

SUBSTANCE USE & ADDICTION PROGRAM(SUAP)

OVERVIEW



Your Care in Mind

SUBSTANCE USE & ADDICTION SERVICE (SUAP) OVERVIEW

Delmont Private Hospital offers a range of services to treat people with both Mental Health Disorders and Drug and Alcohol issues. A specialised Substance Use and Addiction Program (SUAP) is available for both inpatients and outpatients who require detoxification and/or support in effectively managing the negative impacts on their lives and their families.

The program is directed toward preventing relapse and promoting recovery from substance use and other behavioural disorders.

SUAP is an integrated treatment program, offering outpatient and inpatient treatment and includes regular review undertaken with the addiction medicine specialist. Regular correspondence is provided to your treating GP and/or psychiatrist, with other options offered (including pharmacological treatment) to address addiction if needed.

The group programs are run by experienced clinical group facilitators who use a range of therapeutic interventions and techniques to address addiction, including motivational interviewing, mindfulness, acceptance and commitment (ACT), cognitive-behavioral (CBT) based therapies, and psychoeducation. Our experienced clinicians come from a range of health backgrounds, and work collaboratively with patients in establishing goals in treatment.

Outpatient Day Program

- Operates on six days and three evenings each week
- Access to SUAP is available via direct referral from your treating GP or psychiatrist, or for those transitioning from the inpatient program (following an inpatient assessment)
- An individualised treatment plan is developed on admission to the program

Inpatient Program

- SUAP offers a short-term inpatient program (7-10 days) for withdrawal and respite from problematic use of substances, aiming to return the patient to the SUAP day program on discharge for the continuation of treatment
- The inpatient program provides comprehensive group-based sessions six days each week

For more information on **How to Refer**, go to back page in this brochure.

INPATIENT TREATMENT

Delmont Private Hospital has a specialised inpatient Substance Use and Addiction Program (SUAP) for suitable patients who require detoxification and/or support in the management of addiction in their lives. The inpatient SUAP utilises motivational interviewing and relapse prevention interventions. These models, as well as Acceptance Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and Mindfulness, have been proven effective in the treatment of substance use and addiction. Medical withdrawals are managed by addiction specialists and/or psychiatrists, and are supervised by experienced and caring nursing staff.

Delmont offers a 10-14-day detoxification program, utilising evidence-based treatments and expert knowledge in the areas of dual diagnosis wellness, maintenance and recovery. During their hospital stay, patients attend a variety of addiction specific therapy groups. Attendance and participation in these groups, is an integral part of the treatment process.

These groups are conducted by qualified therapists who will provide support and psychoeducation in the following:

- Identifying and managing triggers
- Understanding and managing high risks situations
- Self-management of cravings
- Distress and anxiety management
- Exploring values in recovery
- Cycle of change and ambivalence
- Managing emotions in recovery
- Relapse prevention planning
- Individualised discharge planning
- Goal setting regarding substance use and addictive behaviours
- A specific mindfulness for relapse prevention is also offered as part of the program
- Practical skills and strategies to help maintain abstinence after discharge

The Inpatient SUAP is not intended to provide long term rehabilitation of substance use and addiction issues.

Upon hospital discharge, a clinician from Delmont Day Program (DDP) meets with the patient to assess and provide information on the most suitable groups and treatment plans for each individual

DAY PROGRAM TREATMENT

The Substance Use and Addiction Program (SUAP) outpatient service provides evidence-based psychological interventions and psycho-education in a supportive group environment to assist clients in achieving their recovery goals.

SUAP groups are delivered by experienced therapists who work collaboratively with patients and their doctors to establish individual goals as part of a holistic treatment care plan.

Patients develop skills in self-reflection to better understand the relationship between their addictive behaviours and substance use. The program explores the impact this has on emotions, health, interpersonal relationships and other life issues and supports patients to develop strategies to prevent relapse.

