

Southern Adelaide (Outer South)

The programs below can be accessed via:

Southern Adelaide Local Health Network - Outer South

Location: Adaire Clinic, Alexander Kelly Drive, Noarlunga Health Services, SA

Contact Person: Shirley Hunter

Phone 08 8384 9599

Email shirley.hunter@sa.gov.au

Dialectical Behaviour Therapy (DBT) Standard

Length: 1 year **Frequency:** Weekly **Waiting Time:** Nil **Cost:** Free

Weekly individual therapy, weekly skills group attendance, phone coaching Mon – Fri 0900 until 4.30. Standard DBT as per Marsha Linehan recommendations.

Referral through mental health services. Non urgent referrals can be referred to the Booked Assessment Clinic for a one off assessment via the GP, Private psychiatrists, Headspace.

Dialectical Behaviour Therapy (DBT) Lite Adults (3 groups)

Length: Approx 36 weeks **Frequency:** Weekly **Waiting Time:** Max 7 wks **Age Range:** 25-64 years **Cost:** Free

DBT skills group - Referral through mental health services. Non urgent referrals can be referred to the Booked Assessment Clinic for a one off assessment via the GP. Private psychiatrists, Headspace. Limited to 18 participants per group.

Dialectical Behaviour Therapy (DBT) Lite Youth

Length: Approx 36 weeks **Frequency:** Weekly **Waiting Time:** Max 7 wks **Age Range:** 16-24 years **Cost:** Free

DBT skills group - Referral through mental health services. Non urgent referrals can be referred to the Booked Assessment Clinic for a one off assessment via the GP. Private psychiatrists, Headspace. Limited to 18 participants per group.

Dialectical Behaviour Therapy (DBT) Graduation Group

Length: Ongoing **Frequency:** Weekly **Waiting Time:** Max 7 wks **Cost:** Free

Available to clients that have completed any program. Self-referral through NEABPD Australia website (carers are not registered with mental health services).

Family Connections

Length: Ongoing **Frequency:** Weekly **Waiting Time:** Max 12 wks **Cost:** Free

Target group is carers and loved ones of people with Borderline Personality Disorder. Self-referral through NEABPD Australia website (carers are not registered with mental health services). Limited to 18 participants per group. No boundaries to location.

Southern Adelaide (Inner South)



The programs below can be accessed via:
Inner South Community Mental Health
Contact Person: Coordinator DPT Programme
Phone 08 7425 8500

Inner South Dialectical Behaviour Therapy (DBT) Programme - Standard Programme

Length: 6-12 months **Frequency:** Weekly **Waiting Time:** Depends on availability up to 6-12 months **Cost:** Free

The Standard DBT Programme includes:

- 4 Individual DBT commitment sessions to assess usefulness of the DBT Programme for the individual referred
- Individual Therapy Sessions with a DBT Therapist -1 hour per week
- Skills Training Group 2.5 hrs per week
- In between session homework /skills practice
- Maximum of 8 members per group.

Referral requirements:

- Mental Health Workers within the Organisation
- Private Psychiatrists
- Clinical Psychologists if client well known to the service or has an established BPD Diagnosis
- GP's if client well known to the service or has an established BPD Diagnosis

Inner South Dialectical Behaviour Therapy (DBT) Programme - Skills Only Programme

Length: 6 months **Frequency:** Weekly **Waiting Time:** Depends on availability up to 6-12 months **Cost:** Free

The Skills Only Programme includes:

- 24 weeks of skills Training Group 2.5 hrs per week
- Required to have own external therapist
- Maximum of 12 members per group.

Referral requirements:

- Mental Health Workers within the Organisation
- Private Psychiatrists
- Clinical Psychologists if client well known to the service or has an established BPD Diagnosis
- GP's if client well known to the service or has an established BPD Diagnosis

Southern Adelaide (Inner & Outer South)



The program/s below can be accessed via:
Mental Illness Fellowship of South Australia
Location: 5 Cooke Terrace, Wayville SA 5034
Contact Person: Paula Smith
Phone 08 8378 4100
Email paulas@mifsa.org

Carer Support Program

Length: 7 weeks **Frequency:** Weekly , 3 hours **Waiting Time:** Nil **Cost:** Single \$40 (\$15 conc) or Couple/family \$60 (\$25

The Carer Support Program offer various options to the person experiencing mental illness and to their families and friends through peer to peer education. The program uses research evidence and the first hand knowledge of facilitators who share their experience and wisdom. There is nothing more powerful than hearing about the impact of mental illness from those who have lived it.

No referral required, maximum 15 per group.

The program/s below can be accessed via:
Mental Illness Fellowship of South Australia (MIFSA)
Location: 5 Cooke Terrace, Wayville SA 5034
Contact Person/s: Judy Burke
Phone 08 8276 4552

Sanctuary Support Group

When: 2nd Tuesday of each month, 4-6pm **Waiting Time:** Nil **Cost:** Gold coin donation

For carers of people with Borderline Personality Disorder (BPD), to increase awareness of BPD, recognise challenges, and share with others experiencing similar journeys. Advice about ways of engaging with loved ones as well as sources of information and treatment are also on the agenda.

Southern Adelaide (Inner & Outer South)



The program/s below can be accessed via:

PsychMed Morphett Vale

Website: www.psychmed.com.au

Phone: 08 8326 6600

PsychMed provide bulk billed medicare services and fee free clinical programs in conjunction with government and NGO partners. PsychMed offers a confidential service within a caring and safe environment. Our psychologists use a range of evidence-based therapies, including Cognitive Behavioural Therapy (CBT), Cognitive Processing Therapy (CPT), Dialectical Behavioural Therapy (BDT), Acceptance and Commitment Therapy (ACT), Schema Therapy, Interpersonal Therapy (IPT) and Mindfulness-based Therapies. PsychMed services are offered as individual and group consultations depending on the referral.

Individual Services

Most people who are eligible for a Mental Health Care Plan through the Better Access to Clinical Psychology Medicare program can access our fee free individual clinical services. Mental Health Care Plans can be obtained from your general practitioner who will assess whether you meet the eligibility criteria. These plans provide up to 10 sessions in a calendar year, which at PsychMed are bulk billed (no additional gap charged) at each of our four locations.

Some people prefer to self-refer as a private patient. Please enquire at reception for information on fees, which are determined by the individual psychologist. Rebates may be available through health insurance funds depending on type and level of cover.

Group Programs

PsychMed also offers fee free individual and group sessions as part of funded programs in specialised Adult Mental Health Services.