

People caring for people



Berkeley Vale Clinic



RAMSAY MENTAL HEALTH

BERKELEY VALE
CLINIC

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Overview

At some point in their lives, as many as one-in-five people will experience a mental health disorder. Even though the stigma that once surrounded having a mental health disorder has been greatly reduced, many people still feel embarrassed or see it as a sign of weakness and do not seek help straight away.

However, mental health disorders have recognisable symptoms and are manageable just like any other illness. There is also substantial evidence to show that the right treatments can do much to reduce or even eliminate someone's symptoms.

Berkeley Vale Clinic offers inpatient and day programs for people with a range of mental health disorders including:

- mood and anxiety disorders,
- psychosis (ie schizophrenia),
- personality and adjustment disorders, and
- Post Traumatic Stress Disorder (PTSD).

The first step for you and your loved ones is acceptance that you need professional help to improve the quality and enjoyment of your life. It's a courageous step to come in or come back in and our experienced, non-judgmental staff will do a full assessment and provide a tailored treatment program that best suits your individual needs.



Our treatments usually include a combination of:

- group therapy,
- individual therapy (such as Cognitive Behavioural Therapy),
- learning new coping strategies,
- lifestyle changes (including not using alcohol and recreational drugs), and/or
- medications if required.

Our specialist unit is owned by Ramsay Health Care, Australia's premium provider of private mental health care. Our clinic offers a high standard of care and treatment in a warm, supportive environment. Berkeley Vale Clinic is part of Berkeley Vale Private Hospital, which has an excellent reputation in the wider Central Coast community. Our clinically sound and innovative programs are based on the most up-to-date psychiatric research and are provided by our dedicated team of mental health professionals.

Treatments

Berkeley Vale Clinic offers a holistic approach to treatment with a focus on healing the mind, body and soul.

Our inpatient and day programs are designed and led by our multidisciplinary team of health professionals who assist groups to work together in an atmosphere of trust and respect.

We believe that you should be fully involved in your recovery process, so each aspect of your treatment is discussed with you and/or your loved ones at length.

Individual and group therapy sessions use a combination of the following evidence-based techniques shown to be effective in clinical trials:

Cognitive Behaviour Therapy (CBT) focuses on helping people to recognise unhelpful thoughts and develop strategies to cope more effectively by identifying alternative ways of seeing oneself, one's problems and the world.

Interpersonal Psychotherapy (IPT) aims to help people to understand their problems and be able to express their feelings about them—including both painful and pleasant feelings.



Berkeley Vale Clinic

Acceptance and Commitment Therapy (ACT) uses acceptance, mindfulness and commitment strategies, together with behavioural change to make you more resilient to psychological stresses. Mindfulness is an ancient practice found in a wide range of Eastern philosophies that involves consciously bringing awareness to your current situation and being more open and receptive to what is happening around you.

Medications may be used to target the underlying changes in brain function; helping to alleviate the symptoms of depression, psychosis etc and preventing their recurrence.

Electroconvulsive Therapy (ECT) is sometimes needed when other treatments such as counselling and medications are not effective. ECT is an essential and effective tool, which is recognised by the Royal Australian and New Zealand College of Psychiatrists and other similar organisations overseas. If your doctor recommends this treatment, it will be discussed with you and your loved ones in detail and you will be given an information pack to enable you to make an informed decision.

Inpatient Services

We all know that the human body is susceptible to illnesses such as a cold or flu and that if the symptoms are severe enough they may need medical attention to restore health.

Similarly, feelings of sadness, anxiety, worry, irritability or sleep problems are common to most people. However, when these feelings become very intense, last for a long period and/or begin to interfere with our daily activities it can be a sign of a mental illness needing professional help—either within the clinic environment or as part of a day program.

The **general acute unit** provides individual and group therapy for a range of mental health disorders. Patients with similar disorders or issues come together in the unit so they can participate in group programs aimed at learning to recognise the factors contributing to their illness and the use of effective coping strategies.

