

NORTHLAND DISTRICT HEALTH BOARD

Te Poari Hauora Ā Rohe O Te Tai Tokerau



Timatanga Hou – New Beginnings: Detoxification Service.

**Dargaville Hospital
Awakino Road,
Dargaville.
PH: 09 439 3330**

This brochure has been put together to try and answer any questions you or your family / whanau may have prior to your admission to Timatanga Hou – New Beginnings.

We are unable to cover everything in this one brochure so once you have read this if you find that you still have questions please contact either your key worker / referrer or the unit (ring Dargaville Hospital and request to speak to the Detoxification service) and our staff will do their best to help you.

Family / whanau are more than welcome to make contact for themselves if they too have questions.

WELCOME

We know that your decision to be admitted to the unit was not a straightforward one. We congratulate you on taking this step and want to let you know that we are here to help and support you and your family / whanau on this journey.

Our 3 bed unit has been set up to be as inviting as possible. While you are with us we want you to feel at home – to be able to kick off your shoes and relax!

The staff members are here for you! They are friendly, helpful and non judgmental. Their role is not only to manage your withdrawals but to make you and your family / whanau as comfortable as they can.

We expect and encourage you to ask questions about your care / treatment through out your admission!

Who makes the decisions in my care?

You do.

We can not force you to have treatment that you do not agree to.

We will discuss treatment options with you and your family / whanau to ensure that you are all fully informed of the treatment options and we will make recommendations based on our knowledge of detoxification and addiction. We will not, however undergo treatment that we know is not medically supported.

You how ever have the final say.

Can my family / whanau be involved in my stay?

YES.

The unit is family/whanau focused. Prior to admission you will be asked who you wish to have involved in your care – these people will be considered your support net work.

Family / whanau are different for each person – these people don't have to be related to you but they do have to be supportive of your goals!

We do, however, discourage active substance users from this role.

On the day of admission you will be encouraged to bring your family / whanau with you to support you and to let us know how involved you wish them to be in your care.

Please let us know if a family/whanau/support person would like to stay overnight on the unit.

Only one family/whanau/support person will be able to stay on the unit in your bedroom. A mattress will be provided please bring own linen, food and toiletries. If other family/whanau/support people need over night accommodation in the Dargaville, please discuss this with admissions person.

What staff will there be?

There will be a minimum of one staff member at all times with you on the unit. This will be a registered nurse, an enrolled nurse, clinical practitioner or support worker. We have an on call GP for medical cover.

What will happen on my first day?

You will be welcomed by the staff and clients – this welcome will be vary depending on what you have outlined as being important for you.

In the presence of a staff member you will be required to have your belongings checked. Sometimes there maybe substances in your property, if drugs or alcohol are found they will be removed and disposed of in your presence.

If you identify as Maori, you will be offered some time with our Takaweanga to complete a cultural assessment.

We are reliant on the information you give us to manage your care – please be as open as you can – we are not here to judge you and have heard most things before.

What is used to manage my withdrawals?

This is dependant on your personal and medical history, the substance you use and how you use them.

There are a number of non-medical interventions (ways) to help you manage your withdrawals. These will be explained to you and available at your request.

Some people require medications to help reduce the intensity of withdrawal symptoms. These are called supportive

medications. The doctor needs to prescribe these for you. Our registered nurse can see you and contact the doctor if required.

Some people need medication as without this the withdrawal may be too uncomfortable or risky. Your doctor will discuss medication with you at your admission and the registered nurse and other staff members will monitor you and discuss your needs with the doctor throughout your stay

What will happen during my stay?

The staff will monitor your progress throughout your stay with us. You and your family/whanau will have a meeting with the staff to discuss your progress. You and your family/whanau can request as many meetings with the staff as you need.

The unit has a day program of activities for you to participate in. There is a daily morning meeting and education sessions on addiction and tools for your recovery which you are required to attend.

What happens when I leave?

Throughout your admission staff will work with you and your family/whanau to plan your discharge. The unit provides a safe drug free environment so careful consideration needs to be given to your care after discharge.

If you already have a plan, our staff will work with you to ensure you move into this next phase with ease.
If you do not have a plan then we will work with you, and your family/whanau/support people to help arrange this.

Detox is only one stage in your recovery.

Are there any rules in the unit?

YES.

These rules are set up with your's and other clients' safety in mind.

- No substances of addiction are allowed in the unit:

It is your responsibility to not knowingly bring any substance of addiction into the unit. If you are aware of someone else with substances in the unit please either ask that person to dispose of it or seek a staff member's support.

We attempt to provide an environment that is drug free for you – however the responsibility for this rests with you and the other clients.

- No intimate relationships:

Detoxing can be a vulnerable time. You are here for yourself. This should be a time for self reflection – this is not the time to start a new relationship.

- No violence:

If you are unhappy with something then please seek support from staff. Violence of any kind – including swearing, yelling, threatening and pushing is not acceptable and will not be tolerated by other clients or staff. Respect for others is expected at all times.

- Visitors can not visit while intoxicated/under the influence:

If your visitors are intoxicated or under the influence of any substance when they come to see you, they will be asked to leave and come again when they are sober.

- No smoking on NDHB property:

This unit is smoke free!!

Government regulations state that all district health boards must be smoke free – this unit included.

You will be offered nicotine patches and gum on admission. If you must smoke you will need to go off NDHB property.

- Let staff know where you are at all times:

This is not a locked unit, however, due to health and safety and fire safety protocols, we need to know your whereabouts. Please let staff know – even if you are just going for a smoke or to the shop.

What should I bring with me?

You are welcome to bring whatever will help you settle in and help keep you occupied during you stay.

Please do not to bring items of value – however your room will have a lockable drawer for a wallet and small valuables should you bring them. All items will be under your care and no responsibility will be taken by staff.

Remember you will be here for a length of time so please plan accordingly. Please bring:

- ✓ All your regular medications –you will be asked to give these to registered nurse on your admission. They will be prescribed by the doctor and given to you by the nurses during your stay.

- ✓ Comfortable clothing – please ensure they completely cover you so as not to make others uncomfortable. Ensure that you have a number of changes (a washing machine is available).
- ✓ Toiletries – tooth brush / tooth paste, soap, deodorant, shampoo, conditioner, hair brush, feminine products, sun screen etc. . . .
- ✓ Hobbies, games and activities such as: guitar, radio / CD's, art supplies, crafts, games, reading material etc. .
- ✓ Change for the shop – there is a dairy at the hospital entrance.
- ✓ You can bring your cell phone however it must remain in your room at all times