



The Esther Foundation

Qualitative Responses

The following are unedited responses to the question: *In your own words, how has The Esther Foundation had an impact on your life?*

Current Participants – Under Six Months

I haven't been here a while but it's a really positive impact, all the leaders are amazing and understanding and good to look up to as a positive role model and the program itself has helped me get into a good routine and I am learning good life skills.

got me out of the community of drugs and self-harm and gave me a safe place to be sober. Also I am getting paid for that which is helping a lot.

It has given me a stable safe place to live and given me a chance to get closer to God before I go to jail next year. I am in a safe place and stable environment away from drugs that I otherwise would be abusing and self-sabotaging as I am looking at 6-8 years jail time (20 years max) for my charge.

The Esther Foundation allows me to be religiously proactive. I can be myself at times (I have only been here for a week). Already I am starting to get into a routine. I am seeing my mind become a little bit clearer.

I was part of the previous Esther programme and I learnt a lot. I graduated the programme but I didn't always feel supported, heard, understood, encouraged or necessarily accepted. I was employed by the Esther Foundation as the gardener which I did for over a year. Had my own house, car, paid bills etc. However health problems caused me to lose my licence and subsequently relapse. I lacked community and accountability. I have been back at Esther for 3 months now and I feel I've come in with leaps and bounds and grown more in these 3 months than the 3 years back in South Perth.

I have been back to the foundation for 3 months after leaving last year having been in the programme for 7.5 months. I'm still in early recovery and I struggle day to day with anxiety (normally has to do with the situation with my husband and kids and learning to navigate that). But the programme has changed so much since last year and I do see hope and a future for myself especially with my kids. I struggle day to day with consistent anxiety but the foundation is teaching me to manage that.

It has helped me get off drugs and helped me realise anyway that life is worth living. That alone is not healthy and I have to live life to the fullest.

Current Participants – Over Six Months

It has saved me from addiction, renewed my life in a good healthy way, restored me and my family's relationships.

The Esther Foundation has done so much for me. They've helped me work through my years and years of suppressed anger. And they've taught me to trust others again and how important friendship is. They've shown me how to manage my emotions through healthy and appropriate ways. The Esther program has taught me that life is worth living. And that I am strong enough and capable of living a life free from pornography, self-harm and suicidal ideation.

The Esther Foundation has had an impact on my life by giving me the opportunity to live a normal and healthy life. Being at the Esther I have gained the confidence to come out of my destructive ways to the light and see myself for who I really am. I have learnt basic life skills like cleaning, cooking and living more independently. Esther has helped me look at my pain and trauma and use practical ways to manage the emotion that comes with it. Although I don't feel 100% content with my life I do know that I'll get there in time.



How the Esther Foundation has impacted my life is I am now free from addiction and can make healthy relationships and also have a relationship with God.

It has changed the way I look at life. It showed me to the Lord and I am very grateful for all the support and forgiveness.

Yes huge!

The Esther Foundation has helped me so much to grow confidence to be able to step out of my comfort zone and learn new skills. My communication has got a lot better. I have meaningful relationships and finally feel I belong somewhere. I can't have my oldest son here at the Esther Foundation because he is 14, that has been really hard and need to find a way to move forward with him (my son).

If I didn't come here to be safe and to find help, I know my life would be horrifying to say the least. My daughter has a beautiful life ahead of her because of her mum (me) has learnt and met examples of God and has applied it to her life. I feel stable to be independent and I'm doing it all on my own with the help of Esther Foundation. I have hope, I have healing and I am learning to trust and use skills taught by being in this foundation that has given me an opportunity to live again, correctly with the right mindfulness in life.

My life wouldn't be good if it wasn't for Esther. I have a purpose now I have a future. I have some things to look forward to. My children are in foster care I'm fighting the department in court to have them back I have hope.

Esther Foundation has had a huge positive impact on mine and my child's life. I have a lot more confidence in myself than when I first came into the program. I feel heard and listened to. I feel safe. I have had healing in areas where I never thought I would ever get healing in and building my relationship with God has been amazing.

Esther is changing my life and helping me overcome areas of my life that I struggled in, without this programme I would be dead or in jail.

It saved my life from going spiral and my life in general.

The Esther Foundation has helped me overcome my addictions, make amends to family, helping me forgive people, helping me put in healthy boundaries, choosing healthy relationships, help me reach my goals, becoming a leader and way more. I love the person who I have become, not the person I used to be.

I am not depressed and suicidal anymore. I don't have a problem physically with eating, it's more mental thoughts that I still struggle with that bring me down.

In my almost 18 months here the Esther Foundation has helped me to understand the person I was created to be. My unique characteristics, qualities and giftings and how I can best use these to achieve a meaningful life. My life is now much more purposeful and I can truly say that I have started to really love life again, challenges and all. Finally the foundation has taught me valuable skills to help me become a functioning, productive member of society again and most importantly given me restoration in my marriage again!

I came into Esther in meth-induced psychosis. Very scared, real intimidated, traumatised. Hadn't dealt with life at all. I had no self-esteem or confidence. I was totally broken. No connections with family or my children. I had no boundaries. I now have self-respect, boundaries, life skills/tools. I see my children, I'm off 9 different medications, I'm 18 months clean & sober. I would be dead if I hadn't have come into Esther. Grateful so very grateful.

