



Ongoing support

- GROW provides additional support through our face-to-face Grow Groups and our online eGrow Groups
- GROW's transition housing
- Phone support from staff
- Referrals to other service providers when you complete the program

We have been situated in the South West Sydney Local Health District for more than 30 years.

The GROW Residential Community offers a safe space where people can recover both their mental and physical health, belief in their own personal value, go through drug referral, learn to live in community with others and establish habits that will support their transition to a full and purposeful life.

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Contact us

For more information, or to arrange an assessment please call 1800 558 268 (option 2)

www.grow.org.au

Funding by South Western Sydney Local Health District.

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Residential Rehabilitation Program

Are you looking for help with your mental health issues along with addiction to alcohol and other drugs?



About the Program

GROW has been successfully providing residential rehabilitation services to people with a dual diagnosis for more than 30 years. Our methods have enabled us to identify areas of need and improvement, which in turn has assisted in providing an effective program to combat mental health issues, as well as drug and/or alcohol addiction.

The Residential Program is accredited by the Australian Council of Health Services. This is a live-in program and is based on GROW's 12 step program of personal growth and development.

The service is staffed 24 hours a day, seven days a week and can accommodate 17 people.

The program runs for 12 months, and sometimes longer if this is needed. It is for adults aged 18 years and over.

GROW's Residential Rehabilitation Program is designed to enable people to take back control of their lives, overcome obstacles and start living a full life.

How to access the Residential Rehabilitation Program

This unique facility successfully provides structured recovery and rehabilitation services to individuals first and foremost with mental health issues and further services if an individual presents with the co-morbidity of alcohol and drug addiction, or dual diagnosis as it is known.

To access the service, you must:

- Have a mental health issue, with or without a co-existing substance abuse issue
- Book the assessment interview personally
- Detox from alcohol and other drugs prior to admission

The Residential Program is also open to people who need rehabilitation as a condition of bond or bail.

GROW's Residential Rehabilitation Program does not operate a detoxification or withdrawal program. We can provide you with information for accessing these services.

An initial assessment interview will help determine if the program is right for you.

Residents are charged for board and lodging on a scale dependent on their means.

How does the Program work?

The Residential Rehabilitation Program offers practical steps and peer support to recover your mental health and achieve your goals.

The Program offers:

- Supported live-in rehabilitation in a residential setting
- Peer-to-peer support
- A safe environment, free from alcohol and drugs
- Practical tools for problem solving, self-reflection and working through crises
- The Residential Rehabilitation Program takes a holistic approach
- A structured, peer supported program to promote personal growth through:
 - Grow Groups, groups for alcohol and other drugs, living skills, house meeting and discussion groups
 - A health schedule of teamwork
 - Social, recreational and leisure activities
 - Health care
- Dedicated staff who are trained in the delivery of the Grow Program and rehabilitation services
- Residents who have progressed through the program have the opportunity to be involved in the community's decision-making

