

Discharge & Recovery Planning

Whether you're looking forward to discharge or nervous about it, the team will work with you to build up your confidence about leaving hospital. You (and your family/carer involved in your care) will be invited to take part in your discharge planning. This means talking about your treatment plan and support needs before you leave hospital. Staff will try their best to give you a potential date of discharge as soon as possible.

Recovery is a process that is very personal and different for each person – so talk to the team about your hopes for recovery and what type of support you feel will be helpful for you. This could include making appointments with your GP, case manager, private psychiatrist or psychologist, or other services.

Remember, recovery is possible for everyone.

Visiting Hours

Monday – Friday: 4pm – 8pm

Saturday – Sunday: 10am – 8pm



Ward E, Casey Hospital

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monashhealth.org



Phone: **131 450**

Welcome to Ward E

Casey Adult Mental Health Services
Casey Hospital
Patient Information



Welcome to Ward E

Ward E is an inpatient unit at Casey Hospital in Berwick for adults aged between 25 – 65 years.

Ward E is a safe and supportive place for you to work through your mental health issues or concerns. Your physical needs are also met with the support of clinical, medical, and nursing staff.

What support does the Inpatient Team offer?

- Information and advice about your mental health and treatment.
- Help to link up with support services in the community.
- Work with your family/carer to provide you the best care.
- Help you to work on emotional, psychological, and spiritual wellbeing.
- A daily wellness and recovery group program.

Smoke free

Casey Hospital is a totally smoke free environment. This means that patients, staff, and visitors will not be able to smoke within hospital facilities including the grounds of hospital. Support is available to help manage your smoking with a range of nicotine replacement therapies.



Laundry

There are washing machines and dryers available for you to use during your stay – Ask your nurse for access.

Other Services and Information

There are many services that can provide you with support. Approach any staff member to find out more about what these services offer and how you can get in touch:

Services within Monash Health:

- Adult Mental Health Service
- SECADA (Drug and Alcohol Services)
- Prevention and Recovery Care Service (PARCS)
- Dietician
- Interpreting services (Monash Health)
- Consumer Liaison Officer (feedback, complaints, compliments)
- Consumer and carer relations
- Religious and spiritual services
- Pastoral Care Services
- Refugee Health Service

External services:

- Mental Health Complaint Commission (MHCC)
- Centrelink
- Mental Health Tribunal
- Victorian Legal Aid
- Mental Health Community Support Services
- WAYSS (Housing Service)
- Independent Mental Health Advocacy Service
- EACH Social and Community Health
- Victorian Mental Health Advocacy Centre (VMIAC)

There is also information displayed in your bedroom and on our information boards throughout the unit.

Meals

All meals are provided during your stay and are delivered at set times to the communal dining area. You should fill in a menu card to select your meals each day. There is also tea and coffee in the dining room and other light snacks. Please let staff know if you have any special dietary requirements.

Leave

Your safety is important to us. The ward E team is responsible for your wellbeing while you are in hospital. You need to have permission from your doctor to leave the unit, even if it is just for a short walk.

Usually, leave isn't given during the first 24 hours of admission so that we can better understand why you have come to hospital. If everyone in your Care Team agrees that you will be safe and that leave will support your recovery, you may be given a leave plan. You can talk to your nurse for more information.

Families & Carers

Family is an important part of life for most people. While some have a great relationship with their family, others can find getting along with them challenging. Family/Carers or a Nominated Person can be some of our best supports during recovery. Your Care Team will likely encourage your Family/Carer or Nominated Person to be involved in your care. The Care Team can also help Family/Carer or Nominated Person improve communication and understanding within your family about what is happening to you. If you are unsure about your confidentiality, talk to your Care Team about what can and can't be kept private.

Your Care Team

Every patient in Ward E has a Care Team. The team 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 (a Social Worker, Occupational Therapist, Psychologist, or Allied Health Assistant as appropriate to your treatment)

Consultant Psychiatrist

This is a specialist doctor who is able to diagnose mental illness and/or emotional problems. They can prescribe medication if they think it will help you. The psychiatrist is responsible for all of your mental health care in Ward E.

Medical Officer

This 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 help with any physical concerns you may have.

Nurse

Your nurse is your main contact on a daily basis. The nurse will work with your psychiatrist and medical team to provide support with your treatment and appointments.

Allied Health

(Social Worker, Occupational Therapist, Psychologist)

Mental health issues can impact on all parts of a person's life including family, friends, work, study, and recreation. Allied Health staff can assist you with:

- Assessing, diagnosing, and treating mental health issues.
- Living a more independent life.
- Gaining and improving your life skills.
- Accommodation, employment, legal (including the Mental Health Act), and financial support
- Supporting you to participate in a range of activities that are meaningful to you.

Allied Health staff are involved in the Therapeutic Group Program in Ward E, They run support groups to help you understand the relationship between your thoughts, feelings, and behaviour. They can help you develop healthy lifestyle habits and ways of coping.

Group Program

Groups on Ward E run from 9.00am – 4.00pm every week day. There is a range of activities:

- Talking groups –topics such as recovery, or the effects of drug and alcohol on health.
- Activity groups –exercise, walking and games.
- Skills groups –cooking or creative art.

You are encouraged to attend all the groups in the ward. Getting involved can help you learn new skills, get to know others, and create a new routine. This can all have a positive impact on your mental health and help you recover.

Mutual Expectations

Expectations work both ways – just as staff have expectations of you, you will also have expectations of staff. Knowing each other's expectations can help everyone understand what to expect. Everything will feel clearer and when you know what to expect.

The Ward E expectations will be discussed with you during your admission. There are also posters displayed about our expectations. You can ask your nurse more about the expectations. Some of the expectations are:

- We will always listen and treat each other with respect. We will not be aggressive towards each other, and we will always try to talk in a calm way.
- We will keep everyone safe by not bringing alcohol or drugs into the unit.
- We will do our best to participate and provide a supportive environment –joining in discussions at groups and activities and respecting ward rules.

Valuables and personal items

We suggest that you do not bring jewellery, cash and valuables to hospital as we can't accept responsibility for the loss or damage to your property. Please keep a small amount of change for newspapers or other small items.

Staff will search all belongings brought into the unit. This is to ensure a safe environment for everyone. Any items that are unsafe will be removed and stored appropriately or given to your family/carers to look after while you are in our care.

Some items may be permitted into the ward but must remain with staff for safe keeping (for example, razors, spray cans, phone or laptop chargers and cables).