

Ramsay Clinic Wentworthville

# Drug & Alcohol *Day Program*



The objective of day programs is to deliver group therapy that provides patients with the skills and support to help improve the quality and enjoyment of life and break the cycle of relapse and therefore the need for hospitalisation.

## **Aim**

Our program is designed for individuals who are interested in maintaining, or working towards abstinence. It helps individuals who experience problems with misuse of alcohol, drugs (recreational or prescription), as well as other addictive behaviours.

The program will help people to:

- Cope with cravings
- Increase self-awareness and insight
- Assess and cope with high risk situations
- Make and maintain lifestyle changes
- Prevent and manage relapse behaviour

## **Criteria**

- Referral from GP (Outpatients only)
- Assessment and ongoing review by Psychiatrist at Ramsay Clinic Wentworthville

## **Structure**

Group therapy is used in three stages:

- Support therapy is an opportunity to speak openly in a safe environment, to be supported by group members and in turn to be supportive of them
- Relaxation is where a variety of relaxation techniques are taught and practiced
- Topic groups are where education and interactive group discussion takes place

## **Duration**

Length of involvement is dependent on the individual's needs and is assessed as the individual progresses through the program. Our Drug and Alcohol program is abstinence based program.

For further information or to make a referral please call the Allied Health Manager on 02 8833 2200

## **Ramsay Clinic Wentworthville**

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*People caring for people*



**Ramsay  
Mental Health**