

# INPATIENT WITHDRAWAL UNIT

## *Location*

### Contact Details

Next Step Inpatient Withdrawal Unit  
32 Moore St East Perth.  
The nearest train station is Mclver.

Phone: (08) 9219 1819  
Fax: (08) 9219 1885  
[www.mhc.wa.gov.au](http://www.mhc.wa.gov.au)

## *Client Contract*

Please review your copy of the Inpatient Withdrawal Unit Client Contract that you signed as part of the referral documentation.

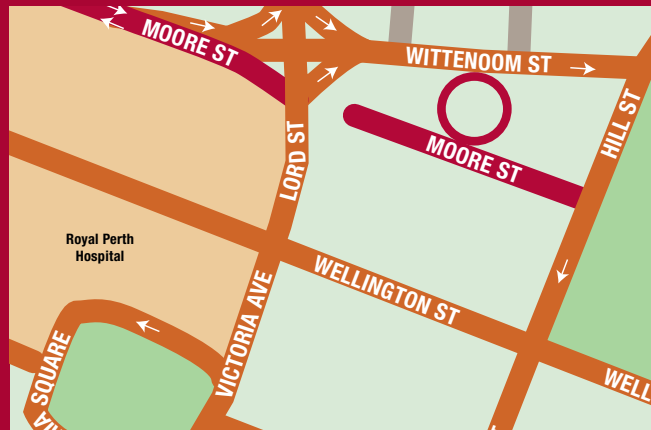
You should note that the following are not permitted on the unit: smoking, visitors, mobile telephones, internet use, aggression or violence.

We are unable to support you leaving the unit to attend any prearranged appointments including court so please advise CNS if you have any commitments that may impact on your admission.

If you have any queries about the contract, please discuss these with your referrer or ask the Admission CNS prior to your admission.

Breaches of the contract during your stay on the unit will be discussed with you and may result in discharge from the unit.

## *Client Admission Information*



Government of Western Australia  
Mental Health Commission

## *You have been referred to the Inpatient Withdrawal Unit*

You should receive a telephone call within 2 working days from the Admissions Clinical Nurse Specialist (CNS) to discuss your referral. If you have not received a telephone call after 2 working days please contact us on 9219 1819.

When your admission date and time is confirmed the Admission CNS will be able to answer any questions you may have about the information included in this brochure and help you to prepare for your admission.

### *What to bring:*

Your admission will usually only be for seven days so we ask that only bring in essentials as free laundry facilities are available. You will need:

- Medicare Card or number
- Health Care Card
- Prescribed medications in original pharmacy packaging including Webster and or blister packs, sufficient for the duration of your stay.
- Money to purchase phone cards
- Comfortable clothes suitable for light exercise, pyjamas, footwear, sun hat and toiletries for the duration of your admission.

If you are going on to long term rehabilitation you can only bring one extra bag of belongings for storing as there is limited storage space.

### *What not to bring:*

- Large amounts of money or valuables
- Electrical appliances, e.g. radios, hairdryers or straighteners, electrical razors, etc.
- Mobile telephones and/or pagers
- Technology e.g. laptops, iPads, smart watches MP3's or iPods etc.
- CD's or DVD's
- Bedding – such as pillows, quilts and blankets.
- Cigarettes, alcohol/drugs injecting equipment or weapons
- T-shirts or other items with pictures or references to alcohol or other drugs, violence or sexual behavior.
- Soft fizzy drinks or unsealed food or drinks.

### *Facilities*

You will be admitted to a 2 bed shared same gender room, with en suite.

All towels, linen and bedding are provided.

Laundry facilities including washing powder are free and available for your use.

A public telephone is available for your use between the hours of 7am and 9pm. Telephone cards for this service are available to purchase on the unit for a cost of \$10 per card.

There is no parking available for the period of your admission.

### *Admission process*

On the day of admission you will need to arrive as scheduled between 9 and 10am. If you are unable to make this time then please call the CNS on 9219 1819 to discuss an alternative plan.

Every person is assessed and/or breathalysed prior to admission to assess their level of intoxication. If you are acutely intoxicated your admission may need to be postponed.

Once taken to the unit you will be assessed by a clinician and a doctor and your treatment plan commenced.

During the intake process a search of your person, clothing and property will occur. All letters, boxes and other packaging will be opened and searched. If any clothing or items are deemed unsuitable, they will be removed and where possible returned to you at time of your discharge.

### *Inpatient routine*

A day/night routine is encouraged to ensure adequate rest. You will usually be woken at 6am daily and are encouraged to go to bed after the medication round at 10pm.

The unit runs a seven day therapeutic and education focused group program and your attendance is required.

You are expected to wear appropriate clothing and footwear and be dressed at all times. No night attire should be worn outside your allocated room.

All meals are provided. Snacks of fresh fruit, biscuits and a supper of sandwiches are also available. If you have any special dietary needs please advise your referrer and the Admission CNS prior to your admission.

TV viewing is restricted to evenings and weekends only.

### *Discharge*

On the day of your planned discharge from the unit you are expected to leave prior to 10am. If you are going onto long term residential rehabilitation, please discuss transport options with your referrer prior to admission