

KEDESH

REHABILITATION SERVICES

Treatment - Training - Research

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Referral

Self-referrals are welcome or may be initiated by a community health service or healthcare professional.

RESIDENTIAL

Referrals for the Illawarra Treatment Facility can be made through the Community Access Centre.

Phone: (02) 4222 1800

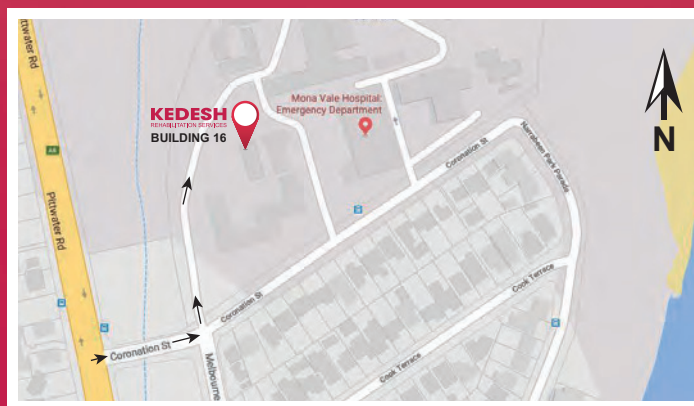
NORTHERN BEACHES DAY PROGRAM

Referrals can be made through contact with the Admissions Officer or via a downloadable form on our website at kedesh.com.au

Email: MVDP@kedesh.com.au

Admissions Office: (02) 9932 5356

General Enquiries: (02) 9932 5300



Kedesh is a non-government, non-profit community based organization that receives funding through a number of different sources including both state and federal government bodies.

The Northern Beaches Day Program is funded by North Sydney Local Health District.

Northern Beaches Day Programme

For over 40 years Kedesh Rehabilitation Services has been facilitating positive growth through the empowerment of people affected by co-occurring substance use and mental illness.

Our programs are designed to address the psychological aspects of addiction and are based on the principles of Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and other evidence based methods.

Treatment Parameters

Kedesh recognises that for some clients, the recovery process may involve lapse and/or relapse. We will work closely with any client who lapses/relapses to use it as an opportunity for learning where we can offer support to establish management strategies. We encourage our clients to develop a sense of control and ownership over their decisions and activities. However, an individual's ability to fully engage in the program can be affected by the continued use of alcohol and/or other drugs. In such instances, a client may require withdrawal management or referral to alternative treatment services.

Individuals who present at the facility while intoxicated or who are suspected to be intoxicated will not be permitted to attend the program on that day. Clients will be required to meet a minimum attendance threshold to ensure a therapeutic environment is maintained for all clients of the service.

Northern Beaches Day Program

- Located at Mona Vale hospital
- No cost to client
- Capacity for 20 clients
- 6 week program, 5 days per week
- Non-smoking facility
- Wrap around AOD treatment
- On-site assessment available