Opening Hours:

Monday to Friday	9:30am to 3:00pm
Tuesday, Wednesday & Thursday evenings	5:30pm to 9:00pm
Saturdays	9:30am to 12:30pm

SUAP Assessment Process:

Entry into the service is via a referral from a Delmont Accredited Doctor.

The referral is triaged and an initial assessment is booked and conducted by an intake clinician from Delmont Day Program (DDP). During the assessment, a clinician will discuss your patient's psychiatric, medical and addiction history and their recovery goals.

A treatment plan will be formulated based on treatment goals, availability to attend, inclusion and exclusion criteria and group/s suitability.

Core Groups offered:

- Dual Diagnosis
- Harm Minimisation
- Relapse Prevention
- SUAP After Hours

These Specialised Groups are offered on demand:

- ACT for SUAP
- Advanced Recovery Skills
- Creative Arts Therapy
- DBT Skills for Relapse Prevention



- Family, Friends and Carers Educational Session
- Managing Emotions in Recovery
- Mindfulness Based CBT for SUAP
- Repairing Relationships in Recovery
- SUAP for Young Adult

Benefits of SUAP Groups:

- Support in the recovery process
- Increased knowledge of relapse prevention skills and strategies
- Knowledge and experience in evidence-based psychological interventions
- Increased self-efficacy, self-reflection and resilience
- Increased confidence to link in with external support agencies

Inclusion Criteria

- Diagnosis - Addiction disorder
- Readiness for change
- Willingness to commit to treatment and attend program

Exclusion Criteria:

- Aggression
- Intoxication
- Acutely Suicidal
- Acutely physically and/or psychologically unwell

DUAL DIAGNOSIS

This group helps to understand the link between addiction and mental health problems and subsequent compulsive behaviours.

THE AIM IS:

- To provide support and strategies to aid recovery.
- To explore underlying causes of addiction behaviours that interfere with your quality of life and relationships.
- To learn effective ways to live your life responsibly; increasing your level of satisfaction and well-being.

TOPICS SUCH AS:

- Motivation, accountability, self-responsibility
- Making good choices
- Understanding positive stress versus negative stress
- Planning for stressful situations
- Lapse versus Relapse
- Recognising your stress triggers
- Anxiety management skills
- SMART goals & care planning
- Finish the day with a gentle relaxation session

HARM MINIMISATION

This group is designed to aid individuals with a plan for controlled use of alcohol or other drugs and to lessen the harm that may arise even if they do not wish to fully stop using.

Here they will develop harm minimization skills i.e. decreased accidents and family harm. They will develop controlled-use rates, amounts and times they may plan to use along with developing safety measures against the return of full use or abusive/binge use.

TOPICS INCLUDE:

- Develop controlled use plans for chemical of choice
- Lower the risk of relapse
- Manage anxiety and stress related issues
- Stages of Change Model
- Seek safe supports in crisis
- Working with denial and ambivalence
- Development of safety plans in recovery
- Family repair
- Decisional Balance skills

EARLY TO LATE RECOVERY - RELAPSE PREVENTION

The aim of the Substance Use and Addiction Program is to enable individuals to reduce the personal and social harms associated with their substance abuse. The program is structured to allow people to attend from early stages of change to late stage treatment.

Using a relapse prevention model and motivational interviewing techniques the group topics include:

- Substance use & effects on body & brain
- Withdrawal & cravings, early warning signs & triggers
- Understanding stages of change
- Understanding emotions
- Unhelpful thinking & interfering behaviours
- Learning self responsibility tools
- Mindfulness & acceptance skills
- Effective communication skills
- Creating healthy boundaries and gaining helpful support systems
- Family repair work

Participants will be provided the opportunity to learn foundation skills based on CBT, DBT and ACT principles.



