settling in to the new routine of life at the farm, but after that there will be opportunities for members of your Circle of Support to visit you at the Farm at prearranged times – usually on the weekend.

Do I have to participate in Adventure activities?

Tumbelin Farm is built around the motto of an 'Adventure for a lifetime', and adventurous activities such as rock-climbing, kayaking and camping are part of what we do together. We have a 'Challenge by Choice' philosophy. This means that, while everyone participates, the choice of *how* you participate is up to you.

We hope there will be times where you push out of your comfort zone and discover new strengths and skills!

Do I need to be drug and alcohol free before coming to the Farm?

Yes. There is an expectation that you will go through a supported withdrawal program and/or stabilisation prior to coming to the Farm. We'll help you understand your options and support you through the process.

What support will I receive from Tumbelin Farm?

The Tumbelin Farm community is committed to supporting you on your journey of change. You will receive support to explore and create change with your Mentor, Counsellor, House Parents, Education/Training Coordinator, other Farm staff, and a Psychologist as required.

What if I have more questions?

Please don't hesitate to call **8388 5234** and ask to speak with a member of the Tumbelin Farm team.