

Halstead, Murray (1983)

The Establishment of Blair House - a halfway house for recovering alcoholics in Southland

THE ESTABLISHMENT OF

BLAIR HOUSE

**A HALFWAY HOUSE
FOR RECOVERING
ALCOHOLICS IN SOUTHLAND**

A REPORT ON THE ESTABLISHMENT OF 'BLAIR HOUSE' IN 1983
AND THE ROLE OF SUCH AN INSTITUTION IN A COMMUNITY.

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KELLOG SCHOLAR 1983



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The establishment of Blair
House

INTRODUCTION - PREFACE

In late 1982, the writer was invited to join a coordinating committee set up by the Southland Hospital Board to instigate the establishment of a 'Halfway House' for recovering alcoholics.

The following report outlines the problem of alcoholics in Southland, the setting up and administration of 'Blair House' as the Institution is now known - under the auspices of the Southland Alcoholic Rehabilitation Centre Inc, the overall body responsible for it.

The writer has been specifically associated with fund raising for the venture but has participated in the formulation and writing of policy for the Society.

While such a venture does not at first sight have a rural flavour, it is interesting to note the majority of residents who have utilised the facilities to date have or have had rural backgrounds, ie: in all age groups - young rural people with little to occupy themselves with in the country who have been subject to alcohol abuse and also farmers from well established and wealthy farming areas.

The concept can I believe be repeated in small rural towns such as Ashburton, Masterton and indeed larger cities.

**Last year, the average New
Zealand household spent
\$7-73 a week on alcohol -
More than on fruit and
vegetables or fuel.**

(Source: Dept of Statistics.)

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ALCOHOLISM

THE DISEASE

Alcohol is at one and the same time the best and safest sedative and relaxant known to mankind. Yet, is the most destructive force in our Society today.

The excessive use of this compound is responsible for an occupancy rate of 20% of available Public Hospital beds at all times. It far exceeds coronary heart disease, cancer and cigarette smoking as a health hazard and social menace.

Alcoholism is only one of a number of specific diseases where alcohol produces a specific reaction in specific individuals. Others are cirrhosis of the liver, pancreatitis.

According to my research, argument has raged for years on the biochemical versus the psychological theory as the root cause of alcoholism.

Research findings now tend to support a biochemical theory.

The nervous system is a complex of nerve cells and fibres. Nerve impulses are, or are not, passed from cell to cell, depending on the nature of the chemical substances liberated at the nerve junctions.

A series of chemical substances known as endorphins have been found also to be formed at these junctions. The endorphins are closely related chemically to morphine, a well known addictive drug and efficient pain reliever.

In alcoholics twice as much endorphin is liberated than in the normal individual.

Once alcohol is taken and a certain level circulated in the bloodstream compulsion and craving take over unless "will power" or external influences are stronger.

The alcoholic drinks to excess, dictated by his internal bodily functions. Excessive drinking leads in turn to chronic poisoning of all his body cells killing bacteria. Discomfort takes over and what better sedative for this discomfort than "the hair of the dog" and so the vicious circle is complete.

The alcoholic does not really want to stop drinking in his toxic state he cannot see that the only solution is to stop drinking. No effort of will is going to change his internal structure and function, in much the same way as a diabetic cannot change his sugar metabolism by will power.

The treatment of an alcoholic is simple. The victim stops drinking permanently - there is no other solution.

It is in the implementation of this regime that life becomes difficult with the powerful forces previously mentioned acting in a contrary way.

Following a trail of destruction, disruption of home and work life, following many years of excessive drinking, the disease may then be identified in the individual, if not before if his friends are educated to watch for the signs.

Once identified treatment programmes can commence.

Alcoholism then is excessive drinking driven by internal metabolic abnormality and effects all races, creeds, religions, sex and age groups. It exists in the clergy, it exists in management, on the shop floor, in the professions, in the homes of the wealthy as much as in the merest hovel. There apparently is a strong hereditary tendency also.

THE PROBLEM IN SOUTHLAND

The incidence is as high if not higher than other areas in the country perhaps because of our relative isolation.

The Southland Hospital Board several years ago recognised the problem and several years ago set up an Alcohol Assessment Unit within the normal ward system.

Other hospitals throughout the country have such units but are either in buildings outside the hospital or a separate unit. Such arrangements do tend to perpetrate the idea that alcoholism is a disease apart, whereas it is a straight forward medical disease in the same way as diabetes or cancer.

The Southland Hospital unit has six beds under the control of a part-time consultant house surgeon help, a full time social worker and the necessary nursing staff.

The function of the unit is as its name suggests, to sort out the alcoholics from the other problems associated with alcohol use and abuse, and to advise on all these problems and actively set in train the treatment of the alcoholic where absolute abstinence is the only solution to the problem.

The unit is hard pressed, average occupancy rate is ten with the average stay about a fortnight which is too short for some patients, some of whom may require up to three months of supervisory care before return to full function in the community.

The Southland Hospital Board recognised three years ago that there was a need in the community for a Halfway House as part of a continuing programme of rehabilitation for the recovering alcoholic.

BLAIR HOUSE - THE INCEPTION

A subcommittee of the Board was formed to investigate the setting up of such a hostel and in turn a co-ordinating committee was set up.

The writer was invited to join by several of his business clients, farmers in the main, who thought I had some ability to offer in the way of organisational ability and the reputation for "getting things done". Possibly because of my experience with Service Club appeals.

THE COORDINATING COMMITTEERole

- To call a Public meeting of interested citizens
- Formulation of an Incorporated Society
- Draft a set of Rules for the Society (attached)
- Call the Inaugural Meeting of the Society
- Locate a suitable building within the city
- Election of Office Bearers and Executive Committee to run the 'Halfway House' as a Board of Management.

THE INAUGURAL MEETING

The draft set of Rules was adopted. The Executive consisted of President, Vice President, Secretary, Treasurer and seven members by election, and coopted appointed members where possible and practical from the following organisations:

Hospital Board, Department of Health, Department of Social Welfare, Department of Justice and Alcoholics Anonymous.

It is important to have a balanced committee. At this stage we have four A.A. members, an accountant, a lawyer, wife of an alcoholic and two members with business experience and a service club representative.

LOCATION OF THE BUILDING

We were fortunate that a property, an ex boarding house, came on the market about that time. However with the time needed to incorporate the Society and raise funds it was obvious that we would not be in a position to move quickly.

An A.A. member with obvious financial resources purchased the building in his own name to hold it until the Society was in a position to purchase.

DESCRIPTION OF BLAIR HOUSE AND ACCOMMODATION

The property is centrally located in the city, a brick veneer building, 2 storied, approximately 50 years old, which had previously been a private boarding house.

There are 9 bedrooms plus 2 lounge areas plus a partitioned Manager's quarters incorporating a 'bed sitter', lounge and kitchen area.

