



THE BUTTERY

Connected Communities  
Valued People  
Collaborative Partnerships

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The Buttery acknowledges and pays respect to past and present Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.



The Buttery's staff are committed to embracing diversity and eliminating discrimination in providing services. We welcome everyone, irrespective of ethnicity, faith, sexual orientation, or gender identity.

## Key Program Themes:

- **Increase Self Esteem and Wellbeing:**  
Participants learn essential self-care practices to support their overall wellbeing.
- **Drug and Alcohol Psychoeducation:**  
Participants gain insights into the effects of alcohol and substance use and explore healthier alternatives.
- **Coping Skills and Emotional Regulation:**  
Participants develop effective coping skills and emotional regulation techniques.
- **Healthy Relationships:**  
Participants learn to foster healthy relationships and communication patterns.
- **Strengthening Support Networks:**  
Participants build a supportive network to aid in connection, support, and personal growth.

## Referrals

Please contact The Buttery's intake team by phoning **(02) 6687 1111** or emailing [intake@buttery.org.au](mailto:intake@buttery.org.au)



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**CORE YOUNG  
PEOPLE PROGRAM**

## The Buttery's CORE Young People Program (CORE-YP)

The Buttery's CORE-YP program offers a comprehensive 7 week day rehabilitation program, complemented by 4 months of aftercare support.

Designed specifically for young people aged 12 to 24, dealing with harmful or problematic alcohol or drug use.

Drawing upon The Buttery's wealth of expertise in treating substance misuse, participation in the CORE-YP program is provided at no cost.

### Program Structure

- **7-Week Day Rehabilitation:** Participants engage in a 7-week, day rehabilitation program, attending group and individual support sessions, two to three days per week.
- **4 months Aftercare:** Participants receive up to 4 months of aftercare support.

## CORE Young People Eligibility

To qualify for the CORE-YP program, participants must:

- Be aged 12 to 24 years old
- Be experiencing harmful alcohol and/or other drug use.
- Demonstrate a willingness to abstain from alcohol and illicit drugs throughout the program.
- Be able to attend face-to-face sessions two to three times per week for 7 weeks.
- Have stable mental health.

### Location

The CORE-YP program is offered in 7-week blocks at different locations throughout the Port Macquarie, Birpai Country area.

## The program customises interventions and support strategies for two age brackets:

Tailored Groups for Ages 12-17 and 18-24

Our program provides personalised interventions and support strategies tailored for two distinct age groups: 12-17 and 18-24. This ensures that every participant receives a program specifically suited to their unique needs and developmental stage.



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