

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: DBT Coordinator

Phone 08 8384 9599

Dialectical Behaviour Therapy (DBT) Lite Adults (2 groups)

Length: Approx 40 weeks **Frequency:** Weekly **Waiting Time:** 6-12 months **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 16 participants per group.

Dialectical Behaviour Therapy (DBT) Lite Youth

Length: Approx 40 weeks **Frequency:** Weekly **Waiting Time:** 6-12 months **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 16 participants per group.

Dialectical Behaviour Therapy (DBT) Graduation Group

Length: Ongoing **Frequency:** Monthly

Available to clients that have completed any program Lite Adult or Lite Youth DBT.

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:
Skylight
Contact Person/s: Judy Burke
Email: info@bpd-carers-sanctuary.org
Website: www.bpd-carers-sanctuary.org
Phone: 0410 507 998

Sanctuary Support Group

When: 2nd Tuesday of each month see website.

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.

Borderline Personality Disorder Collaborative (BPD Co)
Website: <https://tinyurl.com/BPDCollaborative>

The BPD Collaborative (BPD Co) state-wide service has been developed in response to the demonstrated need for enhanced, evidence-based BPD service development in South Australia, tailored to the needs of consumers, carers and clinicians.

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.