

Your responsibilities

As a client of Links to Wellbeing services, you are responsible for:

- Respecting the right of other clients and staff to privacy and confidentiality
- Treating other Links to Wellbeing clients and staff in a respectful and inoffensive manner
- Ensuring that you are not under the influence of alcohol or other drugs, and/or behaving in a way which makes delivery of service difficult or unsafe
- Attending appointments and advising the Links to Wellbeing office as soon as possible if you are unable to attend or need to reschedule
- Respecting Links to Wellbeing property
- Following agreements made with your mental health clinician about service provision and care

Feedback

After you receive a service, we offer a confidential Client Satisfaction Survey for the purpose of evaluating and improving the service.

You can complete this survey as a paper or online form, depending on your preference. You can also complete the Client Satisfaction Survey at any time at the Morphett Vale site.

Complaints

If you have any complaints about the service you have received, please contact the Links to Wellbeing Clinical Lead at the Morphett Vale office on 8326 3591.

Emergency contacts

Should you require assistance while waiting for your appointment, please find the following contact numbers of organisations that may be helpful.

Mental Health Triage: 13 14 65

Life Line: 13 11 14

Suicide Call back Service: 1300 659 467

All Hours Suicide Support Service:
1800 859 585

Contact Links to Wellbeing

4/118 Main South Road
Morphett Vale SA 5162

P 08 8326 3591

F 08 8125 6685

E linkstowellbeing@neaminational.org.au

Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National (lead agency), Mind Australia, Mental Illness Fellowship South Australia and Uniting Care Wesley Bowden.

linkstowellbeing.org.au



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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Links To Wellbeing

Mother-Infant Dialectical Behaviour Therapy (DBT)

Talking therapy designed for specific needs of people who experience very strong emotions



This program is funded by the Adelaide Primary Health Network – an Australian Government Initiative

What is Dialectical Behaviour Therapy?

Dialectical Behaviour Therapy (DBT) is a form of cognitive behaviour therapy that is designed to help people change unhelpful ways of thinking and behaving, while also accepting who they are.

It helps people to learn to manage emotions by letting them recognise, experience and accept them. It can also help people to understand why they might harm themselves, which may help them to change this harmful behaviour.

DBT is usually used to help people diagnosed with borderline personality disorder. People with this disorder feel intense, uncontrollable emotions, have troubled relationships and have a disturbed sense of self.

Mother-Infant DBT group program

The Mother-Infant DBT (MI-DBT) group program is a form of DBT that incorporates all of the skills taught in traditional DBT, while specifically focussing on how these skills can be applied to the unique relationships that mothers have with their infants, as well as the unique emotional challenges that such a relationship involves. It also teaches mothers how to support the infant in developing their own ability to manage emotions and relationship effectively.

Skills taught in DBT

DBT teaches four important skills to help reduce the size of these waves of emotion and to help people to manage when these emotions become overwhelming.

Mindfulness

Mindfulness helps people to become more focused on the present moment, rather than focusing on painful experiences from the past or frightening worries about the future. Mindfulness also gives people tools to overcome habitual negative judgements about themselves and others, and to develop a sense of their own values and of how they want to be in the world.

Distress Tolerance

Distress Tolerance helps people to cope better with painful feelings and events by teaching them new ways of dealing with big emotions in a healthier way.

Emotion Regulation

Emotion Regulation helps people to understand their feelings better, to have more control over their emotions, and to change problematic emotions. It also helps people to learn how to be less vulnerable to experiencing negative emotions.

Interpersonal Effectiveness

Interpersonal Effectiveness helps people to develop skills in expressing their beliefs and needs, setting limits and negotiating solutions to problems, while at the same time protecting their relationships, treating others with respect, and feeling good about themselves.

Session times

Mondays, 6 August 2018 - 15 April 2019
(no sessions during school holidays)

9.15am - 12.30pm

Woodcroft Heights Children's Centre

25 Investigator Drive, Woodcroft SA 5162

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