

Townsville Private Clinic

Day Therapy Programs

INFORMATION GUIDE



Nurturing Minds, Healing Hearts
Evidence-based groups for
enhancing mental health

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Outpatient day program groups are a valuable resource in the mental health field, offering a range of benefits for individuals struggling with various mental health issues.



Benefits of Group Programs

1.

Structured Support

Outpatient day program groups provide individuals with structured support, which can be crucial for managing mental health conditions. These programs typically follow a set schedule, including group psychoeducation, activities, and group discussions, helping participants develop a routine that contributes to their stability.

2.

Peer Interaction

One of the most significant benefits of outpatient day program groups is the opportunity for peer interaction. Participants can connect with others who are facing similar challenges, reducing feelings of isolation and fostering a sense of belonging. Sharing experiences with peers can be highly therapeutic.

3.

Skill Development

Outpatient day programs often focus on skill development, equipping participants with practical tools to manage their mental health. These skills may include stress management, communication, problem-solving, and coping techniques, which can significantly enhance their ability to navigate daily life.

4.

Holistic Approach

Mental health outpatient day programs take a holistic approach to well-being. They address various aspects of an individual's life, including physical, emotional, and social factors. This approach aims to improve overall quality of life.

5.

Professional Guidance

Participants in outpatient day program groups have access to professional guidance from therapists, and mental health experts. These professionals can provide tailored advice, monitor progress, and adjust treatment plans as needed to ensure the best possible outcomes.

6.

Relapse Prevention

For individuals who have experienced mental health crises or hospitalization, outpatient day programs offer a crucial step in relapse prevention. Regular attendance and support help maintain stability and reduce the risk of future relapses.

7.

Safe Environment

Outpatient day programs provide a safe and supportive environment for participants to explore their thoughts and feelings. This can be especially important for individuals who may not have a nurturing atmosphere at home or within their social circle.

8.

Time Efficiency

These programs offer intensive support without requiring participants to commit to full-time inpatient treatment. This allows individuals to balance their mental health care with other responsibilities like work or family, making it a practical option for many.

9.

Improved Quality of Life

Every individual's mental health journey is unique. Ultimately, the benefits of outpatient day program groups contribute to an improved quality of life for participants. They gain the skills, knowledge, and support necessary to manage their mental health effectively, leading to better overall well-being.

DAY THERAPY PROGRAM ROADMAP

Groups discussed with your Doctor and referral written and received by Allied Health Administration

Contact with Allied Health Administration and booking of Pre-Program Assessment

Attend Pre-Program Assessment with Allied Health Clinician

Day 1 - Admission to Group Program & completion of Admission Paperwork

Allied Health Administration will book you into next available group cohort

Attendance at all group sessions

Last Group Day - Completion of discharge paperwork

Discharge Summary sent to your referring doctor and referrals to other groups processed if required

If you have any questions regarding the roadmap, please speak to Allied Health Administration staff

Day Therapy Programs

Evidence based therapies for enhancing mental health and associated difficulties.

At the Townsville Private Clinic there is a group for everyone. For more information about each group program. Please see the individual Group Program Flyer

Acceptance and Commitment Therapy (ACT) Program

Day	Time	Duration
Weekly	8:45am - 2:30pm	6 weeks

The ACT program is based on the principle of accepting what is out of your personal control while committing to taking values-based action to enrich your life and make it more meaningful. The aim of the group is for individuals to learn to handle painful thoughts and feelings in such a way that they have less impact and influence (mindfulness skills), and to clarify what is truly important and meaningful (clarify values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

Managing Adult ADHD

Day	Time	Duration
Weekly	3.5hrs	10 weeks

This half-day program is designed to offer strategies that address the specific symptoms of ADHD in conjunction with other medication strategies. This skills-based group will support participants to make adjustments to their lives to improve their capacity to live with ADHD.

Alcohol & Substance Use Disorder Program (ASUDS)

Day	Time	Duration
Weekly	8:45am - 2:30pm	8 weeks

Alcohol and substance use disorders are frequently associated with anxiety, depression, relationship difficulties, trauma, medical health problems and social problems. This program is designed to assist people who misuse alcohol, drugs or prescription medications and / or have issues with dependency or problematic behaviours as a result of their usage.