In addition there is a 'double sleepout' able to accommodate 2 more bedrooms.

Maintenance is carried out by Hospital Board staff under the community development rate with some financial assistance from ALAC for any major alterations that are necessary.

GENERAL

- 1 A Boarding House licence has to be obtained from the Local Authority, in this case Invercargill City Council.
- 2 Approval of Fire Service as to fire control.
- 3 Power and phone charges can receive certain subsidies.
- 4 Insurance on the building can be negotiated and purchased at discounted rates.
- 5 Furniture and fittings and services can be supplied by interested persons free of charge.
eg, 1 year's supply of coal ex Coal Merchant
- 6 Manager's salary can be enhanced by tax free car allowances.

SOCIAL WELFARE BENEFITS AVAILABLE TO RESIDENTS

Sickness and Unemployment Benefit

- under 20 years	Sickness Benefit	\$62.97
	Unemployment Benefit	\$54.02
- over 20 years	Sickness Benefit	\$82.78
	Unemployment Benefit	\$70.95
Married 1 Child	Sickness & Unemployment Benefit	\$143.96

Accommodation Benefit

Two thirds of amount in excess of rates mentioned below, up to a maximum benefit of \$22.00.

Married	\$55.00
Single	\$35.00

FUND RAISING

This was not to be part of the Hospital Board project and obviously could not be funded from that source as they were already under extreme pressure from funding allocation cuts.

A Target Was Set: Costs

The Building	70,000
Furniture & Fittings	10,000
Working Capital initially	<u>20,000</u>
	<u>\$100,000</u>

The aim of the Southland Alcoholic Rehabilitation Centre Committee was that the Hostel should become self supporting, each resident to pay board.

The Hostel is in the charge of a resident Manager and the residents maintain the building and grounds, grow vegetables and help in the preparation and cooking of meals.

SOURCES OF FINANCE

Alcoholic Liquor Advisory Council (ALAC)

50% Grant on the cost of the building

Invercargill Licensing Trust

Furniture and effects to the value of \$6,000

Southland Savings Bank

\$1,000 plus generous assistance with Bridging Finance

NZ Aluminium Smelters (Tiwai Point)

\$5,000 (Blair House chosen as their major community project donation for the year, in recognition of the role that alcoholism plays in the workplace)

Charitable Trusts - administered by

NZI Trust Department

Perpetual Trustees

Trustees and Executors

Personal Membership of the Society

Annual Subscription \$5.00

Business Subscription \$25.00

Business House Appeal

Country Hotels Collection

Southland Frozen Meat Company

Alliance Freezing Company - substantial donation

Government Agencies

N Z Lottery Board

House to House Appeal - Invercargill

An appeal was planned but cancelled. The apathy in the community or the traditional conception of an alcoholic as a down and out lying in the gutter type person is still widely prevalent and it soon becomes obvious that such an appeal would have limited success.

THE ROLE OF BLAIR HOUSE

Previous attempts have been made to establish a Halfway and Refuge House in the city.

The Salvation Army uses its facilities as a refuge only - not as part of a rehabilitation programme.

The Catholic Church set up Talbot House several years ago but this has since gone out of existence because it was not tied to an existing rehabilitation programme.

The role of Blair House as part of the Rehabilitation programme:-

Residents can only be referred from the Alcoholic Assessment Unit at Southland Hospital.

One cannot just apply to become a resident.

As has been stated the treatment of alcoholism takes a long time and the giving of time to adjust is the fundamental purpose of Blair House.

There are many ways Blair House carries out this purpose:-

- * Gives more time to adjust, particularly those living outside the city.
- * Going to work during the day but returning to a sheltered environment at night.
- * Giving the family at home, where there may well have been friction, also time to adjust.
- * Giving time to change a home environment or allowing a different place to live to be found.
eg, single man in a hut, freezing worker in a hut at the works
- * Where further therapy is required at Hamner Springs, provide shelter while a bed becomes available.
- * Allow earlier discharge from the hospital unit and free beds which are badly needed.

The average length of stay of any resident would be 4 to 6 weeks.

FINANCIAL (DAY TO DAY OPERATION)

INITIAL BUDGET 12 MONTHS

Based on Occupancy of 7½ Lodgers and the Manager

	<u>Per Week</u>	<u>Per Annum</u>
Electricity	42.31	2200.00
Rates	15.00	780.00
Insurance	5.77	300.00
TV licence	0.87	45.00
Telephone	3.85	200.00
Repairs, Maintenance	125.00	6500.00
Wages	150.00	7800.00
Cleaning Materials	16.35	850.00
Food	170.00	8840.00
	<u>529.15</u>	<u>27515.00</u>
Per lodger cost	<u>\$ 70.60</u>	<u>\$ 3668.67</u>

Extra wages may have to be allowed for the relief manageress.

The overall day to day running costs are administered by the Treasurer who is a Public Accountant who works in close liaison with a small Finance Committee.

The Manager/Manageress is responsible for collecting board from the residents and accounts to the Treasurer for this.

The Treasurer in turn allocates funds for food and minor items to the Manager/Manageress each week.

The budget was drawn up with the intention of a breakeven situation and board is set down at \$70/week. Some boarders pay cash, but the majority is funded from Social Welfare payments due to the residents.

THE REFERRAL PROCEDURE

As discussed once the disease has been identified and the patient accepts he has a problem, usually with the assistance of Alcoholics Anonymous where he finds relief. He finds at last the true definition of an alcoholic, he is among peers who have precisely the same problem.

The alcoholic through 'AA' is referred to the Alcoholic Assessment Unit at Kew Hospital.

The unit has 8 beds and as indicated is staffed with specialists and dedicated people.

The average stay is about a fortnight which is too short for many patients.

To continue the programme of assessment they can be referred to Blair House for accommodation. If they agree, the Charge Sister makes the arrangements and applies to the Social Welfare Department for the sickness benefit to be paid to the House Manager at Blair House, who deducts the \$70/week board and pays the balance to the patient.

The resident moves in when there is a bed available and uses the House as a residential centre only. No treatment is given here, it is purely a boarding establishment in an alcohol free environment.

Members of AA are encouraged to visit and discuss problems, past, present and future.



Alcohol abuse costs New Zealanders about \$500 million each year. (Source: ALAC.)

THE HOUSE RULES

The House operates under House Rule guidelines, a copy of which is attached to this report.

During the first 8-9 months of operation problems have occurred particularly with the younger age group of residents.

Friends who may be on drugs or have been drinking frequently call.

The diplomacy of the Manageress or Manager in dealing with this type of occurrence is paramount.

It is preferable to have one or two longer term residents as they tend to have a stabilising influence.



