



FREE
YOUR BODY
AND MIND

**MAITLAND THERAPY
DAY PROGRAMS**

Coping with addictions
and substance misuse

Maitland
Private Hospital

Coping with Addictions and Substance Misuse is a 12 week program, for people who face problems in their daily life as a result of their drug and alcohol use. Utilising a Cognitive Behavior Therapy (CBT) framework, participants learn to cope with unpleasant emotions without using drugs and alcohol, build a routine that improves physical and mental well-being, and develop skills to prevent relapse.

Delivery

3 hour weekly sessions over 12 weeks

Content

- Week 1 Reasons for change
- Week 2 Identifying high risk situations
- Week 3 Core beliefs and stages of change
- Week 4 How substance use changes the brain
- Week 5 Effects of substance use
- Week 6 Managing craving and lapses
- Week 7 How to manage stress
- 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 and relapse prevention

Maitland Private Hospital
Suite 15, Medical Centre 2
173 Chisholm Road, East Maitland NSW 2323

MTL210709

Cost

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 or DVA. Our admin team can conduct a fund check to ensure that you have the appropriate level of cover, or provide a quote for patients without cover.

How do I join?

Ask your GP for a referral to Maitland Therapy Day Programs. Once we have received your referral we will contact you to arrange an initial assessment.

Contact

MAITLAND THERAPY DAY PROGRAMS

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healthcare™