

Central Coast Clinic Day programs

INFORMATION FOR PATIENTS



Brisbane Waters
Private Hospital

Our Mental Health Programs are designed to promote quality of life by helping people understand and manage their mental illness, while encouraging changes in behaviour and patterns of thinking.



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MONDAY



ACCEPTANCE & COMMITMENT THERAPY (ACT)

9:30 am–12:45 pm



Learn to manage painful thoughts and feelings to have less impact and influence (mindfulness skills), whilst clarifying what is truly important and meaningful (clarity skills).

10
weeks



TUESDAY
THURSDAY



ADDICTIONS (DVA APPROVED)

9:30 am–12:30 pm
5 am–8 pm



Expand your knowledge and skills towards recovery in a supportive environment.

10
weeks



WEDNESDAY
FRIDAY



ART THERAPY

9:30 am – 12:30 pm



Use art to work through emotional and psychological issues such as self esteem and self confidence while expressing your creativity.

12
weeks



MONDAY
WEDNESDAY
THURSDAY



COGNITIVE BEHAVIOURAL THERAPY (CBT)

9:30 am – 12:45 pm
1 – 4:15 pm



Gain the skills to manage depression and/or anxiety more effectively in a supportive environment.

10
weeks



MONDAY
TUESDAY
THURSDAY



DIALECTIC BEHAVIOUR THERAPY (DBT)

9:30am–12:45pm



12
weeks



Based on individuals experiencing emotional distress, manifesting in unstable mood states/relationships, DBT has a strong commitment to individualising therapy teaching lifestyle enhancing skills.



THURSDAY



MUSIC THERAPY

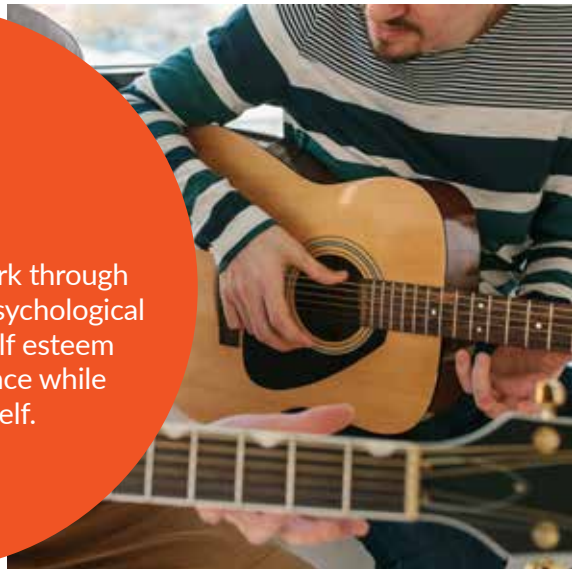
9:30am–12:45pm



10
weeks



Use music to work through emotional and psychological issues such as self esteem and self confidence while expressing yourself.



MONDAY
TUESDAY
THURSDAY



9:30 am–12:45 pm



13
weeks



R.E.A.C.H. WELLBEING PROGRAM FOR BIPOLAR & DEPRESSION

Based on the principles of Responsibility, Education, Acceptance, Connection and Hope this program is designed to help people manage their illness and stay well.



Developed by Black Dog Institute.

Frequently asked questions about our Day Programs

Am I eligible for the program?

Patients attending a day program must be under the care of a private Psychiatrist accredited with Brisbane Waters Private Hospital. Patients will need a referral from their General Practitioners or Psychiatrist.

What is the cost?

Patients will be admitted as a day patients and as such, can claim the cost via their health fund. All funds have different rules. Brisbane Waters Private Hospital Day Program's staff will advise of any applicable out-of-pocket excess or gap costs.

How do I enter the program?

Please contact Brisbane Waters Private Hospital Day Program Coordinator for bookings and details:

T. 0243430324 F. 0243419261
E. centralcoastclinic@healthecare.com.au

**MONDAY
to FRIDAY**



Public holidays, weekends, after hours service is not available.



