



Gippsland Youth Residential Rehabilitation Program (GYRRP)

Call us

03 9051 9506

10 Northern Ave
Traralgon

The Gippsland Youth Residential Rehabilitation Program (GYRRP) is a 16-week program for young people aged 16 to 25 years of age.

We work with you and your family to support long-term change to your substance use.

We provide 24-hour care in a relaxed setting, supported by a range of alcohol and other drug and mental health staff, to provide the best opportunity for positive outcomes in line with your goals.

Throughout your stay, you will have the opportunity to participate in a range of programs focusing on social, emotional and psychological wellbeing. You'll be supported to develop positive peer relationships and to participate in activities designed to assist greater control over your life.

Referral process

Please complete the AOD Comprehensive assessment and intake tool and send through to gippsyouthresi@vt.uniting.org

A DAY AT GYRRP:

- 8.15am: Staff wakeup call
- 8.30am: Breakfast and morning routine
- 9.30am: Day & Program Planning
- 11.00am: Group 1
- 12.30pm: Lunch and free time
- 1.30pm: Group 2
- 3.00pm: Recreation activity
- 4.00pm: Shopping or Aquatic centre
- 6.00pm: Dinner @ dining tables
- 7.00pm: Off-site voluntary Al-Anon or NA
- 10.30pm: TV off
- 10.30pm: Mindfulness & Daily Debrief
- 11.00pm: Bedtime

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