



The Melbourne Clinic

General Information

The Melbourne Clinic is a purpose built psychiatric hospital established in 1975, initially privately owned by a group of psychiatrists and since 1985 it has been operated by Healthscope Limited. The Melbourne Clinic is the largest and longest established private psychiatric hospital in Australia. It has 106 inpatient beds, 150 accredited psychiatrists and a multi-disciplinary team including psychiatrists nurses, psychologists, social workers, occupational therapists, dieticians, geriatricians, neuropsychologists, physiotherapists, pastoral care worker and consumer consultant.

The Melbourne Clinic provides a comprehensive range of inpatient, day programs and outreach programs.

The facility is located centrally in Richmond and is well served by various forms of public transport.

Programs and Specialists Units

The Melbourne Clinic offers evidence based therapeutic programs for people requiring treatment for a mental health problem, both on an inpatient or day patient basis. Our treatment programs offer individualised care to support patients returning to an active and healthy life in their own communities within the context of their particular illness.

Programs offered vary from individualised counselling to group therapy, group and individual psychotherapy, dialectical behavioural therapy and skills development.

The Inpatient Programs include:

- Anxiety and Depression
- Obsessive Compulsive Disorder
- Eating Disorders
- Living Well (General Psychiatry)
- Older Persons' Psychiatry
- Intensive Psychiatric Care
- Substance Withdrawal

The Day Programs include:

- Cognitive Behaviour Therapy Program
- Managing Bi-Polar Disorder Program
- Addictive Behaviours Program
- Stress and Anxiety Management
- Dialectical Behaviour Therapy Program
- Acceptance and Commitment Therapy
- Mindfulness Based Cognitive Therapy
- Social Anxiety
- Eating Disorders
- Eating Disorders - Bulimia Nervosa
- Recovery of Self Esteem
- Parenting and Mental Health

- Life Strategies Program
- Relationships and Mental Health
- Creative Art and Narrative Therapy

Community Outreach Program

Our Outreach Program assists patients to recover through assessment, support, rehabilitation and treatment in their own home and local community.

Intensive Psychiatric Care Program

This unit is specifically designed to treat acute patients by providing specialist care and close supervision for at-risk patients within a specifically designed and secure environment.

Professorial Unit

The Professorial Unit is the result of a unique partnership between The Melbourne Clinic and the University of Melbourne. It not only provides clinical expertise in the area of mood disorders, but also provides world-class collaborative research in psychiatry. To support this research The Melbourne Clinic has formally established a Research and Ethics Committee in accordance with NH&MRC guidelines.

In addition, The Professorial Unit provides teaching for medical students, includes trainee psychiatrists on staff and manages the accredited psychiatrists' post graduate education and general practitioner seminars.

Education

The Melbourne Clinic, in conjunction with leading Melbourne Universities, provides both under and postgraduate training for occupational therapy, psychology, nursing and social work students.

With a hospital focus on ongoing education, our staff are continually updating their knowledge and skills through a variety of hospital based and external educational programs.

Admission

Psychiatrists who wish to admit their patients must be accredited at The Melbourne Clinic. Admissions can be arranged by contacting an Intake Clinician on (03) 9420 9340. Psychiatrists may arrange accreditation by contacting the General Manager on (03) 9429 4688.

Referral

General Practitioners may refer patients directly to one of our accredited psychiatrists, or contact our Intake Clinicians for assistance with arranging either an outpatient appointment or an inpatient admission. Intake Office Tel: **(03) 9420 9340**

Fees

Private health insurance is recommended. Funding may be provided by Workcover, TAC and DVA. Self funded clients are also welcome.

About the Program

The Professorial or Mood Disorders Unit is the result of a collaborative working relationship between The Melbourne Clinic and the University of Melbourne. The Director of the Unit is Professor Isaac Schweitzer, who is the Healthscope Chair of Psychiatry, Department of Psychiatry, University of Melbourne. The 'Prof Unit' not only provides clinical expertise in the areas of mood and anxiety disorders but also conducts internationally recognised collaborative research in psychiatry.

A 25 bed unit within The Melbourne Clinic, the 'Prof Unit' offers specialised treatment for mood and anxiety disorders. Secondary consultation can also be provided for treatment resistant disorders with complex diagnostic and management problems.

Shared Care

Where referrals are made by General Practitioners, there is a commitment by staff in the Professional Unit to shared care arrangements. Staff will actively communicate with the treating GP during the inpatient period of patient care and, once discharged, return the care of the patient to their General Practitioner wherever appropriate. Referrals from consultant psychiatrists are also welcome. Our recommendations for further management will then be communicated back to the treating Psychiatrist.

The Approach

The Unit has a multidisciplinary team comprising of the Director, consultant psychiatrists, psychiatry registrars, psychologists, social workers, occupational therapists and psychiatric nursing staff.

Both private inpatients and outpatients will benefit from the comprehensive assessment and treatment program, which is individually tailored for each patient's needs.

About the Program

The Substance Withdrawal Program at The Melbourne Clinic offers high quality professional care to help people withdraw from alcohol and other drugs.

