

Further Information

- Each participant will be provided with an individual support worker for one to one counselling sessions.
- The program runs from 9.30am to 3.30pm week days.

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.

Contact Details



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**PO BOX 2803
MILDURA VIC 3502**

This program is located at
**137 Thirteenth Street
Mildura Victoria**

Program Information



**Non Residential
Rehabilitation
Program
(NRR)**



* Service Aims

What is Daybreak?

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



What to expect.....

Daybreak is conducted in 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 throughout the day is provided, as well as tea and coffee facilities. 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 to all participants.

* Eligibility Information

Who is eligible?

Anyone over the age of 22 years old 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 137 Thirteenth St.
- 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

What does the Daybreak program look like?

Daybreak is an intensive 6 week day rehabilitation program that consists of compulsory core and voluntary learning units.

Core Units Including:

- Understanding Change
- Intro to CBT
- Managing Cravings and Urges/High Risk Situations
- Foundation CBT
- Managing Anxiety
- Managing Anger and Frustration
- Communication Skills
- Managing Depression
- Seemingly Irrelevant Decisions
- Problem Solving
- Goal Setting

Voluntary Units Including:

- Strengthening Relationships
- Pharmacotherapies in Alcohol, Opioid & Nicotine Dependence
- Diet and Nutrition
- Gym/Swimming
- Tai Chi
- Drumbeat
- CPR