

Transitions Program

The Transitions Program is an abstinent based program aimed at supporting clients to transition back into their communities after intensive residential treatment to reduce relapse in early recovery.



About

The Transitions Program has been designed to support clients who are transitioning back into the community after completing the intensive inpatient program at South Pacific Private or alternative treatment facility.

The aim of the program is to consolidate the learnings from the inpatient program and provide an opportunity for clients to practice incorporating their newly learned skills into daily life. Clients begin to gradually re-integrate into their lives and increase their responsibilities with a large degree of therapeutic support.

Research shows that the longer an individual is engaged in treatment and programs the better their chances of a sustained recovery and is essential for relapse prevention.

+
Single Day

+
In Person

+
Individuals in
Recovery

+
Major Health Funds
and Self Payment

Program Content

- Focus on long term relapse prevention both from addictions and mood disorders
- Recognise and prevent factors that may lead to relapse.
- Consolidate the connection between trauma and addiction
- Build support networks
- Develop healthy self-esteem
- Learn to set boundaries with love and communicate clearly
- Managing the challenges of work and family
- Establishing a day-to-day structure and set personal goals
- Support in establishing a 12-Step Recovery program

Who is it for?

The program is suitable for any Clients that have completed the inpatient program and have been recommended by their Multi-Disciplinary Support (MDS) team to complete Transitions after completing the inpatient program

We also invite individuals who have completed an inpatient program and require extra community support rather than another inpatient stay to reach out to our dedicated intake team to discuss an admission to our Transitions program*.

Cost

Most major health funds will cover the Transitions program. Clients can claim via their private health fund, if sufficient hospital cover is held. Please note all funds have different rules. We accept self-funded payments.

The full cost of the program for self-funded is \$350 per day – morning and lunch are provided.

For more information please contact our Intake Team on 1800 063 332 and they can arrange a health fund check, and check if there are any out-of-pocket excess or gap.

Program Delivery

The Transitions Program is available Monday – Saturday for 2 weeks.

How to get started

For clients completing their inpatient treatment at SPP – clients will be referred into Transitions Program by their treating Psychiatrist.

For ex-clients who have completed the inpatient program at SPP within 3 months, an assessment and psychiatric review if required will be arranged prior to the commencement of the program.

For clients new to South Pacific Private please request a referral from your psychiatrist or GP. An assessment, if required will be arranged prior to the commencement of the program.

**Our Intake Team is available to answer your questions.
Call 1800 063 332 now.**