

## **INPATIENT THERAPY**

# **GENERAL THERAPY GROUP PROGRAM**



**PATIENT INFORMATION GUIDE**

*Your Care in Mind*

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## General Therapy Group Program

As part of your treatment, your treating psychiatrist has recommended that you attend the General Therapy Group Program. This program provides opportunities to better understand yourself and the underlying factors that contribute to your mental health and wellbeing. You will learn practical strategies to cope with and manage life more effectively.

This booklet has been designed to help you choose what group programs may be useful for you. You can do this with your Doctor, the Inpatient Therapy team or Nursing staff.

Within a day of your admission, the Inpatient Therapy team will meet with you to give a brief outline of the program. They will advise you of which parts of the group program have been recommended for you by your psychiatrist. The therapist will answer any questions or concerns that you may have.

You will also receive written information, including a weekly timetable, and a group therapy booklet giving an overview of the group program. Also, a copy of the Recovery and Maintenance Plan (RAMP) will be available for you.



## The Recovery and Maintenance Plan

It may strike you as odd that one of the first things brought to your attention is your plan for discharge. The concept of The Recovery and Maintenance Plan (RAMP) is having an idea of what you would like to take away from the program and integrate into your life at home. This strategy can help you focus on what is important to you and what you would like to learn more about or explore during your admission.

As you attend the inpatient groups, you can develop your RAMP so that it can become a practical support for your recovery. You are encouraged to refer to the RAMP daily, as a reminder and a guide, and also to turn to it in times of difficulty. It is designed as an aid for:

- Learning about yourself, what helps and what doesn't
- A guide in how to get progressively more in control of your life and your experience
- Instructions on developing a crisis plan, a guide for yourself and others during those times when your problems and symptoms feel unmanageable.

The RAMP is separated into different sections. These include:

- Relapse Prevention Plan
- Discharge Plan
- Crisis Plan
- Wellness Toolbox
- Wellness Plan

Some of these can be completed while you are in hospital, other sections may be more appropriate to complete once you are feeling a little better.

# ROLE OF THE THERAPIST

The Inpatient Therapy team is made up of experienced and well-trained allied health professionals including Social Workers, Psychologists, Counsellors, Occupational Therapists, Physiotherapists, Nurse Therapists and Creative Arts Therapists.

Their role is to:

- Provide a safe environment for all group members to share their thoughts, feelings and experiences
- Guide and facilitate group discussions, considering the needs of the group as a whole
- Offer information, psychoeducation strategies and objective feedback
- Maintain the basic rules of the group
- Ensure that anyone who wants to contribute has the opportunity to do so

Lastly, it is not the therapist's responsibility to fix your problems or have concrete or specific answers, but rather to help you to explore the issues you are facing and assist you to work out what the options are.



# INPATIENT THERAPY GROUP GUIDELINES

When you are in a group there are a few guidelines that we ask you to remember. These include:

- *Confidentiality*  
It is expected that you will maintain the confidentiality of other group members. This simply means that whatever someone reveals in group is not to be discussed outside of group.
- *Attendance*  
The groups begin on time. If you arrive more than 5 minutes after the start time, or the group room door is closed, the group has already started. Please do not interrupt the group. This will help to minimise the disruption to others. It will also reduce your disappointment about not being allowed to join the group. It is your responsibility to come to group and arrive on time.
- *Involvement*  
It is expected that you will actively engage in the group. Please try to actively listen to others, comment respectfully when it is appropriate, share your own experiences that relate to the discussion and participate as fully as you are able. You will not be pressured to disclose anything that you would rather keep private.

## How Does Group Therapy Work

There are a number of key points we would like to highlight about how the groups work here at Delmont Private Hospital.

These points include:

- Groups work much better when they are driven by the members themselves and their concerns
- Group therapy is not a passive process. It needs commitment from you to attend, actively participate, and be attentive in group
- All group members need to work to make the group productive, by contributing, sharing experiences and showing an interest in others
- Productive groups rely on mutual respect, goodwill, and cooperation
- Group work does not finish at the end of the session. You will gain more insight and better progress when you spend time reflecting on things discussed in group. This might include making notes, keeping a journal, practicing strategies, developing your RAMP or talking to your Contact nurse
- You may discuss what you are learning, but remember that it is important to maintain confidentiality



## What to Share

There can be some topics that can be particularly sensitive including trauma, abuse and thoughts of suicide and self-harm. We understand that these may be important issues in your life but others may not be ready to discuss them in a group setting, and others may not be ready to hear about these topics in a group. It is better to discuss these topics individually with your doctor, nurse or therapy staff. Sometimes the Therapist may ask you to limit the amount you share. Please don't be offended: it's usually for your own and others' safety.

