

## 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 (eg. alcohol, prescription medications or other drugs) and other mental health disorders (eg. Major Depressive Disorder, Bipolar Disorder). This program requires patients to be stable and able to attend group on a regular basis, have the capacity to stay in group the full duration and who can demonstrate a clear commitment to changing 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 Acceptance and Commitment Therapy (ACT), Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), 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?

Every Monday from 5:30pm to 8:30pm, over ten weeks. Light refreshments are provided.

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#### How to join

Patients interested in attending this program will need to call 1300 122 144 for an over-the-phone assessment and obtain a referral with admission rights to The Hills Clinic Private Hospital.

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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 health fund coverage, a cost of \$150 per session applies.

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# The Hills Clinic