

What is Springboard?

Springboard is a FREE 18-week community day program for people with co-occurring mental health and alcohol and other drugs challenges. The program begins with a six-week intensive group, followed by twelve weeks of individual support and ongoing access to weekly peer support groups.

How do I access the program?

Springboard is delivered six times per year, with each group commencing about 2 weeks after the previous group ends. Anyone can refer to Springboard, including self-referral.

Once we receive your referral, we will make contact to conduct a brief interview and explain the stepped-intake process. The intake steps are:

1. Initial screening (usually on phone)
2. Information session (usually on site)
3. Assessment interview (usually on site)

We will then make a decision on your acceptance into the program. Individual and group support is available while you wait for the next group to commence.

About Communify

Communify is a place-based community services organisation with over 40 years of experience in listening and responding to the needs and interests of our community members. We are strongly established within our community as a provider of a robust, multi-faceted suite of mental health services that incorporate clinical and non-clinical supports.



Supporting our community on all sides

Communify QLD

180 Jubilee Tce, Bardon QLD 4065

P (07) 3308 4513

E springboard@communify.org.au

W communify.org.au



Proudly supported by the
Queensland Government

**Queensland
Government**

Springboard

**A day treatment program
for people experiencing
difficulties with alcohol
and other drugs**



What does it involve?

- **Psychological Health:** Concepts and skills from Acceptance & Commitment Therapy (ACT) and other evidence-informed approaches to support learning and action.
- **Physical Health:** Taking a holistic review of recovery, we incorporate gym exercise, yoga and dietitian sessions to support a healthy mind-body relationship and active lifestyle
- **Relapse Prevention:** Craving management, safety planning and harm-reduction strategies to reduce risk of relapse



Am I eligible?

Springboard is available to people who:

- are aged 18+ years
- reside in Metro North or Metro South Hospital and Health Service catchments
- have completed detox or does not require detox, including stabilisation on a replacement program
- are able to engage safely in group and 1:1 sessions
- are committed to attend the program for the full 18 weeks

We understand each person's situation is unique and welcome enquiries about eligibility and entry to the program.

Make a Referral

Please contact our staff to make a referral:

P 3308 4513

E springboard@communify.org.au

Or download a referral form from our website:

communify.org.au/springboard-alcohol-and-other-drugs-program/

"Big thanks to Communify and the Springboard team for this wonderful initiative. It's been a real lifesaver for me, and I now look forward towards the future with a sense of hope that I thought I'd never have."

Damian, Springboard participant

