

Coping with Drug and Alcohol Problems

The Coping with Drug and Alcohol Program is for people who face problems in their day-to day life as a result of their drug or alcohol use. It helps participants learn to cope with unpleasant emotions without using drugs or alcohol, build a routine that improves physical & mental well being and develop skills to prevent relapse.

Where is it held?

The program is held at Maitland Therapy Day Programs, Maitland Private Hospital.

When is it held?

This Program runs weekly for a total of 12 weeks. It is currently on Wednesdays, and goes from 9.30am to 12.30pm. There is a break for morning tea, which is provided.

How do I join?

Ask your GP or Psychiatrist for a referral to “Treating Doctors” at Maitland Private Hospital Day Programs. Our Fax Number is: 02 4937 9561. When we have received your referral we will contact you to arrange an initial assessment.

Will I have to pay?

You will usually need either private health insurance that includes cover for **psychiatric day programs**, or be eligible to have the program costs met by workers compensation. Our clerk can conduct a fund check to ensure that you have the appropriate level of cover.

For further information, contact the Maitland Therapy Day Programs on 4937 9570 Monday to Friday or contact maitlandprivate@healthecare.com.au

Who is the program for?

The program supports people with both mental health and substance use issues to make and maintain changes so they can live their lives more in line with their goals and values.

Program content

- Week 1** Reasons for change
- Week 2** Identifying High Risk Situations
- Week 3** Core Beliefs and the Stages of Change
- Week 4** How Substance Use changes the Brain
- Week 5** Effects of Substance Use
- Week 6** Managing Cravings and Lapses
- Week 7** How to manage stress more effectively
- Week 8** Managing Strong Emotions
- Week 9** Creating a more Balanced lifestyle
- Week 10** Substance Use, Stigma and Self-Esteem
- Week 11** Communication Skills and Relationships
- Week 12** Discharge/ Relapse Prevention