

# Calvary Bruce Private Hospital Hyson Green



**Calvary**

Bruce Private Hospital

Continuing the Mission of the Sisters of the Little Company of Mary





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## Introduction

Calvary Private Hospital is committed to the delivery of first-class treatment and care to patients experiencing a wide range of emotional and psychological problems.

Hyson Green, Canberra's only private mental health facility, offers a diverse range of holistic treatment programs, many of which are at the leading edge of psychiatric care.

Located within the grounds of Calvary Health Care ACT, Hyson Green is surrounded by a natural, private bush setting and offers a peaceful and healing environment incorporating a tranquil reflection pool.

A choice of accommodation ranging from single rooms to executive suites (including a separate post natal depression suite) is available along with consulting rooms, large dining and lounge rooms, therapy rooms and recreational facilities.

Hyson Green's success is built on the calibre and commitment of its people. Staff are selected from a range of disciplines and always strive for the best possible outcomes.

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**Hyson Green staff recognise that family, carers and significant others can have a valuable role in the recovery of the patient. Family and carer information and support sessions are run each fortnight.**

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## Services

- Private ensuite rooms
- Executive suites with private sitting rooms
- Post natal suite
- Gym
- Pamper room
- Art therapy room

## Available programs

In-patient and Day Programs are available for people experiencing:

### Mood Disorders

- Depression
- Bi polar affective disorder
- Postnatal depression
- Mania

### Anxiety Disorders

- Generalised anxiety
- Panic disorder
- Agoraphobia
- Post-Traumatic Stress Disorder (PTSD)

### Substance Use Disorders

### Eating Disorders

### Psychotic Disorders



## In-patient program

The In-patient program runs group and individual therapy sessions incorporating, cognitive behavioural therapy, assertiveness training, stress management, relaxation, yoga, grief, loss counselling, conflict resolution, self-esteem, communication skills, creative therapy, physical activities, mindfulness, emotional regulation and distress tolerance.

## Day program

The Day Patient Programs include both ongoing (open) and fixed-period (closed) groups. Admission to the Day Program may follow an inpatient stay but that is not necessary. The most frequently run groups are the Overcoming Depression Program (closed), the Managing Anxiety Program (closed) and the Individual Mood Disorders group (open). Less frequently there are groups on Anger Management, Social Phobia and Post-traumatic Stress Disorder. Details of these group programs are provided on the following pages.

## Overcoming Depression Program

Hyson Green's Overcoming Depression Program is a group therapy program, specifically designed to help participants overcome the effects of depression. This eight week therapy program is available for clients with a depressive illness.

The program runs from 9:30 am - 3:00 pm on 1 day per week for 8 consecutive weeks. It is led by two experienced therapists. A closed group format is used with 8-10 participants in each group.

The program uses a cognitive behavioural approach, which encourages individuals to link their thoughts to their feelings and behaviours, and ultimately to challenge certain patterns of thought-feeling-behaviour. It is a program which relies on individuals being their own expert, gaining insight into their depressive patterns whilst in a caring and supportive environment.

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**Participants are encouraged to practise new patterns and strategies between sessions.**

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Suitable participants for this program are those with a major Depressive Episode, Bipolar Mood Disorder (not during a manic phase), Recurrent Depression, Dysthymia, Complicated or unresolved Grief.

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**Participants must be able to commit themselves to attending the full program and have a belief in self-efficacy.**

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## Managing Anxiety Program

Anxiety is a normal human emotion that we all experience during our life time. However, when anxiety becomes excessive, unreasonable and results in a great deal of distress and life disruption it is likely to be associated with an anxiety disorder. Anxiety disorders are common in the general population and come in many forms including Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, Agoraphobia, Specific Phobias and Social Phobia. Research and clinical experience has shown that anxiety disorders are treatable. People can learn to reduce the distress associated with their condition and importantly lead a rich and full life despite it.



