

Managing Mood

Mental Health Day Program



This program aims to support people in improving and maintaining their mental health by providing psycho-education, awareness and practical skills for managing mental health related symptoms. The program incorporates a number of therapeutic approaches including Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Acceptance and Commitment Therapy and Mindfulness.

The program will help you to:

- Develop effective coping skills
- Challenge your negative thinking
- Set boundaries and be assertive
- Communicate more effectively
- Cope with change
- Identify and manage emotions
- Look at your recovery holistically
- Explore your values
- Manage stress
- Move forward in your recovery

The program is an ongoing group. We encourage peer support and the program facilitator ensures a safe and therapeutic environment.

When: Mondays 9:00am – 2:00pm

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

P 02 9105 5630 **F** 02 9105 5168
E nbhdayprograms@healthscope.com.au

Preparing For Change

Alcohol and Other Drugs Day Program



This program aims to support people in making change or maintaining abstinence from substance use. The program incorporates Motivational Interviewing, Cognitive Behavioural Therapy and Dialectical Behavioural Therapy to provide therapeutic intervention, psycho-education and skills training. The program's approach will be trauma informed and underpinned by the Strengths Focused Philosophy and recovery model of care.

The program will help you to:

- Understand addiction
- Develop effective coping skills
- Learn skills to manage urges and cravings
- Learn skills to manage triggers
- Challenge your negative thinking
- Learn skills to manage emotions without substances
- Look at your recovery holistically
- Explore your values in relation to substance use
- Move forward in your recovery
- Set boundaries and be assertive in relationships

The program is an ongoing group. We encourage peer support and the program facilitator ensures a safe and therapeutic environment.

When: Tuesdays 9:00am – 2:00pm

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

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Northern Beaches
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by Healthscope

Preparing For Change

Alcohol and Other Drugs Evening Program



This program aims to support people in making change or maintaining abstinence from substance use. The program incorporates Motivational Interviewing, Cognitive Behavioural Therapy and Dialectical Behavioural Therapy to provide therapeutic intervention, psycho-education and skills training. The program's approach will be trauma informed and underpinned by the Strengths Focused Philosophy and recovery model of care.

The program will help you to:

- Understand addiction
- Develop effective coping skills
- Learn skills to manage urges and cravings
- Learn skills to manage triggers
- Challenge your negative thinking
- Learn skills to manage emotions without substances
- Look at your recovery holistically
- Explore your values in relation to substance use
- Move forward in your recovery
- Set boundaries and be assertive in relationships

The program is an ongoing group. We encourage peer support and the program facilitator ensures a safe and therapeutic environment.

When: Wednesdays 6:00pm – 9:00pm

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals: Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

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E nbdayprograms@healthscope.com.au



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Dialectical Behaviour Therapy

Lite (DBT Lite)



This program provides an introduction to Dialectical Behavioural Therapy. This 3 week program is a pre-requisite to the full 24 week DBT program. It introduces the fundamental principles of DBT, orienting to the language of DBT and setting expectations for the full DBT program.

The program will help you to:

- Introduction to Dialectical Behavioural Therapy
- Understanding difficult emotions and unhelpful coping behaviours
- Basic skills to tolerate emotional distress
- Introduction to dialectics

The program runs for 3 weeks and is a closed group. Commitment to the program is expected.

When: Please contact the day program admin team regarding start date

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

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E nbhdayprograms@healthscope.com.au



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Dialectical Behaviour Therapy

Full Program



Throughout this skills based program, participants will cover the four core principles of Dialectical Behavioural Therapy over three modules. Modules cover Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance, each beginning with two weeks of core mindfulness skills

The program will help you to:

- Develop skills to regulate emotions
- Develop skills to tolerate emotional distress
- Communicate your needs effectively
- Increase self-awareness through the practice of mindfulness

The program runs for 24 weeks and is a closed group. Commitment to the program is expected.

When: Thursdays 9:00am - 2:00pm
Fridays: 9:00am - 2:00pm

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

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Dialectical Behaviour Therapy

Graduates Program



The DBT Graduates group aims to provide the opportunity to strengthen and consolidate your understanding and application of DBT skills and integrate them into everyday life. The program is suited for people who have completed a full DBT program (12 months or more) and are in a skillful, stable place emotionally and psychologically.

The program will help you to:

- Strengthen, reinforce, and consolidate your understanding of DBT Skills
- Broaden your understanding of DBT concepts
- Move beyond an intellectual understanding and into a greater experiential practice.

The program runs monthly and is an ongoing group. Commitment to the group of at least 6 months is expected. We encourage peer support, and the program facilitator ensures a safe and therapeutic environment.

When: Please contact the day program admin team regarding start date

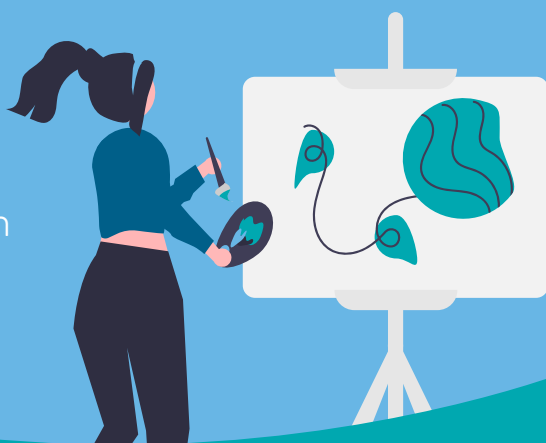
Where: Level 3
The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals: Ask your GP or psychiatrist for a referral to be faxed to the number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

Creative Therapy

Mental Health Day Program



This program aims to support people to explore and enhance their mental health through the process of art and creativity. The program aims to provide therapeutic intervention and offers an alternative to the traditional process of therapy.

Topics covered in the program include:

- Sense of self and identity
- Expectations of others and self
- Perfectionism
- Mindfulness
- Strengths in recovery
- Creating your future
- Connecting through art

The program runs monthly and commitment to the program is expected.

When: Please contact the day program admin team regarding start date.

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

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Managing Worry

Anxiety Program



This program aims to support people with Generalised Anxiety Disorder or those who struggle with excessive worry from a Cognitive Behavioural Therapy framework. The program aims to provide therapeutic intervention, psycho-education and skills training.

The program will help you to:

- Understanding worry and anxiety
- Challenge your anxious thinking
- Confronting your anxiety using behaviour experiments
- Relaxing the anxious body
- Managing uncertainty
- Maintaining gains and preventing relapse

The program runs for 6 weeks and is a closed group. Commitment to the program is expected.

When: Please contact the day program admin team regarding start date.

Where: The Northern Beaches Hospital
105 Frenchs Forest Road
Frenchs Forest NSW 2086

Referrals Ask your GP or psychiatrist for a referral to be faxed to number below.

Cost: Usually covered by private health insurance. For those with Work Cover please contact us for further information.

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