

# Alcohol and Other Drug (AOD) Recovery Program

It is estimated that at some stage during their lives, approximately ten per cent of men and five to ten per cent of women in Australia meet the diagnostic criteria for alcohol dependency.

Alcohol and substance abuse problems are often associated with medical health problems, depression, anxiety, relationship problems and driving offences.

Bethesda Clinic's program helps people who use alcohol, cannabis or prescription medications excessively to change their behaviour and assists them in dealing more effectively with the factors causing the problem.

## About the Program

Based on the cognitive behavioural and social learning models, the Alcohol and Substance Use Program teaches participants to understand the function of alcohol and substance use and adopt more helpful coping strategies.

The five core modules provided are:

- Identifying triggers to substance use.
- Learning new coping mechanisms to deal with the problems cause.
- Understanding and challenging unhelpful core beliefs.
- Relapse prevention strategies.
- Education around alcohol and drug effects.

## Format

The program will include a total of 12 full-day attendance sessions, Monday to Friday. Groups are kept to a maximum of 12 participants with similar underlying factors.

## Clinic Staff

The program is conducted by a team of qualified health professionals:

- Consultant Psychiatrist
- Mental Health Nurses
- Allied Health - Mental Health Clinicians

## Ongoing Support

After completion of the program, participants are encouraged to attend a weekly relapse prevention support group run by a member of the mental health team.

## Detoxification

It is understood that some patients referred to the program will require a period of detoxification prior to attending groups. These services are provided in Bethesda Clinic's inpatient facilities.

## Eligibility and Referrals

Eligible patients must be referred to a Bethesda Clinic program by a General Practitioner or Psychiatrist. Individuals will be assessed to establish suitability for the program. A progress report will be sent to the referring practitioner at the completion of the program and will include suggestions for ongoing management.

Those eligible include:

- Patients with private health insurance.
- Entitled veterans or widowers.
- First Responders.
- Australian Defence Force personnel.
- Self-funded patients.

## Confidentiality

All patient information is confidential. The health record remains the property of Bethesda Health Care. Bethesda Clinic must comply with the Bethesda Group Privacy Policy and the Privacy Act 1988 in its dealings of an individual's personal information.