

THE DUAL DIAGNOSIS MANAGEMENT PROGRAM

The Dual Diagnosis Program is for people with a co-occurring mental illness and drug & alcohol issue. It helps participants learn to cope with unpleasant emotions without using drugs or alcohol, build a routine that improves physical & mental well-being and develop skills to prevent relapse. Please note this is an abstinence based program.

Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

When is it held?

The Dual Diagnosis Management Program runs once a week for 3 hours over a 12 week period. Please contact 1800 311 470 for the day and time of this program.

How do I join?

Ask your GP or psychiatrist for a referral to Toronto Therapy Services. When we have received this we will contact you to arrange an intake assessment.

Will I have to pay?

You will need private health insurance to cover the cost of your program. Our clerk can conduct a fund check to ensure you have the appropriate coverage.

For further information, contact the Toronto Therapy Services on 1800 311 470 or visit www.torontoprivate.com.au

Who is the program for?

The program supports people with both mental health and substance use issues to make and maintain changes so they can live their lives more in line with their goals and values.

Program Content

MODULE 1

Managing Thoughts and Emotions

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| Week 1 | ABC of Thoughts and Feelings |
| Week 2 | Managing Unhelpful Thought Patterns |
| Week 3 | Naming and Managing Emotions 1 |
| Week 4 | Naming and Managing Emotions 2 |
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MODULE 2

Building Healthy Lifestyles

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| Week 5 | Values and Goals |
| Week 6 | Healthy Lifestyles |
| Week 7 | Building Healthy Relationships |
| Week 8 | Assertiveness Training |
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MODULE 3

Relapse Prevention

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| Week 9 | Understanding Illness |
| Week 10 | Stress Vulnerability Model |
| Week 11 | Early Warning Signs |
| Week 12 | Crisis Management |