

Addictions First Step

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



Who is the program for?

Patients diagnosed with both substance use (e.g. alcohol, prescription medications or other drugs) and other mental health disorders (e.g. 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 addictive behaviour.

Program content

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

About the program

This program is run by a multidisciplinary treatment team. It aims to assist patients diagnosed with both substance use 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.

When is it held?

Every Tuesday and Thursday from 9:15am to 3:00pm, over six weeks. Morning tea and lunch is provided.

How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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 excess or gap costs directly with Belmont Private Hospital.

Belmont
Private Hospital