



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

**The Intensive  
Outpatient Treatment  
Program is an  
individualised, one-  
on-one, community  
based treatment  
service for those  
experiencing the  
impacts of alcohol  
and other drug use in  
Tasmania**



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**Alcohol and Other Drugs**  
TASMANIA BRIDGE PROGRAM

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[www.facebook.com/TASbridgeprogram](https://www.facebook.com/TASbridgeprogram)

**Intensive  
Outpatient  
Treatment  
Program**



## What is the Outpatient Treatment Program:

- An intensive 1:1 outpatient treatment service that caters for those effected by Alcohol and Other Drugs in Tasmania.
- The program provides outreach services to local communities in the following regions Hobart (Huonville, Bridgewater, Glenorchy, Hobart CBD), N/W Tasmania (Burnie, Devonport, Ulverstone and Surrounds) and North Tasmania (Georgetown, Scottsdale, Launceston and surrounds) alongside working from the Bridge Centres in Newtown Launceston and Ulverstone.
- A ten-week treatment package that is transparent, respectful and consultative with clients around treatment plans and processes.
- An inclusive service that collaborates and fosters relationships with external and internal service providers to ensure clients individual treatment plans and case management needs are provided for.
- Tailored service provision to meet the diversity of the individual in a compassionate and respectful setting that encompasses people's individual stories, culture, ethicality, sexuality and stage of change.
- Outreach worker's provide assertive engagement strategies to maintain engagement with clients that are appropriate with their current circumstances and complexities
- A collaborative service that links clients into post treatment options
- A service that ensures appropriate risk and personal wellbeing plans are implemented when complex needs arise and as recommended by clinical consultations.
- Integrates evidence-based treatments including: Case Management/

## The aims of the Outreach Program :

- Provide accessible individual treatment options for those effected by substance misuse in Tasmania
- Establish individual treatment plans to assist with achieving goals
- Improve overall health and well being
- Facilitate referrals with other specialised service providers (ie housing, mental health, child safety, legal etc)
- Address causal issues that have led to substance use and provide opportunities for participants to engage with further psychotherapy with Bridge counselling clinic and access to specialised services as required.
- Gain understanding and awareness of substance use and harm reduction techniques
- Build and strengthen self-efficacy to support ongoing recovery
- Establish positive support networks and re-build relationships



## What to Expect:

- Personalised approach to treatment needs that caters for goals in a harm reduction framework.
- Regular 1:1 sessions with your allocated Alcohol and Other Drug Specialist in a ten week treatment package
- Development of an individualised treatment and relapse prevention plan
- Develop the skills and knowledge to improve your physical and mental well being
- Recovery focused education and support in areas such as relapse prevention, addiction and recovery.
- Case management and referral