

Living Well Program

A guide for patients



Community of Care



The Melbourne Clinic
by Healthscope

Welcome to the Melbourne Clinic and the Living Well Program

The Melbourne Clinic acknowledges the Aboriginal people and Torres Strait Islanders as the true sovereigns, caretakers and custodians of the lands now known as Australia and we recognise their continuing connections to land, water and airways. We pay our respects to the Aboriginal People in our local community today and all Elders past and present.

The Living Well Program is a group program facilitated by experienced mental health clinicians which offers the opportunity to learn and practise new skills, discuss issues relevant to recovery, receive information, learn from others, enjoy creative activities, and get some exercise.

Group sessions have been developed based on the idea that recovery from mental illness is holistic and encompasses an individual's whole life, including mind, body, spirit and community. This includes addressing: self-care practices, family, housing, employment, education, clinical treatment for mental illness and substance use disorders, services and supports, faith, spirituality, creativity, social networks, and community participation.

Some of the key evidence based therapeutic approaches utilised within the program are:

Acceptance and Commitment Therapy (ACT)

ACT focuses on applying mindfulness and acceptance skills to assist participants in changing their relationships with unhelpful thoughts, accept their responses to uncontrollable experiences, and use their values to commit to action in everyday life.

Cognitive Behaviour Therapy (CBT)

CBT helps individuals recognise patterns of unhelpful thinking and behaviours. Once identified you will learn helpful and healthy habits to manage these patterns of thoughts and behaviour. CBT involves the use of practical coping strategies, which are designed to affect positive changes in the person's quality of life.

Dialectical Behavioural Therapy (DBT)

DBT is a skill-based therapy for people who are experiencing difficulties with interpersonal relationships and dealing with intense emotions. It can also assist with impulsive, suicidal and self-harm behaviour by presenting alternative coping strategies. DBT involves learning skills from the areas of mindfulness, interpersonal skills, building tolerance for distress and being able to regulate your emotions.

Mindfulness

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. Benefits of mindfulness include an increased ability to regulate emotions; decrease symptoms of stress, anxiety and depression, and overall increased connection, enjoyment and engagement in life. Mindfulness based interventions are central to many evidence-based therapies, including DBT, ACT and mindfulness based-stress reduction therapy approaches

Motivational Interviewing

Motivational Interviewing is a technique used to help you determine which stage of change you're in, motivate towards behaviour change and explore and resolve any ambivalence you may have about making changes in your life.

Sensory Modulation

Sensory modulation is changing how we feel through using our senses. The senses include touch, movement, taste, smell, sight and sound. This sensory input changes the physiology of the body, and in doing so creates a shift in how the person feels.

What you need to know about attending groups

When and where do groups run?

A group schedule is developed weekly and is available at the reception desks on each unit. If you can't find it, please ask nursing staff. Any changes to the schedule will be communicated by notices placed at the reception desk of each unit and on group room doors. We try not to make too many changes to the program, but changes may occur due to staff availability.

What groups should I attend?

Your treating team can advise you on helpful sessions for your treatment and recovery. However, you should feel welcome to attend any groups you choose.

Group Guidelines

To assist us in creating an environment that is safe, supportive and encourages positive learning we ask that you follow the guidelines below.

- Have mutual respect.
- Take turns.
- Be mindful when discussing sensitive topics or past experiences that may be distressing for yourself and others.
- Maintain confidentiality and privacy of others at all times.
- Ask permission before offering feedback or advice and use "I" statements whilst doing so.
- Practice empathy and compassion towards yourself and others.

- Use coping skills.
 - If you are feeling distressed, try to use your helpful coping skills to stay in group.
 - If you would like a brief time out or to finish the group early, please inform the facilitator and talk to your treating team for more support.
 - You are welcome to re-join the group after a short break if you are comfortable to do so.
- Be present.
- Arrive on time for groups.
 - Groups close when they are full or 5 minutes after commencement.
 - To support access to art groups, a list is posted up to 30 minutes before as indicated on the timetable
- Phones on silent and put away.

