



Adolescent Inpatient Unit and Day Services (AIUDS) Day Program

Bim Yumba Yulu Gutha “Healing Place Young Minds”

The AIUDS day program offers group, individual, and family-based interventions with an educational and therapeutic focus for young people aged 12 to 18 years. Referrals are made through Queensland Health Child and Youth, and Headspace Townsville.

The day program is about making sure young people and their families and carers, have the best support, information, and services for their health and wellbeing.

Young people engage in group work to learn more about themselves and practice the life skills to return to education, vocation, or other functionally related goals, and increase positive social connections.

What to expect

- Goal setting to identify what interventions will best meet the needs of the young person
- Individual timetable, up to 5 days per week
- Therapeutic individual and family/carer sessions with clinician
- Regular medical reviews
- Transition support with the education teacher.

The team

The AIUDS team will talk with you, your family or carers, and other important people.

The team includes psychiatry, nursing, occupational therapy, social work, psychology,

speech pathology, medical staff, Aboriginal and Torres Strait Islander health workers, education teacher, and peer workers.

Peer workers are young adults with lived experiences of mental health, that work with you to instil hope that recovery is possible. We all work together as a team, this means sharing information that is important for treatment, safety, and providing the best support for mental health and wellbeing.

Case managers are allied health professionals that work directly with you to access the day program. Case managers do individual sessions, family/carer sessions, support you in coming to the day program, and developing plans with the AIUDS teacher to transition back to school or other pathway.

How will recovery be supported?

The journey of recovery is an individual process which will vary from person to person. You will be supported based upon their personal experience and the type of support that they find useful to achieve your future. Because recovery is a deeply personal and unique process – it really is about understanding the mindset, beliefs, and experiences, to develop the skills needed to achieve the meaning and purpose. We work with you to develop an understanding of what you want for your life that is beyond the effects of having a mental illness.

There are some specific things that we offer from a clinical perspective – these interventions are the outcome of evidence-based practice. This means that we know that the interventions work and can assist in moving beyond mental illness to achieve recovery goals.

Mutual Expectations

Mutual expectations are what we should expect when working together. We have spoken with young people to identify mutual expectations for everyone at AIUDS to ensure the space remains safe and comfortable for everyone.

- Respect each other's personal space
- We always listen to each other
- Support young people to develop strategies and manage distress

- Everyone will be respectful towards property and resources
- Mobile phones, internet enabled devices, and devices containing cameras are not allowed. This is our opportunity to have a break from your cyber world so that you can focus on your recovery
- Make wise choices on the type of information that is shared with other young people
- Brains can feel awesome without drugs, alcohol, and cigarettes.

Non-Negotiables

Non-negotiables for attending day program. At the day program it is important that everyone feels safe, physically and emotionally.

The following is a set of rules which helps us to all work together.

- No cigarettes, drugs or alcohol
- No physical, verbal, or sexual abuse. No touching.
- No electronic devices in the day program, including phones
- No sharps or weapons
- Wear appropriate sun safe clothing.

If these rules are not followed your parents/carers will be notified, you will be asked to leave the day program and a re-entry meeting will be required before coming back.

Therapeutic Groups

The day program offers various therapeutic groups to meet the needs of young people.

Examples include:

- **Cognitive Remediation Therapy** is a computer-based rehabilitation treatment. It includes exercises to improve attention, memory, language and complex thinking skills.
- **Adventure Based Learning** involves participation in activities to engage you in intellectual, emotional, social and physical learning.
- **Environmental Exposure** provides supported opportunities for you practice skills in a safe environment. It helps to develop:
 - Social skills to communicate with other

young people

- Coping strategies to reduce distress
- Learn to be comfortable in different environments.
- **Social Cognition Interaction Training** aims to help increase your awareness of thinking patterns and biases that may have an impact on your life.

Educational Groups

Educational groups are a key component of the day program. Education sessions are delivered by a teacher, supported by a teacher's aide. The aim is to provide you with a calm and quiet class room to help with your learning.

Numeracy and literacy are a part of all sessions. Examples of topics include:

- **Healthy Body, Healthy Mind** - You will look at how we measure weight, fitness, and health in the real world. You will find out what BMI (Body Mass Index) means and how it works, use maths to work out the right dosage of medicine for adults and children, investigate the nutritional value of food items, and create a healthy eating plan, and check your heart rate.
- **Growth Mindset** - You will learn about growth and fixed thinking patterns. Students write stories from their own lives regarding times when they felt stuck or struggled to learn. You will develop an understanding of empathy, perseverance and motivation alongside writing skills.
- **Divergent** - You will explore ideas about society in the movie Divergent by looking at the concepts of values, morality, and ethical principles.

What to bring

- Healthy morning tea
- Healthy lunch
- Water bottle
- Hat or sunglasses
- Appropriate, sun-safe clothing that you can move in, covers your body, and allows you to participate in a wide range of activities.

If we are going on outings we will advise you of anything else you will need to bring. There is a full

kitchen to store your lunch in the fridge, cutlery, and microwave to heat/cook.

A locker is provided to securely store bags and other personal items.

What not to bring

- Unhealthy food
- Energy drinks or products that contain caffeine
- Money
- Alcohol, drugs or prescribed medications
- Sharps, knives or weapons
- Cigarettes and smoking implements, this includes lighters and matches
- Valuables
- Aerosols including deodorant (Roll-on deodorants can be kept in lockers)
- Mobile phones or electronics
- Make-up is discouraged, it needs to be of a natural shade, if worn.

AIUDS do not accept responsibility for loss or damage to items that are brought to the group.

Location

Adolescent Inpatient Unit and Day Services

Bim Yumba Yulu Gutha "Healing Place Young Minds"

Josephine Sailor Building
Kirwan Health Campus
138 Thuringowa Drive Kirwan
PO Box 1596 Thuringowa Central 4817

Telephone: 4433 9700

Other important contacts

Kids Helpline: 1800 551 800

Lifeline: 13 11 14

1300 MH CALL: 1300 64 2255

Child & Youth Mental Health: 4433 9004

Parentline: 1300 30 1300

Example Day Program Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30	SMALL TALK				
9:00	EDUCATION	EDUCATION	EDUCATION	COOKING GROUP	COOKING GROUP
10:30	MORNING TEA				AVAILABLE FOR SESSIONS INCLUDING: INDIVIDUAL FAMILY SCHOOL MEDICAL
11:00	OUTING GROUP	EDUCATION	THERAPY GROUP	EDUCATION	
12:30	LUNCH				
1:00	THERAPY GROUP	THERAPY GROUP	EDUCATION	THERAPY GROUP	
FINISH	1:30	1:30	2:30	2:30	



This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers



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