

## Do I need a referral?

Referrals are accepted but you don't need one. If you are aged between 18 and 29 and you have a problem with drugs or alcohol, give us a call.

We may be able to accept people aged 16-18 or up to the age of 35 into our program, but only in certain circumstances and when referred by health or welfare professionals.

To apply, give our friendly receptionist a call on 1300 727 957 and make an appointment for an assessment.

## How much does it cost?

We aim to provide accessible and affordable residential treatment.

You are required to pay some money towards your stay, usually a portion of your Centrelink payment. The amount depends on the type of benefit or payment you receive.



## About Lives Lived Well

Mirikai is part of Lives Lived Well, one of Queensland's leading drug and alcohol support organisations. While at Mirikai Recovery Centre, you can access other Lives Lived Well programs including a parenting program, an Indigenous specific program or counselling for couples or families.

## Want more info?

### CONTACT US

Call us on **1300 727 957**

Visit us at 191 West Burleigh Road, Burleigh QLD 4220.

Email us at [info@liveslivedwell.org.au](mailto:info@liveslivedwell.org.au)

Fax info to 07 5576 2512

Check out our website [www.liveslivedwell.org.au](http://www.liveslivedwell.org.au)

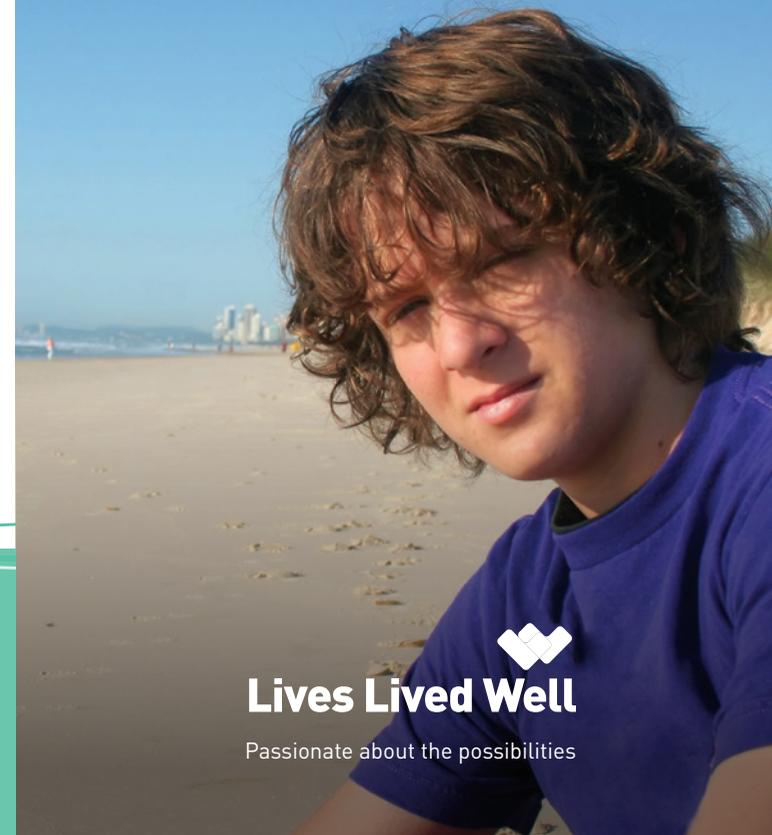


For more information on this and other Lives Lived Well programs go to [www.liveslivedwell.org.au](http://www.liveslivedwell.org.au)

# Mirikai Recovery Centre

RESIDENTIAL DRUG AND  
ALCOHOL PROGRAMS

MAKING CHANGE A REALITY



**Lives Lived Well**

Passionate about the possibilities

LLWM | 0316



## Want to make a change? We can help.

Nobody plans to have a problem with alcohol or drugs. If you believe things are getting out of control, we can help you make changes and recover.

Mirikai Recovery Centre is a residential treatment service, providing an evidence-based program within a safe environment. Here, we work with you towards developing a new path.

Everyone's needs are different, and so we offer a range of choices, including short, mid and long-term addiction treatment programs.

The programs are comprehensive and include individual and group counselling aimed at increasing your personal awareness, motivation and confidence for change. You will also have a chance to participate in a range of leisure activities with access to a swimming pool, gym and basketball court.

We strive to see lives lived well – with people living freely and in control of their lives.

## Our team

Our multi-disciplinary clinical team is made up of psychologists, psychiatrists, social workers and counsellors. We can help you access Centrelink and a wide range of professional and medical services depending on your needs.

## Guide to our residential programs

We provide three unique programs.

The 28-Day Program is a comprehensive addiction treatment program. After completing the 28-Day Program, depending on your needs, you may choose to enrol in the 10-week Life Skills Program, and if wanting to continue right through, you can finish up with our Leadership Program.

Do one, two or all three programs – how long you stay with us and how many programs you complete is your choice.

### Step 1.

#### 28-Day Program

Begin your recovery with us in this intensive, short-stay program. Here, we will work closely with you to understand your needs and goals and to provide holistic and tailored support. This program includes one-to-one and group counselling. It aims to give you the tools, confidence and self-awareness to help you overcome addiction and maintain positive change. Gain the strategies needed to better manage the ups and downs in life, challenge yourself and work on building healthy and strong relationships. On completion, you will be offered a range of supports.

### Step 2.

#### Life Skills Program

After completing the 28-Day Program, you can choose to continue to learn and make positive change by undertaking our Life Skills program. This is a 10-week program focused on further developing coping skills and exploring underlying psychological and relationship issues. Gain a better understanding of yourself and how you relate to others. Here you will be supported within a community environment. Once again, on completion, you will be offered planned support.

### Step 3.

#### Leadership Program

This program is for people who want ongoing support and are ready to apply new skills and knowledge to start to build a new life. This program continues to explore underlying issues and to strengthen life skills. It provides individual and group counselling and includes future and work-based planning. On completion, we understand that you have been with us for a longer period and so will offer you transitional housing options to help you ease back into the community, through our OASIS program.



Mirikai is a  
local Aboriginal  
word for “a place  
of peace”

