

# Day Programs & Outreach

## January - March 2025



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 Ramsay Clinic Albert Road

**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)

#### LEAF

**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**

#### New Adolescent Day Program coming in 2025

This program builds on skills and focuses on improving communication skills, managing distress tolerance, impulse control and the longer-term management of issues that young people experience.

Each program gives a forum for people of the same age to relate and talk safely and freely in an interactive environment where they can get input from not only the facilitator, but other group members and give input into the discussion.

In addition, it provides a social aspect and place outside the home for those socially avoidant or those that are lacking focus such as school, university or employment.

### Adults 18+

#### Acceptance and Commitment Therapy (ACT)

**New Program for 2025. Plan to commence in February 2025**

*Suitable for Anxiety, depression, OCD, social phobia, stress*

The program focuses on helping individuals learn strategies to tolerate and accept painful thoughts and emotions. ACT helps individuals identify their value systems and develop a set of effective and realistic goals to work towards living a rich, full and meaningful life.

**Open – 12 week rotation program**

#### Managing Mood with Art, Yoga & Mindfulness

**Monday 9:15am – 3.00pm**

*Suitable for: Major depressive disorder, pervasive depressive disorder (dysthymia), bi-polar disorder*

CBT with mindfulness & art: mixing skills based techniques with creativity, This program aims to help people change and grow on a personal level through the use of art, mindfulness and CBT skills in a safe facilitating environment. Art is an excellent medium for anyone experiencing distress and is especially effective for those who find it difficult to verbalise or acknowledge their feelings.

CBT teaches participants practical strategies to monitor their mood in order to notice early signs of becoming unwell and the factors that trigger their mental health conditions. Mindfulness incorporates meditation, breathing exercises and other elements of mindfulness into therapy to help gain better control over their thoughts and emotions in the pursuit of better physical responses to these factors.

**Open – 12 week rotation program**

#### Managing Anxiety with Yoga & Mindfulness

**Tuesday 9:15am – 3pm**

*Suitable for: Generalized anxiety disorder, social anxiety disorder, specific phobias, panic disorder, agoraphobia, PTSD, OCD*

The program focuses on issues identified by research to be important in triggering and maintaining anxiety. These include avoidance, unhelpful thinking, problem solving, facing fears, fear of fear and assertiveness.

Cognitive Behavioural Therapy (CBT) and education about anxiety, including exposure, acceptance and mindfulness, are important elements of the program. The goal is to help people respond positively to their negative thoughts and to be able to live the kind of life they would like, without being held back by fear.

#### Foundation

**Thursday: 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 or designed to assist individuals experiencing a more prolonged Mental Health episode through support and education.*



# Day Programs & Outreach

## January - March 2025



### Introduction to Dialectical Behaviour Therapy (DBT)

**Tuesday: 9.30 – 12.45pm**

*Suitable for: Borderline Personality Disorder, self-harm and suicidal behaviour, substance use disorder, eating disorders, depression, anxiety or who have difficulties controlling their emotions.*

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)

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 week program: Monday or Tuesday or Wednesday 9.30 – 12.45. Thursday 11– 2:45pm**

### Dialectical Behaviour Therapy (DBT) Graduates

**Graduates of the 36 week DBT program**

**Fortnightly - Wednesday: 5.15 – 8.30pm**

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.*

### Focus On Recovery (abstinence-based)

**Tuesday: 9.30 – 12.45pm or**

**Wednesday fortnightly 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

**Friday: 9.30 – 12.45pm**

This group therapy program is for individuals who have 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**

### Seniors (65 years or older)

#### Seniors

**Wednesday 10.00 – 3:30pm or Thursday 9.30 – 3.00pm**

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)

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.

Outreach embraces recovery-orientated mental health practices, the visits will focus on activity scheduling, build life skills and practical coping mechanisms, learn to manage symptoms and prevent relapse.

### Psychiatrist Appointments

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

*People caring for people*

Ramsay Clinic Albert Road

31 Albert Road, Melbourne VIC 3004

Ph: 03 9256 8311

ramsaymentalhealth.com.au



Ramsay  
Mental Health