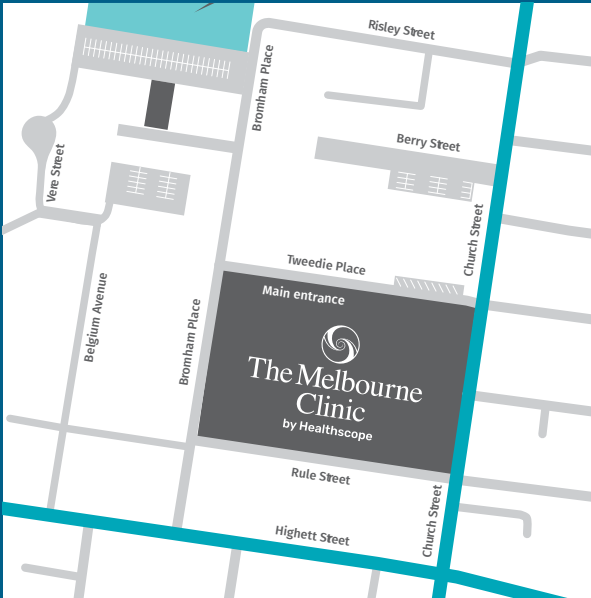


Autism Program



The Melbourne
Clinic
by Healthscope

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09/2024



The Melbourne Clinic
by Healthscope

The Autism Program

The Autism Program is a two-week inpatient program. This program has been co-designed by the Neuropsychology Team at The Melbourne Clinic, alongside Autistic adults who have had prior engagement with this service. The program will continue to be informed and refined by participant feedback.

What does the group program involve?

Participants attend daily group therapy sessions, Monday to Friday. There are a total of three sessions per day, with breaks in-between.

The program aims to promote a strengths-based approach to Autism and uses dialectical behavioural therapy (DBT) skills to help participants better understand their emotions and support with distress tolerance.

The program involves two broad themes

1) Understanding Autism

Exploring the features of Autism in a safe small group environment with other autistic adults.

Topics include: Autistic identity, strengths of autism, sensory processing, communication and managing overwhelm.

Sessions will involve information provision, activities and group discussion.

2) DBT Skills

Learning skills such as mindfulness, understanding and regulating emotions, and managing distress. We will focus on providing support to participants to integrate these skills into their own personal therapy and treatment goals. Sessions will involve mindfulness tasks and skill development.

Participant eligibility

- Suitable for adults aged 18+ years with a diagnosis of Autism.

Participants must:

- Be able to demonstrate motivation and willingness to engage in groups in a meaningful way
- Not be currently experiencing any acute mental health episode, active substance use disorder or eating disorder symptoms.
- Have stable discharge accommodation
- Have not been in another specialised inpatient program or crisis admission within four weeks of program commencement; and
- Have private health insurance that covers an inpatient mental health admission

Referral process for inpatient admission

All referrals are directed to The Melbourne Clinic intake team, who will triage the referral. Please contact them via emailing: TMCintake@healthscope.com.au

Referrals are accepted from both internal and external psychiatrists. A GP referral will also be accepted.

For further information about the program, please contact the Autism Program team via email TMC.Autismprogram@healthscope.com.au