

# GP News Update

February, 2022

## Proudly providing exceptional private psychiatric and psychological treatment in Sydney's North West.

THE HILLS CLINIC is the first purpose-built private mental health hospital in NSW. As proud leaders in mental health care, we are committed to raising community awareness about mental health and educating General Practitioners as well as the wider health professional community about treatment options and referral pathways.

### Industry leaders in young adult mental health care

Aurora Healthcare's The Hills Clinic in Kellyville continues to pave the way for young adult mental health treatment, addressing demand that continues to surge amid the pandemic. As a specialist treatment service for adolescents and young adults, The Hills Clinic helps patients from across Australia and abroad.

This year, our highly successful adolescents ward model of service will be introduced in Brisbane and Canberra, as part of Aurora Healthcare's pipeline of hospital development and expansion projects nationally.

### ONLINE REFERRAL FORM

For streamlined mental health referrals visit the referrers page of our website:  
[thehillsclic.com.au](http://thehillsclic.com.au)

### Specialised services:

- **Adolescent/ young adults**  
Specialised treatment options for young adult patients aged 16 to 21 years struggling with significant and complex mental health issues.
- **Addictive disorders**  
We provide in-hospital treatment and day programs with resources, education and clinical support to address issues, misuse and dependency.
- **General Adult - mood and anxiety**  
Tailored treatment options for mood disorders, for patients in need of a hospital admission as well as day programs to support individual recovery.



## New programs

### Young Adult Dialectical Behaviour Therapy (DBT) Intensive Program

- Designed for young adults aged 16-23 years
- Run by a multidisciplinary treatment team
- Provides strategies to assist with:
  - Borderline personality disorder
  - Unstable moods
  - Problematic behaviours
  - Emotional dysregulation

### Psychological Injury Program

- Designed for people who have experienced:
  - A workplace accident
  - Bullying or harassment
  - Anxiety, PTSD, or adjustment disorders
- Provides strategies to assist with:
  - Understanding psychological injuries
  - Overcoming avoidance
  - Managing anger or stress
  - Improving communication

If you have patients who would benefit from attending the programs listed above, contact us on 1300 122 144 or email referrals to: [hls.groups@aurorahealth.com.au](mailto:hls.groups@aurorahealth.com.au)



## Equine-Assisted Therapy recommences at The Hills

We are delighted to announce that Equine-Assisted Therapy (EAT) has recommenced at The Hills Clinic. Staff have taken a holistic approach to responding to patient issues by incorporating the addition of equine-assisted therapy into the therapeutic process. During sessions, patients learn to engage in activities such as grooming, feeding and leading a horse while being supervised by a mental health professional. The introduction of this extremely popular alternate form of therapy has enabled patients to break down the barriers of anxiety by forming non-threatening connections in a safe and nurturing environment.



“While our services are why patients initially choose The Hills Clinic, it's our staff, their experience, dedication and warmth that has led to our reputation as the leading mental health facility in Sydney's greater west.”

- Jacki Maher, CEO/DON