

Directions Health Services is a not-for-profit organisation that provides a range of integrated services and programs for people affected by alcohol, tobacco and other drug issues, their families and the wider community.

Services are based on a harm minimisation approach and provided in a non-judgemental and respectful manner that recognises the different stages of recovery, the individual goals people may have regarding their substance use and the impacts of substance use on friends and family.



**Directions**  
Pathways to Recovery

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[directionshealth.com](http://directionshealth.com)  
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Translator and interpreter services are available upon request. All Directions services are free except Arcadia House.

*Directions Health Services acknowledges the traditional owners of the Canberra region, upon whose land we walk, their ancestors and elders both past and present. We also value the contribution diverse cultures, identities and lifestyles make to our region and the richness of our society.*



**Directions**  
Pathways to Recovery

**Support and Self Help Groups**  
For people impacted by alcohol  
and other drug use



# Directions Facilitated Groups

## SMART Recovery

SMART Recovery is a facilitated self-help group for people facing substance dependence and focuses on Cognitive Behaviour Therapy. The four main principles are: motivation to abstain, coping with urges, lifestyle balance and problem solving. SMART Recovery is an open group and no booking is required.

## Compass Family Support

Compass Family Support is a facilitated group for people impacted by a family member or friend's alcohol, tobacco and other drug use. It is an opportunity to have a voice about the issues you are experiencing. The group focuses on self-care and setting boundaries when supporting someone with a substance dependency. Compass is an open group and no booking is required.

## ADAPT

ADAPT (Alcohol Drug Awareness and harm Prevention Training) is a group program designed for people considering a change in their substance use and wanting to explore their options. ADAPT runs for 3 weekly group sessions, providing education on the impact of substance use, strategies to change and information about treatment options. A counsellor will follow-up with participants to discuss if they would like ongoing support and referral to other services. Bookings are required.

## Grief, Loss and Change

Sensitively designed to explore losses and issues around grief. This course runs periodically throughout the year. Bookings are required.

## Mindful Self-Compassion

In this powerful five week course you will learn to:

- > Treat yourself and others more kindly.
- > Reduce anxiety and depression.
- > Change your critical self-talk.
- > Cultivate self acceptance.
- > Develop emotional strength and much more.

Mindfulness and self-compassion can be learned by anyone and this course is open to individuals, family members and carers. Bookings are required.

**For more information on the groups and timetable phone Directions on 6132 4800 or visit [www.directionshealth.com/events](http://www.directionshealth.com/events)**

## Feedback and Complaints

What you think about our services matters. We welcome your feedback and suggestions about how we may improve our services at any time.

You have a right to:

- > Make comments or complaints.
- > Have grievance/s resolved fairly, promptly, confidentially and without retribution.
- > Be treated with respect, listened to and taken seriously.

If you have a complaint, ask to speak with the team leader or manager of the program. If you are not satisfied with the outcome, you may ask to speak with the Director of Service Delivery or the CEO on 6132 4800. You may also put your complaint in writing or email it to [reception@directionshealth.com](mailto:reception@directionshealth.com)

If you are still unsatisfied, you may contact the ACT Health Services Commissioner on 6205 2222.

## Privacy

All Directions services are confidential. Client consent is required to share information with other services or people. All group participants are also asked to maintain confidentiality.

## External Group Providers

### Alcoholics Anonymous

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The primary purpose is to stay sober and help other alcoholics achieve sobriety.

**[www.aacanberra.org](http://www.aacanberra.org)**

### Al-Anon

Al-Anon helps families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem. The program of recovery is adapted from Alcoholics Anonymous and is based on the 12 Steps, the 12 Traditions, and the 12 Concepts of Service. The only requirement for membership is that there is a problem of alcoholism in a relative or friend.

**[www.al-anon.alateen.org/australia](http://www.al-anon.alateen.org/australia)**

### Narcotics Anonymous

Narcotics Anonymous (NA) is based on the 12 Steps guidelines which outline a practical approach to recovery. It is for any person who may have a problem with drugs, legal or illegal, including alcohol. NA members can learn how to live drug free and recover from the effects of addiction.

**[www.na.org.au](http://www.na.org.au)**