



DELMONT
PRIVATE HOSPITAL

INPATIENT THERAPY

SUBSTANCE USE & ADDICTION PROGRAM (SUAP)



PATIENT INFORMATION GUIDE

Your Care in Mind

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Substance Use and Addiction Program (SUAP)

Delmont Private Hospital offers a comprehensive and well balanced range of therapeutic programs which complement the medical and nursing care offered during your inpatient stay. The Inpatient Therapy Program consists of three major components:

- General Psychiatry including Young Adult Program (YAP)

- Substance Use and Addiction (SUAP)

- Aged Psychiatry

Your psychiatrist or addiction medicine specialist has referred you to the Substance Use and Addiction Program (SUAP). In this booklet you will find information about the program, as well as other groups and activities that are available to you while you are here.



OVERVIEW

The Substance Use and Addiction Program (SUAP) is part of the wider group of programs known as Inpatient Therapy. The SUAP is a specialised program within Delmont Private Hospital specifically for you if you have been admitted for detoxification, and the management of the impact of addiction, drug and/or alcohol use. The program is based on the latest research into what works when treating substance use and addiction, is run in a group context and is facilitated by therapists from the Inpatient Therapy team.

Your participation in the SUAP is seen as an integral part of your admission to Delmont Private Hospital. The expectation is that you will attend the group program as specified by your psychiatrist or addiction medicine specialist.

The SUAP program covers issues such as the biology of substance use and addiction, substance use and your mental health, and the biopsychosocial model of addiction, treatment and recovery. It will give you an understanding of the factors involved in the development of substance use and addiction, and what works in treatment.

The SUAP program offers a number of dual diagnosis topics which cover many common mental health issues and concerns which can co-exist with addiction and substance use. These will be explored and strategies will be discussed to support you in your recovery. All topics use evidence based frameworks such as Motivational Interviewing, Relapse prevention principles, Cognitive Behavioural Therapy (CBT), Dialectic Behaviour Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

Role of the Group Therapist

Delmont employs professionally trained psychologists, counsellors and therapists for the Substance Use and Addiction Program.

Their role is to:

- Provide a safe environment for all group members to gain insights and share their thoughts, feelings and experiences as appropriate
 - Guide and facilitate group discussions, considering the needs of the group as a whole
 - Offer information, psychoeducation, strategies and objective feedback
 - Maintain the basic rules of the group
 - Ensure that anyone who wants to contribute has the opportunity to do so
- Lastly, it is not the therapist's responsibility to "fix" problems or have concrete/specific answers, but rather help you to explore and gain insight into your own issues and options.

RECOVERY & MAINTENANCE PLAN

It may strike you as odd that one of the first things brought to your attention is your plan for discharge. However, having an idea of what you would like to take away from your admission and integrate into your life at home is a good strategy.

As you attend group sessions you can develop your Recovery and Maintenance Plan (RAMP) so that it can become a practical support for your recovery.

The RAMP is separated into different sections.

These include:

- Relapse Prevention Plan
- Discharge Plan
- Crisis Plan
- Wellness Toolbox
- Wellness Plan

Some of these can be completed while you are in hospital, other sections may be more suitable to complete once you have gone home.

Program Content

The content of the Substance Use and Addiction Program (SUAP) is based on the most up-to-date knowledge of what works in the treatment of substance use and addiction. The timetable of the Program is offered from Monday to Saturday, structured and runs on a 3-week rotating schedule. This is to try and ensure all participants receive exposure to key elements of recovery. Key elements of the Program are further explained in this booklet.



INPATIENT SUAP THERAPY GROUP GUIDELINES

Check-in – 9.15am Monday to Friday

The pre-group check-in is held at **9.15am every weekday in Hartwell Group Room 1 or 2.**

All patients are expected to attend the check-in daily.

During the check-in, participants will find out about the day's activities, topics and have an opportunity to welcome new members or farewell those that are leaving. It is also a good opportunity to reflect on the therapeutic work being done and to discuss any issues or topics that may arise within the group or the program.

Therapy Groups 10:30, 1:30 and 3:00pm Monday to Saturday

SUAP Specific group therapy sessions are held at 10.30am, 1.30pm and 3pm every weekday, with the exception of Tuesday afternoons and Sunday where you can join a general group session.

The groups are usually held in **Hartwell Group Room 1.**
(Please check the SUAP whiteboard for location details)

All participants are expected to attend all sessions of group therapy daily.

Your name will be written on the SUAP program whiteboard, which will be explained to you by a member of the SUAP Therapy team. It is important to check the whiteboard daily as sometimes there will be changes made to group locations.

Each session of group therapy focuses on a topic or theme that is important in recovery from substance use and addiction and/or mental health is timetabled on a three-week basis. A copy of the timetable will be provided to you by a member of SUAP Therapy team.

How Does Group Therapy Work?

