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# Tumbelin Farm



Residential Drug and Alcohol  
Rehabilitation for Young People.



# Tumbelin Farm - An Adventure for a Lifetime

Whether you are a parent or guardian of a child, you have probably gone to great lengths to protect that young person from illness and injury. Yet having a child succumb to addiction can still come as a shock, leaving families unprepared for the consequences.

Tumbelin Farm offers young South Australians aged 16 to 21 who want to overcome their alcohol and/or other drug issues a pathway to recovery and achieve lasting change.

## The Seven Steps of Tumbelin

When clients arrive at Tumbelin Farm, one of the tools we use to help them set goals and begin their journey is the Seven Steps.

**In essence, the Seven Steps are a navigation tool.**

For young people wanting to make positive change around drug and alcohol use, the seven steps help them begin - safely - a journey of recovery that could take weeks, months or even years.

1



### Where are you?

**Step 1 is all about being as honest as you can about where you are right now, at this moment in time.**

It doesn't require that someone who comes to Tumbelin Farm arrives understanding everything about themselves, what's happened to them in the past or how this has contributed to where they find themselves at this point in life but it speaks to the importance of embracing vulnerability and, gently and with courage, beginning to make sense and meaning of their story so far.

Unpacking the trauma of the past is something that will take place mostly after someone leaves Tumbelin Farm - while they're here, our hope is they can experience the conditions that are required to make this difficult work possible - unconditional positive regard, free from blame, and an increasing sense of self-worth.



2



## Where do you want to be?

**Step 2 is all about creating hope**, that there is somewhere else where life can be better – less chaotic and more fulfilling – than it currently is. It's about imagining what this life looks like, and beginning to dream a vision that can become reality.

3



## Surround yourself with resources

**Step 3 recognises that everyone has strengths, knowledge and people who care that they can draw on to begin a journey of change.**

Often we need to unearth these strengths, skills and people, and learn how we can draw on and deploy them.

Living at Tumbelin Farm in a community setting, getting involved in jobs that need to be done around the place and taking part in adventurous activities all create opportunities for young people to understand what they have inside them, and when and how they can ask for help from others.

4



## Make a plan

**Step 4 highlights the importance of having a plan and, importantly, one which utilises the strengths, skills and people unearthed above.**

The plan captures some or all of the vision identified in Step 2 and describes how and when resources will be deployed to maximise the likelihood of making it to the place you want to be. It also breaks the journey of a lifetime down into steps, the most important of which is the next one. As the old riddle goes – “How do you eat an elephant?” ... “One mouthful at a time”.

5



## Make a start

**Step 5 is where the rubber hits the road** and is the tipping point where a young person's courage and willingness to take a risk is put to the test, for if nothing changes, then nothing will change.

It's important to recognise that everyone who comes to Tumbelin Farm has already taken one or more courageous steps. Going to detox and coming to the farm are both examples of how they've already stepped out in faith and hope that life can be different. Critical to this is committing despite the risks and understanding that every gain demands that something be given up.



6



## Review your progress

**Step 6 provides a mechanism for staying on track** or recognising when you're off track and how to get back before you become completely lost.

Every journey is a zig zag and requires constant monitoring of whether the plan is rolling out as hoped. And, if we need to, when and how we're going to grab the levers to change direction or speed to stay in control or regain control in the face of expected and unexpected challenges.

7



## Celebrate

**Step 7 is all about honouring every effort and recognising the capacity** that's being built with every step forward, the moments of stillness that help us catch our breath, and embrace the trips and stumbles not as failures, but as moments of learning that enable us to dust ourselves off, recommit and go again.

Coming to Tumbelin Farm isn't about solving all of the problems all at once. It's a place where young people can – at a critical moment in their lives – experience what it's like to have somewhere safe to live without drugs and alcohol.

Experience life with people who care and challenge, do things that have purpose and meaning and be supported to figure out what's important to them, what needs to change, and what their role is in making this change.

Tumbelin Farm is a residential adventure therapy program for young South Australians aged 16 to 21 who want to overcome their alcohol and/or other drug issues and achieve lasting change.

Tumbelin is a Ngarrindjeri word which means "Awaken and Live". Building capacity for positive, healthy relationships is at the heart of how young people and the members of their community of support (relatives, friends, family) are supported to become awake and alive.

Located in the Mt Lofty Ranges about 45 minutes from Adelaide, the Farm is a working property where young people live in a small, therapeutic community setting.

### **Tumbelin Farm is for young people who are willing to...**

- embark on a journey of change,
- work hard to develop a new sense of hope and purpose; and
- (re)establish a fulfilling life in the community.

Get in touch! Call **0455 345 427** or visit **[baptistcaresa.org.au](http://baptistcaresa.org.au)**