

Community Hub Day Programs Services Information Leaflet

We Help Ourselves (WHOS®)

WHOS Community Hub Day Programs offer assessment and referral services, and non-residential therapeutic day program services which include case management and structured group work, for people seeking support for their alcohol and other drug issues. Services are provided in person or online.

Please discuss with staff the requirement that best meets your needs.

ENTERING OUR DAY PROGRAMS

STEP
1

Choose a service

Select a treatment stream that best suits your needs and is closest to you. Brochures for each service, and virtual tours, are available at: www.whos.com.au

STEP
2

Phone Assessment

Contact the Hub you are interested in for further information and to arrange a phone assessment. Staff will collect information from you to assess whether the Hub is suitable to your needs.

STEP
3

Treatment Plan

After your phone assessment, staff will discuss with you the best options available to you. A personalised treatment plan will be developed to address your goals.

INCLUSION CRITERIA

- All our programs accept clients 18 years and older.
- WHOS accepts (subject to assessment) clients with alcohol and other drug dependence and related issues.
- Our Newcastle Hub also has services specifically for people on OST.

TREATMENT STREAMS

The three service streams offered are

1. Referrals to appropriate services
2. Case management – appointment-based
3. Day Program – group work over 6-week cycle plus individual counselling sessions

GROUP WORK

Group Work covers

- client support with stressful situations
- living skills
- harm reduction information
- relapse prevention
- acceptance & commitment therapy
- mental health wellness
- healthy lifestyle

OTHER INFORMATION

Please NOTE THAT

- Attendance at our Hubs is free
- Food is available free of charge
- Services can be provided over the phone or via online platforms

WHOS®
helping people help themselves

WHOS Hub Newcastle
WHOS Hub Penrith
WHOS Hub Lilyfield
WHOS Hub Nambour
WHOS Hub Goulburn

02 4911 9009
02 9131 8080
02 8572 7457
07 5294 6440
02 3813 7400

Information on WHOS services is also available at
www.whos.com.au and by contacting staff at each service on the numbers in this leaflet.