MANAGER'S RESPONSIBILITIES

GENERAL POLICY

Blair House functions on a basis of:-

- 1 Shared responsibilities
Residents participate in the decisions regarding its conduct and other matters which affect them. However the Manager has the ultimate responsibility to the Executive Committee.
- 2 The role of the Manager in relation to residents is on the basis of mutual respect and is to encourage and support the responsibility of residents for their own welfare.

SPECIFIC RESPONSIBILITIES

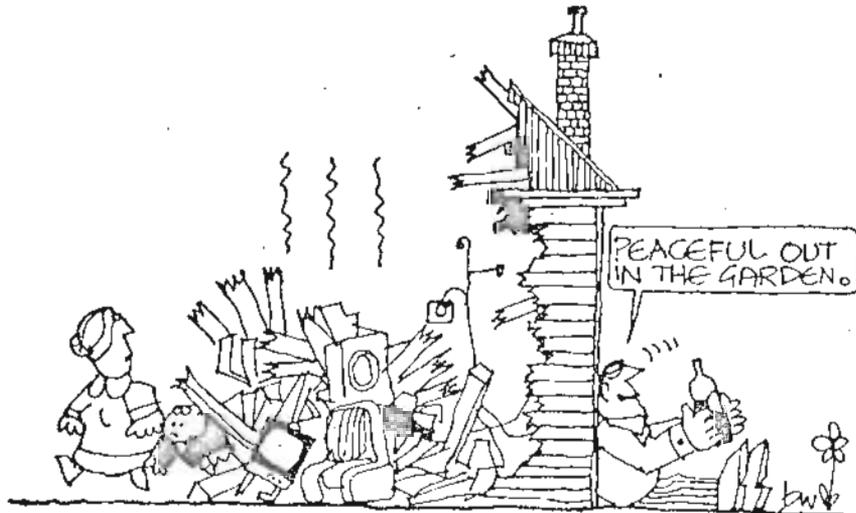
- 1 To be responsible to the Management Committee through designated members of that Committee for the day to day functioning of the Hostel.
- 2 To ensure that balanced diet food is available to meet all meal requirements of residents within the limits of money allocated for that purpose.
- 3 To prepare for all residents, in the evenings, from Monday to Friday inclusive, the days main meal and breakfast.

The preparation of lunch and all weekend meals will be the responsibility of residents.
- 4 To be responsible for the cleanliness and tidiness of the house and garden and encourage residents to assist.
(Residents are responsible to the Manager for the tidiness of their own rooms).
- 5 Collect board from residents and account to the Treasurer for it and keep an attendance register.
- 6 Maintain a telephone toll call register for residents toll calls and collect money for these.
- 7 Be responsible for referring deterioration in "Recovery" progress of any resident to the Executive Committee designated or the Southland Hospital Board Alcoholic Assessment Unit Social Counsellor.

BLAIR HOUSE - MANAGER SELECTION CRITERIA

ESSENTIAL CHARACTERISTICS SOUGHT:-

- 1 Mature well adjusted personality
- 2 Ability to successfully relate with people from a wide range of positions in society
- 3 Display formal and informal leadership qualities
- 4 Have compassion and sense of vocation
- 5 Have an adequacy of domestic skills



Broken families and damaged children can result from too much drinking.

SUMMARY

The Southland Alcoholic Rehabilitation Centre Inc was set up in late 1982 for the express purpose of establishing a "Halfway House" hostel to assist in the Rehabilitation of Recovering Alcoholics, and provides for the continuing administration and management of 'Blair House' as it is now known.

The first residents were admitted in March 1983.

It is a voluntary organisation and incorporated Society of members with a common interest in the rehabilitation of alcoholics. The executive is comprised of business, medical and professional people.

Funding has been the main theme for the first year of operation and by the end of 1983, or into early 1984, the entire project will have been funded to the extent of \$100,000.

The source of funds has been widespread and funding organisation has been covered by the writer.

Main sources include:

- Alcoholic Liquor Advisory Council Grants
- Invercargill Licensing Trust
- Business House and Industry
- Charitable Trusts Administered by Trustee Companies
- Personal and Business House Membership
- NZ Lottery Board
- Other Government and Private Agencies

One of the difficulties in funding such a cause has been the conception of the disease of alcoholism in the eyes of the public. It has no emotional appeal, however approximately 13,000 Southlanders are affected directly or indirectly with the disease of alcoholism, and those that have some knowledge of the problem whether it be in the home or in the workplace have been willing to support the cause.

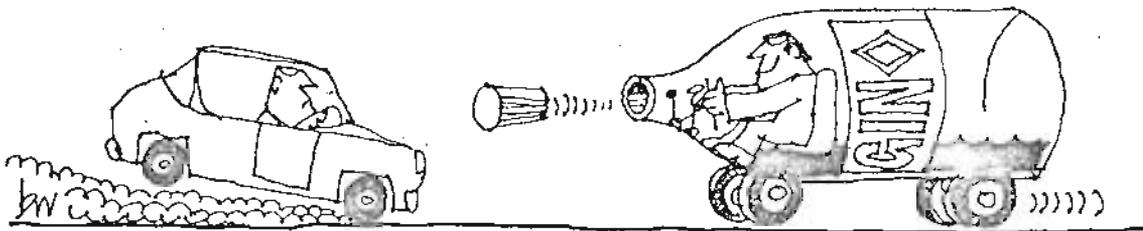
Considerable progress has been made since the inception. residents have been accommodated and although statistics of success or the contribution of the Hostel in the continuing rehabilitation of alcoholics cannot be accurately assessed, we believe it is assisting. I believe a need has been fulfilled.

...

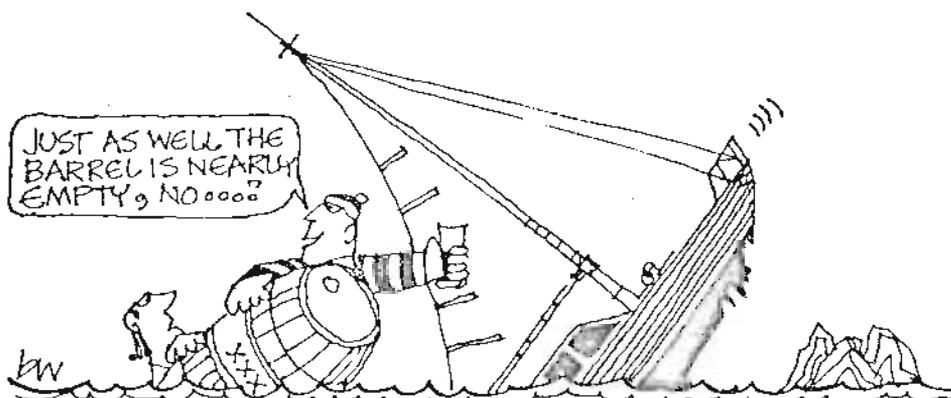
The project has been reported on in this way with additional material attached so that other organisations throughout the country that may decide that there is a need within their own community may benefit from the experience of SARCI in setting up such a project.

