

Day Program Referral Form

Email to referrals.nfc@ramsayhealth.com.au or Fax to (07) 3254 9601



Patient Details:	
Name: _____	DOB: _____
Mobile Phone: _____	Home Phone: _____
Address: _____	
Medicare Number: _____	
Health Fund: _____	Health Fund Number: _____

Please consider the above patient for the following group/s: (tick group/s)

Personality Disorder / Self - Harm		Anxiety and Mood Disorder	
<input type="checkbox"/> Dialectical Behaviour Therapy (DBT)	<input type="checkbox"/> 18 – 25 year Dialectical Behaviour Therapy (DBT)	<input type="checkbox"/> Mentalisation Based Therapy	
<input type="checkbox"/> Managing Mood Disorders (CBT)	<input type="checkbox"/> Compassion Focused Therapy		
Other Support			
<input type="checkbox"/> Addictions Program	<input type="checkbox"/> Eating Disorder Program -2 days per week	<input type="checkbox"/> Trauma Program	
Reason for Referral: (please attach any other relevant information and/or referral letters)			
Mental Health diagnosis and relevant history: Eating Disorder program BP & HR (lying and standing), RR, Temp & recent blood results (less than 2 weeks old including ELFT, Mg, & FBC). Nutritional intake information and Weight/BMI information			
Risk Screen: Past History of			
<input type="checkbox"/> Suicide	<input type="checkbox"/> Self Harm	<input type="checkbox"/> Aggression	<input type="checkbox"/> Substance / Alcohol Use
<input type="checkbox"/> Social Isolation	<input type="checkbox"/> Oral restriction	<input type="checkbox"/> Vomiting	<input type="checkbox"/> Bingeing
<input type="checkbox"/> Exercise	<input type="checkbox"/> Laxatives	<input type="checkbox"/> Diuretic	<input type="checkbox"/> Other

Referring Doctor Details: (or stamp)	
Name: _____	Provider Number: _____
Signature: _____	Date: _____
Practice Details (address): _____	
Email: _____	
Phone number: _____	Fax number: _____
Accepting Psychiatrist details: (or stamp)	
Name: _____	Provider Number: _____
Signature: _____	Date: _____
Additional Comments:	

Please fax or email the referral through to **Allied Health Manager** or phone to discuss referral options.
Phone: (07) 3254 9100 | Fax: (07) 3254 9601 | Email: referrals.nfc@ramsayhealth.com.au

All the Day Programs have a trauma informed approach and take into account the complexities that can arise for patients who have experienced adverse life events and early attachment difficulties.

Each group runs from 9am – 2:15pm unless otherwise stated.

Managing Mood Disorders (Using Cognitive Behaviour Therapy)

The Managing Mood Disorders program is a 10 week group that delivers skills-focused treatment for people who experience anxiety, depression, and other mood disorders.

The program teaches patients about the connection between thinking styles, emotions and behaviour in relation to their current difficulties. Strategies are taught to assist individuals to challenge unhelpful thought patterns and develop helpful coping strategies.

Dialectical Behaviour Therapy (DBT)

DBT was designed for individuals with a diagnosis of borderline personality disorder, however a formal diagnosis is not necessary to benefit from the program.

It is useful for patients requiring assistance with suicidality and self-harm, those with complex trauma and mental health issues and/or difficulties managing intense emotions.

The program focuses on four key topics; mindfulness, distress tolerance, emotional regulation and interpersonal / relationship effectiveness.

18-25 Dialectical Behaviour Therapy (DBT)

The Young Adult DBT program focuses on the four key topics described above but tailors content to the unique difficulties experienced by young adults. This includes content related to alcohol and drug use, sexual behaviour, developing structure and routine after schooling, developing independence, tertiary study, and developing healthy friendships and relationships.

Mentalisation

An evidenced based treatment which focuses on developing people's capacities to be aware of mental states in the self and in others. Mental states include thoughts and feelings, attitudes, beliefs, intentions, and wishes. Greater understanding of one's own and others' mental states, lays a foundation for regulating emotions and improving interpersonal relationships.

It is useful for patients who struggle in relating to others, with maintaining stability, and with their sense of identity.

Trauma Program (Maintaining Safety and Stability)

This is a trauma informed group with elements of cognitive behavioural therapy, schema therapy, sensorimotor psychotherapy, and polyvagal theory. It is designed to target symptoms associated with PTSD and cPTSD. Patients will increase their awareness and understanding of the impacts of trauma on their nervous system and learn strategies to manage symptoms.

Ramsay Clinic New Farm

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People caring for people

It is a psychoeducation skills program, not a trauma process group and people do not explicitly discuss their traumatic experiences with other members.

Compassion Focused Therapy (CFT)

Over 12 weeks The CFT Day Program covers the key emotional systems, evolutionary neuroscience (and some polyvagal theory). Patients are taught compassionate mind training so they can self-soothe, build a sense of safeness and use imagery (and other techniques) to cultivate a wise, strong, courageous and committed self. CFT specifically targets fear, shame and self-criticism and provides alternative skills to enable clients to cope during periods of psychological distress. The program is highly experiential.

It is useful for patients with mood disorders and/or who experience harsh self-criticism which interferes with their wellbeing and daily living (transdiagnostic problems) and treatment goals.

Addiction Program

This group provides a supportive space to assist people in managing and reducing their dependence on alcohol and prescription drugs. There is a focus on relapse prevention strategies, reviewing their recovery plan, and responding to early signs of relapse.

It is ideal for patients discharging from the inpatient prescription drug and alcohol program.

This is a half day program from 9 – 12:15pm

Eating Disorder Program

This group is a 2 day per week program with a recovery focus for patients seeking support to manage their Eating Disorder in the community. This program is ideal for patients stepping down from inpatient treatment and for people either waiting or hoping to prevent an inpatient admission.

The program aims to support patients in re-nourishing their body and brain through psycho-educational content and supported meal therapy.

This is an open group delivered over 6 weeks with the opportunity to extend to 12 weeks.

Participants must be medically stable, not requiring NG feeding and engaged regularly with their GP in order to be part of this program. Participants must commit to the program guidelines which are made available to the referring doctor on referral.

The programs principles and approach are closely aligned with Ramsay Clinics Eating Disorder Program and has specific start / finish times which are aligned with supported meal therapy.



**Ramsay
Mental Health**