

Discharge & Recovery Planning

Whether you're looking forward to discharge or nervous about it, the team will work with you to build your confidence about leaving hospital. You (and your family/carer involved in your care) will be invited to take part in 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 individual – so talk to the team about your hopes for recovery and what type of support you feel will be helpful. This could include making appointments with your GP, case manager, private psychiatrist or psychologist, and/or other services.

Remember, recovery is possible for everyone

Visiting Hours

Monday – Friday: 4pm – 8pm

Saturday – Sunday: 10am – 8pm



Youth inpatient Unit 2
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Dandenong, 3175



Phone **03 9554 1816**



monashhealth.org



Phone: **131 450**

Youth Inpatient Unit 2

Early in Life Mental Health Service (ELMHS)

Dandenong Hospital

Patient Information



Welcome to Unit 2

Unit 2 is an inpatient unit for young people aged 16 to 25 years. It is located in the Mental Health Building at Dandenong Hospital.

Unit 2 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 Youth 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 group program

Smoke free

Unit 2 is part of Dandenong Hospital, which is a smoke free environment. This means that patients, staff, and visitors will not be able to smoke within the grounds of the unit or hospital. Support is available to help manage your smoking with a range of nicotine replacement therapies.



Other Services

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

Services within Monash Health:

- Early in Life Mental Health Service
- SECADA (Drug and Alcohol Services)
- Youth Prevention and Recovery Care Service (YPARCS)
- YSAS (Drug and Alcohol Services – Youth)
- Dietician
- Interpreting services (Monash Health)
- Consumer Liaison Officer (feedback, complaints, compliments)
- Consumer and carer relations
- Religious and spiritual services
- Refugee Health Service

External services:

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

Laundry

There are washing machines and dryers available for you to use during your stay.

Meals

All meals are provided during your stay and are delivered at set times to the communal dining area. You usually 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 special dietary requirements.

Leave

Above all, your safety is important to us. The Unit 2 team is responsible for your wellbeing while you are in hospital, so 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. You can usually have leave after talking to your care team, if everyone agrees that you will be safe. 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. Even so, Family/Carers or a Nominated Person can be some of our best supports during recovery. This is why your Care Team will likely encourage your Family/Carer or Nominated Person to be involved in your care. The team can also provide support to all of you to improve communication and understanding in your family about what is happening for you. If you are ever unsure about

your confidentiality, talk to your Care Team about what can and can't be kept private.

Your Care Team

Everyone at Unit 2 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 (such as a Social Worker, Occupational Therapist or Psychologist, 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 on Unit 2.

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, and they work with your psychiatrist and medical team to provide support with your treatment and at 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
- Maximising independence in daily life
- Gaining and improving 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 all involved in the Group Program on Unit 2, running groups to support you to better understand the relationship between your thoughts, feelings, and behaviour, and develop healthier ways of coping.

Group Program

Groups on Unit 2 run from 9.30am – 4.15pm every week day. There is a range of activities like:

- Talking groups – discussing topics like recovery, or the effects of drug and alcohol on health
- Activity groups – like exercise, team sports or outings
- Skills groups – like cooking or getting creative with art

You are encouraged to attend all the groups on Unit 2. Getting involved can help you learn new skills, get to know others, and get into 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 them of staff. Knowing these can help everyone understand what to expect so that things feel clearer and less stressful.

The Unit 2 mutual expectations will be discussed with 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.
- We will do our best to participate and provide a supportive environment– for example, joining in discussions at groups and activities.

Personal Items

All belongings brought onto the unit will be searched by staff. 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. Some items may be permitted but must remain with staff for safe keeping (for example, razors, spray cans, phone/laptop chargers & cables).