

# WHOS Day Programs Information Leaflet

We Help Ourselves (WHOS®)

WHOS 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 use. Services are provided in person, by telephone or online. Please discuss with staff the method that best meets your needs.

## ENTERING OUR DAY PROGRAMS

STEP  
1

### Choose a service

Select a service that best suits your needs and is closest to you. Brochures for each service, and virtual tours, are available at: [www.whos.com.au](http://www.whos.com.au)

STEP  
2

### Phone Assessment

Contact the service you are interested in for further information and to arrange an assessment. Staff will collect information from you to assess whether our service is able to meet your needs.

STEP  
3

### Treatment Plan

After your assessment, staff will discuss with you the best treatment options available to you. An individual treatment plan will be developed with you 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.
- WHOS Newcastle Day Program provides services specifically for people on OST.

## TREATMENT STREAMS

### The three treatment streams offered are

1. Assessment and referrals to appropriate services
2. Case management – appointment-based
3. Day Program – group work plus individual support sessions

## GROUP WORK

### Group Work covers

- client support groups
- living skills
- harm reduction
- relapse prevention
- acceptance & commitment therapy
- mental health wellness
- healthy lifestyle

## OTHER INFORMATION

### Please Note

- Attendance at a WHOS Day Program is free
- Breakfast and or lunch is available free of charge
- Services are provided in a flexible manner to meet individual



WHOS Day Program Newcastle  
WHOS Day Program Penrith  
WHOS Day Program Hawkesbury  
WHOS Day Program Lilyfield  
WHOS Day Program Nambour  
WHOS Day Program Goulburn

02 4911 9009  
02 9131 8080  
02 45099110  
02 8572 7457  
07 5294 6440  
02 3813 7400

Information on all WHOS services is also available at  
[www.whos.com.au](http://www.whos.com.au) or by contacting one of the services listed above