



DELMONT
PRIVATE HOSPITAL

SUBSTANCE USE & ADDICTION 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 has been utilising motivational interviewing and relapse prevention interventions, incorporating a variety of therapeutic techniques including psychoeducation, mindfulness, relapse prevention and behaviour change.

Delmont offers a number of referral pathways and treatment options for people wanting to access care. Each SUAP group is delivered by experienced clinicians working collaboratively with patients to establish goals as part of their treatment plans.

Inpatient Treatment:

- The SUAP withdrawal and short-term treatment program, offers a comprehensive group program 6 days a week over a two-week period.
- Patients attend daily addiction specific group therapy sessions that address individual and broader issues.

Day Program Treatment:

- Access to the program is either by the direct entry or as part of a transition from an inpatient stay.
- An individualised treatment plan is developed upon admission to the program.
- Attendance is tailored to specific recovery needs.

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 modes, 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 change of feelings and 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) same day 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

Thursday evenings 5:30pm to 9:00pm

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.

Groups Offered include:

1. Ready For Change
2. Relapse Prevention
3. Dual Diagnosis in Recovery
4. Advanced Recovery
5. Creative Art Therapy in Recovery
6. SUAP Evening Group
7. Family, Friends and Carers Education Sessions

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



DDP RELAPSE PREVENTION - READY FOR CHANGE GROUP

This program is for patients whose goal is complete abstinence from alcohol and other drugs. Group work incorporates a range of therapeutic modalities and motivational interviewing techniques to support change.

Monday to Friday 9:30am to 3:00pm

Group Topics include:

- Understanding the stages of change
- Coping with cravings
- Relapse prevention planning
- Identifying high risk situations
- Relapse early warning signs
- Working with a lapse
- Boundaries
- Assertive communication skills
- Working with emotions
- Family repair work

Group Modalities utilised:

- Relapse prevention
- Cognitive Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behaviour Therapy (DBT) distress tolerance skills.
- Mindfulness skills
- Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) guest speakers

Benefits of SUAP Relapse Prevention Groups:

- Psychoeducation about addiction and well being
- Support in the recovery process
- Mental state monitoring
- Increased knowledge of relapse prevention skills and strategies
- Increased self-efficacy, self-reflection and resilience
- Increased confidence to link in with external support agencies

DDP DUAL DIAGNOSIS IN RECOVERY GROUP

Dual diagnosis means having both a mental health issue and/or alcohol or other drug issue at the same time. These groups are for patients who are working towards complete abstinence or may want to practice controlled use as well as improve their mental health.

**Monday, Wednesday & Friday
9:30am to 3:00pm**

Group Topics include:

- Exploring the relationship between drug use and mental health
- Minimising the harms of drug use
- Effects of drugs on the body/brain
- Maintaining good mental health
- Coping with difficult emotions
- Challenging unhelpful thinking styles
- Binge prevention strategies
- Relaxation and mindfulness skills
- Learning skills in self-reflection

Group Modalities utilise:

- Relapse prevention
- Cognitive Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness skills
- Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) guest speakers

Benefits of SUAP Dual Diagnosis Groups:

- Psychoeducation about both conditions
- Support in the recovery process
- Mental state monitoring
- Increased knowledge of relapse prevention skills and strategies
- Increased self-efficacy, self-reflection and resilience
- Increased confidence to link in with external support agencies

DDP ADVANCED RECOVERY GROUPS

These specialised groups are designed for patients who are stable in their recovery and would benefit from developing additional life skills together with ongoing relapse prevention.

Specialised Groups are offered intermittently throughout the year based on the clinical needs of patients.

Monday to Friday 9:30am to 3:00pm

Advanced Recovery Groups offered include:

- Advanced Recovery
- DBT Skills for SUAP
- Managing Emotions in Recovery
- Repairing Relationships in Recovery
- Wise Mind Wise Choices

Group Modalities Utilised:

- Relapse prevention
- Cognitive Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness skills
- Dialectical Behaviour Therapy (DBT)
- Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) guest speakers

Benefits of SUAP Advanced Recovery Groups:

- Psychoeducation
- Skills for effective management of emotions
- Improvement in relationships
- Development of understanding of family dynamics
- Further expansion of relapse prevention skills and strategies
- Increased self-efficacy, self-reflection and resilience
- Increased confidence to link in with external support agencies

DDP SUAP EVENING GROUP

The after-hours group is designed for people who cannot access services during the day because of family, work, study or other commitments.

