

MentalHealthCare Albert Road Clinic

Day Programs & Outreach

Please note that due to the current COVID-19 situation the delivery of our day programs and outreach has changed. We are offering both day program and outreach via Telehealth, all programs are half day 2.5 hours. The Cognitive Processing Therapy (CPT) program is currently on hold as it is not able to be presented via Telehealth.

If you have any questions or would like to explore options to commence one of our day programs via Telehealth, please contact our team on 92793594 or bragae@ramsayhealth.com.au

September 2020

A comprehensive assessment referral from a medical practitioner is required for admission to a day program or outreach.

Day Programs

Face to Face group

Open programs: attendance may commence directly following acceptance of referral.

Closed day programs: conducted over a set number of weeks and attendance must commence in week one.

Half day programs are day held for 3 hours and 15 minutes. Full day programs are held for 5 hours and 15 minutes. All programs include 15 minutes for participants to have a dedicated comfort break and participants attending a full day group will also have a 30 minute meal break.

Telehealth – All Telehealth programs are half day 2.5hours

Adolescents (15 – 22 years)

Adolescent Day Program

A group therapy program combining Life Skills; Cognitive Behavioural Therapy (CBT); and Dialectical Behaviour Therapy (DBT) as developed by Dr Marsha Linehan. Assists young people who are struggling to engage effectively in their lives and require ongoing support whilst they transition back to their studies, work or other activities. Content includes distress tolerance, mindfulness, affect regulation, interpersonal effectiveness, identity development, problem solving, stress management, resilience and relapse prevention.

Open

Telehealth 10:30-1 pm

Wednesday

LEAF

A group therapy program aimed at assisting young people to transition from hospitalisation to the community and on-going support whilst attending school. The program involves a range of approaches including Dialectical Behavioural Therapy (DBT), Supportive Psychotherapy and Art Therapy.

Open

Telehealth 10-12:30 pm

Friday

Adults (18 years or older)

Staying Connected

A skills-based group therapy program aimed at assisting individuals with difficulties in implementing life skills in the presence of an ongoing mental illness. The program aims to provide a supportive environment, where people with enduring mental illness and functional needs, can develop strategies and skills to increase independence and quality of life in their community.

Open

Telehealth 9:30-12:15 pm

Wednesday

Managing Mood Disorders

This group therapy program is designed to specifically target symptoms associated with mood disorders. Aimed at depression and the identification of early warning signs, stressors and triggers, participants learn effective strategies to enhance their ability to self-manage.

Closed – 11 weeks

Telehealth 9:30-12:15 pm

Monday

Addiction Recovery and Harm Reduction

Focus On Recovery (abstinence-based)

This group therapy program assists individuals to cease their dependence on/and abuse of alcohol and/or drug use. The program includes modules addressing education, skills training, group psychotherapy, coping skills, mindfulness and relaxation.

Semi-Closed program – 16 weeks – entry points for new participants weeks 1, 6 and 12

Prerequisite: Abstinence (and detoxification if required)
Participants awaiting entry are recommended to attend Transitions, Taking Control or Well-Being

Telehealth 9:30-12:15 pm

Friday

Taking Control (reduce/controlled use)

This group therapy program is for individuals who have or have recently had alcohol and/or drug misuse issues and want to make changes to their use, to control, reduce and/or abstain from use. The program uses the Cognitive Behavioural Therapy (CBT) model and includes motivational interviewing and coping skills acquisition.

Open – 16 weeks

Telehealth 9:30-12:15 pm

Monday

continued overleaf...

Adults (18 years or older) *continued.*

Maintaining the Balance (Addictions Relapse Prevention)

This group therapy program aims to provide ongoing support to individuals who have made positive changes to their drug and alcohol dependence, and who wish to minimise risk of future lapse and prevent relapse.

Open – Prerequisite: Focus on Recovery or equivalent

Telehealth 9:30-12:15 pm

Friday: Evening group coming in near future, currently recruiting.

