

# The Barrington Clinic Day Program

## Addictive Disorders

Providing resources, education and clinical support to learn to cope with unpleasant emotions, improve well-being and prevent relapse.

### Who is the program for?

This program is designed for people who are experiencing difficulties in their daily life as a result of an addiction or substance misuse.

### Program content

- Understanding behaviours and reasons for change
- Effects of substance use
- Manage cravings, lapses and high risk situations
- Manage stress and strong emotions
- How to create a balanced lifestyle
- Substance use, stigma and self-esteem
- Develop your communication skills and relationships
- Discharge and relapse prevention

### About the program

Utilising a Cognitive Behaviour Therapy (CBT) framework, participants learn to cope with unpleasant emotions, and build a routine that improves physical and mental well-being. As part of a safe and supportive therapy group, participants will develop skills to prevent relapse.

### When is it held?

Offered one day a week over twelve weeks, as either a morning or afternoon session. Light refreshments are provided.

### How to join

Ask your GP or treating psychiatrist for a referral to The Barrington Clinic Day Program. Once we have received your referral we will contact you to arrange an initial assessment.

### How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that patients confirm any applicable out of pocket or gap costs directly with Maitland Private Hospital.

### Further information

For information on this program please contact:  
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DAY PROGRAM  
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