The writer has operated over the past 12 months with a team of dedicated people, all of whom have contributed in all aspects of the setting up of this hostel.

I specifically acknowledge their assistance in preparing this report.



Half of all fatal road accidents in New Zealand are linked to alcohol. (Source: Mot.)



Last year, alcohol played a part in over 40 per cent of all drownings in New Zealand. (Source: NZ Water Safety Council.)

ACKNOWLEDGEMENTS

SYLVIA COOK
Sister in Charge
Alcohol Assessment Unit, Kew Hospital

MR W G DAVIDSON
Retired surgeon, Southland Hospital Board
Member and the Instigator for such a
Hostel in Invercargill

ALCOHOLIC LIQUOR ADVISORY COUNCIL

MR LUKE HAZLETT CBE
President of S.A.R.C.I.

ALCOHOLICS ANONYMOUS

MR DONALD MACKINTOSH
Who persuaded me to become involved

THE SOUTHLAND ALCOHOLIC REHABILITATION
CENTRE INCORPORATED (S.A.R.C.I.) COMMITTEE

OBJECTS OF THE SOCIETY

OBJECTS OF SARCI

- (1) To foster interest and understanding in the return to the community of patients receiving treatment for alcoholism, drug addiction or mental illness in a recognised treatment centre.
- (2) To own, lease or rent hostel accommodation in Invercargill or elsewhere in Southland for such patients.
- (3) To manage and operate such a hostel.
- (4) To operate such hostel on a sound financial basis having regard to any assistance that may be provided by Government or other sources.
- (5) To raise funds to assist in the furtherance of the objects of the Society.
- (6) To heed as far as practicable the therapeutic programme, policies and requirements of the Alcoholic Assessment Unit operated by Southland Hospital.
- (7) To maintain liaison with any other group operating hostels for other types of patients requiring hostel accommodation as part of their rehabilitation back into the community.
- (8) To provide regular opportunities for such people and organisations to meet and discuss aims, methods and problems of the services offered.
- (9) To liaise with national and community agencies and groups having similar or related objectives.
- (10) To liaise with the Alcoholic Liquor Advisory Council, Southland Hospital Board and Departments of Health, Labour, Justice and Social Welfare.

STATISTICS AND FACTS TO PONDER

SOURCE:- ALAC

- 1 Last year every New Zealander over the age of 15 years drank an average of 220 bottles of beer plus 26 bottles of table wine plus 8 standard bottles of spirits - enough overall to fill Lake Tekapo.
- 2 New Zealand is 14th in the world in alcohol consumption.
- 3 Only 18% of alcohol is consumed in hotels and taverns. The majority is consumed at home and in clubs.
- 4 Alcohol abuse is now New Zealand's third largest killer after heart disease and cancer.
- 5 It is estimated that about 15% of hospital beds are used by someone with an alcohol related illness.
- 6 Alcohol is a depressant drug which works on the Central Nervous System.
- 7 Women have a far lower tolerance of alcohol than men.
- 8 Alcohol health problems surface in a variety of ways including heart problems, bronchitis, pneumonia, gastritis, hepatitis, brain damage, epilepsy, memory loss, vomiting, liver disease. Doctors have often not recognised alcohol as one of the main causes until it is at an advanced stage.
- 9 Heavy use of alcohol affects sexual performance and can cause loss of libido, impotence and frigidity.
- 10 Women who drink heavily during pregnancy run the risk of producing physically and mentally deformed babies.

ALCOHOL AND RELATIONSHIPSFAMILY - YOUNG PEOPLE

- 1 85% of New Zealanders over 15 years of age drink alcohol - majority using it sensibly to help them enjoy social occasions - 80/20 rule applies.
- 2 The average New Zealand household spent more last year on alcohol than fruit and vegetables or fuel and light.
- 3 68% of teenagers state they first came across alcohol at home.
- 4 Over 80% of 4th formers in secondary schools drink alcohol from time to time (ALAC Survey 1980).

- 5 While 9 out of 10 women stay with an alcoholic husband, 9 out of 10 men leave an alcoholic wife (Source - World Health Magazine).
- 6 There is a close relationship between alcohol and wife battering and other family violence but research suggests that alcohol does not necessarily cause violence - it is often used as an excuse for violence.

