

Day Programs & Outreach

April-June 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 (14 – 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 Behaviour Therapy (DBT), Supportive Psychotherapy and Art Therapy.

Open

Wednesday Adolescent Day Program

Wednesday 1pm – 4:15pm | starting 30th of April

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.

Open

Adults 18+

Acceptance and Commitment Therapy (ACT)

Thursday: 09:00 – 12:15pm

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 9am – 2:45pm

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

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 9am – 2:45pm

Suitable for: Generalised anxiety disorder, social anxiety disorder, specific phobias, panic disorder, agoraphobia, PTSD, OCD, STEP

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.

Open – 12 week rotation program

**Both Managing Mood and Managing Anxiety groups can be tailored as a short term group option (6 weeks) if required*



Day Programs & Outreach

March - May 2025



Staying Connected

Friday: 09:00 – 12:15pm

A supportive psychotherapy based program aimed at assisting individuals in need of an emotional supportive environment in the presence of an ongoing mental illness. The program aims to provide individuals with enduring mental illness support to navigate through emotional distress and life issues with comfort, compassion, and empathy. Supportive psychotherapy is a form of talk therapy, where participants process challenges verbally, share openly and discuss ways to increase independence and quality of life in the community.

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 - Thursday: 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

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

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; 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

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