

Relapse and Maintenance Support (RAMS)

Information for patients, carers,
family and support persons



The Geelong
Clinic
by Healthscope

98 Townsend Road
St Albans Park VIC 3219

P 03 5240 0700 | F 03 5248 4852

thegeelongclinic.com.au

ABN 85 006 405 152



V3_07/2021

Community
of Care



The Geelong Clinic
by Healthscope

Relapse and Maintenance Support (RAMS)

The Relapse and Maintenance Support Day Program provides support and treatment for people in recovery from addiction. The program aims to address patterns of maladaptive addictive behaviours, build capacity to manage addictive patterns and develop helpful thoughts and beliefs that enhance quality of life. The program is skills based with the aim of teaching participants alternative behaviours to manage emotions, relationships and crises effectively in a supportive group setting.

The Relapse and Maintenance Support group aims to:

- Increase ability to manage addictive behaviour issues
- Increase self-esteem, confidence and self-efficacy
- Increase awareness and management of thoughts and feelings
- Develop specific coping strategies
- Explore personal concerns related to drug and alcohol issues in a confidential supportive setting.

The Relapse and Maintenance Support group is tailored to meet the group needs. Information handouts and resources are provided.

Program commencement

The RAMS Day Program can be commenced at any time.

RAMS group sessions are held every Wednesday at 9:30am -12:30pm.

Group sessions may include the following:

- Education on addictive patterns of thought and behaviour
- Mechanisms to manage triggers and high risk situations
- Skills to manage the change process
- Relapse prevention strategies
- Core Mindfulness
- Recovery in relationships
- Goal setting; including thought journals, activity scheduling and diarizing.
- Supportive group therapy within the context of recovery.

Making a Referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the Day Program.

Your GP can address your referral to: 'Dear Doctor at The Geelong Clinic' or the Psychiatrist of your choice.

The referral should be faxed by your GP to 03 5240 0799.

Intake will conduct a health fund check (in some cases patients may elect to be self-funded).

Once cover or funding is confirmed, the referral will be provided to the RAMS coordinator who will coordinate next steps with you.

More information

If you have any questions about the program, please do not hesitate to call 03 5240 0700.