Introduction to Dialectical Behaviour Therapy (DBT)

This group program has been developed based on the principles of Dialectical Behaviour Therapy (DBT) as developed by Dr Marsha Linehan. This program is designed to assist participants to increase tolerance for being in group therapy, and prepare participants for more intensive work in DBT through the introduction of participants to the concepts and relevance of DBT skills.

Closed – 6 weeks

Telehealth 9:30-12:15 pm

Monday

Dialectical Behaviour Therapy (DBT)

This group program is based on Dialectical Behaviour Therapy (DBT). The program is highly structured and includes sessions dedicated to learning mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. The program requires group attendance one day a week for 36 weeks, an ongoing commitment to individual therapy and practice of the skills introduced.

Closed – 36 weeks – Prerequisite: Introduction to DBT

Telehealth plus individual appointments via Telehealth 9:30-12:15 pm

Monday, Tuesday, Wednesday or Thursday

Introduction to Acceptance Commitment Therapy (ACT)

This group therapy program assists individuals to live a meaningful life while effectively managing difficulties and learning to accept adverse aspects of it. ACT involves taking effective and mindful action guided by the values an individual identifies with.

Closed – 11 weeks

Telehealth 9:30-12:15 pm

Thursday

Advanced Acceptance Commitment Therapy

This group program uses Acceptance and Commitment Therapy (ACT) to maximise an individual's ability to achieve a full and meaningful life in regards to their various relationships. The program aims to help participants to explore and apply relationship skills; use mindfulness and acceptance skills in relationships; improve their capacity to shift perspectives in regards to their relationships; identify what really matters in relationships – values – and then putting those values into action.

Closed – 11 weeks – Prerequisite: Introduction to Acceptance Commitment Therapy (ACT)

Telehealth 9:30-12:25 pm

Tuesday

Transitions

This group program covers introductory skills in managing distress; building and maintaining structure and balance in weekly routine; as well as providing ongoing care and support. It introduces participants to longer term closed day program options such as Managing Mood Disorders, DBT, ACT and the Addiction Recovery and Harm Reduction. The program consists of a combination of approaches, including psychoeducation and self psychology models to aid participants in exploring where their difficulties/issues or ways of behaving, thinking and feelings come from.

Open

Telehealth 9:30-12:15 pm

Friday

Cognitive Processing Therapy (CPT) (NOTE: On hold. Unable to be delivered via Telehealth)

This group therapy program is for people who are currently impacted by a previous trauma as a result of an adverse childhood event. The program helps the participant examine the impact of a traumatic event on their life and helps challenge and change unhelpful thoughts related to the event, as well as beliefs about one's self, others and the world. The program assists individuals to learn to better cope with emotional impact of trauma. The program does not include exposure component (written trauma account).

12 weeks – Prerequisite: Inpatient Developmental Trauma Program

Telehealth

Wednesday

Well-Being

This group program focuses on principles from Well-Being theory and Cognitive Behavioural Therapy (CBT) to maximise an individual's ability to achieve a full and meaningful life in their mental health, well-being and daily functioning to foster recovery. This group uses evidence based techniques: group supportive psychotherapy, skill building, physical movement training and community engagement support including outings.

Open

Telehealth 9:00-11:45 pm

Tuesday

Seniors (65 years or older)

Seniors (Note: Currently on hold. Outreach available via Telehealth)

A group therapy program designed for older people who would benefit from on-going or interim support for a mental health condition. The group aims to support participants to manage their illness and maintain an optimal level of health and independence. The program utilises a number of approaches including Cognitive Behavioural Therapy (CBT), supportive psychotherapy, socialisation and psychoeducation.

Open

Telehealth

Wednesday or Thursday

Outreach (Adults and Seniors) Via Telehealth

Community-based care in the home. Ideal for patients needing short-term support after an acute episode of inpatient treatment; whilst awaiting the commencement of a day program; or needs longer-term support due to high risk of relapse. Travel distance criteria apply.