

AOD Therapeutic Day Program Educational and Support Packages

ReGen has designed this practical hands-on training program informed by the development and learning's of operating a number of therapeutic day programs. This comprehensive training program is designed based on an extensive review of the AOD literature and provides a level of adaptability and flexibility that meets the needs of different target groups and communities.

Participants will learn:

- To structure individual delivery plans and facilitate sessions.
- To plan, recruit, deliver and evaluate group based programs.
- To implement targeted communication skills, adult learning principles and group techniques for conducting a group.
- To assess group members and their social systems.
- To utilise observation, analysis and group review skills.
- To work with group processes and dynamics to enhance client and group treatment outcomes.
- To apply ethics, standards, knowledge and skills when undertaking group work.
- To implement a range of intervention strategies (including CBT and MET) within a group work environment.
- To understand theoretical underpinnings of group work and different types of groups.

The Catalyst Programs Educational Baseline Package

This six day training program provides workers with the opportunity to become practiced and skilled facilitators in the delivery of the Catalyst materials. The **Catalyst Programs Educational Package** is a practical tool that is divided into three interlinked training packages. These programs incorporate face to face and written resource support. The **Catalyst Programs Educational Package** is also aligned to two competency standard units, one on group work and the other on therapeutic interventions.

Duration: Seven days

The Catalyst Programs Educational Accredited Package

This six day training program provides workers with the opportunity to become practiced and skilled facilitators in the delivery of the Catalyst materials. The **Catalyst Programs Educational Package** is a practical tool that is divided into three interlinked training packages. These programs incorporate face to face and written resource support. The **Catalyst Programs** competency standard units, **Educational Package** is aligned and assessed to two competencies standards units, one on group work and the other on therapeutic interventions.

Duration: Seven days delivery plus onsite observation and assessment

The Catalyst Programs Educational Accredited and Guided Support Package

This six day training program provides workers with the opportunity to become practiced and skilled facilitators in the delivery of the Catalyst materials. The **Catalyst Programs Educational Package** is a practical tool that is divided into three interlinked training packages. These programs incorporate face to face and written resource support. The **Catalyst Programs Educational Package** is aligned and assessed to two competency standard units, one on group work and the other on therapeutic interventions. Senior team leaders will be provided with six online supervision sessions with an experienced ReGen Therapeutic Day Program Team Leader.

Duration: Seven days delivery, onsite observation and assessment and supervision for therapeutic day program team leaders

(Please note: Costing does not include training venue hire, catering, travel or accommodation costs if delivery is outside the CBD. Maximum of 10 participants per program.)

The Training and Support Team

The team that will bring you the training and support for this program:

Primary Educator for this Program - Ann Tattersall: Senior Education and Training Officer

Ann has been working in the Health and Community services sector for over 30 years, and in the AOD specific sector for 24 years as both an AOD counsellor, education and training facilitator of professional development training for community services professionals and group program facilitator. Since joining Uniting Care ReGen in 2012, Ann has been a lead group program facilitator for the diverse client psychoeducational programs offered at ReGen, Drink and Drug Drive, Methamphetamine Personal Education Program, Cautious with Cannabis, FOCiS, and Alcohol Considering Change. Ann has also been involved in the development, review and revision of our Torque/Catalyst day rehabilitation program for clients aiming to make lasting changes to their drug use, this program involves CBT and Motivational Interviewing. In her work, Ann has provided counselling and support to both clients who use a range of substances, as well as family members.

Trevor King: Director of Clinical Programs

Trevor has worked in senior clinical, policy, education and training and service management roles in the Victorian alcohol and drug sector for over 35 years. He worked at Turning Point Alcohol and Drug Centre for ten years as the Head of Education and Training followed by three years as Deputy Director (1996 – 2009). He was Deputy Director of the Drug Policy Modelling Program at the University of New South Wales (2009-2012). He also recently held a research translation role at the Burnet Institute in Melbourne. Trevor commenced working with UnitingCare ReGen in 2009 in a consultancy role. He reviewed the evidence base that underpins the Catalyst and Torque programs. He commenced as Manager of Therapeutic Services at ReGen in 2013. As part of the AOD reforms in 2014, Trevor went on to develop and manage ReGen-Odyssey and partner services in the North Melbourne Catchment. He has recently been appointed to the ReGen Director of Programs position. Trevor is currently a conjoint lecturer at the National Drug and Alcohol Research Centre; University of NSW.

Shannon Bell: Manager Catalyst Programs

Shannon is an experienced AOD counsellor and Art Therapist with over 11 years' working across youth and adult services in the AOD sector. He is an accomplished facilitator of therapeutic and psycho-educational groups and has played a key role in the development, implementation and ongoing review of ReGen's award winning Catalyst Non-Residential Rehabilitation Program and nationally acknowledged Art Therapy program.

Shannon has worked in all aspects of the Catalyst program since its implementation in 2009, and is passionate about ensuring that the non-residential model continues to be delivered to a high standard. Shannon is proficient in Group therapy, CBT delivery and Motivational Enhancement therapy. As Manager of the Catalyst program Shannon has expertise and experiences in successfully implementing the non-residential model.

Venetia Brissenden: Inner North Catchment Manager

Venetia Brissenden is a Social Worker with 18 years' combined clinical and leadership experience in the Alcohol and Other Drug and Blood Borne Virus sectors. She has a strong grounding in both training and clinical practice, including assessment, counselling, group work and supervision. She has developed and delivered AOD educational and therapeutic group programs for clinicians and clients in custodial and community settings and is passionate about the ability of group work to facilitate learning and produce positive change in people's lives. She has trained in MI, CBT and ACT. She was one of the original developers and facilitators of the Catalyst pilot program and later managed the development and roll out of the Torque pilot program, an adaptation of the Catalyst model for forensic clients. She is currently manager of AOD services in the Inner North Catchment for ReGen.

**To enquire about training at your workplace:
Contact Brandon Jones on (03) 9384 8886 or
email bjones@regen.org.au**

catalyst
Non-Residential AOD Rehabilitation