SUAP OUT OF HOURS PROGRAM

EVENING GROUP 5:30 TO 8:30PM

SATURDAY 9:30AM TO 12:30PM

The aim of the Substance Use and Addiction Out of Hours Program is to enable access for individuals who have returned to full time work/studies or cannot attend during the day due to other commitments. You will be offered the opportunity to gain support from the group, develop relapse prevention strategies and learn recovery skills.

The group also provides care for people with a dual diagnosis.

TOPICS INCLUDE:

- Substance use & effects on body and brain
- Withdrawal & cravings, early warning signs & triggers
- Understanding stages of change
- Managing emotions
- Family repair work
- Unhelpful thinking & interfering behaviours
- Learning self responsibility tools
- ACT Based Therapy
- Creating healthy boundaries & gaining helpful support systems
- Communication skills /assertion

ACT FOR SUAP

The aim of ACT for the Substance Use and Addiction Program enables participants to learn and develop ACT skills to enhance recovery from addictive patterns and behaviours.

Psychoeducation on the ACT approach with a focus on skills development enables participants to increase psychological flexibility, manage rumination and intrusive thoughts, identify values that will contribute to relapse prevention and increase mindfulness practice.

Utilising a combination of relapse prevention and ACT skills, group topics include:

- Relapse Prevention & the ACT Approach
- Mindfulness practice & development
- Developing acceptance skills to manage cravings, early warning signs & triggers
- Enhancing psychological flexibility
- Understanding perspectives and their impact on thoughts, feelings and behaviours
- Developing realistic expectations
- Identifying values to enhance addiction recovery



ADVANCED RECOVERY SKILLS

This group offers participants the opportunity to build on skills and strategies learned in Relapse Prevention to further solidify their recovery from alcohol and/or other substances.

In addition to focusing on maintaining abstinence/sobriety, participants will reflect on the underlying contributing factors of use and learn additional skills and strategies to promote long term recovery.

A readiness and willingness to take action and challenge yourself in a new way by implementing skills and strategies. Relapse prevention, in relationships, in communicating and in interpersonal dynamics is encouraged.

TOPICS INCLUDE:

- Exploration of advanced recovery
- Wise mind in recovery
- Assertiveness & effective communication
- Family roles & relationship repair
- Boundaries in recovery
- Managing conflict effectively
- Dealing with difficult emotions to reduce relapse
- Managing & identifying emotional distress in recovery
- Identifying values & strengths in recovery
- Mindfulness & self-compassion
- Discharge planning & accessing resources in the community

CREATIVE ARTS FOR CHANGE

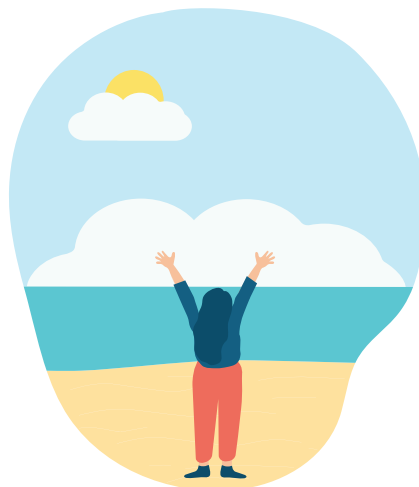
Offers the opportunity to get in touch with the inner self and can provide a form of expression for feelings that cannot be easily identified or put into words.

Engaging through the use of creative media and other forms of expression as a part of a treatment program.

Through the process of creating visual art – it involves multiple parts of the brain and allows you to process internal struggles and emotions.

TOPICS COVERED:

- Art making as a medium for recovery and change
- Begin to explore art as a language for thoughts & feelings
- Models of change
- Developing self-reliance
- Exploring denial & shame
- Making positive choices
- Relieving stress
- Self-affirmation & empowerment



DBT SKILLS FOR RELAPSE PREVENTION

Dialectical Behaviour Therapy (DBT) is a structured, skills based treatment that combines cognitive therapy with the eastern practice of mindfulness and draws upon an overarching dialectical world view. The dialectical approach emphasizes the need to synthesise polar thinking, to overcome dichotomous, rigid patterns of thinking that lead to extreme and entrenched patterns of behaviour. This DBT program has been modified in line with evidence based practice for primary treatment of addiction and substance misuse.

