

The Aftercare program is a 12 month program offered to those who have completed the Residential, Day or Matrix program.

The objective of the program is to build resilience and independence for all people accessing the Aftercare Program.



**The Salvation Army
Alcohol and Other Drugs**
TASMANIA BRIDGE PROGRAM



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Bridge Program services are available through our centres in Hobart, Launceston and Ulverstone.

Ulverstone (03) 6425 7453
Hobart (03) 6232 2900

bridgetasmania.org.au

Aftercare Program

Building resilience
and independence



What is Aftercare?

The aims of Aftercare

- A low-needs program designed to offer continuing support for people
- Has a structured framework including daily activities, scheduling, individual and group sessions
- Provides opportunities for peer support, social engagement, sport and recreational activities
- Is based on harm minimisation and relapse prevention principles
- Integrates evidence-based treatment including Cognitive Behavioural Therapy (CBT), Acceptance Commitment Therapy (ACT), Motivational Interviewing (MI), Relapse Prevention, Mindfulness and Contingency Management
- Aligns with research indicating the importance of follow-up care post-treatment.

- To maintain engagement
- To provide support transitioning back into the community
- To maintain a sense of routine post-program
- To use scheduling to increase self-efficacy and minimise risks
- To support you to work towards your recovery goals
- Offer opportunities to try new activities and develop new skills
- Develop strong support networks
- To assist you to step outside of your comfort zone!



What to expect

When beginning aftercare, you will receive more intensive support to assist in transitioning back into the community.

You will then progress into the intermediate and maintenance phases, each phase bringing you closer to achieving your goals.

It is expected that you will actively engage in the Aftercare program by attending groups and keeping in regular contact.

If you require more intensive support whilst in the Aftercare program, you agree that you will be referred to a more suitable support program/service to meet your needs. This may be another program within the Bridge Program or an external service.