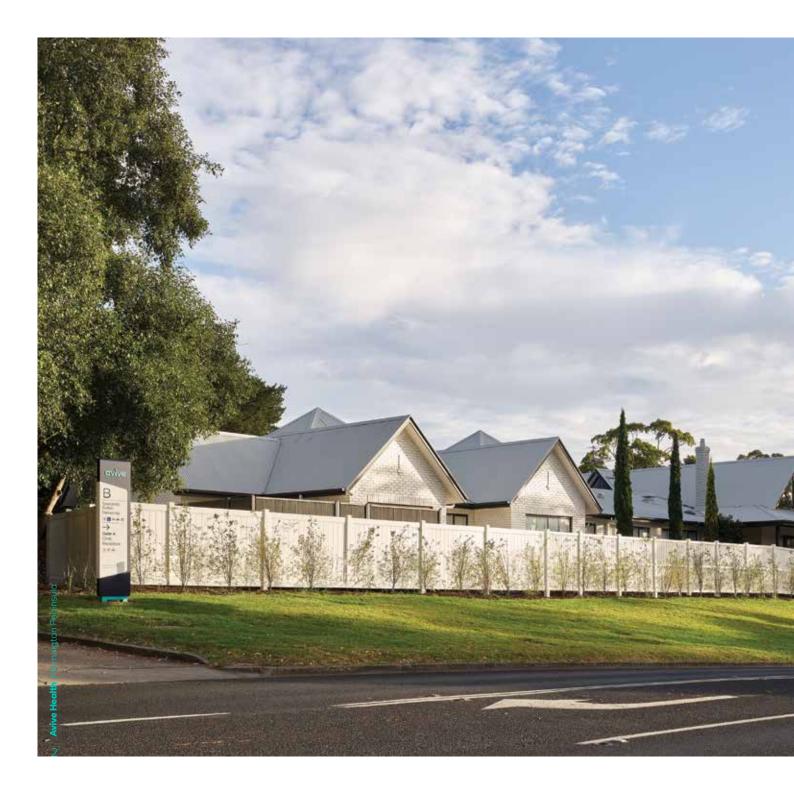


Avive Clinic Mornington Peninsula **Better mental health. Extraordinary healthcare.**







Our why

Treating mental health is complex. It's as deeply personal and individual as our patients.

Avive Health is committed to providing care that is unparalleled, in environments that are unsurpassed. Our programs are specially tailored, but our goal is universal – to improve the health of Australians and their families.

We are dedicated to supporting patients to better understand and improve their psychological, emotional and physical wellbeing. To recover and once again enjoy life. It's behind everything we do, every day.

Experience Avive's hospitals virtually; anytime, anywhere.

Take a virtual tour of Avive's thoughtfully designed facilities, purpose-built to foster healing and recovery. Visit avivehealth.com.au/locations/virtual-tours to experience mental health environments, like no other.



How we help

Avive's mental health care is customised, to give anyone who needs support the right kind of support at the right time.

A robust admission process enables us to determine the most appropriate treatment path, specific to an individual's needs. That may be delivered during a consultation, in hospital, through a group program or in the community, or any combination of these. All we require is a referral from a GP or health professional.

Hospitals

Our purpose-built private hospitals are unlike anything Australia has seen. They are best-in-class, designed and built with patients front-of-mind, to foster the best possible experiences and outcomes. Showcasing the latest health design principles, and equipped with ground-breaking technology, our facilities are welcoming, modern and efficient.

Programs

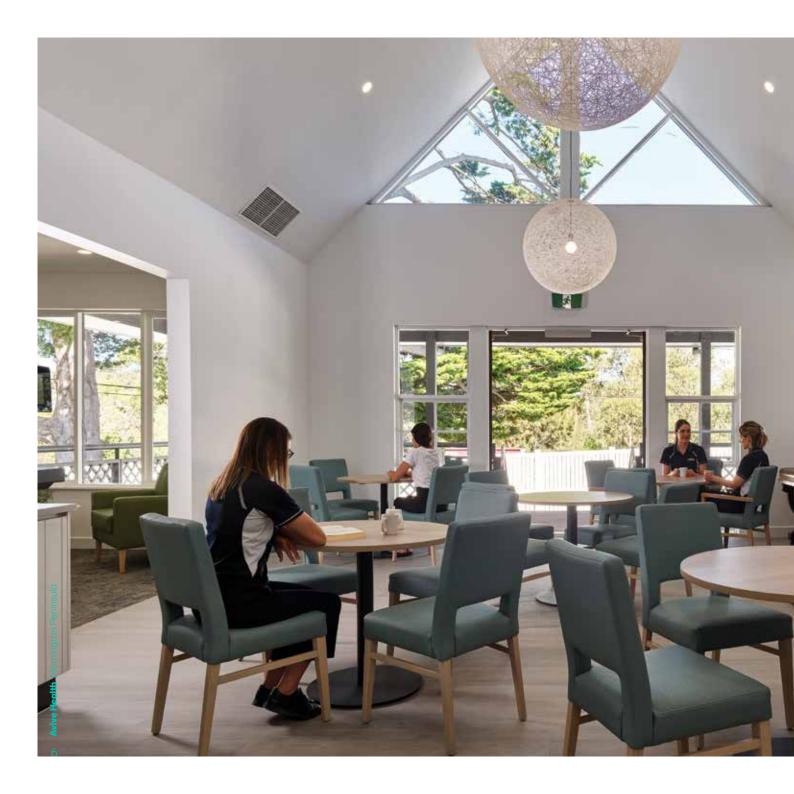
Our evidence-based treatments are available as part of an inpatient admission or through day programs. They extend beyond psycho-educational, symptoms-based approaches, providing sophisticated support that promotes a deeper understanding of the root causes of mental health issues. Our unique, learning management system creates a truly interactive experience, allowing patients to learn at their own pace.

