

# Addiction First Step Program

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and act.

## Who is the program for?

This program has been designed to help participants to understand their diagnosis, learn skills to manage, and build a life without the addictive behaviour that is more rewarding and meaningful.

## Program content

- Mindfulness practice
- Emotion regulation skills
- Relapse prevention
- Setting boundaries

## About the program

This program takes an abstinence approach to recovery whilst providing guidance and planning for relapse management. The philosophy of this program is one of empowerment and self-guided change.

## When is it held?

This open group is held every week for eight weeks as detailed below.

Day: Tuesday

Commencement date: 12th March 2024

4:30pm - 5.00pm Registration and sign in.

5:00pm - 8:00pm Group program

Light Supper is provided.

Please call 02 5114 8100 to register your interest.

## How to join

Patients interested in attending this program will need a referral from their GP/Psychiatrist to a psychiatrist with admission rights to Deakin Private Hospital.

## How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Deakin Private Hospital.