## Respect

Group members often see things from different points of view. You don't have to agree or even comment, but each group member and therapist has the right to be heard and respected. So there is no place in the groups for shouting, swearing, put-downs or insults.

## General

Please do not bring mobile phones, food or drink into the therapy room, with the exception of bottled water. Please dress appropriately, no bare feet or pyjamas.

## Expectation of Attendance

In order to get the most out of your admission it is expected that you will actively participate in the inpatient group program. It has been repeatedly demonstrated that patients who engage fully tend to make a quicker and more comprehensive recovery.

If you feel unable to attend the program, please discuss this with the therapist when you meet with one of the Inpatient Therapy Team members shortly after your arrival. You may also discuss your program with the Therapy Team at any time during your admission.

## How will I know which groups to select and attend?

Every day the therapy team will write on the white board the groups and activities that will be on the next day. The white board is located at the top of the ramp leading to the therapy department.

The whiteboard is updated around 4.30pm each day for the following day. If your name hasn't been pre allocated from your preferences in morning groups, then simply write your name under the topic heading of the groups you would like to attend. If there is no space add your name to the wait list.

If you no longer plan to attend a group or wish to change groups, please rub your name off and adjust as necessary.

If you are on a wait list, please check the board regularly to update your name if a space becomes available. Also, we recommend you attend the group room as most likely a spot will be available.

A weekly timetable of the group therapy program will be given to you by the therapy staff. This is a general timetable and does not specify the specific topics. The daily whiteboard is where you will find more specific information.

## Selecting a Group

On a typical day there will be a broad range of groups to choose from including General discussion and psycho education groups, Creative Arts Therapy as well as a low stimulus Activity and Wellbeing group topic.

A list of themes and topics and a brief outline of the focus of the group can be found later in this information guide. The list of topics is provided to help you develop a plan of future sessions that you would like to attend. You will also be provided with a list of group topics.

You are strongly encouraged to discuss with your treating psychiatrist, which groups they would recommend you attend. This will help you focus more clearly on the goals for your admission and to maximise the benefits of attending the groups suitable for your specific needs and interests.

Your psychiatrist or the therapy staff may recommend specific sessions for you to attend depending on the goals for your admission.

*These Group Rules have been designed in conjunction with past patients and are included in this booklet here to help to ensure group experience is as safe and as useful as possible.*



# GENERAL GROUP PROGRAM INFORMATION

The General Group Program consists of three major styles of group. They are:

- Activity and Wellbeing (AWB)
- Creative Arts Therapy (CAT)
- General Psychoeducational/Discussion

All these groups are facilitated by qualified and experienced health professionals from the Inpatient Therapy Team.

## Activities and Wellbeing

The Activities and Wellbeing (AWB) groups are suitable for patients who may find the discussion groups overwhelming and are looking for low stimulus activities which promote structure and routine, physical activity, and social engagement.

AWB groups cover a range of activities and topics including:

- Mindfulness/Meditation of breathing
- Reading and Word find activities
- Social Skills Development
- Developing Daily Routine/ Structure
- Self-care Skills
- Light Discussion Topics
- Horticulture



## Creative Arts Therapy

The Creative Arts Therapy (CAT) groups utilise arts processes, materials, psycho education and group discussion to assist you to increase self-awareness, inner resources and to promote wellness. The program is designed around a set of core topics and strategies to aid you in your mental health recovery.

Note: Creative arts therapy groups are not the same as Craft.  
Creative Arts Therapy is a psychotherapeutic group.

Creative Arts Therapy (CAT) groups cover a range of topics including:

- Distress Tolerance
- Mindfulness
- Exploring Relationships and Boundaries
- Managing Change and Emotions
- Self-compassion
- Resilience
- Values
- Acceptance
- Gratitude
- Self-compassion
- Balance
- Strengths
- Discharge Planning

## General Psychoeducational/Discussion Groups

This extensive range of groups represents the core of the General Program. They focus on the various issues and factors that are significantly associated with mental health and recovery. You will have the opportunity to develop greater understanding of your condition and ways to manage it. This might include increasing your knowledge and learning some coping skills necessary to manage your mental health and wellbeing.

