



Ramsay Clinic Northside

# Day Program

## Overview

The objective of **Ramsay Clinic Northside** Day Programs is to deliver Group based therapy that provides individuals with the skills and supports to help improve the overall quality and enjoyment of life. The individual Day Programs are designed to promote the use of effective coping strategies and build on one's individual strengths.

The Day Programs run over a 12 week cycle and are provided by an experienced team of health professionals including psychiatrists, psychologists and Counsellors who liaise regularly whilst you are attending.

All individuals attending the Day Program must be under the care of one of our accredited Psychiatrists and follow up with them regularly whilst attending.

If you have not had an inpatient admission to the Clinic or are not currently under the care of a Northside Psychiatrist, you will need to be assessed by a private **Ramsay Clinic Northside** Accredited Psychiatrist for suitability for the Day Program.

The Day Program Manager will be able assist you with this once you have obtained a **referral from your GP** (contact details are on the last page of this brochure).

## Anxiety

**Monday 9.30 am to 3.00 pm**

Our Anxiety Day Program is for individuals who experience difficulties with anxiety (for example, panic attacks, worry, and avoidance). Attendance is for 12 weeks depending on individual needs. After this time individuals will be assessed on an individual basis and either referred to a different program or discharged in consultation with their treating team.

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
- Assertiveness

Cognitive Behavioural Therapy (CBT) and education about anxiety, including 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.

Acceptance and Commitment Therapy (ACT) 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.

## Mood Disorders

**Mon: 9.30am to 3.00pm**

**Tue: 9.30am to 3.00pm**

This program is specifically designed for Individuals who experience depression or who suffer from a mood disorder. It offers support, psycho-education and skills development to effectively manage symptoms and to improve the quality and enjoyment in life.

In the mood program groups there is an opportunity to practice implementing these skills. Participants are also given assistance in developing a weekly plan for achieving goals that are related to meaningful areas of life.

The Mood Disorders Day Program covers issues that have been identified by research as being important in the onset and maintenance of depressed mood. These issues include:

- Difficulty with motivation and activation.
- Grief and loss.
- Self esteem.
- Unhelpful thinking.
- Relationship satisfaction.
- Acceptance of painful feelings.

Mindfulness-based Cognitive Behavioural Therapy and Interpersonal Therapy are used to cover the issues central to understanding and learning to manage the symptoms of depression, including poor motivation, negative thinking, low self-esteem, relationship satisfaction and loss. Emphasis is placed on the provision of a warm, supportive and encouraging environment.

The Mood Program are a 12 week program, but should you need ongoing support this is an option if it is line with your treatment plan and approved by your Northside Psychiatrist.

## Mood / Anxiety

**Monday 9.30am to 3.00pm**

**Tuesday 9.30am to 3.00pm**

**Wednesday Morning 9.30am to 1.00pm**

**Wednesday Afternoon 2.00pm to 5.30pm**

Combines the therapy elements of the afore mentioned Mood and Anxiety Programs.

## Addictions

**Mon, Tues, Thurs, Fri: 9.30am to 3.00pm**

**Mon Afternoon 2.00pm to 5.30pm**

**Mon, Wed evenings: 6.00pm to 9.00pm**

**Sat: 9.30am to 1.00pm**

Our Addictions program is an abstinence based program that supports individuals as they work towards the goal of living an addiction free life. The Addictions Program focuses on the two stages of recovery.

Stage one addresses coming to terms with living addiction free and includes relapse prevention techniques.

Stage two focuses on the underlying issues relevant to the development of emotional wellbeing and ongoing abstinence. The program provides a supportive framework in which people can safely address their particular life issues and the underlying psychological problems; as well as share creative solutions to help achieve the goal of abstinence that leads to a fulfilling and healthy life.

Admission to the inpatient program is not necessary for all individuals, but it may be required depending on factors around recent addictive behaviours.

Should admission be required, please contact the **Easy Access Admissions Team** on **1300 604 244**.

## Eating Disorders

**Tue, 9.00am to 2.00pm**

**Wed, 9.00am to 2.00pm**

The Eating Disorders Day Program is designed to meet the needs of individuals suffering from Anorexia Nervosa, Bulimia, EDNOS and Binge Eating Disorder, as they begin to change and challenge eating disordered thoughts and behaviours.

Individuals have a choice to attend between 1-2 days depending on their individual needs and current availability. The program has been set up in such a way as to be flexible around work, university or school. Accountability is crucial to recovery therefore the program focuses on encouraging personal empowerment through choice.

We encourage those enrolled in The Eating Disorders program to have an external Psychologist, Dietitian and GP as part of their treating team – they in turn will receive regular email updates around the individuals progress whilst in the program ensuring that all involved Health Professionals are in agreement re the ongoing treatment plan.

Individuals must have a minimum BMI 16 to attend. Weight increase and maintenance goals are set with the individuals psychiatrist.

