



**Albert Road
Clinic**

Part of Ramsay Health Care

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MRO0018145 ARC Young Persons DL 12/19



Patient Information

Young Persons

For 15–30 year olds



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Part of Ramsay Health Care

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.

Young Persons Mental Health Unit

The Young Persons Mental Health Unit provides specialist inpatient programs for adolescents and young adults aged 15-30 years who are experiencing difficulties which prevent them from achieving their potential.

Young people may present with a range of mental health problems including depression, anxiety, psychosis, school refusal, obsessive compulsive disorder and social and behavioural problems.

The Inpatient Unit includes:

- Group programs
- Individual therapy
- Family therapy (as required)
- Weekly parent and sibling support groups
- Liaison with school and other relevant work and community services

Group Programs

Group programs are informed by a number of evidence based therapies.

Cognitive Behaviour Therapy (CBT) teaches a structured approach to help the young person understand the interplay between our thoughts, emotions and behaviour patterns.

Dialectical Behaviour Therapy (DBT) teaches a methodical approach to developing balance between acceptance and change through learning to observe the states of mind and respond effectively. The four modules of DBT are mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.

Mindfulness training helps the young person develop their attention and awareness as a pathway to adopting a more conscious approach to experience.

Supportive Psychotherapy sessions offer young people a space to address interpersonal relationships within the group and in everyday life, and where healthy and adaptive patterns of thoughts and behaviours are reinforced.

Health Education and Psycho-education explores healthy approaches to lifestyle.

Expressive Therapy using creative means such as art, music, poetry and storytelling are employed as a way of using the young person's imagination to explore the body, feelings and thought processes.

Day Programs

Day Programs cater for adolescents and young adults to assist with the transition back to study and work.

The program modules have been developed to address issues pertinent to the needs of young people with the aim to increase resilience, independent living skills and wellness through the application of CBT, DBT, supportive psychotherapy, expressive therapies, well-being and resilience theory.

Enquiries and Referrals

For all enquiries about accessing the Young Persons Mental Health Unit 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.