Specialist suites

Our private practice specialist suites are onsite and offer outpatient appointments with psychiatrists experienced in treating a range of mental health diagnoses and concerns. These appointments are available before or after a hospital stay, to ensure continuity of treatment.











Avive Clinic Mornington Peninsula

Our 60-bed private mental health hospital is located at Mount Eliza, on the picturesque Mornington Peninsula.

Treatment is delivered by an experienced team of mental health professionals and supported by the latest technology and health-promoting design principles.

Avive Clinic Mornington Peninsula features:

- private single bedrooms with ensuites
- a Technogym-equipped patient gymnasium with exercise physiologists
- · group and art therapy rooms
- · private consultation rooms
- tranquil landscaped outdoor retreat areas
- circadian lighting, electronic medical records and medication management
- transport assistance for inpatients, where required.

Our experienced team specialises in the treatment of:

- alcohol use disorders, including medical detoxification
- general adult psychiatry
- · mood disorders
- · anxiety disorders
- · early life trauma
- adult trauma, including defence (Department of Veterans' Affairs and Australian Defence Force) and emergency first responders
- women's mental health.

Referrals

Avive Clinic Mornington Peninsula is a licensed private hospital, and costs are generally covered by private health insurers.

We accept inpatient and outpatient mental health referrals from GPs and health professionals via email, fax or our online referral form.

Clinic

Hospital inpatients and day patients

- T 1800 284 830
- E help@avivehealth.com.au

Specialist suites

Private practice outpatients

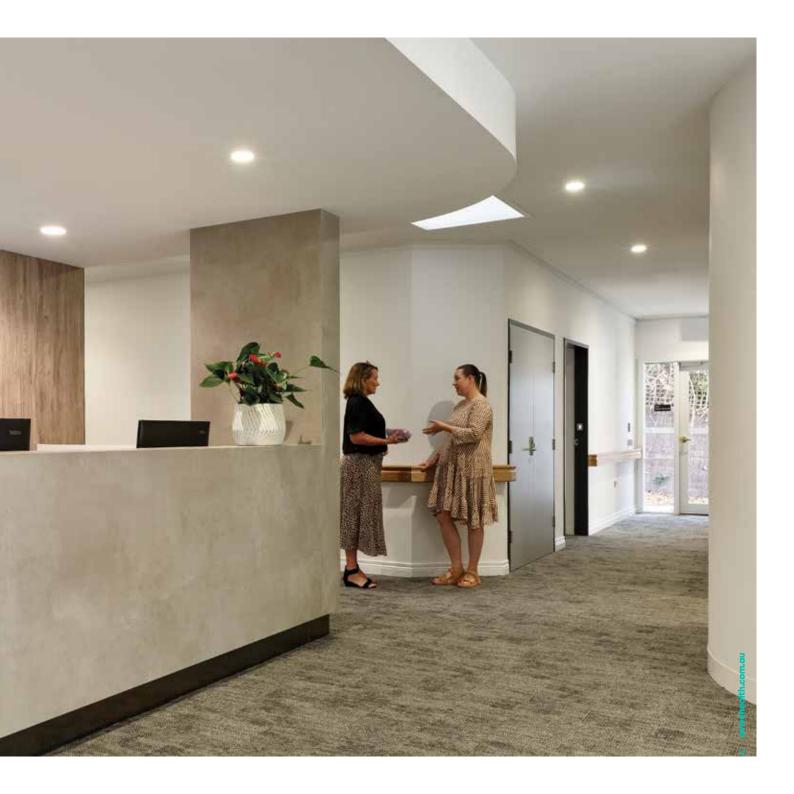
- T +61370239820
- F +61 3 9125 9850
- E specialistsuites.morningtonpeninsula@ avivehealth.com.au