All eating disorder individuals must be under the care of a Ramsay Clinic Northside Eating Disorder Specialist Psychiatrist and must be attending appointments at least monthly or as required by their treating team.

Individuals who have not had an inpatient admission for their eating disorder will require an assessment by one of our Eating Disorder Specialist Psychiatrists to ensure their suitability to the program. This assessment will include medical suitability.

## Mental Health Day Program

**Fri: 9.30am to 3.00pm**

The Mental Health Day Program is designed to assist individuals experiencing a more prolonged Mental Health episode through support and education.

Rather than focusing directly on mood, anxiety, psychosis or other specific types of diagnoses, the Mental Health Day Program is inclusive and accepting of individuals suffering from differing issues and symptoms and delivers a gentle supportive and encouraging program.

The group provides a relief from the experience of social isolation and provides a forum for individuals to discuss their current difficulties and receive support and input around problem solving and goal setting. The supportive nature of the group allows members to discuss their issues and provides the opportunity for constructive feedback from the facilitator and their fellow group members. Feedback is a valued component of the group therapy experience.

## Adolescent Program – 16 - 24yrs

**Wednesday afternoon 2.00pm to 5.30pm**

Our Adolescent program builds on the skills and ideas introduced whilst an inpatient.

The outpatient program focuses on improving communication skills, managing distress tolerance, impulse control and the longer term management of issues that young people experience, as opposed to the more acute de-escalating program they experience as an inpatient.

It also 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 a place outside the home for those socially avoidant or those that are lacking focus such as university or employment.

Individuals who have not had an inpatient admission will require an assessment by one of our Specialist Adolescent / Young Adult Psychiatrists to ensure their suitability to the program.

## Adolescent / Young Adult Mood/Anxiety Program – 18 - 25yrs

**Thursday 9.30am to 3pm**

**Friday 9.30am to 3pm**

Focuses on using meditation and other mindful and gentle physical exercise therapies.

## Mindfulness / Meditation Program for Mood and Anxiety

**Monday 9.30am to 1pm**

**Tuesday 9.30am to 1pm**

Focuses on using Meditation and Mindfulness techniques incorporated with some gentle physical exercise therapies.

## DBT Program

**Wednesday 9.30am to 3pm**

**Thursday 9.30am to 3pm**

**Friday 9.30am to 3pm**

***The DBT Group program is a closed Program and runs for 12 months.***

The Dialectical Behaviour Therapy (DBT) Skills Program is an effective treatment for people experiencing frequent and intense changes in emotional state, often leading to self-sabotaging behaviours. A substantial body of research has shown that DBT helps people experiencing emotional dysregulation to learn new skills to manage emotions. The DBT Skills program at Northside Group Clinics is focused on the skills training component of DBT in the form of 8 week closed groups for each of the modules. The program is highly structured and includes sessions dedicated to learning mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The modules are outlined in more depth below.

### **Mindfulness**

Many people with emotional dysregulation react impulsively to emotions and can feel under 'emotional duress'. Mindfulness skills are a core component of DBT as they assist people to become more aware of their state of mind and learn how to respond to emotions on the basis of their 'wise mind'. The skills introduced will demystify mindfulness by breaking the process down into steps that can be practiced. Mindfulness skills help people to experience the present moment and overcome habitual, negative judgements about themselves.

### **Distress tolerance**

The distress tolerance module is focused on developing practical crisis survival skills. These set of skills help people to reduce their reliance on ineffective coping mechanisms. Distress tolerance skills are essential to overcome behaviours associated with distress intolerance and impulsivity, such as substance use, disordered eating, and self-harm.

### **Emotion regulation**

Emotion regulation is at the heart of the DBT Skills program. This module begins with developing an in-depth understanding of emotions: this is a prerequisite in learning how to regulate emotions. The module also includes cognitive and behavioural skills that can become powerful tools to modulate the intensity of emotions. The skills introduced also help people to reduce their vulnerability to emotional dysregulation by building up positive experiences and attending to health issues.

### **Interpersonal effectiveness**

Interpersonal effectiveness is focused on developing skills to express feelings and needs, set limits, negotiate solutions and validate the feelings of others. This final module of the program is specifically aimed at improving relationships and respecting personal values and beliefs.

An integral part of the program is a commitment to regular group attendance and requires weekly attendance for 48 weeks to complete the program. Enrolled participants also need to have an external Therapist for fortnightly individual therapy in line with the program requirements.

### **For further information or to make a referral please call**

John Fowler, Day Program Manager

Email: [fowlerj@ramsayhealth.com.au](mailto:fowlerj@ramsayhealth.com.au)

Phone: 02 9433 3532 or the Day Program Admin team

[DPadmin.nsc@ramsayhealth.com.au](mailto:DPadmin.nsc@ramsayhealth.com.au)

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Mental Health**