

The Outpatient Day program is a community based outpatient rehabilitation service providing education and bio-psychosocial group therapy, to those experiencing the impacts of alcohol and other drug use in Tasmania



The Salvation Army
Alcohol and Other Drugs
TASMANIA BRIDGE PROGRAM



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**Outpatient
Day
Program**

What is the Day Program?

- An intensive 10 week outpatient program designed to offer education and treatment for clients seeking to address their substance use in a harm reduction framework.
- A structured framework with a focus on bio psycho-social groups as well as the opportunity to engage in individual treatment sessions with an AOD Specialist.
- Provides opportunities for peer support and social engagement.
- Integrates evidence-based treatments: Motivational interviewing (MI), Relapse Prevention, Cognitive Behavioural Therapy (CBT), Mindfulness, Acceptance and Commitment Therapy (ACT) in a harm reduction framework.

The Aims of the Outpatient Day Program:

To provide evidenced based and accessible bio-psychosocial groups that are delivered face to face and online.

- Improve overall health and wellbeing
- Clients to gain an understanding and awareness of substance use, relapse prevention and recovery.
- Improve and build self-efficacy skills to support ongoing recovery
- Clients to develop an individualised relapse prevention and harm minimisation plan
- Identify and live according to own values
- Encourage clients to take steps towards positive change



What to Expect:

- Accessible group treatment options in the form of face to face and online groups
- Opportunities to engage in further treatment options
- Learn how to reduce harms associated with substance use
- Learn strategies and develop an individualised relapse prevention plan
- Develop skills and knowledge to improve general health wellbeing
- Opportunities to explore new skills in a supportive environment
- An accessible treatment option for individuals wanting to reduce harm associated with their substance use
- Groups are facilitated twice weekly (Monday and Thursdays 10:00am-12:30pm*)

*times and days may vary depending on the location