

The Residential program is an intensive inpatient program designed to provide support for those experiencing substance misuse issues in a safe and supportive communal environment.



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

Residential Program

Supporting ongoing rehabilitation through education and treatment

What is Residential Treatment?

- An intensive live-in program designed to offer education, support, and individualised treatment for participants wishing to address their substance use. This can be provided through an intensive 4-week or 10-week program.
- Has a structured framework including bio psycho-social groups, 1:1 treatment sessions with an AOD Specialist, opportunity to engage further in psychotherapy with the Bridge Counselling Clinic, and access to specialised services as required.
- Provides opportunities for peer support, family inclusive practice, social engagement, and recreational activities.
- Residential treatment is an abstinence-based program, however long-term goals of harm-minimisation are supported.
- Integrates evidence-based treatments Including: Case-management/Case Co-ordination; Cognitive Behavioural Therapy (CBT); Motivational Interviewing (MI); Relapse Prevention; Mindfulness Acceptance Commitment Therapy (ACT).

The aims of Residential Treatment

- To establish an individual treatment plan to assist with achieving goals
- To improve overall health and wellbeing
- To link clients in with other specialised service providers (i.e. housing, mental health, Child Safety Services, legal etc)
- To address underlying issues that have led to substance use
- To gain an understanding and awareness of substance use
- To build self-efficacy to support ongoing recovery
- To re-build relationships that have been impacted by substance use
- To identify and live according to own values

What to expect

When commencing residential treatment, you can expect a personalised approach that will be catered to your own goals and needs.

Many people can feel overwhelmed, so the Bridge community will be there to support you during this time.

When settled, you will attend daily groups and 1:1 sessions with your AOD Specialist. There will also be down-time for activities such as: attending the onsite gym; garden and art room; supporting your peers; or to pursue other individual goals.

During residential treatment you will be provided the opportunity to see loved ones, and have leave from the centre which assists in readiness to return home.

When approaching the completion of your time in the residential program, you can expect continued support from the Bridge After-Care Program which will be tailored to your individual needs.