ALCOHOL AND THE COMMUNITY

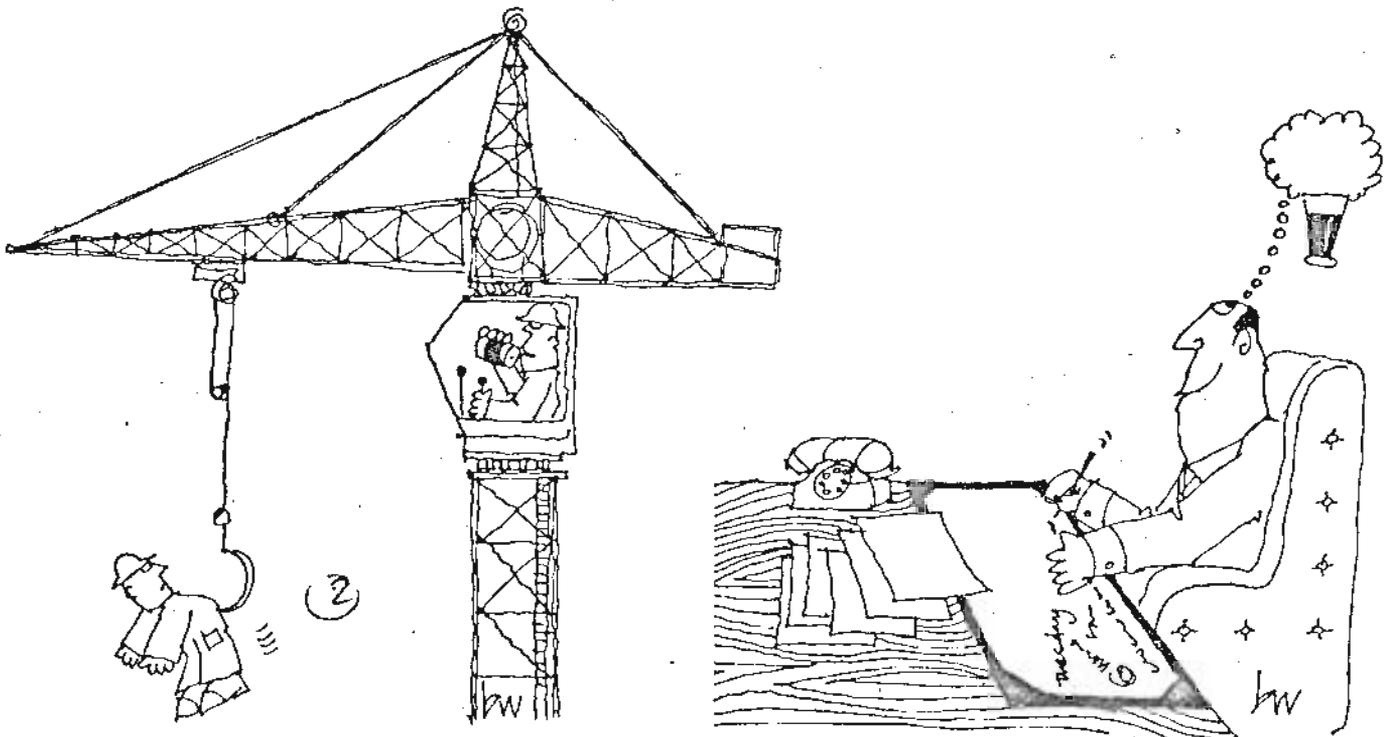
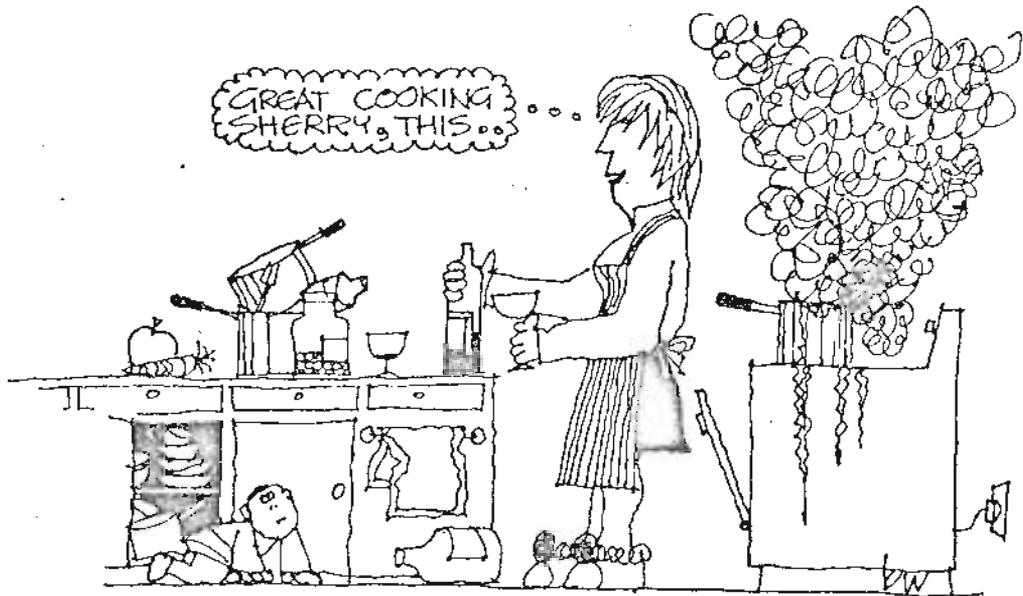
- 1 The World Health Organisation calls alcohol abuse the biggest health problem in the world today.
- 2 More than 50% of people in prison say that alcohol played a part in their crime.
- 3 50% of all fatal accidents are linked to alcohol (Source - Ministry of Transport).
- 4 Alcohol is blamed for a third of industrial accidents world wide (Source - World Health Organisation).
- 5 There is an increasing number of young people being treated for alcohol problems, sometimes as young as 12 or 13 years. There is no stereotyped alcoholic - Professional people, Housewives, Teenagers, Executives, Students.
- 6 Alcohol misuse costs New Zealand at least \$500m a year according to ALAC.
- 7 New Zealanders spend about \$2½m on alcohol every day.
- 8 There are approximately 38,000 people employed in alcohol production and trade or 3% of the workforce.
- 9 6% of New Zealand's population are heavy drinkers (ALAC survey). Everyone with an alcohol problem affects 4 other people, whether family, friends or workmates.
ie, about 700,000 New Zealanders or just under 25% of the population.

In Southland it is estimated that 13,000 people are affected directly or indirectly by alcohol abuse.

ALCOHOL IN THE WORKPLACE

The following articles were completed and forwarded to larger Southland Employers and Business Houses in general in support of the Fund Raising Appeal.

In New Zealand at least \$100m each year is lost by Industry and Commerce because of alcohol.



R U L E S

of

THE SOUTHLAND ALCOHOLIC REHABILITATION CENTRE INCORPORATED

1 NAME

The name of the Society shall be The Southland Alcoholic Rehabilitation Centre Incorporated.

REGISTERED OFFICE

The registered office of the Society shall be at

or at such other place as may from time to time be fixed by the executive committee of the Society.

3 OBJECTS

The objects of which the Society is established are:-

- (a) To foster interest and understanding in the return to the community of patients receiving treatment for alcoholism, drug addiction or mental illnesses in a recognised treatment centre.
- (b) To own, lease or rent hostel accommodation in Invercargill or elsewhere in Southland for such patients.
- (c) To manage and operate such Hostels.
- (d) To operate such Hostels on a sound financial basis having regard to any assistance that may be provided by Government or any other sources.
- (e) To raise funds to assist in the furtherance of the objects of the Association.
- (f) To heed as far as practicable the therapeutic programme, policies and requirements of the Alcoholic Assessment Unit operated by Southland Hospital.
- (g) To maintain liaison with any other group operating hostels for other types of patients requiring hostel accommodation as part of their rehabilitation back into the community.
- (h) To provide regular opportunities for such people and organisations to meet and discuss the aims, methods and problems of the services provided by them or by others.
- (i) To help improve such services and to develop new ones for established requirements.
- (j) To liaise with national and community agencies and groups having similar or related objects.
- (k) To liaise with the Alcoholic Liquor Advisory Council, with the Southland Hospital Board and with the Departments of Health, Justice, Social Welfare and Labour.

- (1) To do all such things as may be in the unfettered discretion of the Executive Committee thought necessary for the better attainment of the above objects including taking up membership in any society or organisation, taking up and holding shares in any limited liability company, issuing or taking up bonds or debentures, borrowing money upon such terms as the Executive Committee may think fit, entering into contracts for lease or purchase of both real and personal property, appointing a trustee or trustees for the purpose of holding on behalf of the society any funds or property which the society may think desirable should be held by such trustee or trustees and revoking any such appointment and generally doing all things which may be necessary for the better attainment of the foregoing objects including the appointment, with or without remuneration, of staff and/or professional advisers.

4 MEMBERSHIP

- (a) Subscribers to the application for incorporation of the Society who shall pay the annual subscription shall be members of the Society and membership shall also be open to any individual or representative of any organisation or service wishing to promote the objects of the Society in Southland.
- (b) Candidates for membership shall forward their names and addresses to the Secretary of the Society and if their application is approved by the Executive Committee and they pay the annual subscription hereinafter mentioned they shall become members of the Society.
- (c) There shall be no other class of membership other than that of ordinary membership and Honorary Life Membership.
- (d) The subscription payable on application shall be such sum as from time to time shall be fixed by the Society in general meeting or by the Executive Committee if so authorised by the Society in general meeting.

