

Mayo/Forster Private Hospital Psychology

Group Program Screening Tool

All outpatient groups facilitated by Mayo Private hospital are focused on delivering evidence-based treatments to manage complex mental health difficulties.

We offer three groups within our current treatment protocol, which include: The Dialectical Behaviour Therapy (DBT) course which is offered at the Mayo Private Hospital in Taree, the Cognitive Behaviour Therapy - Chronic Pain Management Course (CBT focus) which is offered at the Forster and Mayo Private Hospital, Cognitive Behaviour Therapy – Mood Management (Port Macquarie), and the Acceptance and Commitment Therapy (ACT) course which is offered at the Mayo Private Hospital. These groups are run in 10-week intervals (during the school terms) and are either half-day (3.5 hours) or full day (5.5 hours) in duration.

The aim of each course is to focus on developing skills to assist participants to function more effectively in their daily lives and reduce the distress associated with their mental health difficulties. To be considered for admission into one of these groups, potential participants must be referred by an appropriate allied health professional (e.g., General Practitioner, Psychiatrist, psychologist, physiotherapist etc.) and meet certain criteria for inclusion within these groups.

Having met these criteria, the treating team will then decide which group would be most suitable for the individual in question. To help with this process, we have created the following checklist for referrers to complete to assist with triage.

Recommended Group:

- ACT – full/half day (Offered at the Mayo)
- Cognitive Behaviour Therapy - Pain Management Course – half day (Offered in Forster and Mayo)
- DBT Course full day (Offered at the Mayo and in Port Macquarie)
- Cognitive Behaviour Therapy – Mood Management full-day (Port Macquarie)

Mayo Private Hospital

2 Potoroo Drive
TAREE NSW 2430
Ph: 6539 3906

Reason for referral:

Presenting mental health diagnosis (must relate to underlying mood/anxiety disorder, substance misuse disorder and/or Post Traumatic Stress Disorder (PTSD):

Any other complicating factors that may affect group participation (e.g., mobility issues, health concerns or restrictions):

The following criteria must also be met for a participant to be considered for participation with these programs:

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- 1) Must be able to commit to attend 7/10 sessions within a given term. Yes No
 - 2) Must be able to sit for at least 3.5 to 5.5 hours (with some basic medication). Yes No
 - 3) Must be cognitively able to participate in the group (e.g., no active psychotic symptoms, behavioural difficulties within group settings etc.). Yes No

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- 4) Must be able to read and comprehend written/spoken material to at least a year 10 level. Yes No
- 5) Must have an active approach to treatment and an understanding **that the groups are aimed at assisting them to become more effective in their daily lives and are not cures for their current difficulties.** Yes No
- 6) Must be able to arrange transport to and from the group. Yes No
- 7) Must attend an initial interview with the treating team to assess suitability for group-based intervention and assess which group is most suitable. Yes No
- 8) Must agree to abide by the rules/guidelines within the given group. Yes No

Patient Name: _____

DOB: _____

Address: _____

Contact phone: _____ Email: _____

Insurance: _____

Referrer Name: _____ Position: _____

Signature: _____ Date: _____