

# Addictions Recovery

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

## Who is the program for?

If patients have attended the Addictions First Step program recently and wish to maintain or refresh their skills in a supportive group atmosphere, this program may be useful in addressing their individual clinical needs.

## Program content

- Coping with cravings
- Motivational enhancement
- Mood monitoring
- Cognitive restructuring
- Support networks
- Relapse prevention
- Assertiveness training
- Emotional mindfulness

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### About the program

This program is a follow up program for patients who have previously attended the Addictions First Step program and wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. The program reviews core Cognitive Behaviour Therapy (CBT) skills, relapse prevention and motivational enhancement with a focus on mood management, life skills and building supports.

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### When is it held?

Weekly on Wednesdays from 9:15am to 12:30pm. Morning tea and lunch is provided.

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### How to join

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

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### 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.

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