

# 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. During the two week program, clients generally reside in Beachwood Supported Living.

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.

+  
Full 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.

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

Clients completing their inpatient treatment at South Pacific Private will be referred into Transitions Program by their treating psychiatrist.

For ex-clients who have completed the inpatient program at South Pacific Private 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.

## Accommodation

Accommodation is available at Beachwood Supported Living, next door to our main facility. This is a supported sober living environment which is no smoking and has a drug and alcohol free code. We offer both shared and private rooms.

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