

Addictions First Step

Providing resources, education and clinical support to enhance the ability to change patterns of addictive behaviour.

About the program

This program is run by a multidisciplinary treatment team. It aims to assist patients diagnosed with both substance use and other mental health disorders to better manage their moods and change addictive behaviours.

The program combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), relapse prevention and motivational enhancement. Each session offers group educational sessions and practice of key strategies and skills with a focus on mood management, relapse prevention, life skills and building supports

Program content

- Motivational intent
- Mood monitoring
- Day planning
- Cognitive restructuring
- Support networks
- Relapse prevention
- Assertiveness training
- Emotional mindfulness

**For information on this program please contact the Currumbin Clinic Day Programs Team.
Phone 07 5525 9682 or email
currumbindaypatients@aurorahealth.com.au**

Who is the program for?

Patients diagnosed with both substance use (eg alcohol, prescription medications or other drugs) and other mental health disorders (eg Major Depressive Disorder, Bipolar Disorder). The program requires patients to be stable and able to attend group on a regular basis, having the capacity to stay in group the full duration and who can demonstrate a clear commitment to changing their behaviour.

When is it held?

Every Friday from 9:00am to 2:45pm, over 8 weeks. New intakes are every 4 weeks. Please contact the Day Programs Admin Team for information about the next intake date.
Morning tea and lunch are provided.

How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

How much does it cost

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excessor gap costs directly with Currumbin Clinic.

