



WYNDHAM CLINIC

PRIVATE HOSPITAL

AOD unit

Orientation booklet
for your inpatient stay

WHAT TO BRING AND NOT TO BRING

Approved Items

Items allowed in your room as a patient.

- Casual clothing,
- Toiletries (non aerosol or glass),
- Body lotion/ moisturiser,
- Shower gel all in plastic jars,
- Toothbrush & paste,
- Dental picks,
- Non-alcoholic mouthwash,
- Hairbrush,
- Shampoo,
- Conditioner,
- Snacks,
- Yoga mats, foam
- Rollers,
- Books and activity items
- Your own pillow/ bedding (if preferred)

Buying supplies

Online grocery shopping available & Uber Eats to be delivered at reception at designated times.

Restricted Items

These will be locked in ward property cupboard & supervision will be dependent on risk assessment and mental state examination.

- Electrical items with cords incl phone chargers,
- Hair dryers, hair diffusers or hair styling equipment,
- Electric shavers, razors,
- Nail clippers,
- Scissors,
- Pencil sharpeners,
- Sharps,
- Dumb bells,
- Medicine balls up to 15kg,
- Push up handles,
- Guitar,
- Knitting yarn and accessories,
- Deodorant, lotions or creams in glass jars & deodorant sprays and hair sprays.

Prohibited Items.

These items are not allowed on the wards at any time.

- Valuables,
- Expensive jewellery, watches, perfumes,
- Important documents and cash over \$200,
- Knives,
- Weapons,
- Power tools,
- Drugs, alcohol or any paraphernalia connected to this,
- Glass items including bottles,
- Picture frames,
- Mirrors
- Scissors,
- Hooks,
- Ropes,
- Plastic bags,
- Diffusers,
- Salt lamps,
- Removable bag strap,
- Scooters,
- Dental floss,
- Items like Nutri bullet, drink blenders or anything that can be used as a projectile,
- Pornographic material or adult toys,
- Energy drinks,
- Drink or food in glass bottles or cans,
- Electrical items including power boards, fans, heaters of any kind, televisions, sound systems, extension leads, white goods incl. toasters, sandwich press, coffee machines, air fryers, electric blankets, key board, printers and play station.

This is not an exhaustive list, but a guide

What we provide

- Private room,
- Beddings,
- Towels and soap,
- Food,
- Kitchenette,
- Heating and cooling system,
- Laundry facilities and laundry powder,
- TV in your room and common area,
- WiFi.

NO ALCOHOL OR DRUGS ARE TO BE BROUGHT INTO THE CLINIC, INCLUDING NON-PRESCRIBED MEDICATION; THIS WILL RESULT IN BREACH OF THE INPATIENT AGREEMENT.

It is everybody's responsibility to maintain a safe environment.

If you are unsure or require further information on what to bring along for your admission, please speak to our nursing staff.

AOD PROGRAMS OPERATIONS IN WYNDHAM CLINIC

GROUP THERAPY

Group therapy is an integral part of the treatment approach at Wyndham Clinic and patients are expected to attend. There is a timetable for every day of the week. You will not be permitted to attend group therapy or group walks during your detox period.

You will be asked to attend weekly meetings with the multidisciplinary team where you will explore goals that you would like to focus on for the week, barriers to achieving goals and to facilitate problem solving.

TREATING TEAM

Your treating team will be comprised of Psychiatrists, Nurses, GP's, Psychologists, Social worker, Exercise physiologist, and an Occupational therapist.

Please be advised that we are unable to provide court letters for attending the program.

Your families may want to be involved with your care where appropriate if you would like them to. This can be discussed with your nurse and treating psychiatrist.

DAY LEAVE

During your admission and as part of your discharge plan, your psychiatrist may discuss leave allowances from hospital. Leave hours are restricted to weekends and you will be required to be accompanied by your next of kin while on leave. Appropriateness to take leave will be assessed on a patient-to-patient basis. Exceptional circumstances will be discussed with your treating psychiatrist. Day leave is not allowed during the detox period.

SMOKING

Smoking is only permitted in the designated smoking areas at designated times.

Smoking including the use of e-cigarettes and vaping is not permitted inside the building. Smoke alarms are in all rooms and corridors.

You will be responsible for costs incurred for the fire brigade false call out fee should the fire alarms be activated if you smoke inside the building.

VISITING HOURS

Visitors are welcome during certain hours. Connection with your family and friends is an important part of recovery.

To ensure the comfort and privacy of our drug and alcohol patients during this difficult time, visitors are not allowed during the detox period. Nursing staff will provide you with further information.

Visiting hours are:

- Monday - Friday 4pm-8pm
 - Saturday and Sunday 12pm-8pm
- (*including public holidays)

MEALTIMES

Meals are cooked on the premises by an experienced chef and planned in collaboration with a dietician. Menus are rotated on a weekly basis. If you have any special dietary needs, please let the nursing staff know.

Mealtimes are as follows:

- Breakfast 7.45am-8.45am
- Morning tea 10am- 10.30am
- Lunch 11.45am-12.45pm
- Afternoon tea 2.30pm- 3pm
- Dinner 4.45pm- 5.45pm



WYNDHAM CLINIC PRIVATE HOSPITAL AOD PROGRAM

7 to 10 Day Detox

- Medically Managed withdrawal program.
- 24 hr support from our Psychiatric Nursing Team.
- Regularly Reviewed by Psychiatrist.
- Supported by Allied Health staff.

28 Day Inpatient Program

- Regular consultation with your psychiatrist
- A 3-week Group Therapy program facilitated by an Allied Health team comprising Psychology, Occupational Therapy, Social Work, and Art Therapy
- 1:1 Support from the Allied Health Team
- 24 hr support from our Psychiatric Nursing Team

12 Week Outpatient Program

- Designed to be a continuation of the 28 Day Inpatient Program.
- A 12-week Group therapy Program that meets once a week.
- Assists Participants to remain abstinent and manage challenges.
- Provides evidence-based relapse prevention skills and a harm minimisation approach.

Wyndham Clinic Private Hospital

242A Hoppers Lane
Werribee VIC 3030

t: 03 9731 6646

f: 03 9748 7057

e: info@wyndhamclinic.com.au

w: www.wyndhamclinic.com.au