Patients are treated with dignity in a family like environment that is nurturing and supportive. The unit is staffed with specialist mental health professionals including psychiatrists, psychologists, occupational therapists as well as a physiotherapist and a dietician. They work collaboratively with family, friends and external clinicians to assist the patient during their stay and after their discharge.

Day Programs

The day programs offered at Berkeley Vale Private Mental Health Clinic are an important part of your journey of recovery from a mental health disorder.

Our day programs are beneficial if your referring clinician thinks you would benefit from being part of a supportive group psychotherapy program, where people help each other by sharing experiences and you can see that you are not alone.

If you have been an inpatient, our day programs can provide additional support while you continue to work on any skills you learnt in hospital with the aim of breaking the cycle of relapse and the need for re-hospitalisation.

Our programs are conducted in a light and airy dedicated area and deal with a wide range of issues including:

- depression and bipolar disorders
- anxiety
- relationship issues
- low self-esteem
- trauma and conflict
- unresolved childhood issues
- grief and life changes.

You will learn how to manage your thoughts, feelings and behaviours in a healthy way so you can develop a new understanding of 'self' and how you can improve your own life. Cognitive Behaviour Therapy, as well as other techniques such as acceptance and mindfulness, are important elements of our day programs.



Some of our programs are for a specified length of time to work on particular skills and issues, while others, such as the Supportive Program, deal with the emotional side of your recovery and provide support for daily living on an ongoing basis.

You will experience personal growth as you progress through the stages of the various programs and this can be very rewarding. However new issues may also arise so our day programs are very flexible in their design allowing you to feel supported at every step of your journey.

You will have regular assessments and the skills therapist will inform your referring clinician and/or loved ones of your progress.

What are the Costs?

It is very important that you are properly informed of the financial details of your treatment program prior to your admission to hospital.

If you have been a member of a private health fund for more than eight weeks and your policy has no psychiatric exclusions, you will generally be covered for the cost of inpatient and day programs. We recommend that clients check the level and type of cover their health fund offers for treatment and accommodation in private or shared rooms.

There may also be some costs that are not covered by your health fund such as screening pathology, pharmacy, x-ray and incidentals. For these items and also for clients who are not privately insured, our staff will be happy to discuss our costs and payment policy with you.



How to Get Started

Admission to our specialist unit is always on a voluntary basis, with patients understanding and accepting the need to actively participate in their own recovery process.

A referral from your psychiatrist and/or GP is needed for all inpatient and day programs. Our EasyAccess admissions service — **call 1300 856 163** — is staffed by experienced clinicians who speak to every patient prior to their admission. They will ask for a brief history and go through a checklist of items, including what to bring, before providing an assessment of how we can best serve your needs.

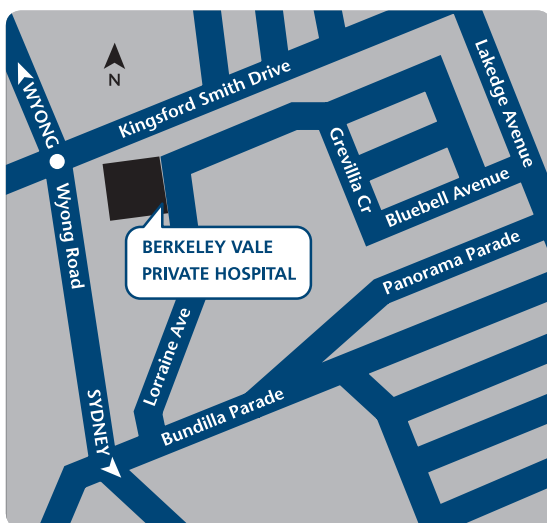
You can be assured that we will respect your privacy and confidentiality by not discussing your treatment plan, progress and/or history with anyone without your express permission.

On admission, you will be greeted by a member of our admissions team who will accompany you to your unit and introduce you to the clinical staff. Our admissions team is also available to assist you with any queries you may have during your stay with us. We can even arrange transport when it is time to go home. Our staff are committed to continually improving all aspects of our care and service for patients and we value your feedback.

We look forward to welcoming you to Berkeley Vale Clinic.



How to Find Us



Berkeley Vale Clinic

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