Some other things to note:

- Sometimes the number of people attending the group may be limited. This decision will be made by the group facilitator.
- Sometimes there are additional guidelines that may need to be implemented. Please assist us during these times by following any additional requirements.
- Please do not attend groups if you feel physically unwell.
- Students may be present in group sessions.
- Not following the group guidelines may result in you being asked to leave the group.
- Wear comfortable day attire, no nightwear.
- If you have any questions that you would prefer to discuss individually with the group facilitator they will be available for 5-10 minutes at the end of the group.
- Let nursing staff know when you leave the ward to attend groups, this helps if your VMO or GP arrive for an appointment

Groups that leave the hospital

Some groups, like the morning walk, are conducted off the hospital grounds. To attend you need to have unescorted leave approved by your treating doctor. Additional group guidelines apply to these groups. For additional support during these groups please talk to the group facilitator.

You will need:

- A leave pass from your nurse prior to commencement of the group.
- To be wearing your patient ID band.
- To meet group facilitators in the main patient dining room at the designated time. You will not be able to attend the group once the group has left the designated meeting area.
- To follow the directions of staff at all times.
- To wear comfortable shoes and clothing.

Other things to be aware of:

- Smoke and/or vaping is not allowed during the walk. Doing so may prevent you from attending future offsite group activities.
- Groups are limited to 8 participants per staff member as per Healthscope policy.

Working Towards Recovery Books

We encourage you to bring your 'Working Towards Recovery' books 1 & 2 to all LWP sessions. Sessions will refer to the book and it is helpful to record information and keep handouts together.

How do I find where the groups are located?

The location of groups varies on the schedule. A description of the location of group rooms is on the reverse side of the weekly schedule. If you are having difficulties finding the allocated room, please ask TMC staff.

Other services offered by the Living Well Program

With the appropriate referral from your psychiatrist, TMC Psychologists, Social Workers, Occupational Therapists, Neuropsychologists and Dieticians are also available to meet with you for individual support. Please discuss with your Psychiatrist who may make an allied health referral.

Our Consumer Consultants and Pastoral Care Worker also provide individual support. Please speak with your contact nurse if you would like to contact or meet with our Pastoral Care Worker or Consumer Consultants.

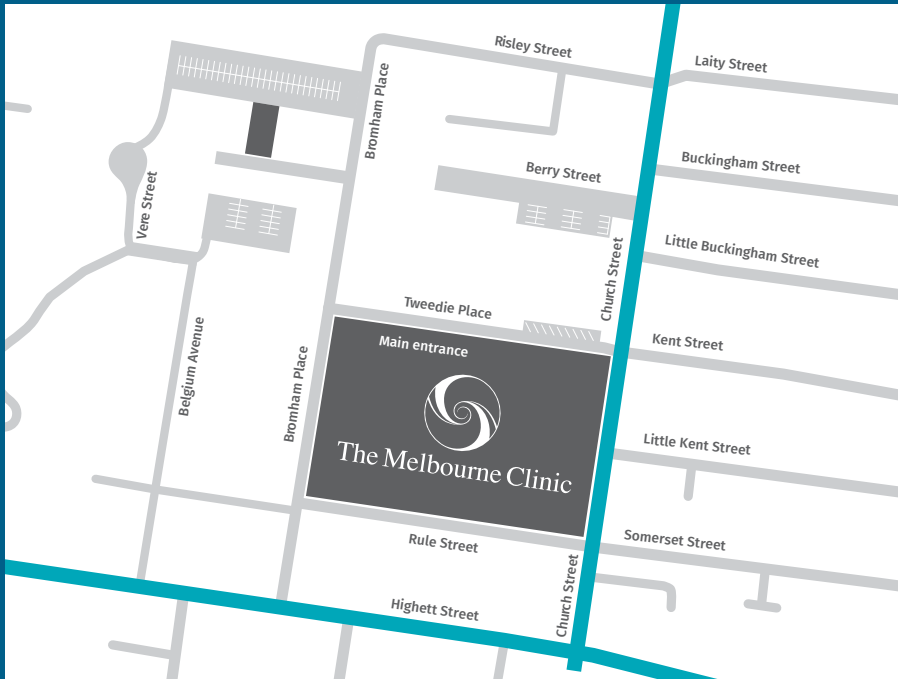
Your Say on the Program

We welcome your suggestions and feedback about the Living Well Program anytime. You may provide feedback directly to any member of your treating team or by completing the Living Well Program Feedback Survey using this QR Code.



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