



## **Brisbane Recovery Services Online Day Program**

### **Information Sheet for Participants and Service Providers**

Participants will be invited to enrol in an online therapeutic recovery program. This preparation program is the first step to a person's wellness journey which is impacted by alcohol and other drug use and is offered through a series of videos, worksheets and support through the email system with zoom and skype options available for one on one support.

Participants can also request an active referral to a withdrawal unit for detoxification with the support of the Care Coordination Worker (CCW) if required or referred to their own GP for assessment to see if they are able to do a home detoxification process.

The program is self-paced and ongoing as long as clients require the support to address their substance use related issues.

Upon completion of the recovery program, participants will be provided with a certificate of attendance by email.

As part of this phase, an assessment will be conducted, and any further ongoing support related to accommodation, food etc. will be provided by way of referrals to assist the client.

#### **Program Outline is as follows;**

session 1 -Introduction and overview of program

session 2 -Classification of substances and their impacts on our physical, social and emotional wellbeing.

session 3 - Understanding dependency and problematic use

session 4 - Overdose Awareness - staying and keeping others safe

session 5 - What is Wellness - the process in world where social distancing and isolation is enforced

session 6 – How to engage in withdrawal process and keeping safe at home by way of medical support and how to access withdrawal units.

session 7 - Relapse prevention planning – how to keep going during a pandemic

session 8 - Smoking cessation if applicable

session 9 - Making positive lifestyle choices - Nutrition and Wellness, how to obtain food and maintain healthy body and mind.

session 10 - Making positive lifestyle choices - Physical activity and wellness related to current society laws during a pandemic.

session 11 - Financial issues and housing options, what are my rights with the current pandemic.

Session 12 – How to maintain positive wellbeing and evaluation of program.

As well as the above, all participants will receive individual support sessions, these sessions are holistic and are based on the Social and Emotional Wellbeing framework of practice with elements of CBT and ACT theories of practice and will be provided through either zoom or skype depending on the client's online access, otherwise phone support is available.

Referrals can either be self-made or from Service Providers by way of email.

**Referral guidelines and criteria are as follows;**

- Must be 18 years of age and over
- Participants must be willing and open to engage in online sessions and provide feedback on the various topics.
- Have computer access with Zoom, Skype, valid email, and able to view videos in MP4 format with sound capabilities.
- Must be willing to attend Individual support sessions through skype, zoom or phone. They will need to download either of these formats onto their computers, there are free versions available.
- Agree to not be intoxicated during any online contact and appropriately dressed.

For further enquiries or to enrol please contact the Care Coordination Worker at Brisbane Recovery Services on either

0429 662 475 or [deborah.dowsett@salvationarmy.org.au](mailto:deborah.dowsett@salvationarmy.org.au)