



Key information



What is Catalyst?

A program that helps people make and maintain changes to substance use.

How long is the program?

The six-week program runs Monday to Friday, 10am – 3pm.

How much does it cost?

The program is free.

Who can join?

Anyone with a goal to stop or take a break from substance use and looking for the support of a group program. Participants will need to complete a withdrawal phase before attending the program.

Where is the program offered?

Preston, Coburg, and Narre Warren.

Where do I find more information?

Visit: www.unitingvictas.org.au/catalyst

Call: 1800 700 514

About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners and custodians of this land.

We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQA+) people at our services. We pledge to provide inclusive and non-discriminatory services.

Where to get help

Get in touch with us to understand what options you have available to you as our program offering is different across the regions of Victoria.

Interpreters available on request.

unitingvictas.org.au

Alcohol and Other Drugs



Catalyst day rehabilitation program.





“Trust that it has worked for a lot of people before...you’ve got everything to gain and nothing to lose.”

– Catalyst program participant

The Catalyst program helps people make and maintain changes to their substance use within a supportive group environment.



What is Catalyst?

Catalyst is a six-week rehabilitation program for people looking for support to stop or take a break from substance use. The non-residential program runs Monday to Friday, 10am to 3pm.



What’s included in the program?

The program consists of a range of activities that build skills and strategies for coping with challenging situations, developing routines, and maintaining motivation, including:

- Counselling sessions utilising Motivational Enhancement Therapy (MET) and Cognitive Behaviour Therapy (CBT)
- Group work and reflection exercises
- Social and recreational activities
- Complementary sessions to build understanding of nutrition, finances, therapeutic arts, yoga, and relaxation techniques.

Participants leave at the end of each day with the opportunity to practise their new skills with family, friends, or support network, and discuss their reflections with the group throughout the program. This has been identified as a key driver of success for people leaving the program and meeting their long-term goals.



Where is the program offered?

Uniting has three Catalyst programs in Victoria. These are:

- North Catalyst in Preston
- South East Catalyst in Narre Warren
- Torque Coburg for people involved with the justice system.



What supports are available?

Qualified staff and people with lived experience of substance use will work with participants throughout the six weeks to assist with maintaining the motivation to change. Participants will be supported to identify and set up new routines that will help them meet their substance use goals beyond program completion to maintain abstinence or reduced use in the future.



Who is eligible for the program?

Anyone that is about to or has recently completed a withdrawal program, or has not been using recently.



Where can I get more information?

More information is available on the Uniting website at unitingvictas.org.au/catalyst

For more information call: 1800 700 514

Referrals: Call 9386 2876 or email info.catalystintake@unitingvictas.org.au



How much does it cost?

The program is free to all participants.