

## Group Program

Groups run from 9:30am – 4:15pm every week day. There are a variety of groups such as talking, activity, and skills groups.

These may involve discussing topics like recovery or the effects of drug and alcohol on health, cooking, exercise, team sports or outings.

## 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 family/carers to look after. Some items may be permitted but must remain with staff for safe keeping (e.g., razors, spray cans, phone/laptop chargers, and cables).

## Laundry

There are washing machines and dryers available to clean and dry clothes.

## Kitchen Facilities

All meals are provided during a stay and are delivered at set times to the communal dining area. Patients fill in a menu card to select their meals each day. There is also tea and coffee in the dining room and other light snacks. Staff can be informed of any special dietary requirements.

## Visiting Hours

Monday–Friday: 4pm – 8pm  
Saturday–Sunday: 10am – 8pm

This document is based on the Australian Charter of Healthcare Rights in Victoria.

**Our Values:** Integrity, Compassion, Accountability, Respect, Excellence.



**Unit 2,**  
Dandenong Hospital  
126 -128 Cleeland Street  
Dandenong  
VIC 3175



Phone: 03 9554 8014  
Fax: 03 9554 8014



**monashhealth.org**



Phone: **131 450**

# Youth Inpatient Unit 2

Early in Life Mental Health Service  
(ELMHS)  
Dandenong Hospital



Information for Patients,  
Families and Carers

## About Unit 2

Unit 2 is an inpatient unit for young people aged 16 to 25 years, and provides services to the Southern Metropolitan Mental Health Services. It is located in the Mental Health Building at Dandenong Hospital.

It is a safe and supportive place for young people to work through their mental health, emotional, psychological, relational, and spiritual wellbeing. Their physical needs are also met with the support of clinical, medical and nursing staff.

Families and carers are also supported during a young person's admission to Unit 2 with a range of services.

## 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 patients manage their smoking with a range of nicotine replacement therapies.



## The Care Team

Each young person on Unit 2 has a care team who will work together with them and others, such as family and carers, to develop an individual treatment and care plan.

### A care team is usually made up of:

- The young person
- Consultant Psychiatrist
- Medical Officer
- Nurse
- Allied Health (as appropriate to treatment)

### Consultant Psychiatrist

A specialist doctor who is able to diagnose and manage people who may have a mental illness and/or emotional problems. The psychiatrist is responsible for all of a young person's mental health care on Unit 2.

### Medical Officer

A medical doctor who works in mental health services. They are available to talk with when the psychiatrist is not on the unit. They look after everyday general health care needs, organise any tests or referrals to medical specialists, and any physical concerns.

## Nurse

A nurse is the main contact on a daily basis and they work with the psychiatrist and medical team to provide support to a young person with their treatment and at appointments.

### Allied Health

(Social Worker, Occupational Therapist, Psychologist)

Mental health issues can impact on all parts of a young person's life including family, friends, work, study, and recreation. Allied Health staff can assist 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 young people to participate in a range of activities meaningful to them

Allied Health staff are all involved in the Group Program on Unit 2, supporting young people to better understand the relationship between thoughts, feelings, and behaviour, and develop healthier ways of coping.