5 HONORARY LIFE MEMBERSHIP

On the recommendation of the Executive Committee the Society in general meeting may elect as an Honorary Life Member any member to whom the Society wishes to show appreciation for past services to the Society; such Honorary Life members shall be entitled to all privileges of membership including election to office, without being obliged to pay any subscription.

6 TERMINATION OF MEMBERSHIP

- (a) Members wishing to resign from the Society may do so upon giving notice in writing to the Secretary.
- (b) Membership to the Society shall cease on death or expulsion from membership by a resolution of the Executive Committee or by failure to renew subscription for 2 years in succession.
- (c) Any member who wilfully infringes the Rules of the Society or whose conduct is unbecoming to a member of the Society shall be liable to expulsion, such expulsion to be only by the unanimous decision of the Executive Committee and at its sole discretion.
- (d) On termination of membership for any reason the person whose membership is terminated shall not be entitled to a refund

either in whole or part of the subscription previously paid by that person.

MEETINGS

- (a) A general meeting of the Society shall be held once in every calendar year at such time (not being more than 15 months after the holding of the last preceding general meeting) and place as the Executive Committee may determine. The above-mentioned General Meetings shall be called Annual General Meetings. All other General Meetings shall be called Special General Meetings.
- (b) The business of the Annual General meeting shall be:-
- (i) To receive the annual report of the executive committee
 - (ii) To receive the duly audited annual statements of the income and expenditure and assets and liabilities of the Society
 - (iii) To elect the President and Vice-President of the Society for the ensuing year
 - (iv) To elect the Secretary and Treasurer or Secretary/Treasurer for the ensuing year
 - (v) To elect 10 members of the Executive Committee for the ensuing year
 - (vi) To appoint an auditor for the ensuing year with or without provision for remuneration.
 - (vii) To transact any other business of which notice in writing has been given to the Secretary at least 14 days prior to the last day upon which notice of meeting may be given
- (c) A special General Meeting may be ordered by the President of the Society or by a majority of the Executive Committee present at an Executive Committee meeting or on the request of at least 20 members of the Society and shall be called by the Secretary on receipt of such request or order and be held within 21 days of such request or order.
- (d) Fourteen clear days notice specifying the date, place and time of the meeting and the purpose for which any General meeting is to be held shall be given in the manner hereinafter provided. At all General Meetings ten members present in person shall form a quorum.
- (e) At every Annual General Meeting or Special General Meeting the chair shall be taken by the President of the Society if present or in the President's absence by the Vice-President. In the absence of both the President and the Vice-President the chair shall be taken by a member of the Executive Committee elected by those present at the meeting.
- (f) Except as otherwise stated in these Rules the voting at Annual General Meetings or Special General Meetings shall be taken as the Chairman shall direct but any member present may demand a poll which shall be immediately taken in the manner determined by the Chairman and the result declared by the Chairman. In case of equality of votes the Chairman shall have a second or casting vote.

9 ALTERATION OF THE RULES

These Rules or any of them may be altered, added to or rescinded by a resolution in that behalf passed by a majority of not less than three-fourths of the members present at a General Meeting of the Society provided always that at least 14 days notice of such proposed amendment shall be given to the Secretary and all members of the Society.

9 OFFICERS AND EXECUTIVE COMMITTEE

- (a) The officers of the Society shall consist of a President, a Vice-President, a Secretary and a Treasurer, provided always that the office of Secretary and Treasurer may be held by one person. The officers shall be proposed, seconded and elected at the Annual General Meeting of the Society each year.
- (b) The Executive Committee shall consist of:-
- (i) The Officers of the Society
 - (ii) Ten general members elected annually at the Annual General meeting or inaugural meeting

10 POWERS OF THE EXECUTIVE COMMITTEE

- (a) The Executive Committee shall have control of the funds of the Society and the management of its affairs and shall have power to do all things necessary to carry out the objects of the Society. The President or the Secretary shall have power at all times to call meetings of the Executive Committee, the quorum for which meetings shall be five. The Executive Committee shall have power to regulate and order all proceedings at its meetings in such manner as it may think fit.
- (b) Any member of the Executive failing to attend three consecutive meetings of the Executive Committee without leave shall cease to be a member of the Executive Committee. Should any member through non-attendance without leave the Executive Committee may appoint some other member to fill the vacancy.
- (c) The Executive Committee shall have full power to borrow money for the purposes of the Society on such terms as it may think advisable with or without giving security for the repayment of same and interest thereon.
- (d) The Secretary shall conduct the correspondence and shall have the custody of the Common Seal, title deeds and other documents belonging to the Society. The Secretary shall keep correct minutes of all Executive Committee and General Meetings and shall produce them at all meetings. The Secretary shall also keep a list of members with their addresses and shall notify them of all General Meetings.
- (e) All money shall be paid to the Treasurer and the Treasurer's receipt shall be a sufficient discharge for the same. The Treasurer shall open a banking account for the Society's monies and arrange for all operations thereon to be signed by the Treasurer and another member of the Executive Committee authorised for the purpose by the Executive Committee from time to time.

The Treasurer shall submit to the Annual General Meeting a statement of the assets and liabilities of the Society as at the 31st day of March last preceding together with an account of receipts and expenditure for the twelve months preceding such date. Both statements shall be audited by a chartered accountant elected by the members at a General Meeting. The Treasurer to be a member of the Accountants Society if at all possible.

- (f) The Executive Committee shall have power to make by-laws for regulating and carrying out the affairs of the Society.
- (g) The decision of the Executive Committee on the interpretation of the Rules or on any matter not contained in these Rules but pertaining to the Society, its property and interests, shall be revoked at an Annual General meeting.
- (h) The Executive Committee have power to coopt representatives of organisations or individuals who would be of benefit on a voluntary basis.
- (i) Executive Committee have power to appoint from its members a management committee consisting President, Vice President, Secretary/Treasurer to be automatic, and two other members.

11 COMMON SEAL

The Society shall have a common seal which shall be kept in the custody of the Secretary and only be affixed to documents in the presence of two members of the Executive Committee and pursuant to a resolution of the Executive Committee.

12 NOTICES

Every notice required to be given to a member under these Rules may be given by sending such notice through the ordinary course of post addressed to such member at his last known place of abode in New Zealand. Non-receipt by any member of such notice shall not invalidate such notice.

13 MANAGEMENT COMMITTEE

- (a) Composition: President
Vice President
Secretary/Treasurer
Two others

Quorum 3 required
- (b) Frequency of meetings - monthly
- (c) Day to day running of the hostel formulation house rules and in general carry out the policy as set down by the Executive Committee.
- (d) Operate under a budget set by the Executive Committee and shall furnish a financial report monthly.

