

# PACES

(Personality Assessment,  
Clinical Education &  
Support)

Early Intervention Program  
for Young Adults Aged 18- 25



NEW FARM  
CLINIC

# What is the PACES program?

PACES (Personality Assessment, Clinical Education and Support) is an early intervention program for young people aged 18- 25 with problems around unstable moods, self-harm, interpersonal relationships, self-image and impulsive behaviour.

If left untreated, these problems may become entrenched and continue through adulthood, affecting the young person's sense of who they are and causing significant strain and disruption to families and other relationships.

PACES aims to break this negative cycle by providing structured and youth- friendly sessions that help young people to develop skills and confidence to work on improving their quality of life.

The group program includes Dialectical Behaviour Therapy (including mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness) and exploring other youth specific issues such as identity, limits, decision making and independence.

Emotions will also be explored using music and art therapy.

The group will be held 2 days per week from 4.30- 7.30pm to allow for employment and study commitments and will require a minimum 6-month commitment.

## Why do we use Group Therapy?

'PACES' offered by New Farm Clinic is conducted in a small group. Group therapy has been found to be effective for the following reasons:

### **1. Shared Experiences:**

Sharing perceptions and reactions in a group setting allows individuals to see that they are not alone, and that others also experience problems of a similar nature.

## 2. Relatedness:

It can be overwhelming for an individual to manage alone and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness due to meeting others who also have experienced similar issues.

## 3. Support

A therapeutic group can provide support in many ways, such as showing genuine concern and providing encouragement to overcome difficulties in managing change.

## 4. Education & Skills Training

The program aims to provide education in the skills young people require to tolerate distress and manage emotional states and relationships as they learn about themselves and build their life.

## 5. Peer feedback

Group sessions provide an opportunity for constructive feedback from peers and is a valued component of the therapeutic experience.

# What does the program consist of?

- 2 days per week from 4.30 to 7.30 pm
- Minimum of 6 month duration
- A maximum of 9 people per group
- An open group
- Group and individual therapy and Community Outreach support
- Participants of this group are required to have ongoing contact with a psychiatrist from New Farm Clinic and Community Outreach support

# Referral Information

To learn more about the program contact our Admission Coordinator about organising a referral: phone (07 3254 9100, email: [enquiries.nfc@ramsayhealth.com.au](mailto:enquiries.nfc@ramsayhealth.com.au) or fax (07) 3358 4781

## Costs

Private Health insurance generally covers the cost of treatment but patients are recommended the check the level of cover that their health fund offers for treatment. Staff are available to discuss our current fees with those patients who wish to pay their own treatment.

**New Farm Clinic is a full accredited private acute psychiatric hospital offering a wide range of health fund approved treatment program for both inpatients and day patients.**

The services provided are designed to maximise recovery from mental health problems and maintain good mental health.



### **New Farm Clinic**

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