### ATODS Programs – In A Nut Shell

Clients are to be case managed whilst engaging in groups
Please refer to the Allied Health Team

<table>
<thead>
<tr>
<th>Program</th>
<th>What is it?</th>
<th>Who is it for?</th>
<th>Duration &amp; When</th>
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<tbody>
<tr>
<td><strong>BRAIN MATTERS (Weekly)</strong></td>
<td>Psycho-educational sessions on: Basic brain info, Resilience, Environment, Stress Management, Mindfulness, Learning to Fail, Attachment, Motivation, Emotional Intelligence, Empathy &amp; Self-Acceptance</td>
<td>Clients interested in understanding more about issues that often underlie addiction. Clients will learn about their brains, minds and bodies and develop more self-awareness and insight into their thoughts, emotions and behaviours. <strong>OPEN</strong> ATODS case manager to deliver brief education around neuroplasticity prior to client attending – check out this 2 min clip <a href="https://www.youtube.com/watch?v=ELpfYCZa87g">https://www.youtube.com/watch?v=ELpfYCZa87g</a></td>
<td>11 weeks Thursdays 10am – 12pm</td>
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<tr>
<td><strong>BRAIN MATTERS (2 Days)</strong></td>
<td>Psycho-education session offered as a 2 day intensive program incorporating all topics listed above!</td>
<td>As above. Clients who are committed to attending the full 2 days. <strong>CLOSED</strong></td>
<td>Last Thursday &amp; Friday of February, May, August and November 9am to 3pm</td>
</tr>
<tr>
<td><strong>RELATIONSHIPS IN EVERYDAY LIFE</strong></td>
<td>A psycho-education and therapeutic group to help clients explore relationships. Learning communication skills to enrich or change them.</td>
<td>Clients wanting to increase their knowledge and skills on how to have healthy relationships. This is not a couples counselling program. <strong>CLOSED</strong></td>
<td>6 weeks Thursdays 2pm to 4pm</td>
</tr>
<tr>
<td><strong>COS (Circle of Security)</strong></td>
<td>Relationship based early intervention program designed to enhance attachment security between parents and children.</td>
<td>Parents with addiction issues. <strong>CLOSED</strong> Clients can start program at week 1 and week 4.</td>
<td>8 weeks Tuesdays 9.30am-11.30am</td>
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Office
Alcohol, Tobacco & Other Drugs Service
8 Aplin st
CAIRNS QLD 4870

Phone
(07) 4226 3900

Fax
(07) 4226 3908
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<tr>
<th>Program</th>
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<tr>
<td>Dialectical Behaviour Therapy (DBT)</td>
<td>Intensive structured ‘skills based’ program to increase distress tolerance, emotional regulation, mindfulness and interpersonal skills. Includes weekly skills group and weekly individual session, home practice included.</td>
<td>Clients with self-harm/suicidality, difficulty regulating emotions, chaotic relationships and impulsive behaviours (Borderline Personality Disorder/Complex Trauma). Clients who are willing to show commitment to the 12 month program.</td>
<td>CLOSING INDIVIDUAL CLINICIAN ALLOCATED All referrals discussed at DBT consult team meeting on Wednesdays.</td>
<td>12 months Wednesdays (group) 10am-12pm 1 hr individual weekly session</td>
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<tr>
<td>Getting Mindful</td>
<td>Provides an introduction to mindfulness (What is it? Why does it help with addiction?) addressing barriers to mindfulness practice, develop self-awareness, reduce emotional reactivity</td>
<td>Clients who are interested about mindfulness and would like more emotional balance &amp; peace of mind.</td>
<td>OPEN</td>
<td>6 weeks Tuesdays 3pm – 4pm As of 6th March: Mondays 3pm – 4pm</td>
</tr>
<tr>
<td>Mindfulness integrated Cognitive Behaviour Therapy (MiCBT)</td>
<td>Offers a practical set of general principles &amp; guidelines integrating skills developed with mindfulness training together with CBT to address a broad range of psychological disorders &amp; general stress conditions.</td>
<td>Clients who are willing to commit to ½ hour mindfulness practice twice daily for 8 weeks. Will learn to improve impulse control, distress tolerance and emotional regulation.</td>
<td>CLOSING</td>
<td>8 weeks Thursdays (group session) 2pm - 4pm ½ hr individual weekly session</td>
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<td>PUP (Parents Under Pressure)</td>
<td>3-4 month Individualised Strengths based program. The program will focus on practical parenting ideas, help with a more rewarding family relationship, confidence in parenting skills and happier children.</td>
<td>Parents with addiction issues.</td>
<td>INDIVIDUAL CLINICIAN ALLOCATED</td>
<td>3-4 Months</td>
</tr>
<tr>
<td>REC GROUP Bush Walking (ACT based)</td>
<td>8 different bush walks increasing in difficulty and duration, starting small and culminating in the climbing the Gordonvale Pyramid!</td>
<td>Clients who want to improve their fitness, build social networks, get out of their comfort zone and develop more adaptive coping strategies to deal with life. For clients who are stabilised and not in very early recovery.</td>
<td>CLOSED</td>
<td>8 weeks Tuesday Mornings</td>
</tr>
<tr>
<td>RELAPSE PREVENTION</td>
<td>Recovery Orientated Program developed to help people learn skills to manage cravings, emotions and thoughts</td>
<td>Clients who are motivated for change and want to learn more adaptive ways of coping</td>
<td>OPEN ATODS case manager to complete intro and week 1 pack with client if not starting at week 1</td>
<td>8 weeks Wednesday 12.30pm-2:30pm</td>
</tr>
<tr>
<td>REWIRE</td>
<td>Intensive daily program, encompassing all of the above groups and individual sessions.</td>
<td>Clients with parole applications or pending court matters - substance related charges. Client must commit to daily ATODS attendance and psychometric testing to assess eligibility and suitability for the program. Not suitable for someone who is working full time.</td>
<td>Liaise with Merryl Arthy. Will require solicitor’s details with referral please.</td>
<td>6-9 months First 3 months required daily attendance</td>
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---|---|---|---|---|---|
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## Social and Recreation Program

**Various therapeutic recreational activities.**

Activities include: environment and expressive art work, RSPCA Volunteering, Buddhist Centre Visits, swimming, rock climbing, fishing, various volunteering opportunities.

**OPEN (can start at any time)**

Clients who are: Stabilised, not in very early recovery and actively engaging in case management.

**Activities available most days – Refer to monthly calendar**

## THE ART OF LIVING (Art Therapy)

Trauma Informed Expressive Arts Therapy program designed to help clients feel safe, learn to recognise & accept strong body sensations, make peace with past trauma’s, overcome fears and develop healthy attachments.

**CLOSED**

Clients who are stabilised and minimum abstinence of 2 months. Referrals will be considered by treatment team.

**6 weeks Mondays 1pm - 4pm**

*As of 6th March:*

Tuesdays
1pm-4pm

## WISE CHOICES

Based on Acceptance and Commitment Therapy (ACT). Learn to Accept your thoughts/feelings and be Present. Work out what is meaningful to you and learn to Take Committed Action in line with this

**CLOSED**

Clients with a wide range of mental health issues who want to learn and develop more helpful ways to deal with urges/cravings, difficult thoughts and emotions.

**Clients can start program at week 1 or week 6**

**10 weeks Fridays 9.30am – 11.30am**