There are a number of key points about how the groups work here at Delmont Private Hospital. These points include:

Groups work much better when they are driven by the members themselves and their relevant concerns

Group therapy is not a passive process. It needs commitment from you to attend, actively participate and be attentive in group sessions

All group members need to work to make the group productive, by contributing, sharing experiences and showing an interest in others

Productive groups rely on mutual respect, goodwill and cooperation

Group work does not end at the door at the end of the session. You will gain more insight and better progress when you spend time reflecting on things discussed in groups. This might include making notes, keeping a journal, practising strategies, developing your RAMP, or talking to your contact nurse

You may discuss what you are learning, but remember it is important to maintain confidentiality

Group Rules

When you are in a group, there are a few rules that we ask you to remember. These include:

Confidentiality

It is expected you will maintain the confidentiality of other group members. This simply means that whatever someone reveals in group is not to be discussed outside the group.

Attendance

The groups begin on time. If you arrive more than 5 minutes after the start time, or the group room door is closed, the group has already started. **Please do not interrupt the group.** This will help to minimise the disruption to others. It will also reduce your disappointment about not being allowed to join the group. It is your responsibility to come to group and arrive on time.

Involvement

It is expected that you will actively engage in the group. Please try to actively listen to others, comment respectfully when appropriate, share your own experiences that relate to the discussion and participate as fully as you are able. It's important to remember not to overshare details or focus on any particular substances but to use the general term "substance". You will not be pressured to disclose anything that you feel you would rather keep private. Please try to keep your comments relevant to the theme or topic.

What to Share

There can be some topics that can be particularly sensitive, including abuse, trauma and self-harm. We understand that these may be an important issue in your life but others may not be ready to discuss them in a group setting, or hear about these topics in a group. It is better to discuss these topics individually with your doctor, nurse or therapy staff. Sometimes your group therapist may ask you to limit the amount you share. Please don't be offended – it is usually for your own and others' safety.

Respect

Group members often see things from different points of view. You don't have to agree or even comment, but each group member and therapist has the right to be heard and respected. So there is no place in the groups for shouting, swearing, put-downs or insults.

General

Please do not bring mobile phones, food or drink into the therapy rooms, with the exception of bottled water. Please dress appropriately in day wear – no bare feet or pyjamas.

The SUAP program is based on a 3-week timetable of topics. These evidence based themes and topics are introduced during your inpatient stay to support ongoing abstinence and/or relapse prevention and to support you in your recovery. Many topics which are introduced will be further explored in the Delmont Day Program (DDP) post discharge.

These group rules have been designed in conjunction with past patients and are here to help to make your group experience safe and useful.

SUAP GROUP THERAPY TOPICS

The SUAP group therapy program includes a number of topics that have been identified as important at this early stage of recovery.

Each topic is covered every three weeks. Participation in as many of the topics and sessions as possible is encouraged, so you are given exposure to all key areas of early recovery.

Below is a short description of some of the topics/ themes covered in SUAP group therapy sessions:

Stages of Change

Making changes can be a big part of your recovery. This topic will cover the concept of change, what gets in the way of change, goal setting, tips for turning intention into action, and using your personal values to promote positive change.

AA Speakers

When possible, a volunteer from a local AA group attends the hospital and shares their story of strength, hope and recovery. Topics covered usually include early warning signs of relapse, the importance of social connection, and hope for recovery.

Understanding and Managing Cravings

Cravings can be a feature of early recovery for many people. These topics will look at the physical, mental, emotional and behavioural aspects of cravings, as well as identifying triggers for cravings and basic craving management strategies.

Unhelpful Thinking Styles and Recovery

Thinking plays an important part in the development of substance use and addiction, and in recovery. This session uses CBT principles to examine how your thinking or attitudes towards substance use may have played a part in your substance use, and how to address them in recovery.

Exploring Values in Recovery

This topic involves a basic introduction to Acceptance and Commitment Therapy (ACT) in recovery. It includes identification of and reconnection with personal values, and discussion about opening up and doing what matters-values-directed action for a happier life.

Healthy Relationships and Communication in Recovery

Relationships, boundaries and personal communication styles are important factors in recovery. In this session we will examine these and look at ways to foster healthy relationships and improve communication.

Understanding and Managing Triggers

These sessions will focus on understanding triggers and their role in substance use and recovery. You will be assisted to identify your own triggers for substance use, and develop plans for managing them

Wellness in Recovery (Social Skills/Routine and Structure/Healthy Lifestyle)

Recovery from substance use and addiction is not just stopping the use – it can also involve implementing activities into your life that promote wellness and contentment. In these sessions we will discuss strategies for wellness such as daily structure and routine, self-care, and the importance of a sound support network.

Relapse/Transition and Discharge planning – Where Do I Go from Here?

Your admission to Delmont is often just the beginning of your treatment and recovery. Options for follow-up treatment will be discussed, as well as daily practices after discharge and reflection on the time you spent at Delmont. Lapse and relapse prevention planning may also be explored.

