

Phoenix

Providing resources, education and clinical support to enhance the ability to change patterns of addictive behaviour.

Who is the program for?

Patients diagnosed with both substance use (e.g. alcohol, prescription medications or other drugs) and other mental health disorders (e.g. Major Depressive Disorder, Bipolar Disorder). The program requires patients to be stable and able to attend group on a regular basis, having the capacity to stay in group the full duration and who can demonstrate a clear commitment to changing their addictive behaviour.

Program content

- Motivational intent
- Mood monitoring
- Day planning
- Cognitive restructuring
- Support networks
- Relapse prevention
- Assertiveness training
- Emotional mindfulness

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About the program

This program is run by a multidisciplinary treatment team. It aims to assist patients diagnosed with both substance use other mental health disorders to better manage their moods and change addictive behaviours. The program combines evidence based interventions such as Cognitive Behaviour Therapy (CBT),, Dialectical behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), relapse prevention and motivational enhancement. Each session offers group educational sessions and practice of key strategies and skills with a focus on mood management, relapse prevention, life skills and building supports

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When is it held?

Monday 5:30 pm to 8:30 pm
Tuesday 5:30 pm - 8:30 pm

(eleven weeks)
Light refreshments are provided.

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How to join

Patients interested in attending the day program will need to call the allied health department on 1300 122 144 (option 2) or contact groups at hls.groups@healthecare.com.au.

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How much does it cost?

Patients are admitted as a day patient and as such, depending on their level of cover can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with The Hills Clinic Private Hospital. For patients without private health insurance, a cost of \$200 per session applies.

The Hills
Clinic

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