SKILLS LEARNT INCLUDE:

- Mindfulness practice
- Distress tolerance skills
- Interpersonal effectiveness skills
- Emotion regulation skills
- Relapse prevention
- Chain analysis
- Biosocial theory



SUAP SPECIALISED GROUP

Family, Friends and Carers Educational Session

WHEN SOMEONE YOU LOVE IS ADDICTED

This seminar course (once a week for 5 weeks) is focused on addressing symptoms of addiction and ways to manage it for family and friends. These sessions are the first step in change. Each individual session will focus on the family as a unit and how the change can affect the entire system.

TOPICS COVERED:

- Learn about addictive behaviours
- Learn about the underlining issues that contribute to difficulties within the family system
- Learn current data on effective treatments for addiction and mood disorders
- Looking at ways family can help or hinder change

MANAGING EMOTIONS IN RECOVERY

Managing emotions is an important part in a person's recovery from addiction.

By learning helpful strategies, participants will gain the confidence to identify and manage their emotions, learn to face fears and break the emotional cycles that interfere with making long term progress.

TOPICS INCLUDE:

- Understand the function of emotions
- Identifying needs and emotions
- Address guilt and shame
- Discuss how difficulties with trust stop us from expressing our emotions
- Mindfulness and emotions
- Dealing with difficult emotions
- Healthy boundaries
- Learn to express difficult emotions
- Communicating effectively how one feels
- Keeping the practice going and reviewing the program

MINDFULNESS BASED CBT

Mindfulness based Cognitive Behaviour Therapy (MbCBT) utilizes behavioural strategies and mindfulness to increase non-judgmental awareness of thought processes and behaviour.

Participants will build on their current understanding of how the body and mind behave when stressed, anxious or depressed. This group helps people develop their mindfulness skills to reduce the impact of unhelpful thinking and behavioural patterns that contribute to and maintain stress, anxiety and depression.

TOPICS INCLUDE:

- Understanding stress, anxiety and depression
- MbCBT Model
- Behavioural:
 - The Nervous System
 - Breath and Relaxation
 - Healthy Lifestyle
 - Routine and Change
- Cognitive:
 - Identifying Unhelpful Habits
 - Thinking Patterns
 - Reframing
 - Challenging
 - Managing Worry
- Mindfulness:
 - Mindfulness Origins and Purposes
 - Developing a Mindfulness Habit
 - The Present Moment
 - The Conditioned Mind

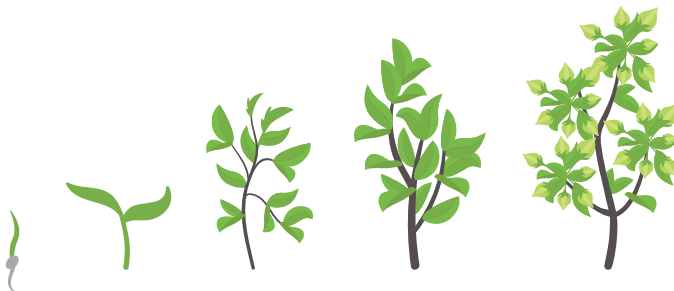
REPAIRING RELATIONSHIPS IN RECOVERY

This program provides psychoeducation and support to enable participants to improve their relationship with self and others whilst continuing to focus on relapse prevention.

Participants will identify their personal relationships, communication styles, barriers to communication and connection to improve and repair the quality of their relationships which have been impacted by alcohol and/or substance use.

