

Alcohol and Substance Use Disorder Treatment Day Program

Clinical support, education and resources to enhance your patient's ability to change the way they think, feel and behave

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.

Townsville Private Clinic has developed an endorsed clinical treatment program to assist people who misuse alcohol, cannabis or prescription medications to learn new ways of coping, as well as relapse prevention strategies so they can more effectively address factors causing problems.

Program content

The program provides a therapeutic environment for people to learn skills from six different modules:

- Communication and assertiveness training
- Education of alcohol and substance misuse effects
- Managing thoughts and feelings
- Learning new skills to more effectively deal with causing problems - distress tolerance/reality acceptance skills
- Relapse triggers and coping mechanisms
- Relapse prevention

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

Further information

For information on this program please contact Townsville Private Clinic Day Programs:

P 07 4431 1600

F 07 4431 1666

E townsville@healthcare.com.au

About the program

The Townsville Private Clinic Alcohol and Substance Use Disorder Treatment Day Program is based upon cognitive behavioural therapy, mindfulness and social learning theory.

The program is abstinence based. Morning sessions are dedicated to exploring issues that have arisen during the week, while the afternoon session focuses on the skills needed to maintain recovery and lessen relapse.

When is it held?

The Alcohol and Substance Use Disorder Treatment Day Program is held over eight weeks, once weekly on Thursday, from 9:00am until 3:30pm. Morning tea and lunch is provided.

How to refer a patient

If you are interested in referring a patient to the Alcohol and Substance Use Disorder Treatment Day Program, please contact Townsville Private Clinic by calling our dedicated admissions and assessment team on 1800 884 767. We will conduct a health fund/eligibility check, confirm admission arrangements and allocate a Doctor.

How much does it cost?

Your patient will be admitted as a day patient and as such, can claim the cost via their health fund. This day program has also been approved by the Department of Veterans Affairs for conditions of Alcohol Use Disorder and Substance Use Disorder.

All funds have different rules. Townsville Private Clinic Day Programs staff will advise of any applicable out-of-pocket excess or gap costs that your patient may incur.

Townsville
Private Clinic

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