



# REFOCUS

Rehab Melbourne

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## **Break Free From Addiction**



### **Begin Your New Life Today**

Addiction can take hold of your life and have damaging effects. You may feel lost, isolated and confused about how to get things back on track. If you're reading this then either you or someone you love is probably struggling. You're wondering what you can do to improve your life or the life of your loved one.

### **Rebuild & Regain Control of Your Life**

The process of breaking free from problematic habits may seem like a daunting process, but with the right people, place and program it is possible to regain control of your life. You can begin your new life today in a friendly and comfortable atmosphere.

Refocus has been helping addicts recover their lives for over 18 years. Located in leafy St Kilda, we have the right environment to help you realise your potential and become drug or alcohol free.



## The Refocus Approach



**Refocus isn't like other rehabs. We understand that every person is different and requires an individual approach.**

### **Our people understand what you're going through**

Refocus' therapists, doctors, counsellors and support workers are renowned for their sensitivity, warmth and understanding. We provide a team of people who are not only highly qualified, but have personal experience with addiction. All counsellors have university or masters degrees or PhDs.

### **Excellent accommodation is just the beginning**

Refocus offers a place free of judgement where you can let down your guard and get the ther-

apy, love and support you need with others just like you. Our comfortable setting in inner Melbourne provides the circuit breaker you need to regain mental and physical health.

When you enter Refocus' residential setting, feelings of isolation, shame and guilt are quickly replaced with enjoyment, camaraderie and inclusion.

### **A program that creates positive changes immediately**

Over 20 years of experience has helped shape the Refocus rehab program. A combination of these program features are essential in laying



the foundation for a strong new beginning:

- Group therapy
- Educational groups
- One on one counselling
- Community participation
- 12 step meetings
- Family and couples' workshops

## **More than just a drug and alcohol program**

You will learn new powerful life skills to rebuild your relationships, restore your self-worth and take care of yourself at home, work and beyond. In small friendly groups, you will gain new confidence from learning:

- Assertion techniques that will make you more self assured when facing challenging situations
- Communication and relationship skills to help you avoid misunderstandings and deepen intimacy. This will dramatically improve relationships with those important to you
- Relapse prevention tools designed to recognise and manage warning signs leading to potential relapse
- How your personality type impacts your habits and how you relate to others.



**Quick results to give you more power in your life**

## The Refocus Program



**Education Groups**



**Life Skills**



**Group Therapy**



**1 on 1 Counselling**



**Group Personal Training**



**Community Meal Prep**



**Family Counselling**



## Three Key Elements to Success



### Structure

Life activities help us restore the basics of living into our days. Doing chores, cooking, and even eating healthy meals regularly often get put to the wayside in active addiction. At refocus you will learn the valuable skills of running and maintaining a household.

Exercise is an important part of getting well and Refocus encourages residents to utilise the dedicated exercise options regularly through their stay.

### Self Reflection

Self reflection activities are opportunities to rest, practice self care or do individual and group therapy. Therapy can be challenging work so a balance of rest and play is essential.

We allow time within the day for residents to reflect on what they are learning about themselves in group therapy and 1:1 counselling sessions.

### Community

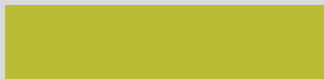
Community activities are done with the community, fostering relationships and strengthening communication skills amongst peers. Vital in navigating life once you leave treatment.

Alcoholics and Narcotics Anonymous meetings are proven to enhance treatment success. Entering the 12-step fellowships can be daunting. Attending meetings with like-minded peers introduces clients to a powerful network of other people recovering from addiction.



## A Day at Refocus

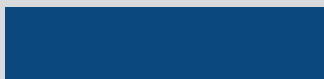
### Self Reflection



### Community



### Structure



6:30am	Wake Up
7:00am	Breakfast
7:30am	Group Personal Training (3 x per week)
8:30am	Clean Room
9:00am	Morning Meeting
9:20am	Chores
9:40am	Break
9:50am	Meditation
10:00am	Morning Group Therapy
11:30am	Break
12:00pm	Lunch
12:30pm	1 on 1 Counselling (1 x per week)
1:15pm	Break
2:00pm	Afternoon Education Group
3:00pm	Break
3:30pm	Shopping and Cooking (1x per week)
5:30pm	Dinner
6:00pm	Break
7:30pm	12 Step Meeting
9:00pm	Break
10:30pm	Quiet Time & Bed

## Life at Rehab



### Common questions people ask about what it's like living at rehab

#### **What do I bring with me?**

We suggest that you bring only a a case or two of personal belongings into the program. You may wish to bring your own pillow although bedding and towels are provided. We suggest that you don't bring valuable items. Bring casual clothes like jeans, cargo pants, T-shirts and jumpers. Singlets and tracksuit pants can only be worn whilst exercising.