Social Connection/ Supports and Recovery

Social connection is important in recovery. These sessions involve discussion about rebuilding relationships with others and yourself, and getting connected to your inner strengths in recovery. Support agencies, helplines and professionals available for support in recovery may also be discussed.

Depression, Anxiety and Panic Management skills

Distress is described as an intense and overwhelming feeling that can be difficult to manage. In these sessions, the role of depression, panic and anxiety in substance use and addiction will be explored. Self-soothing and emotion regulation skills will be covered, as well as early warning signs for depression, panic and anxiety.

Understanding Emotions and Emotional regulation in Recovery

These sessions will cover the role of feelings and emotions in substance use and addiction. Emotions such as depression, anger, shame, regret and guilt will be explored.

Motivation/Skills and Strategies for Recovery

Many useful skills and strategies will be discussed, explored and practiced in these sessions and throughout the program.

Sunday Groups

You can sign up for the topic and support groups that are run on Sundays, including Creative Arts Therapy, Craft and other activities. If you attend SUAP on Saturday, these options will be discussed. Otherwise, you can add your name to the general group board, located in the Spanish House corridor.

COMPLIMENTARY THERAPY SESSIONS & ACTIVITIES

Yoga

A group yoga session that includes postures and movement, breath awareness and breathing exercises as well as relaxation and concentration and self-inquiry and meditation.

Tai Chi

A group Tai Chi session run by a qualified Tai Chi instructor which promotes health, improves memory and overall wellbeing and also incorporates basic self-defence skills

Music Therapy

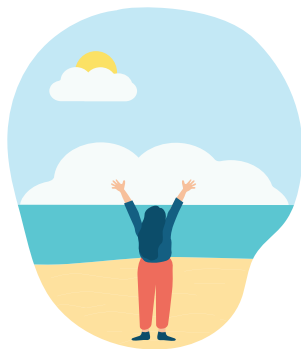
A group session conducted in the evenings where instruments and voice are used as a form of expression. All group members participate in music-making and practice listening to the sounds of the music.

Support Groups – AA and NA

Attendance at support group meetings, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) is also strongly encouraged as part of the Substance Use and Addiction Program. AA and NA speakers attend the hospital when available (see timetable). Talk to SUAP staff to obtain more details about how to attend local and online AA meetings.

Bridging to Delmont Day Programs (DDP)

Delmont also offers substance use and addiction treatment as an outpatient service. Continuing your recovery once you are discharged is an important part of recovery. As part of the SUAP inpatient program, you may be offered one or two sessions of bridging to DDP, wherein you attend DDP and participate in their group program. This will help you to get to know the therapists in the DDP team and meet other members of the outpatient groups. Speak to a SUAP staff member if you would like to know more about this.



MINDFULNESS SKILLS & PHYSICAL ACTIVITIES

Mindfulness skills and activity-based sessions are on offer throughout the program. These sessions include mindfulness practice, creativity and wellness in recovery, Get Active group training or strength training sessions.

Mindfulness Practice

Mindfulness practice has demonstrated effectiveness in recovery from substance use and addiction. These sessions include education about mindfulness and practical skills training.

Strength Training Sessions & Get Active Sessions

Strength training is an onsite indoor group Personal Training session run by a qualified Personal Trainer that includes stretches, some body resistance exercises as well as light weight training. Get Active occurs off site, is run outdoors by a qualified Personal Trainer and includes cardio and strength exercises.

All exercises are tailored and injuries, soreness, and any other physical conditions are taken into consideration. You must have appropriate approvals from your psychiatrist to attend these groups.

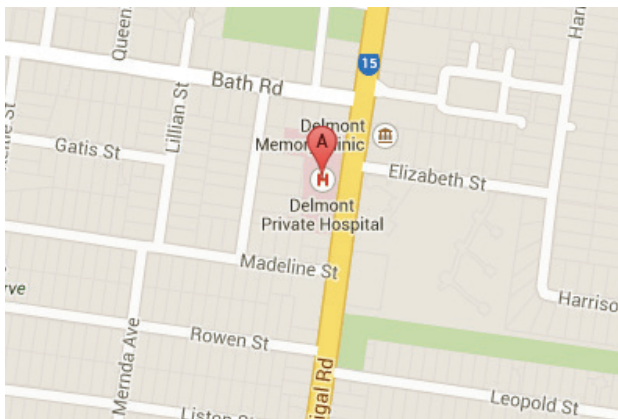
ADDITIONAL SERVICES

Additional Services which may be available with a specific referral from your psychiatrist include:

- Single session 1:1 Psychology
- Social Work
- Dietitian
- Pastoral Care

Program Evaluation

Upon admission and prior to discharge, you may be asked to complete an evaluation of the Substance Use and Addiction Program. You can complete this anonymously. The results of this evaluation help us to ensure we're delivering the best possible care to patients in the program.



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