14 SUBSCRIPTION

The annual subscription of members of the Society shall be such sum as shall be fixed by the Society at a General Meeting from time to time.

DISPOSITION OF PROPERTY

The funds and property of the Council shall be applied solely in promotion of the objects set out in these Rules and in the expenses incurred in the running of the Society. If upon the winding up or dissolution of the Society there remains after the satisfaction of all costs and debts and liabilities any property or assets whatsoever the same shall not be paid to or distributed amongst the members of the Society but shall be transferred to or given to the Alcoholic Liquor Advisory Council for use by that body in furtherance of the objects set out in these Rules or in the event of the Alcohol Liquor Advisory Council not being in existence at the time of the winding up of the Society to such body having similar objects to the Society as shall be decided upon by the Society in General Meeting.

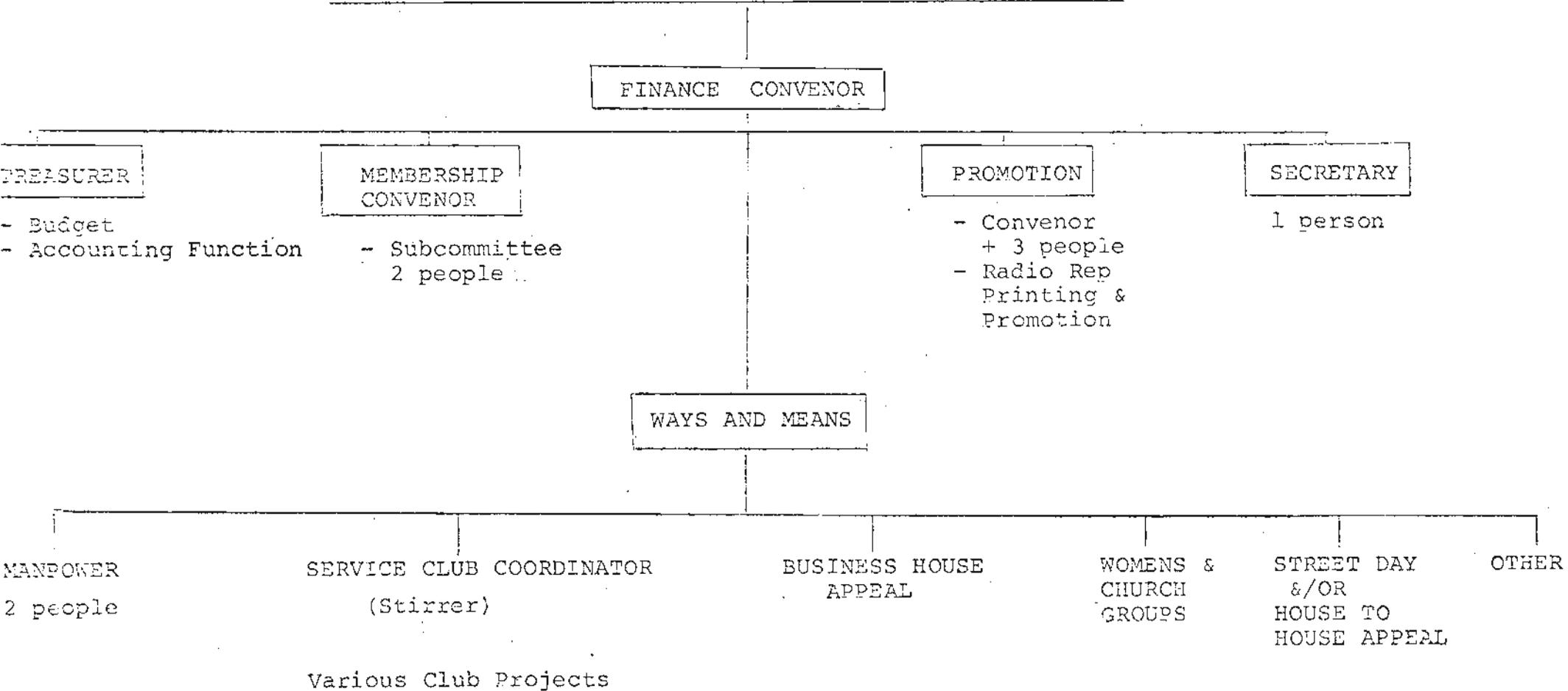


RULES FOR BOARDERS AT "BLAIR HOUSE"

- 1 There will be no drinking of alcohol, taking of mood changing drugs or visiting licensed premises while at "Blair House". If so you will be asked to leave.
- 2 Each person is expected to treat other people with respect and consideration. You are expected to share in household responsibilities, i.e. care of property and assistance with general maintenance and tidiness of your home.
- 3 Your room is your pride and how it is kept is a reflection on how you are functioning. It is your responsibility to keep it tidy. You are to do your own washing once a week, sheets, pillowcases and towels inclusive.
- 4 Board will be \$70.00 per week, payments being made by personal arrangements with management committee.
- 5 A weekly house meeting will be held at 7pm on Wednesdays. Everyone is expected to attend.
- 6 Residents get their own lunches and all meals at weekends - food is provided. You must wash and dry your own dishes and have the kitchen and dining room clean and tidy.
- 7 Smoking in bedrooms is prohibited for obvious reasons.
- 8 It is essential for your comfort to let the Matron know where you can be contacted and when you will not require meals.
- 9 Toll calls must be listed in notebook provided and paid for as soon as possible after call has been made. Ask operator for price required call.
- 10 You will attend at least one AA meeting a week.
- 11 All residents responsible to have their own personal goods insured.
- 12 Your visitors will be welcome provided they understand and respect these guidelines and leave the premises by 11pm.

S A R C I
FUNDRAISING COMMITTEE BLAIR HOUSE PROPOSED STRUCTURE

SOUTHLAND ALCOHOLIC REHABILITATION CENTRE INC EXECUTIVE



THE ECONOMICS OF ALCOHOL IN BUSINESS

Support needed for a Halfway House.

As an employer of a considerable workforce the following statistics are of vital concern to you, especially in this modern world of fierce competition; the need to diminish costs, and to increase productivity.

One in five general hospital beds is occupied by a patient suffering from the adverse effects of alcohol.

One in fifteen New Zealanders is a hazardous drinker, a hazardous drinker being defined as one whose daily consumption of alcohol is 60 ml of pure alcohol (four bottles of beer, one third of a bottle of spirits, two thirds of a bottle of fortified wine, or one bottle of sparkling or table wine).

In 1980 the liquor turnover in New Zealand was \$1000 million a year. The cost to the community of alcohol abuse and its side effects is between \$500 - \$750 million per year. The tax on this, \$300 million, in no way covered the country's expenditure on hospitalisation, crime, road smash, treatment etc.

