

What is Springboard?

Springboard is an 18 week community based treatment program for alcohol and drug dependency and mental health problems.

The program can be tailored to support your individual needs. Six weeks of group sessions are followed by 12 weeks of individual counselling, flexible outreach support, case management and weekly peer support groups.

Supporting our community on all sides.

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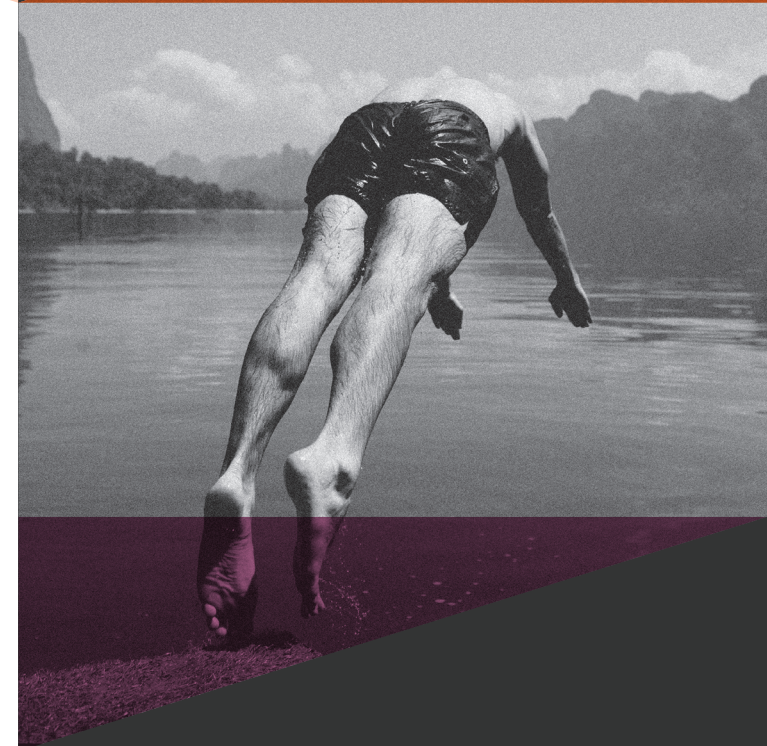
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Communify pays its respects to the traditional custodians across the lands in which we work, and we acknowledge the elders past, present and emerging.

Springboard

A new treatment program for people living with mental health challenges and alcohol and other drug dependencies



■ Who is Springboard for?

Springboard is an option for people who want to undergo treatment for alcohol and other drugs in a community setting.

■ Where and When?

The Springboard program is delivered in the central location of Spring Hill which is easily accessible by public transport. The program is delivered over six weeks from 9am to 3pm each Tuesday, Wednesday and Thursday.

■ Staff

Our group facilitators are highly trained mental health and drug and alcohol practitioners.

■ Cost and Referrals

Springboard is **100% FREE**. Please visit our website or contact us to arrange an easy referral to the program.

■ What happens after referral?

After your referral is received, you will be contacted by Springboard staff for a brief telephone interview, and be invited to attend a group information session, after which staff will arrange for you to undertake a face-to-face interview where your eligibility and needs will be assessed. If you are accepted into the program, you can participate in the six-week treatment group, and after completing receive up to 12 weeks post treatment support and access to an ongoing weekly peer support group to help you continue your recovery.

■ Group Treatment

- **ACT Skills** – Teaches Acceptance and Commitment Therapy (ACT) skills that help to strengthen your resilience by changing how you relate to your own thoughts, feelings and experiences. It teaches mindfulness skills and values based decision making so you can stay on track regardless of what happens.
- **Relapse Prevention** – Teaches skills and strategies that will help you to identify and navigate/avoid risky situations, safely manage urges and confidently say no to others.
- **Physical Health** – Exploring the relationship between physical and mental health through twice weekly gym sessions, with a personal trainer, introductory yoga sessions with an experienced facilitator, and workshops with a non-diet dietitian.
- **Psychosocial Development** – Reflect on how your personal history and social environment influence your thinking and behaviour, and learn how you can build and maintain healthy relationships with yourself and others.
- **Recovery Planning** – Confidently set realistic goals that are meaningful to you, aided by healthy routine and self-care strategies to improve your lifestyle and wellbeing.

■ Group and Individual Support

- **Peer Group** – Ongoing weekly group for graduates of the group treatment phase, sharing their collective experiences and wisdom to support each other moving forward.
- **Individual Support** – Regular individual counselling and case management is available throughout the program and up to 12 weeks after completing the group treatment phase to help you set goals, stay on track and connect you with the right supports to match your unique needs.

■ Eligibility

The Springboard Program is for adults (18+ years) who are in the Metro North or Metro South Hospital and Health Service (HHS) catchments who are currently or have recently engaged with public mental health and alcohol and other drug services.

Some participants may have undertaken a supervised detox or be stabilised on an opiate replacement therapy program before commencing Springboard. We understand there are many pathways to recovery so we welcome enquiries about eligibility and entry to the program.

■ About Community

Community offers support to people experiencing challenges relating to ageing, disability, mental health, child safety, parenting, financial hardship, food security, addiction and homelessness.

We also provide childcare, housing, support for people seeking asylum, community engagement and participation and access to community spaces.

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community.org.au