

Central Adelaide



The programs below can be accessed via:

Helen Mayo House, CAMHS

Location: 226 Fullarton Rd, Glenside SA 5065

Contact Person: Dr Anne Sved Williams

Phone 08 7087 1047

Email Anne.SvedWilliams@sa.gov.au

Mother Infant Dialectical Behaviour Therapy (MI-DBT)

Length: 24 weeks **Frequency:** Weekly **Waiting Time:** Limited availability and long waiting lists **Cost:** Free

MI-DBT is a program currently being researched which helps mothers with infants up to the age of 3 years to acquire new skills to manage their emotional dysregulation, that emotional dysregulation being related to a maternal diagnosis of borderline personality disorder or traits of that condition. Whilst the program follows the 4 modules of classical DBT, the program has been adapted to focus on women as mothers, and so uses skills based around parenting, and development information on their infants. Women attend a group whilst their infants are cared for by staff who focus on play and appropriate developmental input, and then the infants are united with their mothers and this section of the work focuses on the mother-infant relationship.

It is important to note that this group is currently being researched by self-report questionnaires, and a before-after mother-infant video to ensure that outcomes are understood and evaluated. In addition, participants are expected to identify an individual therapist, preferably with DBT training who can offer them 1:1 support during the period of the group. HMH is unable to provide this service.

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.

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.

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Psychological Therapy Services - Individual and Group DBT Programs

Availability: by Appointment **Waiting Time:** Minimal **Cost:** See below

Psychological Therapy Services are a specialist service for Dialectical Behaviour Therapy (DBT) and the treatment of Borderline Personality Disorder. They are a team of clinicians who have undertaken comprehensive training in DBT and have extensive experience in working with clinical mental health presentations. They offer a range of evidence-based therapies including DBT, Mentalization Based Therapy, Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, and Schema Therapy. Programs and services available include:

Individual and small group skills-based therapy for people experiencing Borderline Personality Disorder as well as carers/ family members of people experiencing BPD. Trauma and diversity informed Dialectical Behaviour Therapy (DBT) approach.

Cost: \$210 per individual session, Medicare rebate with a valid Mental Health Care Plan. Discounts for low income and concession card holders.

10 week skills group \$100 per week, \$46.75 Medicare rebate with a valid Mental Health Care Plan.

Also accept NDIS, RTWSA, DVA and other third party referrers.

The program/s below can be accessed via:

Psychological Therapy Services

Location: 282 Payneham Road, Payneham SA 5070

Phone: 08 7092 3847

Contact Email: admin@psychologicaltherapyservices.com.au

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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.

The program/s below can be accessed via:

PsychMed

Website: www.psychmed.com.au

Locations/Contact Details:

Adelaide 08 8232 2424

Payneham 08 8362 2344

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.

Group Programs

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

bpd-sa.com.au

Borderline Personality Disorder Support Services in South Australia