



## Living Well Program

Are you living well?

Here at The Melbourne Clinic, in the general inpatient units, many patients participate in the “*Living Well Program*” with the hope of learning to do just that!

The *Living Well Program* is a comprehensive therapeutic group treatment program aimed at supporting recovery and health through the delivery of sessions that address:

- Psycho-education and recovery skills
- Social and Communication skills
- Personal development and life skills
- Healthy lifestyle education and activities
- Creative and recreation therapy
- Community information and living skills

A dedicated multidisciplinary team of experienced facilitators provide core modules such as understanding and managing depression or anxiety, physical exercise education, managing difficult emotions, Cognitive Behaviour Therapy (CBT), relapse prevention, relaxation, self-esteem, creative activities, relationship skills, Acceptance & Commitment Therapy (ACT) and discharge planning. With additional groups lead by our Consumer Consultant, Chaplain, General Practitioner, Creative arts therapist, Pharmacist, Employment consultant and Dietitian we are able to ensure a holistic approach to meeting patients needs.

Approximately ten different groups are on offer each weekday and a smaller number of more recreationally focused groups are available to patients on weekends. Information about the *Living Well Program* is provided at admission and then is readily accessible at all times via printed programs, notice boards, daily community meetings and staff. Patients are welcome to attend any of the groups that they choose but we do recommend that they discuss the program with their psychiatrist, contact nurse or group clinicians to determine which could be most useful for them.

Since its inception at the end of 2005, the *Living Well Program* has been regularly evaluated to measure patient satisfaction and to receive feedback in order to continually improve the quality of our service. This year a Master of Public Health research student from the University of Melbourne is conducting an evaluation of the *Living Well Program*. This will afford us the opportunity to further assess the effectiveness and relevance of the program and identify issues, obstacles and lessons that will assist in program improvement.

**For further information on this program contact Judi Smith, Living Well Program Coordinator, on 9420 9253.**