

Referral process

Referrals are accepted from individuals or agencies.

Participants will be booked in for an assessment with the Daybreak facilitator to ascertain their suitability for the program and to discuss withdrawal options prior to admission if required.

Programs will run throughout the year, every seven weeks.

Service Contact

PHONE (03) 5022 5444
EMAIL schs@schs.com.au

This program is located at

233 Deakin Avenue, Mildura

General Enquiries

PHONE (03) 5022 5444
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This program is funded by:



SCHS would like to acknowledge all the traditional Aboriginal tribes on whose land we live and work as the first people of this Nation

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DAYBREAK NON-RESIDENTIAL REHABILITATION



SCHS
Sunraysia Community
Health Services



Our service

Daybreak is an alternative treatment option for people who have achieved abstinence from their main substance of concern (e.g. alcohol and or other drugs). It is a program designed around Cognitive Behaviour Therapy (CBT) in a group environment.

Eligibility

Anyone over the age of 22 years, who has achieved abstinence from their main substance of concern and who is wanting a longer term therapy option without the constraints of a residential rehabilitation program.

Other requirements:

- Stable accommodation
- Transport to and from 233 Deakin Avenue, Mildura
- Willingness to participate in group therapy

- Desire to maintain long-term abstinence from main substance of concern
- Participants are expected to be sober from all substances while attending the program.

Service Information

Daybreak is a safe and supported environment. We have access to a fully equipped kitchen and participants will be requested to assist with the preparation of lunches each day. Food for lunch and snacks are provided, as well as tea and coffee. There is also some provision for breakfast if required. Core and voluntary units will be conducted throughout the day, and weekly timetables will be provided.

What does the program look like?

Daybreak is an intensive six week, day rehabilitation program that consists of compulsory core and voluntary learning units.

An intensive, six-week day rehabilitation program providing a safe and supported alternative treatment option.

Core units include:

- Understanding change
- Introduction to CBT
- Managing cravings and urges/high risk situations
- Foundation CBT
- Managing anxiety, anger and frustration
- Communication skills
- Managing depression
- Problem solving
- Goal setting

Voluntary units include:

- Strengthening relationships
- Pharmacotherapies in alcohol, opioid and nicotine dependence
- Diet and nutrition
- Gym/Swimming
- Tai Chi
- Drumbeat
- CPR

Further information

Each participant will be provided with an individual support worker for one to one counselling sessions.

The program runs from 9.30am – 3.30pm Monday to Friday.

Cost

No cost.