#### **Can I bring my mobile phone and computer?**

There is no access to mobile phones or internet for the first 28 days. There is a house phone where you can make and receive

phone calls. Mobile phones, lap tops and tablets are permitted for residents **over** 28 days in the program.

#### **Can I have visitors?**

Visitors are allowed after the first 5 days. In the first 28 days, visitors are restricted to family or significant others for a period of 90 minutes on Saturday and Sunday only. Residents may leave the premises on these visits but are restricted St Kilda cafes.

#### **Will I be sharing a room?**

You will have your own comfortable room to ensure your privacy and personal space.

#### **What's the food like?**

You will be allocated a day to cook or assist cooking each week. Residents cook for each other to encourage connection and community. Residents will have the opportunity to learn how to cook a variety of nutritious meals. .

#### **Can I personalise my room?**

You can bring small items that can personalise your space. For example, books, a family photo, a journal and small ornaments.

#### **Can I play music?**

Music is allowed at low volumes in your room. Earphones are encouraged to minimise noise.

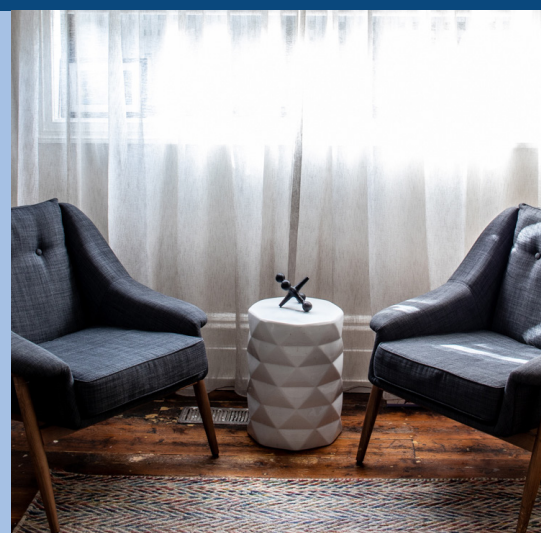
## Transition

For people recovering from addiction the journey doesn't stop after leaving rehab. Many of our clients want or need extra support after the intensive St Kilda program and our transition house in Brunswick can provide the structure and framework to help clients integrate recovery into their lives.

### Our Transition Phase

A comfortable environment that is structured and safe (Subject to Covid restrictions)

Residents who take the step from St Kilda to our transition house are supported through their journey back into home life. With less program hours and more flexibility to use their spare time for recreational activities, sports, part-time work, returning to study or family time, transition provides a safe space for residents to explore the next steps in their life whilst being supported by Refocus peers and regular group therapy.



### After Care

Friday night group (subject to Covid restrictions)

We also offer clients who have recently left the program an after-care group therapy session each week so they can stay connected to the Refocus community and continue to nurture their new connections.

We also offer clients ongoing 1:1 counselling and group therapy to consolidate their ongoing treatment and recovery.







## Program Costs

### An Investment In Your Future

We are a private rehab and therefore your stay at Refocus is not covered by private health insurance. Fees are based on length of stay. The longer you stay the lower the weekly cost.

- First 4 Weeks: \$12,870
- Second 4 Weeks: \$9,900

### Early Exit and Refunds

A minimum stay of 2 weeks applies to the program. If you leave the program early, we will return the unused portion of your payment minus the two week minimum stay plus a \$1,000 early exit fee.

### Transition

Brunswick fees \$5,000 for 4 weeks. This includes accommodation and food so you can focus on your recovery and integrating your new program into your life.

### After Care

Subject to Covid restrictions.

Clients can tailor-make their after care program to suit their needs with individual and group sessions incurring the following costs:

Aftercare Groups - Please Enquire  
Couples and Family - Please Enquire

## Length Of Stay

The Refocus program is not a set length as clients have different needs and different rates of recovery, however a minimum 28 days is required for all new residents. Research has shown that good outcomes are contingent on adequate treatment length so a 3 month stay is advised.



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