

supportive, family of origin, and parent support groups, are utilized so that all family members make a contribution to the adolescent's treatment.

## CONSULTATION & LIAISON

During inpatient and day patient treatment active liaison occurs with the adolescent's network. This includes school, work, and other agency visits with the aim of facilitating a positive re-entry into the community.

## REVIEW SESSIONS

Review sessions occur on a regular basis involving the adolescent, family members, and the treating team. Goals are reviewed and plans are made for ongoing management.

## EVALUATION

Evaluation of the young person's progress is a key strategy to ensure the programs are meeting the needs of the adolescents and their families.

## CONTINUITY OF CARE

The Pathway Inpatient Unit offers 24 hour care, 7 days per week. Following discharge from the inpatient unit, adolescents will often benefit from attending the outpatient programs as a transition back to school or work. Outreach follow up care and support is also available.

## OUTPATIENT CONSULTANCY

An outpatient consultancy service for adolescents and families is available from child, adolescent and family specialists who consult privately from the Albert Road Clinic.



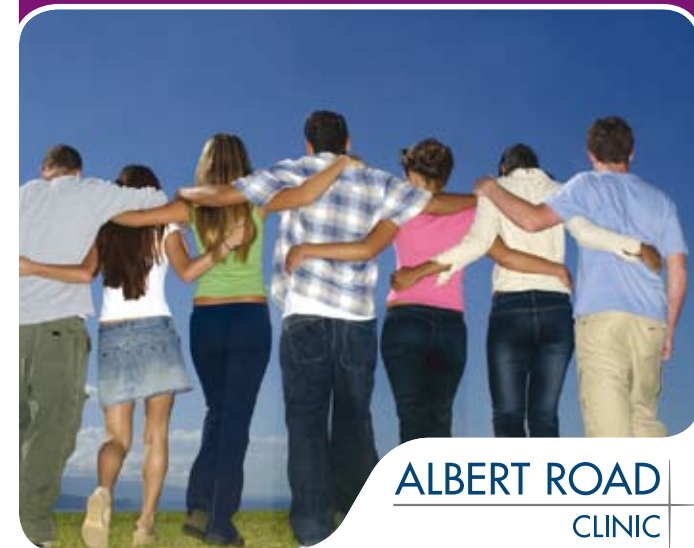
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People caring for people



# Adolescent Services



**ALBERT ROAD**  
CLINIC

## ADOLESCENT SERVICES

Moving from childhood to adulthood is far from easy for many young people. Confusion and conflict about identity, relationships, roles, purpose and future often occur as adolescents explore the world and test their independence.

For some young people, who have had problems earlier in life, it is even harder to cope with the challenges of adolescence. As a result, life may be extremely difficult, not just for teenagers but also for parents, teachers and others. Adolescence is also a time when psychiatric illness frequently begins.

## COMMON DIFFICULTIES

The difficulties experienced by many adolescents during this stage of their life may be expressed in a variety of ways.

### FEELINGS

- Feeling depressed, anxious, angry, worthless, left out, or that life has no meaning and purpose.

### BEHAVIOUR

- Being withdrawn, uncommunicative, aggressive or violent, getting into trouble with the police, using drugs or alcohol to cope with life, or being overly preoccupied with food and weight.

### RELATIONSHIPS

- Having conflict with parents or siblings, experiencing difficulties making friends, or finding it hard to adjust to family life.

### PROBLEMS AT SCHOOL

- Refusing to go to school, disruptive behaviour in the classroom, lack of interest in school work, poor academic performance or learning difficulties.

### PSYCHIATRIC SYNDROMES

- Including depression and anxiety disorders, obsessive-compulsive behaviours, eating disorders, or psychotic symptoms (for example delusional thinking or paranoia).

## THE PROGRAMS

Albert Road Clinic provides specialist inpatient, outpatient, and outreach programs for young people who are experiencing difficulties which prevent them from achieving their potential.

As these problems may be expressed in many ways our programs involve the whole family, not just the adolescent, because a young person's problems cannot be effectively treated in isolation.

Adolescent Services provides expert assessment and treatment of the psychological and behavioural problems of young people aged between twelve and twenty-three years.

In developing our programs we have drawn upon a wide range of therapies and activities which aim to build a greater sense of worth, responsibility and mastery in the young person.

## REFERRALS

Referrals to Adolescent Services may come from many sources including General Practitioners, School Counsellors, Psychiatrists, Health and Welfare Professionals and from parents themselves.

A medical referral is required from a General Practitioner or Psychiatrist to access the programs.

To make a referral contact the intake worker at the Albert Road Clinic on 9256 8322.

## ASSESSMENT

Prior to program entry, all adolescents and their families are interviewed by a psychiatrist or therapy staff member to assess which programs will meet their needs. Depending on the outcome of the assessment, adolescents may be admitted to the Pathways inpatient unit or Arch day programs at Albert Road Clinic, or referred for other outpatient treatment options.

## STAFF

Our programs are run by a multidisciplinary team of experienced professionals with particular expertise in adolescent programs.

### Members of the team include:

Psychiatrists, Psychologists, Psychiatric Nurses, Occupational Therapists, Family Therapists and Social Workers. Other staff including a visiting Physician, Paediatrician, Nutritionist and Consultant Specialists in music, art, drama and physical activities add to the team.

The high standard of care is maintained through an ongoing program of professional supervision and education.

## KEY ASPECTS OF OUR INPATIENT & OUTPATIENT PROGRAMS

Adolescent Services utilises a range of therapeutic approaches and activities. These approaches include group, individual and family therapy. Therapeutic technique is based on cognitive, behavioural, including dialectical behaviour therapy, systemic, psychodynamic and psychodramatic theoretical underpinnings.

## GROUP THERAPY

Themes addressed include:

- Management of anxiety and stress
- Creative problem solving
- Self-awareness and self-acceptance
- Managing anger and conflict
- Sexuality
- Interpersonal and family relationships
- School issues

## COGNITIVE AND DIALECTICAL BEHAVIOURAL THERAPIES (Skills Acquisition Groups)

Through a carefully structured program designed to increase self awareness and interpersonal skills, adolescents are given a wider range of choices for the way they think, feel, and act. This results in adolescents gaining greater control over their lives and their problems.

## CREATIVE EXPRESSION

Utilising art, drama, and writing, young people are encouraged to unlock their spontaneity and creativity. Through this process they are able to explore and develop new ways of communicating, solving problems and relating to others.

## REFLECTIVE PSYCHOTHERAPY GROUP

With the support of their peers, adolescents are able to explore their feelings about themselves, the way they interact with other people, and their methods of dealing with conflict and anxiety.

## RECREATIONAL ACTIVITIES

Adolescents participate in a variety of recreational activities such as volleyball, swimming, tennis, fishing and Tai Chi, to help increase the awareness of the relationship between health and emotional well being.

## INDIVIDUAL THERAPY

Individual therapy is available to all adolescents to assist in their understanding of themselves. Adolescents are encouraged to make links between the creation of their emotional landscape and how this affects their relationships with others using a variety of theoretical paradigms.

## FAMILY THERAPY / FAMILY SUPPORT

Families are recognized as integral in helping adolescents negotiate the difficulties they encounter. Various family approaches including systemic, psychoeducational,