Cognitive Behavioural Therapy (CBT) Day Program (Day or Evening Program)

Day	Time	Duration
Weekly	8:45am - 2:30pm	8 weeks
Weekly	5:00pm - 8:30pm	12 weeks

The Cognitive Behaviour Therapy program aims to give participants the opportunity to look at various aspects of their lives that they may find challenging. It is designed for people who want to identify, understand, and change unhelpful patterns of thinking which may be negatively affecting their day-to-day life.

Dialectical Behaviour Therapy (DBT) Skills Training

Day	Time	Duration
Weekly	9:00am - 12:30pm	20 weeks

The Dialectical Behaviour Therapy skills training program aims to empower individuals who have challenges in managing their emotions, relationships and tolerance of distress. Participants will learn coping skills by building their toolbox of skills to deal with distress and regulate their emotions in a functional and adaptive way. It also teaches fundamental interpersonal skills to help improve relationships.

Dialectical Behaviour Therapy for Veterans (DBT-V)

Day	Time	Duration
Weekly	9:00am - 2:30pm	16 weeks

The Dialectical Behaviour Therapy for Veterans Program is suitable for Veterans or current serving Defence members who are in the process of transitioning from the Australian Defence Force, and who are struggling with managing intense emotions or moods, display impulsive behaviours, or who are having difficulties in their relationships.

Dealing with Distress

Day	Time	Duration
Weekly	3.5hrs	12 weeks

This program is skills based and assists participants to tolerate intense feelings and learn to manage impulsive or unhelpful behaviours. It is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural and Acceptance and Commitment Therapy techniques and for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance, effective communication, and the process of acceptance.

Food & Mood

Day	Time	Duration
Weekly	8:45am - 2:30pm	6 weeks

Improving diet with a solid nutritional foundation can be part of an individual's mental health wellness toolbox. The Mood & Food program provides the knowledge, skills and support to assist patients to move towards healthier food choices. It may be useful for individuals diagnosed with mood disorder and who would like to gain a deeper understanding of the impact of food and nutrition on their mental health and looking for ways to improve their nutrition. They will experience learning modules, check your knowledge activities, reflective practice activities, goal setting, meal planning, and recipe selection as well as scheduled homework practice to enhance their learning.

Men's Personal Development Program

Day	Time	Duration
Weekly	8:45am - 2:30pm	10 weeks

This program utilises recognised therapeutic methodologies, interactive teaching processes, self-esteem and confidence building techniques. All elements are centred on helping men to become happier, more productive and emotionally centred.

Mindfulness-Based Cognitive Therapy (MBCT)

Day	Time	Duration
Weekly	8:45am - 2:30pm	8 weeks

The Mindfulness-Based Cognitive Therapy (MBCT) Day Program may be helpful for individuals who are looking to better manage their moods, attain better control of their reactions to stressful events, and to live with psychological and/or medical problems more effectively. MBCT is a scientifically validated program for depression and anxiety, relapse prevention, managing pain, stress and negative mood states. The program has a large experiential component.

Project Art for Mood Disorders

Day	Time	Duration
Weekly	9:00am - 12:00pm	10 sessions

Sometimes words are not enough. Art therapy provides the opportunity to express ones self more fully through arrange of different art materials and activities. It engages arrange of senses rather than relying solely on the mind and talking techniques. Art therapy can lead to enhanced wellbeing, increased self-awareness and understanding, as well as discovering new perspectives and improving problem solving. This program has strong therapeutic foundations and explores topics such as: identity, personal strengths, emotional identification, masks, goal setting and vision boards, challenging perfectionism, values, authenticity, validation, and self-care. Please note that completing personal art projects is not the focus of this group.

Building Strength & Resilience Program

Day	Time	Duration
Weekly	3.5 hours	8 weeks

Using a range of evidence-based strategies, the aim of the program is to build personal resilience and develop emotional physical health. Participants will be taught a range of practical skills to help 'bounce back' from stressful and difficult life experiences and get back to meeting the demands of day-to-day living. A number of theoretical models are utilised, including Cognitive Behavioural Therapy (CBT), Positive Psychology, Mindfulness and Affect or Emotional Regulation to enhance personal wellbeing.

