

# Rehab in Sydney: NSW Government Invests \$78 Million in Enhanced Rehabilitation Services for Greater Sydney

AUSTRALIA, February 26, 2025 /EINPresswire.com/ -- Sydney, the vibrant capital of New South Wales, is known for its high-performance culture, which can sometimes fuel addiction among its residents. The city's fast-paced environment, coupled with long working hours and high expectations, can lead to chronic stress and anxiety, making individuals more susceptible to



This significant investment by the NSW Government underscores our commitment to providing accessible and effective treatment options for individuals and families impacted by substance use.”  
*Minister for Health Ryan Park*

substance use and other addictive behaviors. To address these challenges, the NSW Government has recently announced significant investments in alcohol and drug services across Greater Sydney, including a substantial \$78 million allocation. This funding is part of a broader \$235 million package aimed at enhancing access to treatment and support for individuals and families affected by substance use.

## Key Initiatives and Investments

The NSW Government's initiative includes several key components designed to improve drug and alcohol

services in Sydney:

- Enhanced Youth Services: The [Sydney Local Health District](#) will receive \$2.1 million over four years to enhance youth drug and alcohol treatment and support. This focus is particularly important for young people with co-occurring needs, such as involvement in Youth Justice and mental health conditions.
- Integrated Care Models: A new Alcohol and Other Drugs and Mental Health Care Navigation team will be established in South Western Sydney. This team will provide assertive follow-up and care navigation for complex and vulnerable consumers, ensuring that those with multiple health challenges receive comprehensive support.
- Inpatient Withdrawal Management: \$10 million will be allocated over four years to establish inpatient withdrawal management services in Western Sydney. This addresses a critical gap in treatment options, providing essential medical support during the withdrawal process.

- Community Outreach and Engagement: Community outreach teams will continue to work closely with local councils, non-government organizations, and police to address drug use concerns and develop community-based strategies. This includes participation in Community Drug Action Teams and Neighbourhood Advisory Boards.

### Private Rehabilitation Facilities in Sydney

While public services are crucial, private rehabilitation facilities also play a significant role in providing specialized care, particularly for those who can afford premium services. One notable [example is Highlands Recovery](#), located in Sydney. Highlands Recovery is a luxury rehabilitation center that offers a comprehensive approach to treating addiction, trauma, and mental health disorders. Led by Clinical Director Resh Joseph, the facility provides a residential program with exclusive accommodations and comprehensive aftercare services. The program includes individualized dialectical behavior therapy (DBT) and Trauma-focused Behavioural Therapy to heal the mind, body, and soul for long-lasting recovery

### Other Private Rehabilitation Services

In addition to Highlands Recovery, other private rehabilitation services in the region include those offered by Southern Highlands Private Hospital. While not specifically focused on addiction, this hospital provides a range of inpatient and day rehabilitation programs approved by Private Health Funds and the Department of Veterans' Affairs. These programs support patients in restoring optimal wellness and mobility, featuring a well-equipped gymnasium and hydrotherapy pool.

### Public vs. Private Rehabilitation Services

Public and private rehabilitation services in Sydney serve different needs and populations:

- Public Services: These are generally more accessible and affordable, often funded by government initiatives. They provide essential care to a broader population, including those who cannot afford private services. The recent NSW Government investment aims to enhance these services, ensuring more people have access to necessary treatment.

- Private Services: Facilities like Highlands Recovery offer luxury accommodations and personalized treatment plans, often catering to individuals who require privacy and specialized care. These services are typically more expensive but provide a holistic approach to recovery, incorporating various therapies and lifestyle changes.

Sydney's high-performance culture can inadvertently fuel addiction, making access to effective rehabilitation services crucial. The NSW Government's investment in public health services is a significant step forward, enhancing treatment options for those affected by substance use. Meanwhile, private facilities like Highlands Recovery provide premium care for those who can afford it, offering a comprehensive and discreet recovery environment. As the demand for rehabilitation services continues to grow, both public and private sectors play vital roles in supporting individuals on their path to recovery.

## Contact Information for Services

For those seeking help or more information about these services, the centralized intake line (1800 793 466) is available Monday to Friday from 8:30 AM to 5:00 PM. This line provides access to a range of treatment options and referrals to specialized services.

- Sydney Local Health District

- [National Drug and Alcohol Research Centre:](#)

[\[www.unsw.edu.au/research/ndarc\]\(http://www.unsw.edu.au/research/ndarc\)](http://www.unsw.edu.au/research/ndarc)

In conclusion, the combination of public and private rehabilitation services in Sydney offers a robust support system for individuals dealing with addiction and related issues. Whether through government-funded initiatives or luxury private facilities, there are options available to suit different needs and circumstances, ensuring that those seeking recovery have access to the care they require.

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