

“A journey of a  
thousand miles  
begins with one step.”

Lao-Tse

A M A Z I N G

the hollywood clinic  
pathway program

A M A Z I N G

### confidentiality

All patient information related to  
treatment outcomes is confidential.

Medical records remain the property of  
Hollywood Private Hospital. The Hospital complies  
with the Privacy Act Amendment 2001.

For further information please contact  
the Privacy Officer on (08) 9346 6130.



THE HOLLYWOOD  
CLINIC

Monash Avenue  
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Cover artwork by Dena Lawrence



THE HOLLYWOOD  
CLINIC

## what is the pathway program?

The Pathway Program will benefit those people with current mental health issues including anxiety, depression, substance use, grief, loss, self esteem and anger problems. The program can be accessed by both inpatients and day-patients and is designed to assist the patient's recovery and return to optimal mental health.

The program is available to day-patients all day on Tuesday, Wednesday, Thursday and Friday am. Attendance provides an opportunity for people to maintain a connection to a supportive environment whilst enabling the patient to return to the community.

## what are the benefits of attending the pathway program?

The group program provides an opportunity to:

- Break down the sense of isolation which is often associated with mental health problems.
- Develop coping strategies and life skills.
- Assist clients in managing difficult and painful emotions.
- Increase awareness and insight into their issues and concerns.
- Explore new ways of being, and to facilitate and create change in their lives.

## the program

The Pathway Program groups consist of the following modules to assist the client in their journey to recovery:

- Art Therapy (awareness through art, creative reflections and creative solutions).
- Creative journal writing.
- Diversional activities.
- Exercise.
- Goal setting for recovery.
- Improving relationships.
- Managing substance use.
- Mindfulness meditation.
- Optimal health (pain management, improving sleep, diet and exercise).
- Planning for discharge.
- Rediscovery of self esteem.
- Relaxation.
- Stress coping skills.
- Think, Feel, Act.

## staffing

The program is facilitated by a team of qualified and experienced professionals that includes Mental Health Nurses, an Art Therapist, Psychologists, Social Workers, Physiotherapists and Occupational Therapists.

## eligibility/referrals

Consultant Psychiatrists accredited to The Hollywood Clinic may refer and admit clients to the Pathway Program either as an inpatient or day-patient.

Those eligible include:

- Patients with private health insurance.
- Entitled veterans or widow/ers.
- Self- funded patients.

### Please direct referrals and requests for further information to:

The Pathway Coordinator  
The Hollywood Clinic  
Hollywood Private Hospital  
Monash Avenue, Nedlands 6009

Telephone (08) 9346 6801

Monday to Friday 8.00am to 5.00pm

