

Addiction services



About Langmore Centre

We are a 60-bed hospital that accommodates a mental health unit, addictions unit and a perinatal mental health unit. The Langmore Centre offers a specialised service for people with both inpatient and outpatient options. Our programs are holistic in approach and are guided by our organisational values of — hospitality, respect, compassion, justice and excellence.

Our patients are treated with dignity at all times and are supported by our team of professional and compassionate clinicians. Our services are available to individuals who are ready to engage in treatment by choice, not as a condition of legal proceedings.

What to expect

Patients must voluntarily consent to treatment to be admitted for addictions detox or rehabilitation at St John of God Langmore Centre. We will work with you to provide a full assessment and recommendation for treatment.

Our welcoming, modern and calming environment coupled with our multidisciplinary expertise will support you through your recovery journey.

Types of addiction treated

- Illicit substances
- Prescription medications
- Alcohol

What is addiction?

Addiction is a chronic condition where you are physically or psychologically dependent on a substance such as drugs or alcohol, or a behaviour pattern.

Your addiction may leave you feeling as though you do not have control over your life which can cause harm and distress to yourself and others.

How our programs can help you

Our addictions programs can help you address the physical, emotional and social factors associated with substance abuse or behavioural addiction. Through our treatment programs you will:

- Understand your triggers for substance misuse
- Be equipped with skills and techniques to manage your addiction
- Learn different ways to handle stress
- Develop your capacity to deal with life's challenges, including coping skills

All programs are offered by experienced therapy teams and may include psychologists, psychiatrists, registered nurses and other allied health professionals.

With your consent, we can include your carer or support person in your treatment and recovery planning, providing regular information and support.

Treatment streams

Depending on the treatment needs and stage of recovery, patients can come to us via a number of streams:

- Inpatient (where a hospital stay is required)
- Day patient (patient stays at home and attends for the day as required)
- Consulting suites (patients attend on an appointment basis with a specific doctor)
- Community mental health (where patients are seen 1:1 at home or another community location)



Inpatient stays

Inpatient addiction programs are tailored to your individual needs which may require a hospital stay between 7-28 days. We have a long history of providing addiction treatment programs including assessments, medical detoxification and withdrawal supervised by a treating doctor and our multidisciplinary team. The inpatient program involves intensive daily group therapy delivered in a safe, empathic and structured environment. We will work with you to develop a detailed recovery plan to help you maintain your recovery after discharge from our hospital.

During your stay, you will feel at home with our:

- Comfortable private rooms
- Delicious meals served in the patient dining room
- Outdoor spaces including a sensory garden
- Cafe and lounges to spend time with your visitors
- Therapeutic sensory room to help diffuse emotions
- Music therapy, art therapy and pet therapy
- Exercise studio

Drug and alcohol day programs

We have a number of day programs which are aimed to meet the needs of our consumers at different stages of their recovery.

The day therapy programs are led by a team of experienced mental health professionals. These sessions typically cover the triggers that exacerbate drug or alcohol dependency or lead to relapse. The aim is to assist people in building skills to deal with difficult life situations, without having to rely on substances.

Group members are provided with a safe, supportive and non-judgemental environment to problem-solve and to improve their coping skills.

Sessions run Monday-Friday and vary from 10 weeks to one year.

Therapy sessions cover a variety of topics including:

- Anger management
- Coping skills
- Dealing with anxiety
- Enhancing self-esteem
- Identifying and dealing with triggers
- Interpersonal skills (assertiveness and communication)
- Managing cravings
- Managing stress
- Motivation and the change process
- Problem solving
- Relapse prevention
- Skills to regulate emotions

Carer/support person involvement

We place a strong emphasis on the involvement of carers or support people in a patient's treatment and recovery. This involvement is tailored to your level of comfort. Approach a caregiver for a copy of our carer's guide, or if you have any questions about your role as a support person.



What happens after discharge?

Once you have finished your inpatient stay you may require some support to help prevent relapse including:

- Day program attendance
- Community-based care in the home
- Appointments with your doctor via our consulting suites
- Continued engagement with one of our treating psychiatrists is a requirement of group attendance

If at any time you require support or assistance, you can call main reception on (03) 9773 7000 to be put through to our transitions team.

For emergencies, please call 000.

Referrals

A written referral from your GP is required to access our services.

Our transitions team can also arrange a referral to one of our psychiatrists. Please call main reception on (03) 9773 7000

Fees

Most major private health insurers cover the cost of our programs with any excess and/or co-payments dependant on your level of individual cover.

Our administration caregivers can check on the status of your health cover on your behalf. All costs and any possible out-of-pocket expenses are discussed with the patient and/or close relative prior to admission and are payable on admission.