OUTREACH PROGRAM

Our Outreach Program is a mental health home visit service which is supported by Mental Health nursing and a specialist Allied Health team who can conduct assessments as requested by your Brisbane Waters Private Hospital treating Psychiatrist.



The program can be an alternative to a hospital admission or part of your discharge plan from a hospital admission.

How do I access the Outreach Program?

If you are interested in receiving Brisbane Waters Private Hospital Outreach Community Services you will need to discuss this with your Psychiatrist who will assess your suitability, and if appropriate, provide a referral for assessment.

How much does the Outreach Program cost?

If your private health fund supports the Hospital in the Home Program, you are likely to be eligible for Brisbane Waters Private Hospital's Outreach Community Service. Please be aware some health funds will differ as to how many community visits you are entitled to, or if there are any out-of-pocket costs. Our team can assist you with this, once your treating Psychiatrist arranges a referral. Please ask the Nurse Unit Manager or Discharge Planner. Contact 1800 814 226 for all referrals.



Meet our specialists

Dr. Susil Stephen

- Late life depression
- Mood and anxiety disorders
- Psychosis including organic psychosis
- Organic psychiatry
- Cognitive impairment
- Behavioural and psychological symptoms of dementia



Dr. Dominic Paul

- Psychotic disorders
- Post traumatic stress disorder (PTSD)
- Early intervention of psychosis
- Anxiety spectrum disorder (ASD)
- Obsessive compulsive disorder (OCD), Panic disorder and phobic anxiety disorder
- Mood disorders, depressive and bipolar disorders



Dr. Priyanga Arachchi

- Mood and anxiety disorders
- Psychosis
- Dealing with grief, loss and stress
- Low self-esteem and personality disorders
- Eating disorders



Dr. Su Kalava

- General adult psychiatry
- Dual diagnosis – addiction disorder/mental illness
- Perinatal mental health – Anti-natal depression, Post-natal depression and Postpartum psychosis
- Chronic pain
- Personality disorders
- Mood disorders
- Attention deficit hyperactivity disorder (ADHD)



Dr. Wimaladharma (Rana) Ranasinghe



- Anxiety spectrum disorder –
OCD, Panic disorder,
phobic anxiety disorder
 - Personality disorders –
borderline personality disorder
 - Mood disorders –
depressive and bipolar disorders
 - Acute and chronic psychotic illness
including first episode psychosis
 - Attention deficit hyperactivity disorder (ADHD)
 - Youth and teenage mental health issues
 - DVA and work cover assessment and treatments
-

Referrals

We work in partnership with General Practitioners and key service providers to treat people experiencing a range of mental health concerns.

Patient enrollment into the Mental Health Day Program requires a referral from a GP.

Prior to referral, confirm the following information:

1. Does the patient have Private Health Insurance, DVA Status, WorkCover or the ability to self-fund their admission?
 - a. **Note:** From 1 April 2018, Australian Government changes to private health insurance coverage for mental health services will take effect.
2. If yes, call 1800 814 226 to discuss admission suitability with our Admissions and Assessment Team
3. Send a referral via fax 02 4342 7164 or email centralcoastclinic@healthecare.com.au
4. Central Coast Clinic will confirm health fund eligibility check, admission arrangements and allocate a Psychiatrist on the same day.

Please note: Admissions to in-patient facilities at Brisbane Waters Private Hospital must be under the care of one of treating Psychiatrists. If you need assistance with selecting a Psychiatrist, our Admissions and Assessment | team can assist you.



If you have any questions that require an urgent response please contact the hospital directly on (02) 4324 7111.

In an emergency or life threatening situation you must go to your local Emergency Department for appropriate treatment.



Brisbane Waters Private Hospital
21 Vidler Ave Woy Woy NSW 2256
P. (02) 4343 0324 F. (02) 4341 9261
E. centralcoastclinic@healthcare.com.au
W. brisbanewatersprivate.com.au