

Enquiries and Referrals

For all enquiries about accessing the Addictions Service at Albert Road Clinic, please call **03 9256 8322**.

Private health insurance is recommended and a referral from your psychiatrist or general practitioner is required.

Note: Patients with advanced physical disease may require a referral through a general medical hospital for evaluation prior to admission to Albert Road Clinic.



**Albert Road
Clinic**
Part of Ramsay Health Care

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MR0010421 ARC Addiction Services DL 0818



Patient Information

Addictions Service



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About Albert Road Clinic

A premier private psychiatric facility located close to Melbourne CBD at 31 Albert Road Melbourne.

The Clinic is a specialist facility providing inpatient, outpatient and community based mental health care via a comprehensive range of assessment and treatment models and services. As a member of Ramsay Health Care, Australia's largest private hospital operator, Albert Road Clinic embodies the Ramsay Health Care ethos of "people caring for people"; we demonstrate an uncompromising commitment to excellence.

Addictions Service

Albert Road Clinic offers a range of treatment options for patients with a dual diagnosis of mental illness and substance misuse or problematic addictive behaviours.

The Addictions Service provides inpatient support and detoxification as well as day patient rehabilitation and relapse prevention programs. All include a comprehensive assessment service.

The service utilises the Stages of Change Model and aims to create a therapeutic environment emphasising improved quality of life, support seeking, healthy responses to stress and personal functioning, in addition to addressing substance dependence.

The integrated therapeutic model includes:

- Cognitive Behaviour Therapy (CBT) – a method of treatment for psychological disorders, that takes a practical, task-based approach to solving problems
- Motivation Enhancement Therapy – an approach that helps individuals resolve their ambivalence about engaging in treatment and stopping their drug use
- Psychoeducation – the process of providing education and information to those seeking or receiving mental health services
- Group Psychotherapy – helps people learn about themselves and improve their interpersonal relationships

The service liaises closely with referring medical practitioners to ensure the optimum standard of quality care required in order to minimise the risk of relapse.

Inpatient

Inpatient care aims to support adults during detoxification and the early stages of their recovery. It also assists adults who are struggling to commit to change and require further information, education and skills to move them towards managing their addiction more successfully.

Day Programs

Focus on Recovery (Addictions Rehabilitation Program)

Focus on Recovery is designed to assist people in minimising and stopping their dependence and abuse of alcohol and/or drug use or other problematic addictive behaviours (e.g. gambling, sex addiction). Our therapists provide a non-judgmental, supportive space for patients to challenge their addictive behaviours or substance dependence in a group environment.

The program is suitable for adults with substance dependence or addictive behaviour that have completed or do not require a period of detoxification.

The program includes modules addressing psycho-education about drug use and dependence, strengthening motivation to change, coping with cravings, identifying and managing triggers of lapse and relapse, addressing associated depressive and anxiety thoughts and emotions, assertiveness, relaxation, and quality of life improvement.

The program requires a commitment of two days per week for a total of eight weeks. As this is a closed group, patients are not able to enter a group once it has commenced.

An alternative program will be offered if required to support those individuals awaiting program commencement.

Family / Carers

Family members and carers of Focus on Recovery participants may find it useful to attend the Family/Carers Group held during the course of the 8 week program. The group is led by one of our group therapists and its purpose is to raise discussion and provide information on how to support people recovering from addictions. Note: The group is not a line of communication to the staff providing direct care for a patient. These discussions are best had with the patient's treating team.

Maintaining the Balance (Addictions Relapse Prevention Program)

Maintaining the Balance is aimed at adults who have successfully completed Focus on Recovery or equivalent, and who do not require detoxification.

The program aims to provide ongoing support to people who have made positive changes to their drug and alcohol dependence and who wish to minimise risk of future lapse and prevent relapse.

The program is offered on different days of the week with both evening and daytime sessions available. Each session is of three hours duration and weekly attendance is expected.

Outreach

The aim of Outreach is to provide community based clinical assessment and therapeutic support, to assist patients to manage their illness and maintain an optimal level of health at home.

For further information and program times please visit albertroadclinic.com.au.