TOPICS INCLUDE:

- Impact of alcohol and/or substance use on relationships
- Unhelpful family dynamics
- Identifying needs & expectations
- Healthy boundaries
- Communication styles & assertiveness
- Triangles
- Identifying & tolerating emotions
- Learning to express difficult emotions
- Family roles in recovery
- Repairing relationships in recovery



SUAP FOR YOUNG ADULTS

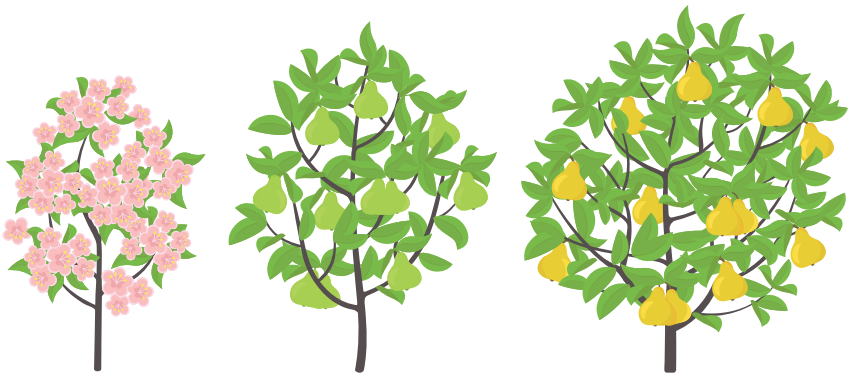
A group for 18–25-year-olds with a diagnosed mental illness who want specific support managing substance use and addiction.

This is a friendly, supportive and interactive group environment that involves educational discussions and activities.

The group aims to support young people with their recovery.

The topics chosen will be relevant to the group itself and could include:

- What is recovery?
- Recognising triggers
- Stages of change
- The window of tolerance
- Managing high risk situations
- Managing overwhelming emotions
- Exploring personal values
- Building self-esteem & confidence
- Exploring identity beyond substance use and mental illness
- Relapse prevention planning



HOW TO REFER

GPs & PSYCHIATRISTS CAN NOW REFER DIRECTLY TO OUR SUAP DAY PROGRAM

Criteria for direct referral for the Day Program would include the following:

- People aged 18-65 with problematic substance use, gambling or other behavioural addiction.
- Those who meet the above criteria and are ready and motivated to address substance use issues and other behavioural addictions.
- Those who are willing to participate in an outpatient day program as their primary treatment at Delmont Hospital, with participation in other forms of treatment as needed (including inpatient withdrawal).
- Those with private health insurance or in receipt of Work Cover able to cover the cost of day program participation. Those seeking to self-fund the cost of treatment would be ineligible to attend, as there are other options for group-based treatment available in the absence of private health insurance.

In relation to opioid use disorder and maintenance of opioid pharmacotherapy, case guidance on dosing and management can be provided by Dr Sweeting.

Send the referral to:

Dr Helen Sweeting,

Substance Use and Addition Program/Delmont Day Program *emailed to*
ddpfaxes@delmonthospital.com.au

Fax number: (03) 9805-7395

- Patient must have private current health insurance or WorkCover approval.
- Patient's assessment appointment will be made by the Intake Clinician, Delmont Day Programs.
- Patients must keep regular appointments with the Addiction Medicine Specialist/Psychiatrist as part of health fund regulations.

INPATIENT SUAP ADMISSION

GPs can send direct referrals to the Addiction Medicine Specialist or a Delmont Accredited Psychiatrist for an Inpatient Admission.

The patient is required to see The Addiction Specialist in the Consulting Suites prior to admittance to the Hospital.

If the referral is for an Addiction Specialist, the referral must go FIRST to the Consulting Suites.

ENQUIRIES: (03) 9834 3600

Email: consulting@delmonthospital.com.au

If the referral is for a Delmont Accredited Psychiatrist, send the referral to the Intake Coordinator.

ENQUIRIES: 9805 7304

Email: intakecoordinator@delmonthospital.com.au



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