The group topics are listed below:

### Acceptance and Commitment Therapy (ACT) Focus

- *Introduction to Acceptance Commitment Therapy*  
This session is an introduction to the model and principles of Acceptance and Commitment Therapy (ACT). We will look at the factors of the model that support being present, opening up and doing what matters.
- *Defusion and Letting Go of Unhelpful Thoughts*  
Defusion is an Acceptance and Commitment Therapy (ACT) strategy to help you to become 'unstuck' and to reduce being caught up in unhelpful thoughts and feelings.
- *Identifying My Values*  
Values are the things that are important to you and how you want to live your life. This session is about recognising and acknowledging your values and learning how to make choices more in line with them.
- *Goal Setting (committed action)*  
This session looks at frameworks to help set achievable goals, as well as explore barriers to achieving goals.
- *Self-Compassion*  
This session will focus on the importance of treating yourself with compassion. It will also focus on developing nurturing skills necessary for health and wellbeing.
- *Moving Towards Acceptance*  
This session is designed to explore some things that may be keeping you stuck. Learning to accept situations as they are can help you move forward. It can be difficult to let go if you have not yet accepted the situation for what it is.
- *Exploring Purpose and Meaning*  
This session explores the impact of how a lack of purpose and meaning may affect your psychological health and wellbeing.
- *Dealing with Worry*  
This session focuses on discussion around worry and strategies to help you learn to start to manage worrying thoughts.
- *Mindfulness Principles and Practice*  
This group combines information and practical experience of mindfulness skills to create awareness and contact with the present moment.

### Cognitive Behaviour Therapy (CBT) Focus

- *Introduction to CBT*  
This session is an introduction to Cognitive Behaviour Therapy (CBT). We will look at how thoughts, emotions and behaviours affect one another and how they impact on mental health.
- *Understanding Unhelpful Thinking Styles*  
This session will help you identify unhelpful thinking styles and how these impact on emotions and behaviours. We will also explore some ideas to start to notice and change unhelpful thinking.
- *Challenging Unhelpful Thinking*  
This session looks at strategies drawn from a Cognitive Behavioural Therapy framework to help you learn to start to challenge unhelpful thinking.
- *Understanding Core Beliefs*  
This session will help you identify unhelpful core beliefs that may drive unhelpful thoughts and how these impact on emotions and behaviours. We will also explore some ideas to start to notice and change unhelpful core beliefs.
- *Are My Thoughts Fact or Opinion?*  
Thoughts are made up of facts and opinions. Our interpretation of events as facts or opinions will determine how we feel, react and respond. This session will help you to differentiate facts from opinions.
- *Cognitive Flexibility (Psychological Swear Words)*  
This session will help you identify words that maintain negative thoughts and limit flexibility in your language. We will also discuss strategies to help you to rephrase common unhelpful thoughts.
- *Mood and Thought Monitoring*  
This session introduces a variety of tools to help monitor mood and thoughts that are essential for understanding and managing your mental health condition.
- *Exploring the Inner Critic*  
This session will help you identify your inner critic and explore how critical thinking impacts on your life. We will also explore some ideas to minimise critical self-talk.
- *Facing Your Fears*  
This session will explore a planned approach using small steps and principals of exposure therapy to start to work towards challenging fears.
- *Challenging Perfectionism*  
Understand what perfectionism is, explore and discuss the ways perfectionism influences your thoughts, feelings, and behaviours.





## Dialectic Behavioural Therapy (DBT) Focus

### DBT: Distress Tolerance

- *Introduction to Dialectical Behavioural Therapy (DBT)*  
This session is an introduction to Dialectical Behaviour Therapy (DBT). We will look at the basic components including interpersonal and distress management skills, emotional regulation and mindfulness.
- *Crisis Management Skills*  
This session includes psychoeducation regarding high levels of distress, including triggers, thoughts, feelings, and behaviours and provides psychoeducation, discussion, and skills practice regarding STOP and TIPP skills.
- *Radical Acceptance*  
This session will help you understand the concept of radical acceptance with psychoeducation and skills practice.
- *Distress Tolerance (Distraction)*  
This session provides psychoeducation, discussion, and skills practice regarding distraction techniques.
- *Distress Tolerance (Self Soothing)*  
This session focuses on psychoeducation, discussion, and skills practice regarding self-soothing using the 5 Senses.

