

What supports are available?

Whether your ultimate goal is to use substances in moderation or to give up completely, a period of abstinence is advisable. Torque provides intensive post withdrawal support to assist you in achieving your goals by making positive changes to your substance use.

Qualified and friendly staff will assist you to maintain the motivation to change, as well as help you learn specific skills and strategies to maintain abstinence or to work toward reduced use in the future.

If you have current mental health issues, Torque may still work for you, but it is important that you are stable during the program. It's important for us to find out what additional supports you might require to successfully participate in Torque.

How can I get into the program?

If you are just about to or have just completed a withdrawal program for your primary substance of choice (or have not been using recently), talk to your corrections worker/drug and alcohol counsellor and tell them you are interested in Torque. Then give us a call and ask to speak to the ReGen Intake Worker on **1800 700 514**.

Where can I get more information?

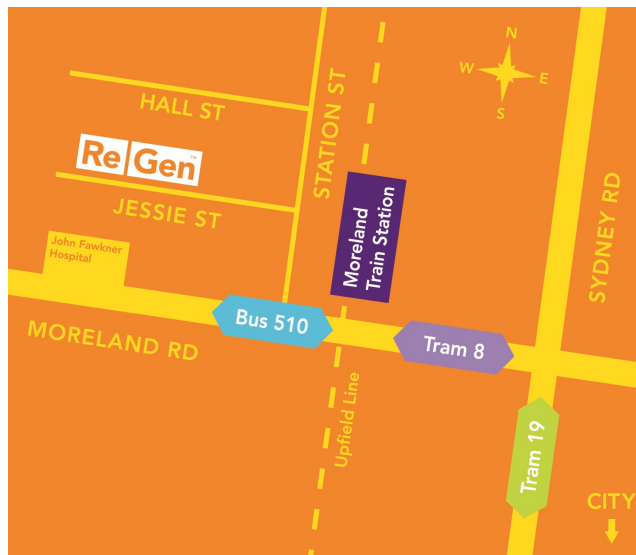
More information is available on the ReGen website: www.regen.org.au/torque. This includes a sample timetable, quotes from previous Torque participants and links to Catalyst program evaluation reports.

How much will it cost?

There is no charge for participating in the program. Participants will be supplied Myki cards and lunches for the duration of the program.

Where will it be?

At ReGen's main site: 26 Jessie St, Coburg.



UnitingCare ReGen

Formerly UnitingCare Moreland Hall

26 Jessie Street
Coburg VIC 3058
T 03 9386 2876
F 03 9383 6705



Torque

Non-residential Rehabilitation



Torque: a Catalyst Program

Non-residential rehabilitation program for people involved in the justice system based on ReGen's award-winning Catalyst Program



Torque

Non-residential Rehabilitation

What is Torque?

Torque, a Catalyst program for people involved in the justice system, is a new six-week structured non-residential program offered by UnitingCare ReGen. The period following withdrawal is a vulnerable time in which the potential for relapse is significant. The program provides intensive post-withdrawal support.

The program is for people who have completed a withdrawal program (or who can confirm a recent period of abstinence) and who have made a decision to stop or reduce their substance use.

Torque incorporates 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. We do not impose sanctions on people who lapse; however, people cannot attend the program if substance intoxicated. Prescribed medication and pharmacotherapies for any drug are recognised as acceptable treatment interventions.

The Torque Program operates from Monday to Friday. Most activities are scheduled between 9.30am and 3.30pm, however there are also a few evening activities.

Who is it for?

To participate in the program, participants must be eligible to have the treatment brokered through ACSO COATS, have stable accommodation and stable mental health or well managed mental illness.

What's involved?

Torque is delivered over six weeks and consists of individual Motivational Enhancement Therapy, structured psychosocial groups and 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.

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

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

Because Torque participants leave at the end of each day, they have the opportunity to practise their new skills on a daily basis and discuss their outcomes and reflections within a supportive context. Time and time again, this component has been identified as a key point of success within the program.



- Do you want to cut down or give up alcohol or other drugs?
- Have you recently completed withdrawal?
- Are you involved in the justice system?
- Would you be able to commit to a six-week non-residential program which operates mostly between 9.30am and 3.30pm Monday to Friday?
- Can you commit to abstaining from your drug of choice and or other drugs that might impact your treatment for the duration of the program?
- Would you have stable accommodation for the duration of the program?
- Are you 18 or over?
- Do you have basic literacy in English?

If you answered YES to all these questions, then the Torque program may be right for you. The information contained in the leaflet will help you decide.

For those that are on a community work order in the North West region, hours can be accredited for attendance. We recommend you have a conversation about with your Community Corrections Officer to confirm.

Torque is based on ReGen's award-winning Catalyst Program. Catalyst won the 2011 National Drug and Alcohol Awards for Excellence in Treatment and Support.

