

How can I get into the program?

If you are about to or have just completed an AOD withdrawal program, talk to your GP, Counsellor or Support Worker and tell them that you are interested in participating in Catalyst. Then give us a call and ask to speak to the ReGen Intake Team on **1800 700 514** (9:00 am – 5:00 pm Monday to Friday).

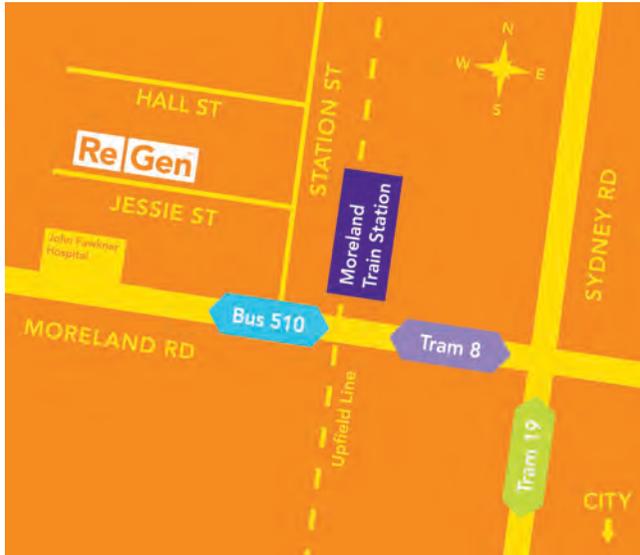
How much will it cost?

There is no charge for participating in the program. All participants are provided with Myki cards for the duration of their attendance in Catalyst.

Where will it be?

At ReGen's main site: 26 Jessie St, Coburg (8 km north of the city).

Jessie Street is three minutes from the Moreland train station (Upfield line). Bus number 510 runs along Moreland Road, and stops near Moreland railway station. Tram numbers 19 (Sydney Rd) and 8 (Lygon St) stop at the corner of Sydney and Moreland Roads, which is an eight minute stroll.



UnitingCare ReGen

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catalyst

Non-Residential AOD Rehabilitation

Information Brochure



INSPIRING ALCOHOL
& OTHER DRUGS
TREATMENT & EDUCATION



This brochure aims to provide you with more information about the Catalyst program. Here are some things to consider when deciding if Catalyst is right for you.

- Do you want to cut down or give up alcohol or other drugs (AOD)?
- Have you recently completed an AOD withdrawal?
- Would you be able to commit to a six week non-residential program which operates mostly between 9:30 am and 3:30 pm Monday to Friday?
- Are you willing to abstain from substances for the duration of the program?
- Would you have stable accommodation for the duration of the program?
- Do you have basic literacy in English?
- Are you 18 years old and live in Victoria?

If you answered 'Yes' to all these questions, then Catalyst may be right for you. Catalyst has proven to work to assist people like you maintain positive changes and it is at no cost to you.

What is catalyst?

Catalyst is a 6-week structured non-residential AOD rehabilitation program incorporating a range of activities, including group work, individual counselling, recreation and social activities. The aim is to help people develop coping skills and maintain motivation to change their substance use behaviour.

The Catalyst Program operates from Monday to Friday. Most activities are scheduled between 9.15 am and 3.30 pm, however there are also a few evening activities.

What supports are available?

Whether your ultimate goal is to drink or use in moderation or to give up completely, a period of abstinence of at least 30 days is advisable. Catalyst provides intensive post withdrawal support to assist you to achieve your goals by making positive changes in relation to your substance use.

Qualified and friendly staff will assist you to maintain the motivation to change, as well as helping you learn specific skills and strategies to maintain abstinence or to work toward using substances in moderation at a future date.

If you are having mental health issues, Catalyst may still work for you but it is important for us to find out what additional supports you might require to successfully participate in Catalyst.

How do we know Catalyst works?

In short, because previous participants have told us and short and long term outcomes have been very positive.

Catalyst is supported by the latest research and has been independently evaluated. Catalyst won the 2011 National Drug and Alcohol Awards for Excellence in Treatment and Support.

Catalyst is run by UnitingCare ReGen, UnitingCare's lead alcohol and other drugs treatment and education agency.

What's involved?

Catalyst is delivered over six weeks and consists of individual Motivational Enhancement Therapy, structured psychosocial groups, as well as a range of social and recreational activities. The core components of the program utilise Cognitive Behaviour Therapy and relapse prevention strategies to help participants identify and change unhelpful thinking, deal with high risk situations, and manage unhelpful or negative mood states, such as frustration, depression and anxiety.

This core content is supported by optional sessions, which address other needs and also helps participants rediscover life affirming and pleasurable activities.

These sessions include: family relationships, nutrition, art therapy, financial management, exercise, relaxation and employment support.

Catalyst also offers a weekly aftercare program called Momentum, which provides an opportunity for participants to seek ongoing support from other program graduates.

