

South Pacific Private Programs and Treatment Pathways

Helping you support your clients

Treating clients with addictions, mood disorders and trauma related conditions in the community

can be very challenging and demanding, especially in times of crisis. South Pacific Private provides an intensive residential treatment program to support you in providing professional, timely and effective care for your clients and their families.

As a private psychiatric hospital, South Pacific Private specialises in the integrated medical, psychiatric and psychotherapeutic treatment of addictions and mental illness. Our psychotherapeutic treatment programs are holistic. They address both the presenting problems such as alcoholism or depression as well as the underlying core issues such as trauma and family dynamics. A multi-disciplinary team of psychiatrists, psychologists, general practitioners, registered nurses, psychotherapists and counsellors supervise all components of the programs. Our wide range of inpatient treatment and day programs, described overleaf, are covered by most private health funds and the DVA.

We can offer you the support you need to help your clients reach their treatment goals in times of crisis, before seamlessly transitioning them back into your care post-treatment. Call us to discuss your client's treatment needs and options, to arrange a visit to our facility, to familiarise yourself with our approach, or to arrange a free assessment for your client.

Call our intake department on
1800 063 332



SOUTH PACIFIC PRIVATE
Australia's Leading Treatment Centre

Treatment Pathways	Program Names & Components
<p>Primary Inpatient Program Acute inpatient treatment for people with conditions resulting from:</p> <ul style="list-style-type: none"> • Mental illness such as Major Depression, Bipolar, Anxiety Disorders and Post Traumatic Stress Disorder • Substance and/or behavioural addictions • Co-occurring addictions and mental illness <p>Each patient's treatment plan is designed according to their individualised needs, and may include all, or parts, of the inpatient program components.</p>	<p>Psychiatric and Medical Intervention</p> <p>Primary Inpatient Program Intensive Group Psychotherapy</p> <p>Drug and Alcohol Detoxification</p> <p>Changes 1: a fast track psychotherapeutic program specifically addressing the underlying issues that have fuelled the development of the presenting problem.</p> <p>Family Program: Structured 4-day program for patients and family members with a specialist Family Therapist.</p>
<p>Day and Evening Programs Day and Evening Programs are specialised according to diagnosis and treatment priorities. Patients are assigned to these programs according to their individualised needs.</p> <p>These programs provide acute day patient treatment for people suffering from:</p> <ul style="list-style-type: none"> • Mental illness such as Major Depression, Bipolar, Anxiety Disorders and Post Traumatic Stress Disorder • Substance and/or behavioural addictions • Co-occurring addictions and mental illness <p>The Day and Evening Programs are an alternative to inpatient treatment for patients who have the resources and circumstances that allow them to stay in their home and community while addressing acute issues.</p>	<p>Transition Day or Evening Program: follows on from Primary Inpatient Program when patients are well enough to return to their home environments but still need ongoing psychiatric and psychotherapeutic care.</p> <p>Addiction Relapse Management & Prevention Program (Relapse Prevention): designed to address early recovery issues and support patients through the first 3 months of recovery from addictions.</p> <p>Mood Disorders Program (Mastering Moods): a therapeutic group program that explores and treats the causes and triggers of depression and anxiety, and supports development of coping skills to enable patients to master their moods.</p> <p>Integrated DBT Program (Life Skills): focuses on supporting people develop life skills that they may not have had the opportunity to learn in their family environment when growing up.</p> <p>Post Traumatic Stress Disorder Program: PTSD treatment program designed to provide comprehensive clinical care, psychiatric review, psychological assessments and a psychotherapeutic program utilizing evidence-based clinical practice and internationally recognised treatments to address the problematic symptoms of PTSD.</p> <p>Changes 2: a treatment booster psychotherapeutic program specifically addressing and treating causes of relapse and crises in recovery.</p> <p>Primary Day or Evening Program: Introduction to the SPP Model as a support into all other day/evening programs. Day/evening version of our Primary Inpatient Program.</p> <p>Life Skills II – Breaking Free: support clients with relationship concerns and the habits and patterns of behaviour within relationships.</p> <p>Relapse Prevention II - Sex & Love Addiction: Creating awareness of the connection between developmental trauma, intimacy issues and addictions.</p>
<p>Self-funded Programs These psycho-educational programs are designed to:</p> <ul style="list-style-type: none"> • Provide information and support for families impacted by addictions and mental illness • Provide ongoing resources for patients after treatment. 	<p>Family Education & Support Program (FE&S): an informal 4-week program designed to support family and friends of people struggling with addictions or mental illness.</p> <p>Alumni Workshops: SPP regularly presents affordable workshops for past patients on topics designed to support and encourage recovery from addictions and mental illness.</p>

