



## New Services & New Programs –

ALL referrals email: [referrals@bas.org.au](mailto:referrals@bas.org.au); fax: 07 41 522 107; ph:1300 707 655

### Bridges Psychology Practice\*

- Individual and group Psychological therapy

Specialising in:

- Adults and young people with a moderate to severe mental illness
- people with complex needs
- early interventions for young people (16 years and over)

#### GP or Psychiatrist referral as part of a Mental Health Treatment Plan required

- Individual & group focussed psychological services including:
  - Cognitive-behavioural therapy
  - Psycho-education
  - Relaxation strategies
  - Skills training
  - Interpersonal therapy

### Dual Diagnosis Clinic\*

- Individual and group treatments for drug and alcohol misuse  
Adults and young people(16+) with a co-occurring mental illness and substance misuse issue

Coordinated evidence-based treatments for co-occurring mental illness and drug and alcohol misuse. Intensive support

- Psychological treatment – **Mental Health Treatment Plan required**
- Managing Mental Health and Substance Use – an 8-week program for people experiencing mental health concerns and problematic substance use – Mental Health Treatment Plan required

**Bridges Psychology Practice\* & Dual Diagnosis Clinic - This is a fee for service practice. Medicare rebate, no gap fee for clients**

### Fresh Start – Quit Smoking Program

- Adults and young people who want to quit smoking tobacco
  - Evidence-based program to address nicotine addiction
  - Individuals and group
  - Trained course leaders
  - Techniques to deal with withdrawal, stress and weight gain
- FREE**

### Drug & Alcohol Group Program

- Small groups (6 – 8 people)
  - 7 x 1-hour sessions
  - Reinforce key messages
  - Challenge negative behaviours
  - Build supportive networks
  - Suggest options for growth and change
  - Develop an understanding of relapse and recovery
- FREE**

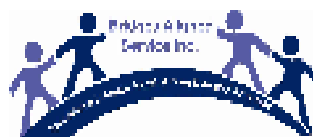
### Managing Mental Health & Substance Use

- Small groups – 6 – 8
  - 8 x 2 hour sessions
  - Collaborative Therapy
  - Relapse Prevention
  - Harm reduction
  - Assertiveness training
  - Goal setting
- FREE – GP Referral required.**

**Commencing October 2010**

**2<sup>nd</sup> program commences 6<sup>th</sup> October**

**Commences 6<sup>th</sup> September**



## *Complementing our existing Mental Health & Drug & Alcohol Services...*

### **Mental Health Rehabilitation & Recovery**

Structured Consumer led rehabilitation, lifestyle and social program  
Dignified centre-based facility

People (aged 16 years and over) with a moderate to severe mental illness who:

- have complex needs
- are socially isolated
- wish to gain employment or return to education/training
- require assistance to achieve personal goals.

We offer

- Counselling
- Advocacy
- Crisis Intervention
- Comprehensive assessment of psychological and social needs
- Personal goal setting
- Daily living skills
- Coordinated care and case management
- Prevocational and Employment Assistance
- Education and Training Programs
- Psycho-education - understanding mental illness
- Improved Access to Complementary Services

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### **Drug & Alcohol Treatment Service**

Adults and young people (13 years and over) with problematic substance use.

- Individual, couples and family therapy.
- Counselling and support for significant others affected by someone's use.
- Early intervention to prevent escalating harm

Individual Sessions

- Specialist, evidence-based counselling to address the social and psychological factors that influence drug and alcohol misuse
- Brief motivational sessions
- Comprehensive assessment
- Goal setting
- Harm reduction strategies
- Lifestyle change and relapse prevention
- Coordinated care and case management for clients with complex needs
- Referrals for detoxification and residential rehabilitation

Group Work

- see above

**1300 707 655**