

Useful phone numbers

- Monash Health Consumer and Carer Consultants **9554 9233**
- Psychiatric Triage Service **1300 369 012**
- SEADS **1300 473 237**
- Office of Public Advocate **1300 309 337**
- Legal Aid **1300 792 387**



Mental Health Adult Acute Unit

Dandenong Hospital
124-126 Cleeland Street
Dandenong VIC 3175



Phone **03 9554 1890**



monashhealth.org



Phone: **131 450**

Last reviewed 23/08/17

Consumer Reviewed

Unit 1 Information



MonashHealth

Welcome to unit 1

We are a 25 bed inpatient unit in the Monash Health Mental Health Adult Acute Unit at the Dandenong Hospital. This information will provide you with information to support you while you are in our unit.

The Team

Everyone at Unit 1 has a care team who will work together with you to develop an individual treatment and care plan.

A care team is usually made up of:

- Yourself
- Consultant Psychiatrist
- Medical Officer
- Nurse
- Allied Health (as required, such as a Social Worker, Occupational Therapist or Psychologist)

Consultant Psychiatrist

Is a specialist doctor who is able to diagnose and manage people who may have a mental illness and/or emotional problems. They can prescribe medication if they think it'll help you. The psychiatrist is responsible for all of your mental health care on Unit 1.

Medical Officer

Is a medical doctor who works in mental health services. You can talk with them when the Psychiatrist is not on the unit. They look after your everyday general health care needs, organise any tests or referrals to medical specialists, and tend to any physical concerns you may have.

Nurse

Is your main contact on a daily basis, and they work alongside your psychiatrist and medical team to provide support to you with your treatment and at appointments.

Allied Health

Based on your individual needs, you may be allocated an allied health worker which may include:

- **Social Worker**
Mental health issues can impact on friends, family, work, and study. The Social worker can help you improve life skills and assist with issues like accommodation, employment, legal, and financial support.
- **Occupational Therapist**
They can assist you to maximise your independence in your daily life. They can help you understand how mental health can impact on life roles, school, or work. They also coordinate the Group Program on Unit 2, and can support you to participate in a range of activities that are meaningful to you.
- **Psychologist**
They can assess, diagnose, and treat mental health issues. They provide support by listening, helping you better understand the relationship between your thoughts, feelings, and behaviour, and develop healthier ways of coping.

Treatment and recovery plan

All patients will have a treatment plan that is discussed with you and created by the treating team. You are encouraged to have full participation in your treatment plan, you will be asked to sign the plan to say that you agree with your

treatment journey. Please ask questions of anything you are unsure of.

Interpreting services

If you require an interpreter to assist you, please let your contact nurse or doctor know so we can arrange this for you.

Mutual Expectations

Expectations work both ways – just as staff have expectations of you, you will also have expectations of staff. Knowing these can help everyone understand each other so that things feel clearer and less stressful.

The Unit 1 Mutual expectations will be discussed with to you during your admission. There are also posters of them around that you can read, or you can ask your nurse more about them. Here are some basics:

- We will always listen and treat each other with respect. We will not be aggressive towards each other, and always try to talk in a calm way.
- We will keep everyone safe by not bringing alcohol or drugs into the unit.

Meals

Please ensure you complete your menus daily to inform the kitchen your choice of meal+ - Kitchen staff will put these out daily for you with your breakfast. If you have dietary needs, allergy's or require a meal to support your religious needs, please inform your contact nurse. Tea, coffee and cold drinks are available in the dining areas; please let the staff know if more cups, sugar and milk is needed.

- Breakfast 8 - 830am
- Lunch 12pm
- Dinner 5pm

Laundry

Available from 8am-8pm. All laundering is your responsibility, nursing staff can assist as needed, please ensure you empty and wipe the machine bowl after use with the disposable microfiber clothes.

Laundry powder is available for you, please ask your nurse We ask that you do not put bed linen into the machines, they are to go in the purple baskets or green linen trolley – your contact nurse can assist.

Community Meeting and Daily Activities

Information of the day's activities can be found on the information boards around the unit. Community meetings occur Monday- Thursday 0930 am and Friday at 10am. These meetings will discuss the daily activities, your interests in what groups may interest you and give you an opportunity to express any environmental concerns.

Visiting hours

Weekdays visiting hours are 4pm-8pm.

Weekends visiting hours are 10 am-8 pm. Visitors are not to bring in any contraband items – EG - sharps –glass, metal, plastic bags, illicit substances.

Smoking

All Monash Health hospitals have a strict NO Smoking policy – We do offer Nicotine Replacement therapy in the form of patches, inhalers and lozenges. Your nurse will be able to provide you with these.

All patients are asked not to smoke inside the hospital grounds. All cigarettes and lighters are to be kept in the staff station lockers. They must be returned to the lockers when you come back to the unit.

