

Foundations Online



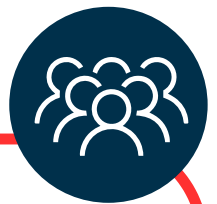
Foundations Online is an **18-week group program** for people who are seeking support around substance use. Our aim is to support participants to better understand and manage their substance use and find community, meaning and independence.



The program is based on contemporary, internationally recognized methods – including **Cognitive Behaviour Therapy, Acceptance and Commitment Therapy and Motivational Enhancement Strategies.**

Abstinence is not a requirement; we aim to support individuals with their unique goals and recognize that this may look different for everyone. We strive to provide a welcoming, safe and judgment-free environment for all.

If you have not participated in online groups before, it is common to feel apprehensive or nervous. However, many people are pleasantly surprised at how easy and convenient it is to engage, and most importantly find that they still feel connected and supported in this online format.



If you would like to join or learn more, please email us at pathwayscentral@salvationarmy.org.au and provide us with your name and phone number. Please note that it could be up to two weeks before we are able to respond to your initial enquiry, although it is often sooner than this and we always aim to contact you as soon as we can.

We look forward to hearing from you!

Foundations Online participants meet four times per week via Zoom. Participants attend a Foundation group two times a week and Relapse Prevention groups twice a week, and Case Workers can provide extra support as needed. Please see table below for the specific group times and topics. Everyone starts in Connect, the 9:00 am group, and then can progress from there. **Since our groups only run online, a smart phone or computer with video and audio capabilities, as well as an internet connection, is required.**

Group Session Information

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| <p>Connect Module 1</p> | <p><u>6 weeks</u> Mondays and Tuesdays 9:00am - 10:00am</p> | <ul style="list-style-type: none"> • Getting connected • Motivation • Change Process • Values Guided Living in Recovery • Thoughts Feelings Behaviour • Unhooking and Making Room • Into to Mapping Skills • My Strengths and Transferrable Skills • My Resources, Recovery Capital • Harm Minimisation • Managing Withdrawal • Wellbeing in Early Recovery |
| <p>Grow Module 2</p> | <p><u>6 weeks</u> Mondays and Tuesdays 11:00 am – 12:00 pm</p> | <ul style="list-style-type: none"> • Community Assets & Peer Support • Recovery Capital Audit • Art of Communication • Barriers to Effective Communication • Cultures of Addiction • Cultures of Recovery • Ways of Thinking • Mind Traps • Building Personal Resilience • Relapse Prevention Management • Stress Management Mindfulness • Building Respectful Relationships |
| <p>Live Module 3</p> | <p><u>6 weeks</u> Mondays and Tuesdays 1:00 pm – 2:00 pm</p> | <ul style="list-style-type: none"> • My Next Steps • Grief, Sorry Business & Sad News • Navigating Recovery Hazards • Spirituality & Compassion • Physical & Mental Wellbeing • Dealing with the Inner Critic • Positive Social Identities • Sustaining Change • Managing Risk & Contingency • Helping Relationships & Volunteering • Independent Living Skills • Thriving in the 21st Century |
| <p>Relapse Prevention Group</p> | <p><u>Ongoing.</u> Wednesday (open group) 12:00pm - 1:00pm Friday (Foundations only) 9:00 am – 10:00 am</p> | <p>Topics change week-to-week, though focus on relapse prevention.</p> |