The Esther Foundation has been a safe loving home for me and my daughter for years. and I am thankful to be a part of the transformation that has happened. It's been emotional, painful, joyful with a lot of life lessons. I have adapted even deeper core skills to battle against day to day life. and built up my confidence and identity to who I've become and going to be in the future. It has been healing and productive through and through.

Graduates

The Esther Foundation brought me to God and placed me in community which provided the consistency I needed to get out of the darkness I had found myself in. I gained an enormous amount of self-awareness, thanks to my main mentors who really went the distance to help me and it provided the intense accountability I needed in that time of my life and opportunities to grow in leadership. I'm so thankful for the core friendships I made, they impacted me the most out of everything. There were also negative impacts but a lot of them I have healed from in the last 9 months since graduating, as new leaders in my life taught me a better way. Esther culture burnt me



out due to the unsustainable way the program was run and I am still living with the physical repercussions of this now. Overall, I am so thankful because I know I wouldn't have finished my degree nor would have grown in the Lord the way I did without my years in the program. It was a great learning platform and I matured greatly over those years.

Esther Foundation saved my life and my family's life. My children now have two parents who are present .Thankyou Esther Foundation

The Esther foundation saved my life. It has given me a new purpose and hope for life. Not only did I find myself again I can now have an impact to others going through the programme

Given me the space to get sober and the skills and community to remain sober

Community Accountability Growth

i have solid friendships built in the program and my love for jesus is what has given me hope and a future , the esther foundation gave me and my children a safe place to leave a abusive relationship of 20 years , i have been able to build healthy relationships and new way of thinking and living life

I learnt a lot about having to deal with conflict. It wasn't necessarily easy to be often separated from your family and loved ones. I learnt to use my voice and source the help I needed. I completed a diploma community service that has given me a passion to want to help people. I built a relationship with God and had the opportunity to learn new skills .



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Feedback

The following are unedited responses to the question: *Do you have any feedback, suggestions or comments for The Esther Foundation?*

Current Participants – Under Six Months

i am happy with the programme but it would be nice to sort out/organise my legal things (my current lawyer is retiring) and i am needing a new one etc. if there was a main person to go to for legal phone calls or something. but i am overall very happy with the programme.

Esther house is great. Thanks for giving me a chance.

need to get more help with the family support area! at least 2 of 3 people on board as help with the mums as i feel i am not getting the time or support that i need because there are so many other mums that have to have their needs met as well as mine. i don't feel important

They should be more understanding in the way they tell someone off and let them / the offender have a chance to say something in their defence.

Current Participants – Over Six Months

i don't think everything has to be about drugs and alcohol all the time. I'd like there to be more videos and talk and teaching sessions on self-harm

- more communication via staff - more job training for us as the only way we could learn how to get a job was through Esther cafe. We all don't want to work in that field of work so it would be nice to have a better exit plan.
- mentors are meant to mentor you and i am happy we have the case managers now but it seems that it is up in the air still, we go to them to ask permission for things plus walk our journey. think this falls down to lack of communication. - privileges need to be clearly set out. We are told we will know what "level" we are at but then it's a back and forth battle to actually figure it out. I think instead of getting the response of "we are looking into it" it would be great to have one on ones to find out. The previous one on ones felt more like a Q&A. I wasn't told at all -

i love the far-aways

i believe that if children are in the foundation there should be more help, and action for the mothers needs and also relates to the child's needs. As well, more focus on mums routines and important things that need to be done, to be given help on a more regular basis. A kitchen for mothers and bubs is important as it has been hard without the facility having a separate kitchen - mother and child area to spend time together

love the new programme, love the love and support our leaders give us.

love you all

yes thanks to the Esther Foundation that i'm still here and alive today

I would prefer faraways (for my own liking)

Just to continue to research more group discussion type workbooks that participants can do together. I feel like this kind of work has been really beneficial for me in my journey. It's helped me learn from others' stories and empathise more.

No this was really easy to do.



I think we need a swimming pool on the property.

Graduates

I have no further suggestions beyond what I have already shared with Anina directly regarding the program :) One overall piece of feedback I will offer is that with the involvement I have had with Esther Foundation in 2020 I have found things to be quite confusing at times due to miscommunication / lack of communication and structures still being implemented. I recognise that this is part of the process of rolling out a new system however I have experienced significant frustration and pain as a result of this. I wish the foundation the best in its progress moving forwards.

To have a music and dance programme so girls can express themselves and be more creative. Have more room to have more mothers with children and a programme for children and mothers. invite more outside companies for parenting courses for mums.

I think the new services timetable is very well done and out together. Well done team

Help graduates gain employment after Esther!!!!!! always keep the doors open for support even after grad because its still hard maybe even harder than being in esther

Keep going with the new program

As a mother with 4 girls that have been through so so much the Mums group was something that really helped my journey and i wish i could still be a part of that now , I would love to be a be able to reconnect even as a graduate to attend worship ect or if there was a group that was available for graduates .

In detox when residents first arrive there should be a period of rest and not try and bombard them with things to do. They need a mentor who has the time to care love encourage and walk with them side by side. More therapeutic groups on communication and opportunity to feel safe to practice them. More interaction with family. More accountability and mentoring programs using proper case management person care plans . More practical components and teaching residents how to build community's and build platforms that will give them purpose.