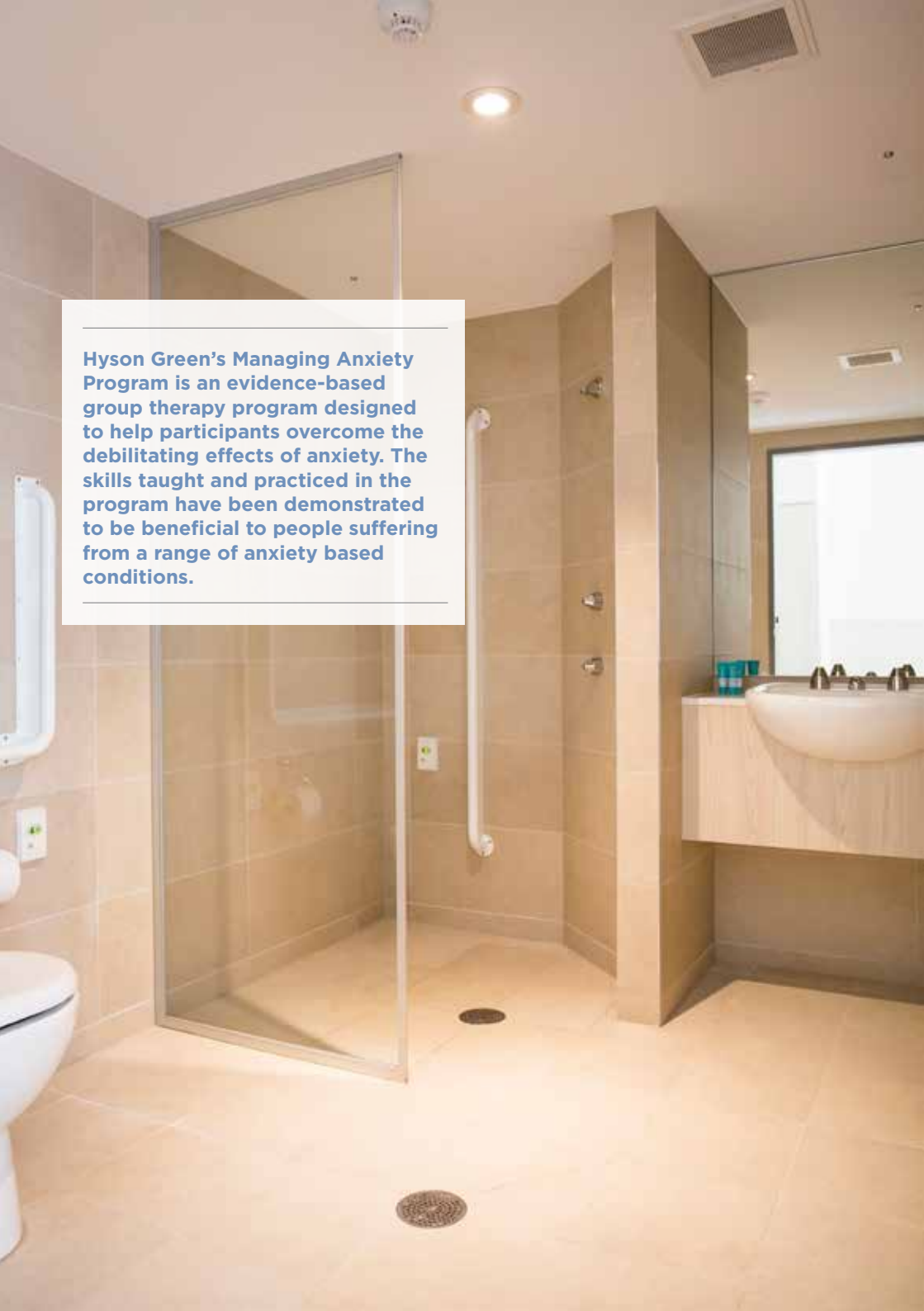
Hyson Green's Managing Anxiety Program is an evidence-based group therapy program designed to help participants overcome the debilitating effects of anxiety. The skills taught and practiced in the program have been demonstrated to be beneficial to people suffering from a range of anxiety based conditions.

The program runs for eight weeks (one full day per week from 9:30 am to 3:00 pm) and is facilitated by two therapists. A closed group format is used with 8-10 participants. The program is repeated regularly throughout the year.

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**Relaxation, mindfulness meditation techniques and gentle exercise are practiced during the program. Participants are encouraged to, and supported in, taking an active role in their own recovery journey. This involves committing to increasing their knowledge and understanding of anxiety and taking positive action to effectively deal with anxiety by learning, practicing and putting to use the skills taught during the program.**

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## Individual Mood Disorders Program

The program provides treatment for clients with a wide range of difficulties which may include: personality problems, psychotic illness, anxiety, depressive disorders, substance use problems, chronic pain or physical health issues, stress or workplace problems.

Hyson Green's individual mood disorders program is available as a follow up to hospitalisation, part of a case management plan or for individuals whose illness can be treated successfully without hospitalisation.

The aims of the program are to provide support, promote self-awareness and the development of knowledge and skills to enable clients to function at their highest level of ability in their home, work and community. This may reduce or eliminate the need and frequency of hospital admissions.

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**This program offers opportunities to learn new skills in a safe environment or to provide on-going support. The program utilises a number of therapeutic approaches including Cognitive Behaviour therapy (CBT), Acceptance and Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT).**

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### Program components include:

- managing emotions
- reducing emotional arousal
- anxiety reduction
- building self esteem
- becoming assertive
- managing depression
- exercise and physical well being
- communication skills
- mindfulness
- developing good coping strategies
- developing healthy lifestyle habits
- relaxation therapy.

Each participant undergoes a detailed assessment of current problems and goals for treatment. Following assessment, an individual treatment program will be developed in consultation with the participant. Progress is reviewed on a regular basis. The program is conducted one or two days per week from 9.30 am – 3.00 pm (morning tea and lunch are provided) and includes a morning review, a psychoeducational session, relaxation practice and some physical activity. Length of time in the program varies according to individual needs.



**A medical referral is necessary, following which admission to the program is arranged by a psychiatrist. Payment is generally claimed through the client's private health fund, however self-funding participants are also welcome.**

## Therapy team

The therapy team comprises psychologists, mental health nurses and social workers. Groups are co-facilitated by two therapists.

## Referral process

A medical referral is necessary, following which admission to the program is arranged by a psychiatrist. Payment is generally claimed through the client's private health fund, however self-funding participants are also welcome. Prospective participants will need to undergo an initial assessment prior to the commencement of the program. Please contact Hyson Green's Day Program Coordinator on 02 6201 6003 or 02 6201 6008 for assistance.

## Evaluation

In order to maintain standards and continually improve services, all our programs are subject to quality development surveys and evaluations. Differences in pre and post-treatment symptom levels will be measured using validated psychometric instruments.

## For further enquiries

Unit Manager Michele Garner  
02 6201 6001

Day Program Coordinator  
Josephine Bryant 02 6201 6003

Refer to website <https://www.calvarycare.org.au/bruce-private-hospital/services-and-clinics/hyson-green-mental-health/>

## Contact

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[www.calvaryactprivate.org.au](http://www.calvaryactprivate.org.au)

### About Calvary

*Calvary is a Catholic, charitable organisation with more than 12,000 staff and volunteers operating public and private hospitals, retirement communities and delivering community care services across Australia. We are a leading provider of palliative and end of life care, continuing the Mission of the Sisters of the Little Company of Mary.*



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