
From:
Sent: Thursday, 12 November 2015 9:29 PM
To: Advocacy and Support
Subject: Submission to the Royal Commission on issues related to advocacy and support and/or therapeutic treatment services.
Attachments: Heal for Life - OUR MODEL OF HEALING.docx
Follow Up Flag: Follow up
Flag Status: Completed

██████████ I am writing to you after a great deal of thought and deliberation about an organisation I am involved with, Heal For Life (HFL).

I am a survivor of sexual abuse during my childhood years, and am incredibly grateful to the wonderful healing programme offered at Heal for Life. My husband and I are both survivors of childhood sexual abuse and emotional abuse and attribute the miracle that we are STILL married after 18 years to the help we received from the healing programmes at Heal for Life.

Over 5,500 people have been helped with healing and virtually 100% have described the program as “life-changing”, “very positive” and “positive” and echoes the comments from the thousands of people whose lives, including mine, have been transformed by this wonderful, safe, and successful program.

To put HFL’s achievements into perspective, in 2013 there were some 176 adult guests who attended healing weeks (plus young women and children). At the close of the adult programs guests were invited to complete an anonymous survey. Not one ticked “sorry I came” or “poor”. 64.8% of adult guests rated the program “life changing”, with 29.5% “very positive”, and 5.7% “positive”. That adds up to 100% - an outstanding achievement, recognised internationally. The HFL program is well proven and in fact the University of Newcastle is supporting PhD research to prove scientifically the effectiveness of the HFL programs.

I attach a link to some of the thousands of testimonials received, many from Health Professionals involved in Trauma-Informed Healing:

<http://www.healforlife.com.au/health-professionals/testimonials/>

To further highlight our view of the effectiveness of our programs, CEO Liz Mullinar recently attended a major “International Trauma Conference” held by the Australian Childhood Foundation, which had about 2,000 attendees, and numerous speakers – of whom Liz was one. She felt that the service HFL is providing is in the top echelon of what any organisation is currently providing.

The Heal for Life Model has been subject to extensive research. Dr Christine Edwards has told us Heal For Life is probably the most researched mental health program in Australia. Studies conclude our programs have beneficial outcomes and we are proud of this. We will continue participating in extensive research over the next five years to provide further evidence of the success of our work. Learning will be applied by incorporating new knowledge and research into practice to further improve the effectiveness of our programs.

Here is a link to some of the research:

<http://www.healforlife.com.au/health-professionals/research/>

There are currently two separate research projects being conducted by two Ph. D students from the University of Newcastle. Results will be published when they are complete.

I ask as a survivor of sexual and emotional abuse, for you to help in whatever way you can to support the work of an organisation that seeks only to help survivors of abuse and trauma to heal. Run by survivors, for survivors, with professional supervision, it provides a safe place for that healing.

I attach for your further information an outline of the HFL Healing Model.

Thank you for accepting this submission and I earnestly ask you to get HFL involved in the healing process that this country so needs.

Yours faithfully,