

## Working in Partnership

An important part of Inpatient care is the liaison with other teams within Mental Health. Patients are linked with the appropriate service with their consent.

These teams are:

- ⇒ Invercargill, Southern Rivers and Central Lakes Community Mental Health Teams
- ⇒ Day Activity Centres
- ⇒ Forensic Services
- ⇒ Drug and Alcohol Specialist Service
- ⇒ Te Korowai Hou Ora, Maori Mental Health Team
- ⇒ Older Persons Service
- ⇒ Maternal Mental Health Service
- ⇒ Child, Adolescent and Family Service
- ⇒ Needs Assessment
- ⇒ Mental Health Consumer and Family Advisors

Patients, families and whanau are provided with information packs, which have detailed information about how they can access support.

## Feedback

If you have a complaint or compliment about the service you are receiving please contact:

The clinical nurse manager, or

Quality and Risk (03) 213 5738 or

[feedback@southerndhb.govt.nz](mailto:feedback@southerndhb.govt.nz)

Health & Disability Advocacy Service

Phone: 0800 555 050 or [www.advocacy.org.nz](http://www.advocacy.org.nz)

## Contacts

### Inpatient Mental Health Unit

**Address:** Southern DHB Mental Health,  
Addictions and Intellectual  
Disability Services  
Southland Hospital  
Kew Road  
P.O.Box 828  
Invercargill

**Phone:** (03) 214 5786 extn 6689

**Freephone:** 0800 44 33 66

**Facsimile:** (03) 214 5795

**Web:** [www.southerndhb.govt.nz](http://www.southerndhb.govt.nz)

Future Directions Southland Mental Health Network Website:

[www.futuredirections.org.nz](http://www.futuredirections.org.nz)

**If you are in a crisis and need urgent assistance please phone the Southland Mental Health Emergency Team who provide 24 hour a day, 7 days a week service on:**

**0800 467 846**

## Mental Health, Addictions and Intellectual Disability Service Southland

### Inpatient Mental Health Unit



### The Inpatient Mental Health Unit

The Inpatient Mental Health Unit is located in the Southland Hospital grounds.

Admission to the Inpatient Mental Health Unit is by referral from the Southland Mental Health Emergency Team or a Community Mental Health Team. This is followed by a psychiatrist's assessment, which will decide if admission is the most appropriate course of treatment.

Services provided by the Inpatient Mental Health Units multidisciplinary team include:

- ⇒ Assessment
- ⇒ Treatment
- ⇒ Group work
- ⇒ Introduction & liaison with community resources
- ⇒ Education
- ⇒ Psychological Interventions
- ⇒ Pharmacological initiation and /or review

The Mental Health Team is able to assist and support patients with a range of mental health conditions.

Southern DHB is a smoke free site. Staff are trained to support, counsel and educate patients, including the use of Nicotine Replacement Therapy.



### What Happens after Admission

- ⇒ Each patient is encouraged to complete a Transition Plan. This may be transferred from the community and updated, during your stay.
- ⇒ During admission to the Inpatient Mental Health Unit, discharge planning will commence early within your admission to ensure appropriate supports are in place upon discharge.
- ⇒ Each patient has a designated doctor and a nursing team with identified key nurses.
- ⇒ A structured group programme is offered as part of the treatment in the Inpatient Mental Health Unit. We encourage you to participate in these groups.
- ⇒ Unit staff will involve family, whānau and support networks in all aspects of patient care where and when possible.

### Visiting Guidelines

Daily visiting time is from 9am to 8pm. Should you need to visit outside of these times please ask a staff member.

To maintain privacy and courtesy for patients we request that visitors do not use patients bedrooms for visits. There are several lounges available within the unit for visits to occur. A family, whānau room is also available when children visit.

Visitors are asked to respect others whilst on the unit and to exercise acceptable behaviour.

We encourage respectful use of cell phones that does not impose on the privacy of others.

### Who's Involved

The multidisciplinary team at the Inpatient Mental Health Unit comprises:

- ⇒ Psychiatrists
- ⇒ Nurses
- ⇒ House officer (doctor)
- ⇒ Occupational therapist
- ⇒ Social worker
- ⇒ Psychologist
- ⇒ Mental Health Care assistants
- ⇒ Dietitian
- ⇒ Students also have clinical placements in the unit. Patient consent is obtained prior to them being involved in patient care.

It is important that family, whānau are involved in patient care throughout the journey of recovery. We encourage family, whānau participation throughout admission.

Staff are available to listen to concerns with the patients family, whānau or support networks.