

Day Programs & Outreach

March 2023



A comprehensive assessment referral from a medical practitioner is required for admission to a day program or outreach. Ongoing consultations with your Ramsay Clinic Albert Road doctor are required while you are participating in Day Programs or Outreach

Day Programs at Albert Road Clinic

Open Programs: attendance may commence directly following acceptance of referral. Participants can attend an Open program while awaiting commencement of a Closed program.

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

Half Day Programs: held for 3 hours and 15 minutes, includes 15 minute comfort break

Full Day Programs: held for 5 hours and 15 minutes, includes a 30 minute meal break.

Telehealth – Outreach and DBT individuals may be offered as Telehealth; this will depend on your health fund provider.

Adolescents (15 – 22 years)

Adolescent Day Program (ARCH)

Wednesday: 11.00 – 2.45pm

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

LEAF

Monday or Friday: 11.00 – 2.45pm

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

Adults (18 years or older)

Reflections

Wednesday: 9:15-12:30pm

A supportive psychotherapy-based program aimed at providing individuals experiencing mental health conditions with a compassionate forum for discussion to navigate through emotional, cognitive and behavioral issues in an insightful way. Supportive psychotherapy is a gentle form of “talk” therapy encouraging participants to proactively and openly share in group conversation and explore ways to increase mental well-being in a reflective way using introspection to problem solve and develop self-growth.

Open

Managing Mood

Monday: 9.15 – 12.30pm.

The managing mood program is based on Mindfulness based cognitive therapy, known as MBCT. This is a newer form of CBT that incorporates meditation, breathing exercises and other elements of mindfulness into therapy to help patients gain better control over their thoughts and emotions in the pursuit of better physical responses to these factors. The inclusion of the mindfulness element to MBCT assists patients to evaluate thoughts and emotions and thus their responses to them.

Closed – 12 weeks

Introduction to Dialectical Behaviour Therapy (DBT)

Tuesday: 9.30 – 12.45pm.

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

Dialectical Behaviour Therapy (DBT)

Monday, Tuesday, Wednesday: 9.30 – 12.45pm

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

Dialectical Behaviour Therapy (DBT) Graduates of the 36 week DBT program

Monday: 5.15 – 8.30pm every fortnight

This group is a supportive co-facilitated (peer and mental health professional) group that is focused on practicing and consolidating learnt DBT principles and skills. The treatment focus is working towards personal goals and finding meaning in everyday suffering.

Open group with Prerequisite: Participants must have completed the Dialectical Behaviour Therapy (DBT) 36 week program.

Acceptance and Commitment Therapy (ACT)

Tuesday: 9.15 – 12.30pm

Acceptance and Commitment Therapy (ACT) uses acceptance and mindfulness strategies along with commitment and behaviour change strategies to increase psychological flexibility. ACT empowers participants to change unhelpful patterns and their perspective on thoughts and feelings, diffuse unhelpful patterns, whilst at the same time defining values to promote a rich and meaningful life. It is an empirically based intervention which works through sensory experiences and awareness to alleviate symptoms of mental illness and chronic pain.

Open – 12 weeks

Foundation

Wednesday: 9.15 – 12.30pm

This group program covers introductory skills in managing distress; building and maintaining structure and balance in weekly routine. 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: 6 week rotation program

**Suited as a short term group option e.g. post in-patient admission support.*

Skill Building

Monday: 9.30 – 12.45pm

This group program focuses on skill building informed from Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) models. Group members will be empowered to develop effective coping strategies to improve their mental health, foster recovery and achieve a full and meaningful life. Each group session uses evidence-based techniques: group supportive psychotherapy, skill building and physical movement training.

Open

Focus On Recovery (abstinence-based)

Tuesday: 9.30 – 12.45pm or Wednesday 5.30 – 8.30pm

This group program assists individuals to cease their dependence or abuse of alcohol and drugs. The program includes modules addressing education, skills training, group psychotherapy, coping skills, mindfulness and relaxation. Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing techniques inform this program.

Open – 12 weeks

Taking Control (reduce/controlled use)

Friday: 9.30 – 12.45pm

This group therapy program is for individuals who have recently had issues with alcohol and/or drug misuse and want to make changes to control, reduce and/or abstain from using. The program includes modules addressing education, skills training, group psychotherapy, coping skills, mindfulness and relaxation. Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing techniques inform this program.

Open – 12 weeks

Ramsay Clinic Albert Road

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People caring for people

Maintaining the Balance (Addictions Relapse Prevention)

Friday: 9.30 – 12.45pm

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

BEAR

Friday 9.30 – 12.45pm

The Albert Road Clinic Building Early Attachment and Resilience (BEAR) is a unique face-to-face group program for mothers and their infants from 4 weeks of age to 12 months. Led by perinatal and infant clinicians, the program is designed for parents who have experienced depression, anxiety, attachment difficulties and other challenges and works to build confidence and aid recovery. The program works with mothers and babies to promote positive relationships, emotional interaction, and infant development. It assists new mothers in caring for, bonding with, and understanding their baby.

Closed 6 weeks

Seniors (65 years or older)

Seniors

Wednesday or Thursday: 10.00 – 3.30pm

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): reminiscence therapy, supportive psychotherapy, socialisation, psychoeducation and gentle physical movement training (yoga).

Open

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 needing longer-term support due to high risk of relapse. Travel distance criteria apply.

Psychiatrist Appointments

It is a requirement that you continue seeing your Albert Road Clinic treating psychiatrist routinely (minimum every 3 months) whilst a patient of Day Programs or Outreach.



**Ramsay
Mental Health**