

Drug and Alcohol *Program*



Ramsay Clinic Caloundra

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People caring for people

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Caloundra**

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**Ramsay
Mental Health**

About Ramsay Clinic Caloundra

Ramsay Clinic Caloundra is a 46 bed private psychiatric facility located at 96 Beerburum Street, Caloundra on the Sunshine Coast, Queensland. The Clinic is a specialist facility committed to excellent inpatient, day patient and outpatient psychiatric care, and provides a comprehensive range of assessment and treatment services. As a member of Ramsay Health Care, Australia's largest private hospital operator, Ramsay Clinic Caloundra embodies the Ramsay Health Care ethos of "people caring for people"; we demonstrate an uncompromising commitment to excellence.

Alcohol & Drug Programs

Ramsay Clinic Caloundra provides a treatment program for patients with problems relating to substance use issues.

The service offers an assessment service, an inpatient detoxification followed by a 2-week bio-psycho-social treatment program. An 8-week day relapse prevention program is provided after inpatient discharge.

The service aims to create a therapeutic environment emphasising healthy aspects of personal functioning and addressing alcohol & drug issues using an integrated model including:

- Cognitive Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Compassion Focussed Therapy
- Motivational Enhancement Therapy
- Psychoeducation
- Group and Individual Psychotherapy
- Mindfulness and Relaxation

Alcohol and Drug Inpatient Program

The inpatient program is designed to assist patients to stop substance misuse, using an integrated model, including cognitive behavioural therapy.

Suitable for – Adults who have alcohol and other substance use problems.

Approach – The program includes modules providing psychoeducation about substance use, strengthening motivation to change, coping with cravings and triggers, managing depression and anxiety, assertiveness, mindfulness, relaxation and lifestyle balance.

Structure – 2-week inpatient group program following initial detoxification (if required).

Referrals for inpatient treatment can be made through the EasyAccess Service. Patients with advanced physical disease may require referral to a general medical hospital for evaluation prior to admission.

Relapse Prevention Program

The Relapse Prevention Day Program offers ongoing support and group therapy to prevent relapse back into substance misuse.

Suitable for – Adults who have alcohol &/or substance use problems.

Approach – Group work aimed at people who have made changes to their substance use and wish to maintain that change.

Structure – Offered one half day per week for 8 weeks.

Enquiries

For all enquiries about accessing services at Ramsay Clinic Caloundra please call 07 5491 1522.

Costs

Private Health Insurance generally covers the cost of treatment, but patients are advised to check the level of cover that their health fund offers for treatment.

Making a Referral

Healthcare professionals should direct all referral enquiries to our easy access service Phone (07) 5491 1522.