Northern Beaches operating hours



OFFICE
Mon-Fri: 8:30am-4:30pm

PROGRAM
Mon-Fri: 10am-2:30pm

COUNSELLING & CASE MANAGEMENT
Mon-Thurs: 10am-7pm

AFTER HOURS
Tues-Thurs: 6-8pm

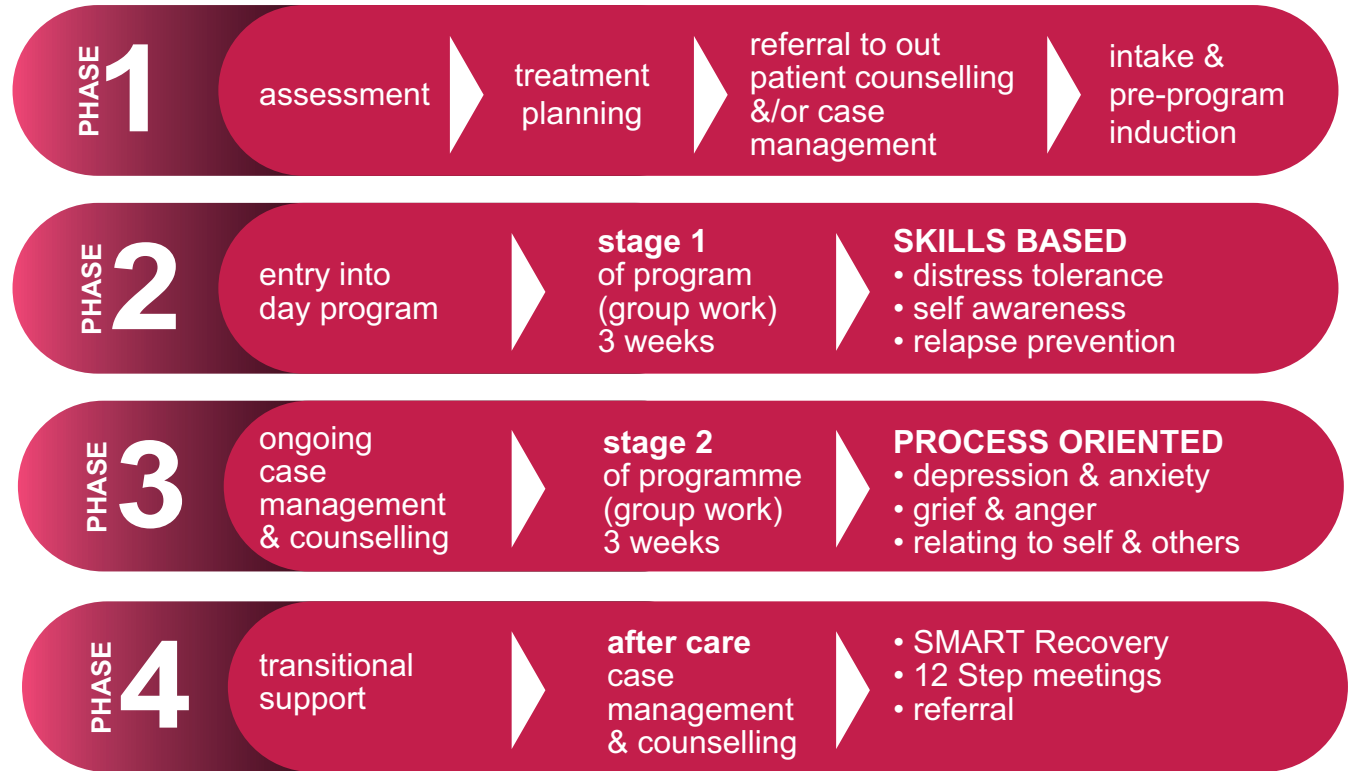
CLOSED PUBLIC HOLIDAYS

Illawarra Treatment Facility

- Residential AOD program
- Non-residential AOD program
- 8-9 week program duration
- Family therapy (optional)

The Northern Beaches Day Program uses a stepped model approach that is based on a continuum of care, providing client centred support both prior to, during and after completion of the six week intensive program.

Continuum of Care



DISTRESS TOLERANCE

- Introduction to Distress Tolerance
- Mindfulness
- Emotional Regulation
- Strengths

SELF AWARENESS

- Boundaries and Assertiveness
- Unhelpful Thinking Styles
- Relating to Self
- Communication and Body Language

RELAPSE PREVENTION

- High Risk Situations and AOD Refusal Skills
- CBT and Core Beliefs
- Abstinence Violation Effect
- Maintaining and Adjusting to Recovery

3 WEEKS
STAGE 1

DEPRESSION and ANXIETY

- Cycle of Depression
- Cognitive Challenges
- Social Anxiety
- Planning for the Future

GRIEF and ANGER

- Stages of Grief
- Anger: Taking Responsibility
- Resentment: What is it?
- Acceptance Strategies

RELATING TO SELF AND OTHERS

- Family Systems and Learned Helplessness
- Environmental Conditioning
- Parts of Self
- Self Identity Without Substance

3 WEEKS
STAGE 2