

# Dual Diagnosis Program

Providing resources, education and clinical support to enhance the ability to change patterns of addictive behaviour.

## Who is the program for?

Patients who identify with addiction and mental health concerns. This program is suitable for patients with co-morbid substance/alcohol use diagnoses. The program requires patients to be stable and able to attend group on a regular basis, having the capacity to stay in group the full duration and who can demonstrate a clear commitment to changing their addictive behaviour.

## Program content

- Coping with cravings
- Motivational enhancement
- Mood monitoring
- Cognitive restructuring
- Support networks
- Relapse prevention
- Assertiveness training
- Emotional mindfulness

### About the program

The program is based on the philosophy of First Step to help empower and support patient's to self-guide their recovery. The program aims at supporting people to understand their addiction and learn skills and strategies to help cope with stresses in their lives without relying on substances. The program is based on Cognitive and Behavioural Therapy (CBT) principles as well as use of Dialectical Behaviour Therapy (DBT) skills.

### When is it held?

Weekly on Friday 9:00am to 2:30pm over 10 weeks.

Morning tea and lunch is provided.

### How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Robina Private Hospital.

### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