Alcohol impairment in industry is much more than is commonly appreciated. More than 60,000 people, an estimated 5% of the workforce, have alcohol problems. Estimates suggest that this is costing industry more than \$100 million a year in terms of alcohol related accidents, lost production and lost income, quite apart from the further often devastating effects which cannot be costed.

There are several major reasons why alcohol increases the risk of accidents (alcohol and the hangover):-

- Alcohol can impair co-ordination and other responses
- Alcohol can cause emotional instability which can interfere with concentration
- Alcohol can cause an increase in physical tension
- Alcohol can contribute to poor physical condition (particularly moderate to severe brain damage) which can make an employee more vulnerable to accidents

Other costs to industry besides those due to accidents:-

- Absenteeism
- Bad decisions
- Lost business
- Lower productivity
- Irritability and resentment
- Arguments with workmates
- Deterioration of home and family relationships
- Supervision time lost
- Loss of skilled workers
- Dismissals
- Premature retirement/deaths

It is vital to overcome an alcohol problem early when successful rehabilitation is most likely. Most importantly, alcohol-impaired employees are frequently in the 30-55 age group, the age range when their experience and skills, which have cost time and money to acquire, should result in the greatest productivity and remuneration.

Cost effectiveness: Dismissal of an alcohol-impaired employee, whether manager, director, skilled or semi-skilled worker, means that the employer loses what is often a long investment. In Illinois, the Bell Telephone Company found that 81% of employees referred to alcohol-assistance programmes had been with the company more than ten years. American and Australian experience in particular have shown reductions in work only accidents, bad absenteeism and sickness payments after employees have been through a successful assistance programme. The U.S.A. Postal Service reported a \$4.70 return on every dollar invested when restoring employees to previous levels of efficiency.

The Southland Alcohol Rehabilitation Society (Inc) promoted by the Southland Hospital Board Sub-Committee on Alcohol and Drug Addiction needs financial help to set up and run a half-way house to continue with the rehabilitation of alcoholics after initial assessment and therapy in the Hospital Alcohol Unit. This project has the support and financial assistance of the Alcoholic Liquor Advisory Council.

A suitable property is being held for the Rehabilitation Society, Blair House in Esk Street, sound in construction and registered as a boarding house, can accommodate 6 residents comfortably but could take 10. The capital cost of this property is \$70,000 to which A.L.A.C. is contributing \$35,000. The balance of \$35,000 is required to be raised locally, with a further \$5,000 for furnishing, and \$10,000 to cover initial setting up and running costs.

The residents will be required to pay for board and lodging, to maintain the grounds, to do the housework and prepare meals. A resident manager will control the house, supervised in turn by a financial and management sub-committee of the Southland Alcoholic Rehabilitation Society. Blair House should become reasonably self-supporting once established on a firm financial basis.

Blair House will fulfill several functions:-

- as time is an essential ingredient in therapy to allow full adjustment to an entirely new, sober way of life, further time is given in appropriate surroundings.
- to subserve those who do not live in the city
- to allow adjustment in the home environment or allow time for those where the previous environment was unsatisfactory e.g. living alone, living in huts at freezing works etc.
- for city dwellers, to allow return to the workplace, but nights and weekends spent in a sheltered environment
- to allow earlier discharge from the hospital alcohol unit, thus freeing much needed beds
- to provide shelter where further therapy at Hanmer Springs is considered desirable, but where a bed is not immediately available

As an employer of a large work force you are requested to consider the benefits to you of such a facility in Southland, to support the aims of the Southland Alcoholic Rehabilitation Society both in principle and by a generous donation, and indirectly help yourself.

It is also suggested that you reflect on the above, and consider setting up in your organisation some form of management-union co-operation in identifying your alcohol-impaired employee

Southland Alcoholic Rehabilitation Centre (Inc)

President: Mr Luke Hazlett C.B.E.,

Vice-President: Mr Gordon Davidson,

Secretary: Mr Don Frame,

Treasurer: Mr Lindsay McClean

Committee: Mesdames Beryl Stirling, Julie Armstrong,
Messrs Murray Halstead, Kay Fernie, Don Mackintosh, Peter Ryan,
Ray Carter, Lindsay Wards, Jock Dowling, Peter Daniels.



BLAIR HOUSE

Southland Alcoholic Rehabilitation
Centre (Inc)

BLAIR HOUSE 202 Esk Street
—*A Rehabilitation Home
for recovering alcoholics*

—*Southland-wide Fund Raising
APPEAL 1983*

Kindly Sponsored by
Craig Printing Co. Ltd
and supported by Sld Savings Bank
your community bank.

TARGET: \$100,000
IN HAND: \$40,000

“A Community Project for people in the Community”

BLAIR HOUSE

Proposed residential and rehabilitation centre for people suffering from the disease of alcoholism, and serving the total Southland area.

The Alcohol Assessment Unit at Southland Hospital has been functioning for 2½ years, its purpose being to treat all aspects of alcohol related disease. The unit has six in-patient beds for detoxification, initial treatment and counselling. Many more patients attend on a daily basis to join in a rehabilitation programme.

For some time there has been seen to be a need for some hostel type of accommodation as an intermediate stage towards complete recovery. The Hospital unit is hard pushed and cannot allow all the time necessary, and time is needed to adjust to a completely new way of life.

Blair House is urgently required:

- to give some continuing support to some patients after discharge from the unit where further intensive therapy is not required.
- for accommodation of those patients discharged from the unit where the home, or accommodation situation is unsatisfactory.
- for further accommodation of patients awaiting a bed at Hamner Springs and to free a bed at the unit.
- for out of town patients discharged from the unit but required to attend the unit on an outpatient basis.
- to allow some patients to return to the workplace but receive accommodation and support in an alcohol free environment.

The average length of stay of any resident would be about four weeks.

The finance required to purchase the hostel, complete furnishings, and for initial running costs, is \$100,000, of which \$35,000 is on hand contributed by the Alcoholic Liquor Advisory Council. The balance will need to be raised in the community by fund raising, donations, and by becoming members of the society, \$5 for individuals, \$50 for business houses.

The Hostel will be in the charge of a resident manager, the residents will maintain the building and grounds, grow vegetables, and help in the preparation and cooking of meals. The residents will be required to abide by House Rules, and will pay a reasonable charge for the accommodation. The Hostel should become self supporting to a very large extent.

Help us to help others less fortunate by becoming a financial member of the society, making a donation or assisting with fundraising.

President
Mr Luke Hazlett CBE

Southland Alcoholic Rehabilitation Centre Inc
P.O. Box 90
Invercargill

- I would like to become a member
- I would like to make a donation
- I would like to assist in the fund raising

Name

Address

.....

.....

Phone No.

(Remember donations over \$5 are tax deductible)

Post Donations to: The Secretary
Southland Alcoholic Rehabilitation Centre
P.O. Box 90
Invercargill