### DBT: Emotional Regulation

- *Understanding Emotions*  
This group focusses on being able to identify and understand emotions more easily (body/mind/behaviour) in order to be able to reduce negative judgement.
- *Factors That Make Regulating Emotions Hard*  
Discussion and understanding around the factors that make regulating emotions difficult.
- *Opposite Action*  
A DBT skill that can help shift or manage difficult emotions by focusing on an opposite action.
- *Reducing Vulnerability to Negative Emotions*  
This session looks at addressing lifestyle issues that can affect your emotional state.
- *Building Positive Emotions*  
This group will discuss actions and strategies to help increase your positive emotions.

### DBT: Interpersonal Effectiveness

- *Clarifying Goals in Interpersonal Relationships*  
This session looks at balancing your needs and the needs of others in relationships.
- *Keeping the Relationship (GIVE skills)*  
This session discusses a DBT skill to support healthy relationships.
- *Getting What You Want (DEARMAN skills)*  
This group focusses on a DBT skill to support assertiveness in relationships.
- *Keeping Respect for Yourself (FAST skills)*  
This session looks at a DBT skill to support self-respect in relationships.
- *Wise Mind*  
A mindfulness skill which helps us balance emotional mind and reasonable mind, being mind and doing mind, and other extreme sets of mind and action to achieve wise mind and wise action.



## GENERAL TOPICS (LIFESTYLES, RELATIONSHIPS, WELLBEING & PSYCHOEDUCATION)

- *De-escalating with the Nero-Sequential Model*  
Understanding Bruce Perry's neuro-sequential model of processing and how this can inform effective de-escalation skills to self sooth
- *Improving Resilience*  
Understand what resilience is, explore and discuss the common skills needed to build resilience.
- *Understanding and Dealing with Anger*  
The focus of this group is on understanding anger as an emotion and the cycle of anger and managing the emotion of anger in a healthy and effective way.
- *Carer Burnout from Caring for Others*  
This session discusses the challenge of balancing the difficult role of looking after others as well as ourselves.
- *Practical Strategies for Discharge Planning*  
This session will explore strategies for preventing relapse by encouraging that the strategies you learn throughout your recovery are maintained.
- *Conflict Resolution*  
This group session will focus on conflict in relationships and strategies for improving communication in the context of conflict.
- *Problem Solving*  
This session helps to increase knowledge and skill in effective problem-solving strategies.
- *The Masks We Wear*  
This group explores the various masks we wear and their purpose. We will discuss the benefits and costs of wearing masks.
- *Barriers to Change*  
This session explores factors that may be getting in the way of making positive changes for your mental health and recovery. Strategies for overcoming the barriers will also be discussed.
- *Creating and Managing Change*  
Most of us find change difficult. This session will explore what supports and hinders making and sustaining changes.
- *Understanding Bi Polar Disorders*  
This session provides psychoeducation and explores some of the different signs and symptoms associated with Bi Polar disorder.
- *Managing Bi Polar Disorders*  
This session looks at some strategies which may help improve mood.
- *Exploring Loneliness*  
This session looks at some strategies which may improve mood.
- *Love Languages*  
This session helps you discover your "love language" to help understand yourself, your needs and improve relationships.
- *21 Tips to Stop People Pleasing*  
Learn about how to focus less on pleasing others in order to look after your own health and wellbeing.
- *Exploring Relationships*  
This session focuses on important factors in developing and maintaining healthy relationships.
- *Sleep and Mental Health*  
This session explores the inter-relationship between sleep and mental health. The group will also discuss tips to establish a good sleep routine and develop habits that promote a better night's sleep.
- *Taking Care of Your Mental Health*  
This session will cover practical ways in which you can take care of your own mental health and wellbeing.
- *Living Well with Your Mental Health*  
This session will focus on general strategies that are known to be effective in the treatment of mental illness. These strategies are simple and achievable, yet effective.
- *Creating Life Balance*  
This session will help you explore how maintaining a healthy balance in life can support physical, social and psychological health.
- *What Coping Skills Do I Have or Need to Develop?*  
This session will explore the coping skills that you have and the coping skills that you may need to develop. Utilising your existing skills and strengths to work on areas for improvement will be discussed.

