

## About SEMPHN

South Eastern Melbourne Primary Health Network (SEMPHN) works on behalf of the Australian Government to improve local health care.

We are improving access to existing services, commissioning new services and supporting GPs and other providers to provide better care for the community.

## 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 formal treatment three days per week and informal treatment the other days. The formal treatment consists of:

- individual therapy sessions
- early recovery skills groups
- relapse prevention groups
- family education groups
- continuing care social support groups
- weekly mandatory (random) urine/saliva and breath testing\*

*\*Note, drug testing informs treatment only and is not used to exit people from program.*

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



An Australian Government Initiative

### SEMPHN Access & Referral

1800 862 363 (business hours)

Fax: 1300 354 053

### Connect with us

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Your local ResetLife provider is:



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## ResetLife

A FREE intensive outpatient Alcohol and Other Drug (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 are required to have 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, with last use more than two weeks prior to program commencement
- willingness to pursue abstinence from all substances
- agreement to weekly drug testing
- commitment to attend the program three times/week, on time, for 16 weeks
- willingness to discuss drug and alcohol use
- willingness to involve key support people in their treatment.

People **may be unable** to participate in the ResetLife program if they

- have a current corrections order, or are on parole or bail
- are actively involved in another AOD treatment program
- require detox and/or pharmacotherapy for stabilisation/maintenance
- have a cognitive impairment that may disrupt group discussion
- demonstrate hostile, bullying, threatening or belittling behaviour or make threats/gestures of harm to self or others.

Evening and weekend 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 by:

- SEMPHN Access & Referral phone (business hours only): 1800 862 363. GPs receive priority assistance.
- Fax: 1300 354 053

Consent is needed for clients to receive services.

**SEMPHN Access & Referral**  
phone **1800 862 363**  
(business hours only)

ResetLife and SEMPHN Access & Referral do not provide after-hours or emergency AOD advice or support. In case of emergency, call 000.



South Eastern Melbourne PHN acknowledges the Wurundjeri and the Boon Wurrung peoples, the traditional custodians of the land and waterways our catchment covers. We pay our respect to their cultures, their Elders past, present and future, and continue to uphold their ongoing relationship to the land.