

Alcohol & Substance Use Disorder Program (ASUDS)

Clinical support, education and resources to enhance your life and ability to change the way you think, feel and behave, while instilling hope with active recovery

Who is the program for?

Alcohol and substance use disorders are frequently associated with anxiety, depression, relationship difficulties, trauma, medical health problems and social problems. This program is designed to assist people who misuse alcohol, drugs or prescription medications and / or have issues with dependency or problematic behaviours as a result of their usage.

Program content

The program covers eight different modules and includes topics such as:

- Communication and assertiveness training
- Education of alcohol and substance misuse effects
- Managing thoughts and feelings
- Increasing self-awareness
- Learning new skills to more effectively deal with causing problems
- Replacing unhelpful habits with more effective habits
- Relapse triggers and coping mechanisms
- Relapse prevention
- Developing a positive routine and values based way of living

A group setting is an ideal place to learn and practice these skills, because it offers a safe and supportive environment, with peers support and shared empathy.

About the program

The Alcohol and Substance Use Disorder Treatment Day Program is based primarily upon cognitive behavioural therapy, with additional therapeutic skills offered by the clinician which may include mindfulness and social learning theory. The program will equip individuals with skills to form new ways of coping and enjoying life, as well as relapse prevention strategies so they can more effectively address factors causing and perpetuating problems. Morning sessions are dedicated to exploring issues that have arisen during the week, while the afternoon session focuses on the skills needed to maintain goals of recovery and improve coping skills.

Program Requirements

Individuals will attend a pre-program assessment prior to commencing in a group program. The aim of this assessment will be to complete pre-program tasks, consider goals for attendance and orientate individuals to the specifics of the program and expectations.

The program requires individuals to demonstrate a clear commitment to changing their behaviour by attending all group-based program sessions.

The program is both practical and self-reflective. It includes learning new skills and practicing them during and between sessions as part of weekly homework tasks.

When is it held?

The Alcohol and Substance Use Disorder Treatment Program is an 8-week program and is held once a week. Each session runs from 8:45am until 2:30pm. Morning tea and lunch is provided.



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How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. All health funds have different rules. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur.

Townsville Private Clinic is also an accredited NDIS provider, as such you may utilise NDIS funding to cover the costs of the program. This program is covered for Veterans under DVA.

Your Next Steps

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions and Assessment team on 1800 884 767.

**For information on this program please contact the Townsville Private Clinic Day Programs Team.
Phone 07 4431 1600 or email
townsville@aurorahealth.com.au**