Safe Recovery Program (SRP)

Day	Time	Duration
Twice weekly	8:45am - 2:30pm	8 weeks

This program may be useful for people diagnosed with PTSD or who have experienced trauma in their life and would like to gain a deeper understanding of this issue and find skills and strategies to cope better in life. This program is for those who do not meet the criteria for the Trauma Recovery Program (TRP) i.e they are not ADF/DVA or first responders. *Please Note* The PCL5 is required in addition to the referral form for this program.

Successful Sleep

Day	Time	Duration
Weekly	3.5 hours	6 weeks

The Successful Sleep Program is designed for people who are experiencing sleep loss or chronic sleep difficulties and would like some practical help in learning strategies for addressing this issue.

Trauma Recovery Program (TRP)

Day	Time	Duration
Twice weekly	8:30am - 2:30pm	10 weeks

The Trauma Recovery Program (TRP) sessions provide skills and techniques to manage PTSD more effectively, understand its impact on oneself and others, as well as fostering a support network for participants. This program also offers individual therapy sessions alongside the group program.

Please note this group is for ADF/ DVA or First Responders only

Women's Wellbeing Program

Day	Time	Duration
Weekly	8:45am - 2:30pm	10 weeks

The Women's Wellbeing Program uses CBT principles and covers a variety of general wellbeing topics including sleep, nutrition, exercise, self-care, values and goal setting, self-compassion, communication, forgiveness, the inner critic, mindfulness, character strengths & grief and loss.

Young at Heart Program

Day	Time	Duration
Weekly	8:45am - 2:30pm	8 weeks

The Young at Heart Program is designed for mature aged people who may be experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. The group focuses on age-related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.

Frequently Asked Questions



How do I sign up to complete a Day Program?

Individuals interested in attending any of the group programs will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions & Assessment team on 1800 884 767.

How much does it cost to attend a Day Program?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. All health funds have different rules. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur.

The Townsville Private Clinic is also an accredited NDIS provider, as such you may utilise NDIS funding to cover the costs of the program. Some programs are also covered for Veterans by DVA.

There is also the option to self-fund. Please contact Day Program Administration staff for a quote.

What days do the Day Programs run?

Different groups are scheduled on different days. Please confirm the days in which the programs run with Townsville Private Clinic Day Program administration staff.

Do I need to attend every session?

Attendance at all sessions is expected if booking into a Day Program. To get the most out of the group program it is important that you attend all sessions as the content provided is expanded and built upon at each session.

Our group programs are in high demand and there is often a waitlist for most group programs. Please advise us as soon as you can if you are unable to commence a program so that we can book in the next available person from the waitlist.

You will receive a text message reminder the day before your group session. We understand that sometimes unexpected things pop up and will prevent you from attending. Please let us know if you are unable to attend a session.

I have an Assistance Dog, can I bring them to the Group Program?

The Townsville Private Clinic has policy regarding the entry of assistance dogs within the facility. If you have an assistance dog, please discuss this at your pre-program assessment so that the clinician can assess as to whether or not your assistance dog meets the criteria and guidelines set for our clinic.

Do I need to attend a Pre-Program Assessment?

A pre-program assessment is an important part of your entry into a day program. The pre-program assessment gives you an opportunity to meet with a Day Program clinician prior to attending a group program to discuss:

- What challenges you are currently having
- What groups will help to address your challenges (if referred to multiple groups)
- What special needs may you require during your time in the group to help you to attend and engage.
- Problem solving any concerns of possible barriers of attendance.
- Discuss your individual goals and what you would like to get out of the group.
- Ask any questions you might have about the group and the process.

Meals

Morning tea and lunch is provided for all full day programs. Light refreshments are provided at all half day and evening programs.

Parking

We are located in the Townsville CBD. For information on parking near the hospital, and a Townsville city parking map, please refer to the Townsville City Council website: <https://www.townsville.qld.gov.au/about-townsville/traffic-transport-and-parking/townsville-parking>

Further information and assistance

For information on this program please contact the Townsville Private Clinic Day Programs Team. Phone 07 4431 1600 or email townsville@aurorahealth.com.au





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