- *Exploring Motivation*  
This session explores strategies to increase motivation and what might get in the way.
- *Shame vs Guilt – (What Is the Difference?)*  
This session explores the difference between guilt and shame and how they can have a significant impact on your mental health and self-esteem.
- *Managing Perceptual Disturbances*  
This information and coping skills session aim to reduce stigma and fear by exploring ways of thinking about perceptual disturbances and explores different ways of coping.
- *Gratitude*  
This session looks at recognising and acknowledging the small things in your life you can be grateful for. Learning to appreciate the value of gratitude and how it can contribute to living a more fulfilling life.
- *Identifying Strengths*  
This session is about identifying your strengths and exploring how you can use your skills and abilities to help you in your recovery.
- *Understanding High Anxiety and Panic (Part 1)*
- This group focuses on identifying common symptoms of anxiety and panic and understanding the cycle of distress.
- *Managing High Anxiety and Panic (Part 2)*  
This group teaches you the skills of controlled breathing, grounding and self-soothing techniques to help reduce high anxiety and panic.
- *Exploring and Maintaining Boundaries*  
This session focuses on the boundaries that exist in your relationships. Important factors in developing and maintaining healthy boundaries that are essential for healthy relationships will also be discussed.
- *Mental Health in the Workplace/Study*  
This session explores the inter-relationship between work/study and mental health. The group will also discuss how to maintain functioning at work/study while living with a mental illness.
- *Improving Memory and Concentration*  
This session explores some skills and strategies to help improve memory and concentration.
- *Commitment to Recovery*  
This session will explore the importance of commitment to recovery and ways to help overcome possible barriers.

- *The Stigma of Mental Health*  
This session will explore the myths around mental health and ways in which these can affect you.
- *Communication and Assertiveness Skills*  
Communication Skills aims to teach you about communication styles. This program also includes practical experience in learning to communicate more effectively.
- *Learning to Say No Without Guilt*  
This group focuses on assertive communication, in particular saying no. This program includes practical experience in learning to say no assertively.
- *Rumination vs Reflection*  
This session will explore the difference between rumination and reflection and how these can impact your mental health.
- *Understanding Depression*  
Understand the nature of depression, explore issues and discuss common factors that lead to and maintain low mood and some ideas about monitoring and reducing depression.
- *Understanding Post Traumatic Stress Disorder (PTSD)*  
Understand the symptoms of PTSD explore issues and discuss common factors and some ideas about strategies which can help.



- *Positive Steps to Wellbeing*  
This session focuses on achievable and effective steps that can be taken to promote positive health and wellbeing.
- *Understanding and Managing Stress*  
This group will focus on understanding the cycle of stress and provide strategies, skills and tips to manage stress in a helpful way.
- *The Benefits of Journaling*  
This session will explore the benefits of journaling and ways to start using journaling as a practical tool to enhance wellbeing. You will also have the opportunity to engage in a practical journaling exercise.
- *What is Happiness?*  
In this session the meaning of happiness and contentment are explored.
- *The Art of Small Talk*  
This session will explore small talk, a seemingly simple skill yet it can be incredibly difficult! Practical strategies for engaging in social small talk will be discussed.
- *Self Esteem*  
Understand what self-esteem is, explore and discuss the common factors that are important for healthy self-esteem.
- *Exploring Issues in Recovery*  
This session explores recovery and common and individual issues.
- *Early Warning Signs*  
By learning to identify and notice subtle changes in thoughts or feelings or behaviours early, the more likely you are to minimise relapse. This session will explore common early warning signs.
- *Dealing with Setbacks*  
The process of recovery can include setbacks. This session is about reflecting on setbacks and learning from them.
- *Substance Use and Mental Health*  
The focus of this group is on understanding the interaction between substance use and mental health, sometimes referred to as dual diagnosis.
- *Self-Care*  
This session looks at practical ways you can care for yourself to promote life balance and more stable mental health.
- *Grief and Loss*  
Loss comes in many forms. In this session we will explore the impact of loss and how the expression of grief can assist the process of healing and moving towards acceptance.



