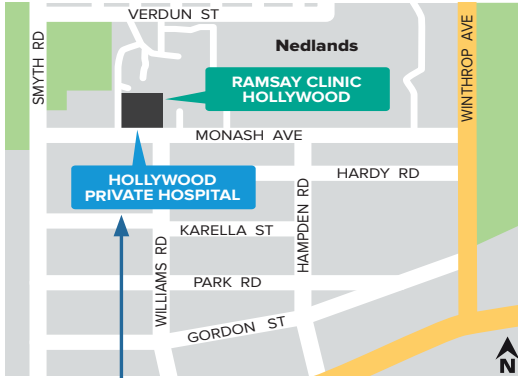


# Alcohol and Substance Use Treatment *Program*



## Ramsay Clinic Hollywood is located here

A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit [ramsaymentalhealth.com.au/hollywood](https://www.ramsaymentalhealth.com.au/hollywood) for detailed parking information and current pricing.



**Ramsay  
Mental Health**

**Ramsay Clinic Hollywood**

Entrance 5, Monash Avenue  
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829

[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)

*People caring for people*



MRO0029259 RCHol Alcohol and Substance Use Program DL 0921

**Ramsay Clinic  
Hollywood**  
[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)



**Ramsay  
Mental Health**

# Alcohol and Substance Use Treatment Program

## Introduction

In Australia it is estimated that at some time during their lives, approximately ten per cent of men and five to ten per cent of women meet the diagnostic criteria for alcohol dependency.

Alcohol and substance abuse problems are often associated with medical health problems, depression, anxiety, relationship problems and driving offences.

Ramsay Clinic Hollywood has developed a program to help people who use alcohol, cannabis or prescription medications excessively to change their behaviour and help them deal more effectively with the factors causing the problem.

## The Program

Based on the cognitive behavioural and social learning models, this program teaches participants to understand the function of alcohol and substance use and then adopt more helpful coping strategies.

Five core modules are provided. These are:

- Identifying triggers to substance use
- Learning new coping skills to deal with the causes of the problem
- Understanding and challenging unhelpful core beliefs
- Relapse prevention strategies
- Education around alcohol and drug effects

## Format

- The program runs for two and a half weeks and consists of full-day attendance, Monday to Friday
- Groups are kept to a maximum of nine participants

## Clinic Staff

The program is conducted by a team of qualified and experienced professionals that includes:

- a consultant psychiatrist
- a clinical psychologist
- mental health nurses
- a social worker

Groups are small in size and consist of people with similar problems.

## Ongoing Support

Following the program, participants are encouraged to attend a weekly relapse prevention support group run by a member of the mental health team.

## Detoxification

It is understood that some patients referred to the program will require a period of detoxification prior to attending groups.

These services are provided in Ramsay Clinic Hollywood in-patient facilities.

## Eligibility/Referrals

Patients can be referred by their general practitioner or psychiatrist.

Those eligible include:

- Patients with private health insurance
- Entitled veterans or widow/ers
- Self-funded patients

## Confidentiality

All patient information is confidential. The health record remains the property of Hollywood Private Hospital.

Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224.

## Referrals can be made to the program by contacting the Program Coordinator on:

The Alcohol and Substance Use Treatment Program Coordinator

Ramsay Clinic Hollywood  
Hollywood Private Hospital  
Monash Avenue, Nedlands WA 6009  
Telephone (08) 9346 6801  
Fax (08) 9346 6829

Monday to Friday between 8.00am and 5.00pm