

Addiction First Step Program

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and act.

Who is the program for?

This program has been designed to help participants to understand their diagnosis, learn skills to manage, and build a life without the addictive behaviour that is more rewarding and meaningful.

Program content

- Mindfulness practice
- Emotion regulation skills
- Relapse prevention
- Setting boundaries

About the program

This program takes an abstinence approach to recovery whilst providing guidance and planning for relapse management. The philosophy of this program is one of empowerment and self-guided change.

When is it held?

This open group is held every week for eight weeks as detailed below.

4:30pm - 5.00pm Registration and sign in.
5:00pm - 8:00pm Group program

Light Supper is provided.

Contact Deakin Private Hospital's reception on 02 5114 8100 to find out which days this group is offered.

How to join

Patients interested in attending this program will need a referral from their GP/Psychiatrist to a psychiatrist with admission rights to Deakin Private Hospital.

How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Deakin Private Hospital.