

CRANBOURNE ADULT RESETLIFE INTENSIVE OUTPATIENT TREATMENT PROGRAM

OPEN FOR REFERRALS AND RUNNING FACE-TO-FACE

What is ResetLife?

ResetLife is an evidence-based Alcohol and Other Drug (AOD) treatment program based on the Matrix Treatment Model. It involves 16 weeks of structured intensive outpatient treatment, followed by 36 weeks of continuing care. During the intensive phase, clients attend group sessions three days per week as well as periodic individual sessions.

The program consists of:

- Individual Sessions.
- Early Recovery Skills Groups.
- Relapse Prevention Groups.
- Family Education Groups.
- Continuing Care Social Support Groups.

There is no cost for participants, but eligibility criteria apply.

Eligibility Criteria

- The program is for people 18 years and over who have a severe substance use disorder and who live and work in South Eastern Melbourne.
- Participants require basic English literacy to properly make use of the program.
- If the primary drug of concern is methamphetamines, opiates, alcohol and/or benzodiazepines participants must have undergone withdrawal from the substance.
- Participants must have a commitment to recovery.
- Participants must have a commitment to attend the program, on time, 3 times per week for 16 weeks.
- Participants must be willing to discuss drug and alcohol use.
- Participants must be willing to involve family or other supports.

People may be unable to participate in the ResetLife program if they are actively involved in another intensive AOD treatment program.

TASKFORCE COMMUNITY AGENCY

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How to Refer

- Phone: SEMPHN Access & Referral (8:30 am - 4:30 pm): **Call 1800 862 363**. GPs receive priority assistance.
- Fax: 1300 354 053

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