



Intensive Community Treatment Program

The Marian Centre

Tel: 08 9380 4999

What is the Intensive Community Treatment Program?

The Intensive Community Treatment Program, aims to provide you with the support, education and expertise that you need to cope with your mental health problem at home.

It is an alternative to continuing your treatment as an inpatient and/or being hospitalized as an inpatient for treatment.

Who is the program suitable for?

The Intensive Community Treatment Program is suitable for anyone who:

- Requires support upon being discharged from the hospital and who are going back home to continue their treatment and recovery
- Are anxious and apprehensive about being discharged from the hospital and would benefit from assistance in the process of transitioning home
- Are currently living at home and experiencing acute distress that requires immediate support to enable them to cope with their illness at home.

How will it help?

It will help you to:

- Return home & continue your process of recovery
- Build your confidence in your ability to cope at home
- Put into practice adaptive coping tools to reduce distress & symptoms
- Reduce the risk of needing to be hospitalized for more intensive treatment.

What does the program involve?

Depending on your particular needs you can attend any of the following groups as part of the Intensive Community Treatment Program:

Activities Based Therapy Group

This group aims to provide you with:

- structure and routine to your day
- the opportunity to participate in constructive and personally meaningful activities
- rebuild your confidence
- restore a positive mood.

There are a number of different activities available to patients including craft, art, board games, puzzles, small group discussions etc.

Enhanced Coping Skills Group

The Enhanced Coping Skills Group is designed to help you acquire relevant information about your illness, its treatment and more functional and helpful ways of coping with your current difficulties and solving problems.

The Enhanced Coping Skills Group is open to all patients who need skills in managing anxiety and depression.

Which groups should I attend?

The Marian Centre staff, in consultation with your psychiatrist, helps to decide which of the groups are best suited to your particular needs. It is possible that you may attend more than one therapy group, in order for therapy to target your particular problem areas and goals, as well as due to changes in your own day-to-day functioning.



How can I be referred?

You need to be referred to the Intensive Community Treatment Program by a Consultant Psychiatrist.

Your Psychiatrist retains the primary responsibility for your care.

The Centre has referral forms that can be used. Your psychiatrist can request these.

When is the program?

Weekdays from 9am—3pm.

Breaks are taken during the session where refreshments are served.

How much will the program cost?

Dependant on your private health insurance, the Intensive Community Treatment Program may be covered. Our administration department will be able to determine any out of pocket expenses prior to you commencing the program. It is advised that you also contact your private health fund.

What is the Marian Centre?

The Centre is a Mental Health centre. It is in the Medical Precinct in Subiaco. It will bring the best in proven techniques for all psychological symptoms that our patients experience.



The Marian Centre

187 Cambridge street Wembley WA 6014

Phone: 08 93804999

Fax: 08093883179

E-mail: reception@themariancentre.com.au