- *Women's Group*  
This group will involve a reflective discussion about the issues that women face when managing mental illness.
- *Men's Group*  
This group will involve a reflective discussion about the issues that men face when managing mental illness.
- *Tips to Make New Habits Stick*  
Changing old habits can be hard, this group will explore strategies that may help to turn new behaviours into habits.
- *Reversing the Cycle of Procrastination*  
This session will help you identify things that you might be procrastinating or putting off. Learning the impact of procrastination on emotions and behaviours will also be a focus.
- *Physical Health and Mental Health*  
This session explores the inter-relationship between physical and mental health. The group will also discuss how to maintain healthy physical activity while living with a mental illness.
- *Pain Management*  
This session provides psychoeducation regarding pain and focuses on practical strategies to manage pain more effectively.
- *Isolation and Connection to Others*  
A discussion designed to explore ideas and ways to enhance and sustain social connections to support the improvement of your mental health.
- *Connecting to Community Resources*  
A group discussion around ways to connect to community resources and barriers that may get in the way.
- *Grounding Techniques*  
A skills-based group looking at some of the many different grounding techniques to help with intense emotions.



- *Developing Structure and Routine*  
This group looks at some useful ways to develop and maintain structure and routine for improved mental health and wellbeing.
- *Top Tips for Managing Depression*  
This session highlights some simple tips that are effective in the management of depression.
- *Understanding Anxiety*  
This session focuses on identifying common symptoms of anxiety and understanding some of the contributing and perpetuating factors.
- *Understanding Self Sabotage*  
This group looks at some reasons why you may hinder your own success and some ways to help overcome these patterns.
- *Identity, Diversity and Socialization*  
This group will explore your experience of “diversity” and “otherness” to gain greater understanding and insight into your own identity and lived experience. By understanding our unique identities more deeply, we can learn to improve our wellbeing through self-awareness, self-acceptance, and self-compassion.
- *Understanding ADHD*  
This group is designed to provide a neurodivergent affirming perspective on understanding an ADHD profile, with a focus on differences, not deficits. It is useful for those newly identified or wanting to understand more about their own ADHD profile.
- *ADHD Supports – Neurodivergent Affirming*  
A group designed to provide ADHD’ers with appropriate affirming supports to suit their needs and differences.
- *ADHD and Communication – Neurodivergent Affirming*  
A group designed to explore and normalise common ADHD communication differences and how to help non-ADHD’ers better understand common ADHD communication styles.
- *TED Talks*  
This group involves watching and discussing a TED talk/video relevant to mental health.
- *Intro to TTH (Transition to Home Program)*  
This session provides an introduction to the Transition to Home (TTH) program offered as an addition to the Inpatient Therapy program post discharge for a short transition period.
- *Intro to DDP (Delmont Day Program)*  
This session provides an introduction to the Delmont Day Program (DDP) offered by Delmont post discharge.

## OTHER INPATIENT THERAPY GROUP PROGRAMS

As well as the General Group Program, Delmont Inpatient therapy offers the Aged Psychiatry Program and the Substance Use and Addiction Program (SUAP) and the Young Adults Program (YAP). You will require a specific referral from your treating psychiatrist. A more comprehensive overview of each of these programs will be available once you are referred to one of these programs.

### Aged Psychiatry Program

The Aged Psychiatry Program provides a group program for you if you are aged 65 and over as well as younger people who have illnesses associated with ageing. The program offers group and individual assessment and treatment, exercise, social interaction, intellectual stimulation, nutrition and hope. Psycho-education and activity-based groups aim to educate and empower individuals, while social based activities aim to re-engage and stimulate. Occupational Therapists and Physiotherapists assess functioning in activities of daily living and mobility. You and your families are actively engaged in treatment and planning for discharge.

### Substance Use and Addiction Program (SUAP)

The Substance Use and Addiction program is a specialised program within Delmont Private Hospital specifically for you if you have been admitted for detoxification, and the management of the impact of addiction and/or drug and alcohol use.

### Young Adult Program (YAP)

The Young Adult Program is specifically designed to meet the needs of the younger population (18-25). The program will include DBT, ACT, as well as Creative Arts Therapy and will focus on themes of Distress/Crisis Management, Emotions and Emotional Regulation and Relationships. You will also have the opportunity for some

1-1 time with one of the facilitators as well as the opportunity to join some of the general group programs.

