



Who can come to Tumbelin Farm?

Tumbelin Farm is South Australia's first residential adventure therapy 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.

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 a supportive staff team. 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.

How long will I stay?

Every person's Tumbelin Farm journey is different and the length of your stay will vary too. There is no minimum commitment and you can stay for as long as 6 months if you need to. The longer you stay the more chance you will achieve your goals.

We'll work with you to return home when the time comes.

Can I smoke cigarettes?

Tumbelin Farm is 100% drug and alcohol free and this includes cigarettes and vapes. Nicotine replacement therapy is available as part of the program, throughout your withdrawal period and farm-stay.

Will I be drug 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 during the intake process.



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 we also ask you to make a (weekly) financial contribution of \$150 to go towards food and lodging during your time at Tumbelin Farm.

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 pre-arranged 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 Case Manager, Counsellor, House Parents, Farm Supervisor, Adventure Therapy Practitioners and other Farm staff.

What if I have more questions?

Please don't hesitate to call **0455 345 427** and ask to speak with a member of the Tumbelin Farm team or email E: tumbelifarm@baptistcaresa.org.au.