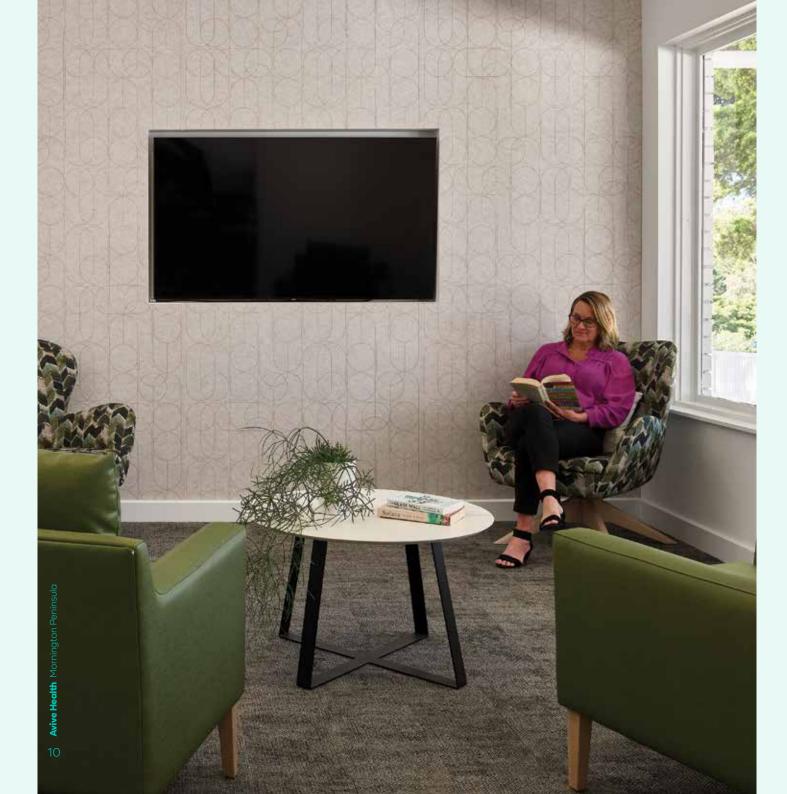
Online

Visit avivehealth.com.au/doctors/referrals or scan the QR code.









Programs

Avive's evidence-based programs are an important part of the patient experience, and are generally considered compulsory for all patients. Programs are delivered through an interactive learning management system, where progress can be monitored and patients engaged. Our current suite of programs includes the following.

STREAM
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В	Dual diagnosis	The inpatient intensive program helps patients understand their addiction cycle and contributing factors. Patients learn strategies to manage their thoughts, emotions and behaviour, and find ways to build a new life. Topics include: understanding and managing addiction bio-psychosocial and neurobiological models of addiction motivation and stages of change relationships.	Inpatient 3-week intensive program. Day patient 12-week transition program, 1 day weekly.
		The day patient transition program is an extension of the inpatient intensive program, offering support to patients living in the community. Many gaps in life exist after eliminating or reducing substances. This program helps patients reintegrate back into life, by identifying these gaps and providing practical strategies for managing life without substances.	dug weekig.
С	Mind body	Embodied emotion and movement This program promotes insight into the relationship between mood disturbance, trauma and the body, and utilises psycho-education and exercise to enhance patients' understanding and experience of the mind-body connection. Topics include: • relationship between exercise and mental health • the importance of movement and how to move • identifying and overcoming cognitive, physical and contextual barriers to exercise • development of an exercise routine.	Inpatient 3-week intensive program. Day patient 8-week transition program, 1 day weekly.
		Art therapy This complementary therapy aims to help patients interpret, express, and resolve their emotions and thoughts. Patients work with an art therapist to explore their emotions, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues.	
		Benefits: improves cognitive and sensorimotor functions fosters self-esteem and self-awareness cultivates emotional resilience promotes insight enhances social skills allows for trauma processing.	
		diagnosis C Mind	diagnosis addiction cycle and contributing factors. Patients learn strategies to manage their thoughts, emotions and behaviour, and find ways to build a new life. Topics include: understanding and managing addiction bio-psychosocial and neurobiological models of addiction motivation and stages of change relationships. The day patient transition program is an extension of the inpatient intensive program, offering support to patients living in the community. Many gaps in life exist after eliminating or reducing substances. This program helps patients reintegrate back into life, by identifying these gaps and providing practical strategies for managing life without substances. Embodied emotion and movement This program promotes insight into the relationship between mood disturbance, trauma and the body, and utilises psycho-education and exercise to enhance patients' understanding and experience of the mind-body connection. Topics include: relationship between exercise and mental health the importance of movement and how to move identifying and overcoming cognitive, physical and contextual barriers to exercise development of an exercise routine. Art therapy This complementary therapy aims to help patients interpret, express, and resolve their emotions and thoughts. Patients work with an art therapist to explore their emotions, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues. Benefits: improves cognitive and sensorimotor functions fosters self-esteem and self-awareness cultivates emotional resilience promotes insight enhances social skills













Doctors

DR ANGELA LEE
MBBS, FRANZCP
Consultant Psychiatrist



DR VENKAT CHEKURI MBBS, MRCPsych (UK), FRANZCP Consultant Psychiatrist



DR RUWAN HAPUTHANTRIGE MBBS, MD, FRANZCP Consultant Psychiatrist



DR SEAN JACOBS
MBChB, FRANZCP
Consultant Psychiatrist



DR GARY PERSLEY
MBBS, AMA
Consultant Psychiatrist



DR CRAIG D'CUNHA MBBS (Hons), M. Psych, FRANZCF Consultant Psychiatrist



Contact us

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Online

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Avive Health 2024





