

Day Programs and Outreach

Your doctor can make a referral to Outreach (individual home-based support) or to the Day Program if these services are deemed to be valuable to your ongoing care following discharge.

To find out more about the day programs on offer at The Melbourne Clinic, scan the QR code to visit our website.



Referral Process

To apply for the program your doctor will need to send a referral to Intake at The Melbourne Clinic. Once this has been received you will be placed on a waitlist for the next available program. Please contact The Melbourne Clinic intake on (03) 9420 9340 for questions about referrals or to discuss requirements of the program.



Dual Diagnosis Program

Information for patients, carers, family and support persons.



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Community
of Care

 The Melbourne Clinic
by Healthscope

Dual Diagnosis Program

The Dual Diagnosis Program (DDP) is a four-week open program suitable for patients who require concurrent treatment for mental health concerns and addiction.

Treatment is provided using a holistic approach to assist people in their journey of recovery from substance dependence and addiction, alongside supporting participants in the stabilisation and recovery of other mental health diagnoses.

Participants will be supported safely through initial detox, if required, and complete the four-week structured program with mandatory attendance in groups from Monday to Friday.

Individual sessions and referrals can be arranged during the program and optional family education sessions are held.



Who could benefit from DDP?

This program is most suitable for people who have a primary mental health diagnosis with a concurrent addiction or substance dependence. The DDP aims to provide skills for mood stabilisation, emotion and impulse regulation, psychoeducation, and addiction recovery in a supportive environment.

This program is suitable for people who may have found other effective addiction recovery treatment difficult in the past due to emotional regulation and distress tolerance.

Program Structure

Facilitated by highly experienced clinicians, this program aims to help participants understand and address addictive behaviours and manage their concurrent mental health diagnosis in a safe and supportive environment that incorporates individual goals and objectives.

Participants have the opportunity to explore how mental health and addictive behaviours are interrelated and encourages participation in treatment and decision making; inviting family and other close support networks where appropriate.

Patients are offered:

- Skill-based groups including Dialectical Behaviour Therapy (DBT)
- Psychoeducation
- Support therapy
- Movement and physiotherapy groups
- Neuropsychology
- Dietetics
- Peer support
- Individual and family support

Benefits of the program include:

- Gaining insight and understanding into the links between a person's mental health issues and substance use
- Learning practical coping skills for everyday life
- Developing strategies that can be used when in crisis
- Learning to identify and tolerate difficult emotions
- Exploring effective skills to use when experiencing difficulties in addictive behaviours

These groups are facilitated by a comprehensive multi-disciplinary team who work to provide holistic treatment and recovery focused care.

The team includes:

- Social Workers,
- Psychologists,
- Neuropsychologists,
- Art Therapists,
- Physiotherapist,
- Exercise Physiologist,
- Dietician,
- Occupational Therapists,
- And Psychiatrists.