## ADDITIONAL/COMPLEMENTARY GROUPS AND ACTIVITIES

In addition to the groups that form the core of the Inpatient Therapy Program a range of social and physical activities are available to complement the psycho-educational, discussion, skills and insight orientated groups. Evidence shows that these activities are important in maintaining healthy physical and mental health and wellbeing.

These include:

- *Group walk*

This is a light-paced group walk with a facilitator/therapist providing 30-45 minutes of light physical activity to start your day.

- *Strength Training*

This is an indoor group Personal Training session run by a qualified Personal Trainer that includes stretches, some body resistance exercises as well as light weight training. All exercises are tailored and injuries, soreness, and any other physical conditions are taken into consideration.

- *Get Active*

This session occurs off site, is run by a qualified Personal Trainer and includes cardio and strength exercises in an outdoor setting. All exercises are tailored and injuries, soreness, and any other physical conditions are taken into consideration. You must have appropriate approvals from your psychiatrist to attend these groups.

- *Tai Chi*

A group Tai Chi session run by a qualified Tai Chi instructor which promotes health, improves memory and overall wellbeing and also incorporates basic self-defence skills.

- *Yoga*

A group yoga session run by a qualified yoga instructor that includes postures and movement, breath awareness and breathing exercises, relaxation and concentration as well as self-inquiry and meditation.

- *Relaxation*

Relaxation reduces stress and the symptoms of mental health conditions. Relaxation techniques focus on muscle relaxation or breathing. In this group, you can sit upright in a chair or lie down on a mat. For approximately 1 hour, you will listen to relaxing music and be guided through relaxation exercises and guided visualisations by one of the therapy team.



- *Mindfulness Activities*

'Mindfulness' means paying attention to the present moment. Practicing mindfulness can help you cope with everyday life and deal with tough times. These sessions are conducted in a quiet space. You will be guided through activities such as gentle movement, mindfulness of the breath, mindful colouring and learn more about the benefits of mindfulness.

- *Craft*

In these sessions, you will be guided through the making of a particular craft project. In these groups you can express and share your creative skills through all kinds of craft, from felting to sewing, to card and soft-toy making.

- *Horticulture*

Horticulture groups are sometimes conducted outdoors (when weather permits) and involves the art or practice of garden cultivation and management. In these groups, you may work with soil and plants.

- *Music Therapy*

A group session conducted in the evenings where instruments and voice are used as a form of expression. All group members participate in music-making and practice listening to the sounds of the music.

Please refer to the weekly timetable or the whiteboard to find out when the complimentary groups are run in the program.

Additional Services may be available with a specific referral from your psychiatrist include:

- *Single session 1:1 Psychology*
- *Social Work*
- *Occupational Therapy*
- *Physiotherapy*
- *Dietitian*
- *Pastoral Care*

# WEEKEND GROUPS

The Inpatient Therapy program offers a weekend timetable on Saturdays and Sundays. Please check the whiteboard for details.

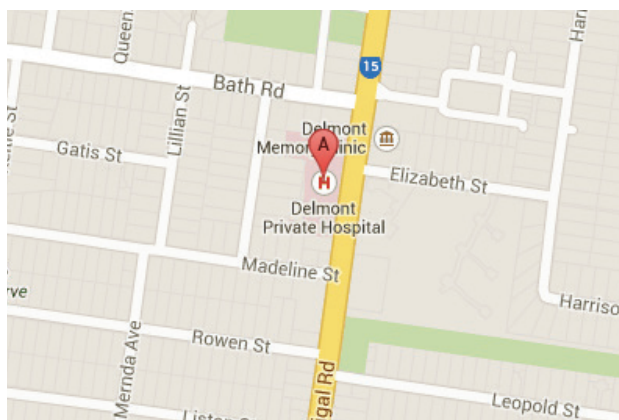
Leave and visiting hours are outside of group therapy hours so you encouraged and welcome to join in. Please refer to the white board for details. The process for attending the program is the same as it is during the week. Just sign up and come along.

Changes may occur periodically to the program so please ask staff if you are unsure. We always welcome your feedback and suggestions.

**Please direct any questions you may have to one of the friendly inpatient therapy team members.**







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