

What happens beyond discharge?

The following services can be offered:

- Addictive Behaviours Day Program
- Acceptance and Commitment Therapy (ACT) Day Program
- Dialectical Behaviour Therapy (DBT) Day Program
- Anxiety and Depression Management Day Program
- Life Strategies Day Program
- Outreach Program
- Self-help groups (NA/AA/New Life Program/SMART Recovery)
- Referral to a Consultant Psychiatrist
- Consultations with an Addiction Medicine Physician
- Anti-craving medication.

Referral Process

Please contact Intake on 03 9420 9340 to discuss requirements for each program. Once admitted an individual treatment plan will be formulated in consultation with the client and the multidisciplinary team.

Fees

Private Health Insurance is recommended. Funding may be provided by Workcover, TAC and DVA. Self-funded clients are also welcome. Information regarding fees is available through Intake.



130 Church Street,
Richmond VIC 3121

P 03 9429 4688 | F 03 9427 7558

themelbourneclinic.com.au

ABN 85 006 405 152



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Addictive Behaviours Services

Information for patients, carers, family and support persons



Community
of Care

 The Melbourne Clinic
by Healthscope

Addictive Behaviours Services at The Melbourne Clinic

The Addictive Behaviours Services Program at the Melbourne clinic provide high quality professional care to help people who experience dependence and addiction concerns in their lives.

The Melbourne Clinic offers a three-tiered well-integrated treatment program. There is a 7-10 day in-patient Substance Withdrawal Program, a 28 day in-patient Rehabilitation Program and an Outpatient Addictive Behaviours Day Program.

Addictive Behaviours Services aims at assisting people with the process of recovery from substance dependence and addiction. People who are eligible are those concerned about problematic use or misuse of alcohol and other drugs or other types of behaviours leading to dependencies and addictions. These may include gambling, food, sex and other behaviours that impact on someone's life.

All Addictive Behaviours Programs involve treatment from Biological (physical), Psychological, Social, Emotional and Spiritual perspectives.

The Melbourne Clinic offers a comprehensive treatment model with a multidisciplinary team. Psychiatric care is a pivotal part of the treatment model. The Addictive Behaviours Services Programs offer care, consistency and continuity with ongoing outpatient treatment.

Clients are required to demonstrate a commitment to attend groups and individual sessions aimed at working towards understanding their dependence and/or addiction, ultimately looking at strategies and alternative ways of coping with concerns in their lives.

Addictive Behaviours Daily Program

The following are included within the Addictive Behaviours Programs:

- A safe medically supervised withdrawal
- 24 hour nursing support
- Health education and life enhancement skills
- Education around addictive behaviours
- Health and Exercise program
- Physical and Mental Health Diagnostic Assessments
- Assessment of high-risk situations
- Management of cravings and urges
- Introduction to the principles of recovery
- Understanding issues underlying addictive behaviours
- Stress management and relaxation
- Development of coping skills
- Development of relapse prevention techniques
- Motivational enhancement
- Addressing relationship issues which may impact on recovery
- Cognitive Behavioural Therapy (CBT)
- Mindfulness
- Family Support
- An introduction to the 12-step AA/NA program
- Management/stabilisation of pharmacotherapy
- Discharge Planning
- Group Therapy
- Music Therapy
- Art Therapy
- Spirituality groups.

Substance Withdrawal Program

This program provides a safe medically supervised withdrawal. Admissions will most commonly last between 7-10 days during which clients actively participate in group work.

Rehabilitation Program

This program aims to restore and maintain independence enabling improved quality of life, by providing life enhancing strategies for clients and their families. Admissions are 28 days divided into four weekly sections combining therapy and educational groups.

Community Follow-up Program

This program allows clients to participate in the Day Programs and Community Outreach Programs following their discharge from the inpatient unit. It offers ongoing review, support and treatment within a relapse prevention and harm minimisation framework.

The Treatment Team

We have an established and dedicated team of Addiction Medicine and Mental Health professionals, who will work with each client to set goals within an achievable care plan.

