



drug.ARM

## DAY PROGRAM

**The Day Program is a twelve week treatment program for people who want help to address issues related to their alcohol or other drug use.**

Our team of specialists provide non-judgemental and confidential support through group work and individual support.

Our holistic approach means we help with all of the issues that might be contributing to, and maintaining, alcohol and other drug use.

Group sessions can help with relapse prevention, detox management, coping strategies, relationship skills, anger management, healthy living and nutrition, mental health, employment readiness and other life skills support.

Each person in the program is matched with a case manager who will work with them to identify their goals, and provide practical solutions to make progress towards them.

Case managers can also help to coordinate care by engaging with existing healthcare and social services providers, or connecting to new providers.

## WHAT CAN I EXPECT TO GAIN?

Prior to entry to the program, our team get to know you and help you to identify your short term and long term goals. By attending and engaging with group and individual sessions you can expect to learn the skills and strategies to make changes and achieve the goals you have identified. Support doesn't stop after treatment and as part of this, we will provide you with a tablet device for ongoing self-support.

## IS THIS PROGRAM RIGHT FOR ME?

When you contact us, we will help to match you with a program that fits your objectives, preferences, and the type of issues you are dealing with. Different programs have different approaches and areas of focus, so it's important for us to engage you with the program that can achieve the best results for you. If you need support outside of what we can offer, we can refer or connect you to other services.

## HOW DO I ACCESS THE PROGRAM?

The Day Program is free, voluntary and no referral is required. As part of the program, you will be required to attend up to 20 hours per week.

## ABOUT DRUG ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

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### Funded By



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