



ODYSSEY HOUSE VICTORIA RESIDENTIAL REHABILITATION PROGRAM PHASES

FOUNDATIONS: 2-6 weeks

This initial stage of treatment includes program orientation, involvement in work projects and group therapy. Each person has a range of assessments; medical, psychiatric and psychological. Separate child and family assessments also occur for parents with children. Reduce and withdrawal from pharmacotherapy.

- Visits once every 3 weeks and 2 phone calls weekly.

LEVEL 1: 8-10 weeks

Focus is on participation and practice in an 8 week emotional regulation course, Motivation Affect Self Control (MASC 1) as well as group therapy. Residents begin to participate in the responsibilities of community life.

- Visits once every 2 weeks and 4 phone calls weekly.

LEVEL 2: 3-4 months

A long term plan is developed and the focus of therapy is achieving identified goals such as communication and problem solving skills, managing emotions, parenting and an increased responsibility for community life.

- Weekend visits from significant others, external day leave as a group every 2 weeks and 6 phone calls weekly.

LEVEL 3: 3-8 months

Focus is on developing future plans and strengthening relationships. There is an increased responsibility for daily therapeutic community functions and arranging personal social and leisure activities.

- Day leave on weekends and 6 phone calls weekly.

LEAVERS: 1 month

Focus is on establishing external support networks; implementing vocational plans and moving into other accommodation.

- Develop plan for personal activities and integration into the broader community.

AFTER CARE: No set time until completion

This stage is about maintaining personal changes and drug free status, while living and working independently from the therapeutic community. Attending weekly therapy group.

- Organise own life activities