

About First Step

First Step is a not-for-profit mental health, addiction and legal services hub in St Kilda. At First Step we believe that everybody deserves every chance to turn their lives around, and we provide our expert services free of charge to help people achieve that goal.

We offer bulk-billing GPs, allied health clinics, pro bono legal advice, help with fines/infringements, social inclusion, employment and other support services.

What is ResetLife?

ResetLife is an evidence-based Alcohol and Other Drug (AOD) treatment program based on the Matrix Treatment Model.

It involves 16 weeks of structured intensive outpatient treatment, followed by 36 weeks of continuing care. During the intensive phase, clients attend group sessions three days per week as well as periodic individual sessions.

The program consists of:

- › individual sessions
- › early recovery skills groups
- › relapse prevention groups
- › family education groups
- › continuing care social support groups

There is no cost for participants, but eligibility criteria apply.



At First Step, we believe everybody deserves every chance to turn their lives around.

FIRSTSTEP
Addiction+Mental Health

42 Carlisle St. St Kilda, VIC 3182

For more information phone 9537 3177
or email info@firststep.org.au

Join our **online community:**

👍 /TheFirstStepProgram 🐦 @FirstStepTweets

www.firststep.org.au

First Step is commissioned to deliver ResetLife by the South Eastern Melbourne.

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SOUTH EASTERN
MELBOURNE

An Australian Government Initiative

FIRSTSTEP
Addiction+Mental Health

ResetLife

A free intensive outpatient AOD treatment program for people in South Eastern Melbourne



Information for GPs
and health professionals

Who is ResetLife for?

ResetLife is for people 18 years and over who have a severe substance use disorder and live or work in South Eastern Melbourne.

ResetLife participants require basic English literacy (able to read, write and speak in English).

Further eligibility includes:

- › if drug of concern is methamphetamines, opiates, alcohol, and/or benzodiazepines, the client must have undergone withdrawal from the substance
- › commitment to recovery
- › commitment to attend the program three times/week, on time, for 16 weeks
- › willingness to discuss drug and alcohol use
- › willingness to involve family or other supports.

People may be unable to participate in the ResetLife program if they are actively involved in another intensive AOD treatment program.

Evening sessions may be available, which means that people can continue to work and live at home while they're participating in treatment.

Who can refer?

Referrals can be made by anyone including GPs, other health professionals, social services, other organisations, self-referral, family members or other key supports.

Referrals can be made through:

- › **First Step ResetLife team.** Drop in or phone 9537 3177 to make an appointment, to see someone from the ResetLife team.
- › **South Eastern Melbourne PHN (SEMPHN) intake phone 1800 862 363** (business hours only)
 - GPs receive priority assistance
- › **SEMPHN fax (03) 9793 9052**

Consent is needed for clients to receive services.



For more information:

call 9537 3177

email info@firststep.org.au

First Step and SEMPHN Intake does not provide after-hours or emergency AOD advice or support. In case of emergency, call 000.



We acknowledge the traditional owners of this land, the Yalukit Willam clan of the Boon Wurrung people and pay our respects to their elders both past and present. We acknowledge and uphold their continuing relationship to this land.



First Step are committed to equity irrespective of cultural or linguistic background, sexual orientation, gender identity (LGBTI+), intersex status, religion or spiritual beliefs, socio-economic status, age, or abilities.