

# Day Programs & Outreach

*April - June 2024*



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)

### Adolescent Day Program (ARCH)

**Wednesday: 11.00 – 2.45pm**

A group therapy program combining Life Skills; Cognitive Behavioural Therapy (CBT); and Dialectical Behaviour Therapy (DBT) as developed by Dr Marsha Linehan. Assists young people who are struggling to engage effectively in their lives and require ongoing support whilst they transition back to their studies, work or other activities. Content includes distress tolerance, mindfulness, affect regulation, interpersonal effectiveness, identity development, problem solving, stress management, resilience and relapse prevention.

**Open**

### 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**

## Adults 18+

### Managing Mood with Art & Mindfulness

**Monday 9:15am – 12:30pm**

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 and 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**

### Introduction to Dialectical Behaviour Therapy (DBT)

**Tuesday: 9.30 – 12.45pm**

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)

**Monday or Tuesday or Wednesday: 9.30 – 12.45pm**

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 weeks**



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## Dialectical Behaviour Therapy (DBT) 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.

## Reducing Anxiety and Stress

**Tuesday: 9.15 – 12.30pm**

This group program focuses on skill building informed from Acceptance and Commitment Therapy (ACT). Group members will be empowered to develop effective coping strategies to improve their mental health, foster recovery and achieve a full and meaningful life. Each group session uses evidence-based techniques, group supportive psychotherapy, skills building and gentle physical movement training.

**Open – 12 week rotation program**

## Foundation

**Wednesday: 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 admission support.**

## Focus On Recovery (abstinence-based)

**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**

## Ramsay Clinic Albert Road

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## 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.

## Psychiatrist Appointments

It is a requirement that you continue seeing your Ramsay Clinic Albert Road treating psychiatrist routinely (minimum every 3 months) whilst a patient of Day Programs or Outreach.



Ramsay  
Mental Health