

# OPERATIONAL OVERVIEW AND TIMETABLE

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162 Ulan Road, Bombira NSW 2850

Lot 1 on DP1209218

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## PROGRAM OVERVIEW

At Mudgee Private Rehab, we provide a comprehensive and holistic approach to recovery. Our therapy programs are designed to address not only the physical aspects of addiction, but also the emotional, mental, and spiritual needs of our clients. Our goal is to foster long-term sobriety through personalised treatment plans that promote healthy lifestyles and positive coping mechanisms.

We offer a range of therapies including psychosocial therapy, meditation, nutritional counselling, physically engaging activities, cognitive behavioral therapy, and motivational interviewing. By creating a supportive and nurturing environment, we help individuals reclaim their lives, build resilience, and achieve sustainable recovery, ultimately leading to a more fulfilling and balanced life.

Security is a priority at our facility, therefore 24/7 security surveillance is placed inside and outside the property to ensure the safety of staff and residents.

We believe a core factor in successful rehabilitation is the removal of an individual's current negative environment. For this reason, our residential rehab is located in the beautiful town of Mudgee. Approximately 300km's from Sydney; Mudgee is classified by the NSW government as 'rural'.

Away from the distractions and stressors of urban life, individuals can focus solely on their treatment and personal growth within a rural environment. The tranquility of nature promotes relaxation and reduces anxiety, which is beneficial for mental health. Additionally, a rural location often means fewer opportunities for encountering triggers and temptations related to substance use. Overall, a rural setting supports a holistic approach to rehabilitation, promoting both physical and emotional well-being.

Being a residential drug and alcohol center we have strict policies in place surrounding any substances and alcohol. We are aware that the physical presence of these substances around our residents will be detrimental to their progress and rehabilitation. Therefore, these substances and paraphernalia are strictly prohibited in our facility.

Medically prescribed medications such as medicinal cannabis, opioids, benzodiazepines, and sedatives serve a therapeutic purpose and therefore are allowed at our facility with proof of legal prescriptions. Prescribed medications are kept with staff and only administered under their supervision with the authority of our health practitioners.

We take pride in offering holistic therapy to our residents to deal with their conditions which include but are not limited to: Alcohol dependence, substance dependence, behavioral issues, and several mental health conditions. Each resident is assessed and treated according to their individual needs, health professionals at Mudgee Private excel in tailoring treatment programs to individual residents.

Optional recreational activities are offered at Mudgee Private as they have been proven to be beneficial for mental health and addiction. We offer supervised afternoon walks/runs , Gym facilities, swimming pool, a tennis court, and other activities such as yoga.

Structure is a key component in our program, As a result of this we require each resident to engage in:

- Strict wake-up times of 7:30AM.
  - Set mealtimes such as 8:00 AM breakfast, 1PM lunch and 6PM dinner.
  - Strict bedtimes at 9:30PM. All participants will be directed to their rooms with all lights to be shut by 9:00PM.
  - Daily household chores such as cleaning, cooking and regular maintenance.
  - Attendance at scheduled appointments and voluntary, on-site work programs
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# ASSESSMENT

Assessing patients for entry into our residential drug and alcohol rehabilitation program involves a thorough and compassionate evaluation process.

We start with a comprehensive intake assessment conducted by our experienced clinical team, which includes a detailed medical and psychological history, substance use history, and current health status.

Information that we require gathered includes:

- Last use of illicit substances and alcohol
- Previous/Current frequency of use
- Substance of abuse
- Trigger factors of substance abuse
- Acquired medical conditions as a result of substance abuse

Patients are assessed for their specific medical needs to ensure proper care. This includes considering any prescription medications they are currently taking.

This initial assessment helps us understand the severity of the addiction, any co-occurring mental health conditions, and the specific needs of each individual. We also evaluate the patient's readiness for change and their support system.

Based on this information, we develop a personalised treatment plan that outlines the most appropriate therapeutic interventions and support services.

This careful and individualised approach ensures that each patient receives the targeted care they need for a successful recovery journey.

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## PROGRAM SUITABILITY

To join our residential rehab for drug and alcohol addiction, prospective patients must meet specific eligibility and criteria to ensure they receive the most appropriate and effective care.

Key criteria include:

- 1. Substance Dependency:** Individuals must have a documented history of substance abuse or addiction, requiring structured treatment.
- 2. Medical and Psychological Assessment:** Potential patients undergo a comprehensive medical and psychological evaluation to determine their physical and mental health status. This assessment helps to identify any co-occurring disorders that may need to be addressed concurrently.
- 3. Willingness to Participate:** Candidates should demonstrate a genuine willingness and motivation to participate in the rehab program and commit to the process of recovery.
- 4. Age Requirements:** Our program is typically designed for adults aged 18 and older.
- 5. Detoxification Needs:** Individuals must exhibit and establish a drug free period before entering our program, intake of intoxicated individuals or individuals with illegal substances in their system is prohibited
- 6. Support System:** Having a supportive network of family or friends can be beneficial for recovery. We assess the availability and involvement of a support system to enhance treatment outcomes.
- 7. Absence of Severe Medical Conditions:** Candidates must not have severe, unmanaged medical conditions that would require specialised medical care beyond what our facility can provide.
- 8. Behavioral Stability:** Individuals must be behaviorally stable and not pose a danger to themselves or others. This ensures a safe and conducive environment for all residents.

Meeting this criteria helps ensure that our residential rehab program is a good fit for the individual's needs, increasing the likelihood of successful recovery and long-term sobriety.

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TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
7:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
8:15 AM	Chores	Chores	Chores	Chores	Chores	Chores
8:45 AM	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection
9:00 AM	Sound Therapy/Yoga with Maggie	<b>Recovery Program</b>	Music Therapy + Art Therapy with Maggie	Outdoor Work with Chris	Practice	OPEN GYM
10:00 AM		AA & NA Meetings			AA & NA Meetings	Boxing Class with Yasser or Gardening with Chelsea
11:00 AM	Church Run	Church Run	AA/NA Meetings	<b>Recovery Program</b>	Church Run	Practice
12:00PM	Daily Walk	Daily Walk	Daily Walk	Daily Walk	Daily Walk	Daily Walk
1:30PM	<b>Recovery Program</b>	Jiu-Jitsu	<b>Recovery Program</b>	Tennis	Tennis	Tennis
2:30PM	Tennis	Art and Crafts Workshop	Tennis	Baking Class with Danyel	Boxing Class with Yasser	Outdoor Game
3:30PM	Baking class with Danyel	Tennis	Gardening	Table Tennis/ foosball table	Dodgeball	Meditation
4:00PM	Team-building workshop	Relaxation Time	Team-building workshop	relaxation time	Outdoor Game	Team-building workshop
5:00PM	Relaxation Time	Baking Class with Danyel	Relaxation Time	OPEN	Relaxation Time	Relaxation Time
6:00PM	Cooking class with Trey	Cooking class with Trey	DINNER	Cooking class with Trey	DINNER	DINNER

<b>7:00PM</b>	DINNER	DINNER	Night walk	DINNER	Night walk	Spa/bonfire night
<b>8:30PM</b>	AA/NA meeting	Bonfire Night	Trivia night	AA & NA Meetings	Bonfire Night	Movie Night
<b>9:30PM</b>	lights out	lights out	lights out	lights out	lights out	lights out