The program aims to assist a process of recovery from substance dependence and offers help with the physical, emotional, relational and spiritual dimensions of addiction. The program aims to enable participants to develop a comprehensive plan to maintain their recovery on discharge.

Patients need to demonstrate a commitment to working toward personal change and be willing to participate in groups.

The program consists of:

- Medically supervised safe withdrawal
- Health education and life skills
- Daily exercise program
- Identification of different stages of the recovery process
- Counselling to deal with issues underlying alcohol or other drug use
- Stress management and relaxation
- Development of coping skills
- Development of relapse prevention strategies
- Dealing with anxiety and depression
- Addressing relationship issues which may impact on recovery
- An optional introduction to a 12-step program
- Prescription of anti-craving medication
- Discharge planning
- Addressing issues of personal spirituality which may enhance recovery

The Approach

The program is staffed by addiction physicians, nurses, a psychologist, an addiction counsellor and a social worker. A consultant psychiatrist or other specialists can be called upon as required.

Most commonly your inpatient stay will last approximately one week. At the end of that time a discharge plan will be formulated with you. There is the opportunity to join The Melbourne Clinic Addictive Behaviours Day Program, or an inpatient rehabilitation for four weeks at our sister hospital, The Victorian Addiction Centre.

About the Program

The Anxiety and Depression Program (ADP) is an intensive inpatient group program designed to provide a range of strategies for clients suffering with anxiety and mood disorders.

The ADP seeks to design interventions for individuals who may not have responded to other treatments owing to the complexity of their needs.

The Approach

A multi-disciplinary approach is taken to this two-week inpatient program with particular emphasis placed on employing cognitive behavioural therapy strategies.

The ADP adopts a psycho-educational approach wherein participants learn CBT strategies and engage in structured practice to face their anxiety and build confidence in everyday life.

The ADP is suitable for clients who have had no previous treatment and also for those with complex needs who have not responded to other approaches.

Admission

Prior to admission clients are assessed for program suitability and an individual treatment program developed for their admission.

About the Program

The Obsessive Compulsive Disorder (OCD) Program is an intensive inpatient program offered throughout the year.

Particular expertise exists within this program, which is the only such intensive treatment available in Australia. The program is modelled on successful intervention programs developed in the United States and the United Kingdom.

The Approach

A multi-disciplinary approach is taken to this two-week inpatient program with particular emphasis placed on employing cognitive behavioural therapy strategies. These include:

- Psycho-education
- Exposure response prevention
- Mindfulness
- Relapse prevention

Clients who complete the program are also offered the opportunity for weekly group Exposure Response Prevention as an outpatient.

Admission

Prior to admission clients are assessed for program suitability and an individual treatment program developed for their admission.

About the Program

The Living Well Program (General Inpatient Program) provides adult relevant therapeutic programs to inpatients who are not involved in any of the specialist programs. Living Well focuses on patient need and recognises the four cornerstones of health: mind, body, spirit and community.

The Living Well Program offers patients the opportunity to learn and practice new skills, discuss issues relevant to recovery, receive information, learn from others, enjoy creative activities, get some exercise and have some fun. The program is evidence based with a clearly defined module of care, a flexible approach and is regularly evaluated.

The Approach

Our goal is to provide a cohesive program that has a recognisable framework, a contemporary approach, can respond flexibly, and provides a richer experience.

The program is delivered each day and is based on a four week rotating cycle. It offers a variety of group topics which are both relevant and practical, including:

- Relapse Prevention
- Reducing Stress
- Goal Setting
- Mindfulness
- Relationships
- Managing Difficult Emotions

The Inpatient Program interfaces with the Day Program and Outreach Service, assisting patients to recover through treatment, support and rehabilitation in their own home and local community.

About the Program

The Eating Disorders Inpatient Program is a specialised program that has been developed and designed to provide comprehensive treatment. Patients are required to be 16 years or older and medically stable. The program is divided into 4 phases to assist patients to progress from the acute stage of the illness to a level where they are able to monitor and manage themselves with support and help from the treating team. The program ensures a safe and trusting environment that fosters the restoration of health and weight, and explores the underlying issues that accompany the illness.

The multi disciplinary team of qualified health professionals are experienced and trained in the area of Eating Disorders and ensure the therapeutic approach to the program is individualised to meet each patients needs.

The inpatient program provides treatment to patients in the acute stage of illness, progressing through an integrated transition to outpatient care, where Day Program and Outreach services offer continuity of treatment ensuring minimal disruption to daily living and social network.

The Approach

Improved nutritional status and emotional well-being are achieved through a nutritious dietary intake, promotion of rest and participation in the daily group program. The program provides the opportunity for patients to learn a range of skills to enable self-management of a healthy weight range by building up inner strength and resources, and through the development of interpersonal and daily living skills and self-confidence.

The program provides structured, streamlined and flexible care in order to meet the varying needs of each individual patient.

When appropriate, we provide the opportunity for some patients to participate in our Day Program for Eating Disorders.



The Melbourne Clinic

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www.melbourneclinic.com.au

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