

Outreach Service

As part of the transition from the Inpatient Unit, the Outreach Service provides a more intensive, individualised support service for families who have experienced the impact of illness.

The service can also be utilised to engage families prior to an admission in conjunction with a Consultant Psychiatrist from the team.

The Outreach Service includes experienced staff members who work both in the inpatient setting and day program. Outreach staff communicate regularly with the team and treating Psychiatrist.

Contact the Intake Worker for further details on 9256 8322

Health Insurance & Hospital Fees

Private Health Insurance is strongly recommended.

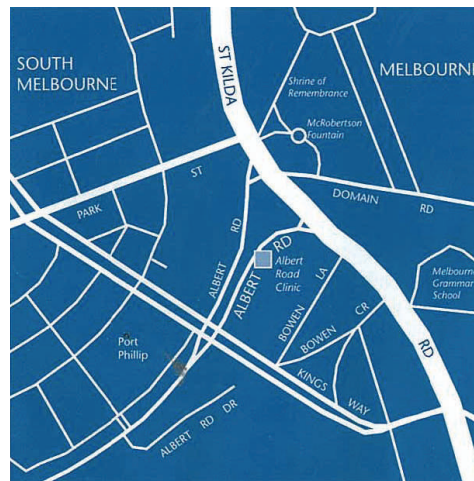


Referral Process

An initial assessment may be made by your General Practitioner, Psychiatrist or Obstetrician who can refer you to the Parent Infant Service. An assessment is organized for you with one of our treating Consultant Psychiatrists through our Intake Service.

All referrals are made via the Intake Department during business hours.
 Intake Manager: 9256 8322
 Intake Fax No: 9256 8361
 Email: arcintake@ramsayhealth.com.au

HOW TO FIND US



Albert Road Clinic is located at 31 Albert Road, Melbourne (close to the corner of St. Kilda Road).
 Melway Map Reference Map 2K J2.

Albert Road Clinic

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 Melbourne VIC 3004
 PH: 03 9256 8311 Fax: 03 9820 9588
Visit our website for more information
www.albertroadclinic.com.au/

Parent Infant Inpatient & Outpatient Services



ABOUT ALBERT ROAD CLINIC

Albert Road Clinic is an 80 bed private psychiatric facility located close to Melbourne CBD at 31-33 Albert Road, Melbourne. The Clinic is a specialist facility committed to excellent inpatient and outpatient psychiatric care which is evidenced by accreditation by the Australian Council on Healthcare Standards. Albert Road Clinic is a member of Ramsay Health Care, Australia's largest private hospital operator.

The Parent-Infant Program

As well as bringing joy, a new baby can also bring considerable change to family roles, relationships and routines. For some, these changes are extremely stressful. As a result, parents, babies and other siblings may struggle to adapt and cope, producing significant problems.

The Parent-Infant Program at Albert Road Clinic is a specialist unit that focuses on helping parents and their babies when difficulties arise.

Common Difficulties

For Mothers:

- Feelings of exhaustion, anxiety, depression, anger, inability to cope and sleep deprivation.
- Psychiatric disorders including depression and anxiety that may require appropriate specialist treatment.
- Some mothers may experience severe disturbances in their thinking and feeling states which require urgent assessment and treatment.

For Fathers:

- A major change in role which often leaves them feeling excluded.
- Frustration about their partner's illness.
- Depression, anxiety and stress related symptoms.
- Uncertainty about their ability to parent effectively.

For Baby:

- Constant crying and difficulties with settling
- Feeding Difficulties
- Other behavioral problems/issues
- Delays in development
- Separation anxiety

For the Other Children:

- Behavioural problems including rivalry reactions and separation anxiety.

Inpatient Unit

The Parent-Infant Inpatient Unit is a 6 bed, 6 cot unit, specifically designed to accommodate not only mothers and babies, but also fathers who need to be part of the program.

Patients are accommodated in spacious private rooms with ensuite facilities. In addition, a communal kitchen, lounge and nursery are also provided.

Our program is run by a multi-disciplinary team of experienced professionals, with particular interest and expertise in parent-infant dynamics.

Members of the team include, Psychiatrists, Psychologists, General, Psychiatric and Mothercraft Nurses.

A General Practitioner reviews all mothers and babies, and there is a consulting Pediatrician and Social Worker available on request.

The Parent Infant Unit provides expert assessment and treatment of the psychological

and behavioral difficulties which may be experienced by parents and their babies.

Our service is unique in that we focus on the whole family and the interactions within the family as a whole.

Fathers, as well as other siblings are able to take part in our program.

Our skilled staff help parents to understand and address the difficulties that they are experiencing in a supportive environment.

The knowledge, skills and awareness gained from our carefully structured program, assist parents in developing their confidence in understanding and dealing with their babies.

Day Program

The Day Program has been specifically developed to provide ongoing treatment and support to families. It aims to assist in a smooth transition from the hospital setting to home and community based care.

In addition, the Day Program can also provide assistance to families who are experiencing difficulties that do not require admission to the Inpatient Unit.

The Day Program currently operates Monday to Thursday, and provides a comprehensive treatment program including parenting programs, group psychotherapy for mothers, play therapy, a toddlers group and a dance therapy program.

Contact the Intake Manager for further details on

Phone: 03 9256 8322

Fax 03 9256 8361

Email:

arcintake@ramsayhealth.com.au