



**DELMONT**  
PRIVATE HOSPITAL

DELMONT  
DAY  
PROGRAM  
**OVERVIEW**



*Your Care in Mind*

## Welcome

As you prepare for your discharge, we warmly invite you to join the Delmont Day Program (DDP) for continued support.

DDP offers a comprehensive range of evidence-based group therapy sessions tailored to help you achieve your mental health goals.

Our flexible schedule allows you to attend sessions once a week, in the evening, on weekends, or more frequently, depending on your needs.

## About Group Therapy

You will meet with a diverse group of individuals under the guidance of a qualified mental health professional. It provides a safe space to share, learn, and grow together.

## Key Benefits

- Discover ways to build more fulfilling relationships
- Build connections with others who understand your experiences
- Gain different perspectives and insights
- Develop coping skills and strategies
- Feel less isolated and more supported

## What to Expect

1. Confidentiality: Everything shared in the group stays within the group, creating a safe and trusting environment.
2. Respect and Empathy: Group members are encouraged to listen and support each other without judgment.
3. Guided Discussions: Sessions are facilitated by a trained therapist who ensures everyone has a chance to speak and guides the conversation to be productive and healing.
4. Active Participation: While sharing your experiences is encouraged, you can participate at your own pace and comfort level.

## DDP Tours

Come have a look! We meet in Group Rm 2 (next to the GP waiting area)

Mondays - 9:30am – 9:45am

Thursdays - 11:45am – 12pm

## Community Outreach Service (COS)

COS clinicians provide planned care and interventions for patients within their community to facilitate their recovery. Please Note: COS is not an emergency response service

## Process

1. Discuss your interest with your contact nurse or psychiatrist prior to discharge
2. During your stay the DDP clinician will make an appointment to discuss the available groups suited to your goals
3. Upon discharge, attend your allocated groups

## Funding

Our team will contact your health fund to ensure your eligibility and (if any) out of pocket fees involved.

If further information is required, you can directly contact your health fund.

Please inform them of the following:

- That DDP is an inpatient service
- Same-day stay (no overnight stay)
- Hospital psychiatry service

## CONTACT US

Delmont Day Program (DDP)  
Reception – **9805 7370**

DDP General & SUAP  
Enquiries – **9805 7371**

## What's On Offer

Here is a snapshot of what's available:

| <b>Modality</b>                       | <b>Group</b>   |
|---------------------------------------|--|
| Cognitive Behavioural Therapy (CBT)   | <ul style="list-style-type: none"><li>▪ Managing Anxiety &amp; Depression</li><li>▪ Mindfulness based CBT</li></ul>                      |
| Dialectical Behavioural Therapy (DBT) | <ul style="list-style-type: none"><li>▪ Understanding Emotions</li><li>▪ Intro to DBT</li><li>▪ CAT for DBT</li></ul>                    |
| Acceptance Commitment Therapy (ACT)   | <ul style="list-style-type: none"><li>▪ Trauma-informed</li><li>▪ For Depression &amp; Anxiety</li><li>▪ For Negative Thinking</li></ul> |
| Creative Arts therapy (CAT)           | <ul style="list-style-type: none"><li>▪ Intro to CAT</li><li>▪ Guided CAT</li><li>▪ Reflections</li></ul>                                |
| Mindfulness Based                     | <ul style="list-style-type: none"><li>▪ Mindful Self Compassion</li><li>▪ Art</li></ul>  |
| AGED Program                          | <ul style="list-style-type: none"><li>▪ Living Well</li><li>▪ Good Connections</li></ul>   |
| Substance Use and Addiction (SUAP)    | <ul style="list-style-type: none"><li>▪ ACT</li><li>▪ CAT</li><li>▪ Relapse Prevention</li><li>▪ Harm Minimisation</li></ul>             |
| Psychosocial                          | <ul style="list-style-type: none"><li>▪ Healthy Living Skills</li><li>▪ Pathways</li></ul>   |
| Young Adults Program (YAP)            | <ul style="list-style-type: none"><li>▪ DBT for YAP</li><li>▪ ACT for YAP</li></ul>  |

Specific group times can be discussed with the DDP clinician

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