

# Relapse Prevention Program



HEALING FAMILIES  
CHANGING LIVES

**The Relapse Prevention Program is an abstinence based program designed specifically for individuals who have issues with drug and alcohol addiction or behavioral addictions (e.g. gambling, internet, gaming, food) and need support to maintain their sobriety.**

## About

South Pacific Private is Australia's leading treatment centre for addiction. We recognise that completing a residential rehabilitation program or putting down the substance or stopping the behaviour is an amazing achievement! We also know how important it is that a person receives ongoing care and support to break the addiction cycle in early recovery and continue on their road to abstinence.

The Relapse Prevention Program is designed to assist participants to navigate their recovery and provides them with the tools, education and ongoing accountability to prevent potential relapses and/or assist those who have relapsed into recommitting to their program with the support of others.

This program is facilitated by qualified and experienced clinicians who provide a wealth of knowledge and support in addiction recovery.

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**Full Day or Evening Session**

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**In Person or Online**

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**Individuals in Recovery**

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**Major Health Funds and Self Payment**

## Program Content

- Help reduce denial, process ambivalence, and facilitate acceptance of addictive process
- Increase motivation for sobriety and other changes
- Address the emotional issues, unresolved trauma or childhood experiences that often accompany addictive processes (e.g. anxiety, depression, hostility, abuse, neglect, lack of nurturing)
- Increase the capacity to recognise, anticipate, and cope with situations that may precipitate a lapse or relapse
- Meet the intense needs of addicts for social acceptance, approval and support

## Who is it for?

The program is suitable for people with chemical and behavioural addictions and who are currently in early recovery and are not actively engaging in their addictive processes. These addictions include:

- Alcohol
- Drugs including Methamphetamines, Cocaine, Cannabis
- Prescription Medications
- Gambling
- Internet and gaming
- Disordered eating

## Cost

Most major health funds will cover the Relapse Prevention 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 \$361 per session for the full day program and includes morning tea and lunch. The online program is \$100 per session.

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 Relapse Prevention Program is available:

- In person 1 full day session per week for 8 weeks
- Online 1 session per week for 8 weeks (only evening options available)

Contact our Intake team on 1800 063 332 for a full list of days and times available.

## How to get started

Clients completing their inpatient treatment at South Pacific Private will be referred into the Relapse Prevention 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 new clients, 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.**