Thursday evenings

5:30pm-9:00pm

Group Topics include:

- Understanding the stages of change
- Coping with cravings
- Relapse prevention planning
- Identifying high risk situations
- Relapse early warning signs
- Working with a lapse
- Boundaries
- Assertive communication skills
- Working with emotions
- Family repair work

Group Modalities utilised:

- Relapse prevention
- Cognitive Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness skills
- Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) guest speakers

Benefits of SUAP Relapse Prevention Groups:

- Psychoeducation about addiction and mental health
- Support in the recovery process
- Mental state monitoring
- Increased knowledge of relapse prevention skills and strategies
- Increased self-efficacy, self-reflection and resilience
- Increased confidence to link in with external support agencies

DDP CREATIVE ARTS THERAPY IN RECOVERY GROUP

The creative arts therapy group offers the opportunity for clients 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.

Clients engage through the use of creative media and other forms of expression as a part of the recovery process, engaging multiple parts of the brain and allowing them to process internal struggles and emotions.

Group Topics include:

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

Group Modalities Utilised:

- Creative Arts Therapy
- Cognitive Behaviour Therapy (CBT)
- Mindfulness skills

Benefits of Creative Arts Therapy in Recovery Groups:

- Support in the recovery process
- Practice in mindfulness
- Develop an effective strategy to increase self-awareness
- Increased self-efficacy, self-reflection and resilience

SUAP FAMILY, FRIENDS & CARERS EDUCATION SESSIONS

The Substance Use and Addiction Program provides education sessions for people interested in understanding how they can support their loved ones during recovery from drug and alcohol dependence.

The sessions are targeted at family members, friends and carers who would like to learn more about addiction and recovery and what works and does not work.

Each of the sessions will cover a number of interesting topics as well as opportunities to ask questions. This is an education session but cannot address specific family issues.

Topics include:

- Learn about addictive behaviours
- Learn about the underlining issues that can contribute to difficulties within the family system
- Learn current data on effective treatments for addiction
- Introduction to effective communication and establishing boundaries

Benefits:

- Improving relationships with loved ones
- Dispelling myths about drug and alcohol dependence
- Understanding how to support a person attempting to make change

For more information on these education sessions, contact the SUAP team; 9805 7370.

HOW TO REFER

INPATIENT ADMISSION SUAP:

- GP's can send patient 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

FAX: (03) 9834 3666

- If the referral is for a Delmont Accredited Psychiatrists, FAX the referral to the Intake Coordinator.

FAX: (03) 9889 8696

ENQUIRIES: (03) 9805 7390

DDP SUAP ADMISSION:

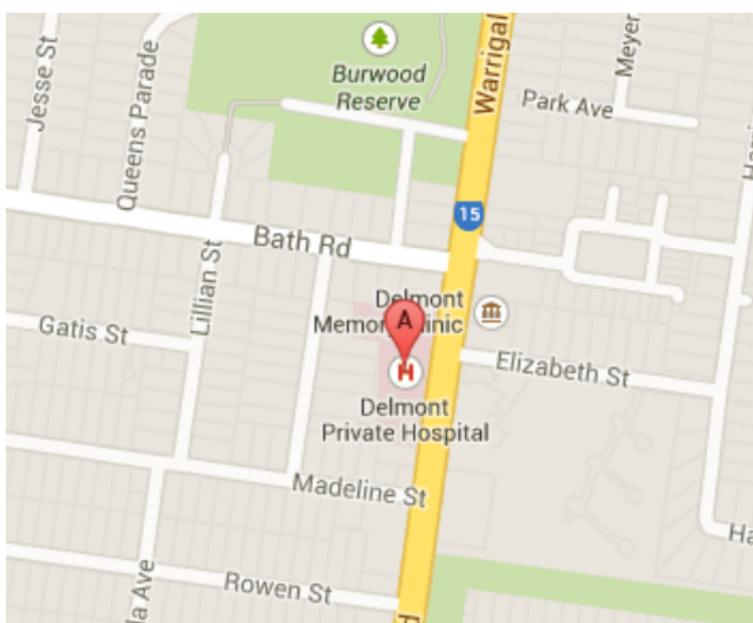
- GP can send patient referrals to an Addiction Medicine Specialist, or a Delmont Accredited Psychiatrist for DDP SUAP ASSESSMENT

FAX: (03) 9805 7395

ENQUIRIES: (03) 9805 7370

- Patient must have private current health insurance/ Work Cover approval or be self-funded
- Patient assessment appointment will be made by the Intake Clinician, Delmont Day Programs
- Patient assessment is conducted by DDP Intake Clinician
- Patients must keep regular appointments with the Addiction Medicine Specialist/Psychiatrist as part of health fund regulations

www.delmonthospital.com.au



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