

Acacia Unit

The Acacia Unit provides specialist mental health care for young adults aged 18 to 25 years.

Our aim is to support your recovery, so that you can successfully return to everyday life. Your family, carers and other supporters can help this process by being closely involved with your treatment.

Support from community service providers will be arranged for you and your family and carers before discharge from the Unit.

The Acacia Unit provides specialist care for patients requiring intensive support and treatment.

Location:

*G Block, Robina Hospital
Bayberry Lane, ROBINA*

Contact: email

*AcaciaRobina@health.qld.gov.au
07 5668 6450*

Our team is committed to the following Patient and Family Centred Care (PFCC) principles when collaborating with young people, families and carers:

- Dignity and Respect
- Information Sharing
- Participation and Collaboration

By taking part in the treatment program, with the support of your family, carers, other supporters and the Acacia Unit team, you will be receiving help with recovery and transition to community treatment.

Your treating team

The Acacia Unit treatment program is provided by a range of health professionals including:

- Consultant Psychiatrist
- Doctors and nurses
- Allied Health professionals (psychology, occupational therapy and social work)
- Creative Therapists
- Peer and Carer Peer Workers

Carers and family members should ask the treating team for the Carers Pack.

During your stay

As part of your recovery, a care plan and recovery plan are developed with you to outline your recovery goals and treatment activities during your stay at Acacia Unit.

Our specialised clinical team will provide individualised care, treatment and therapy during your stay. Day leave is allocated by the treating team and is reviewed daily, please speak with the Nurse Unit Manager.

A family meeting will be arranged in your first week of admission to discuss medical history, your recovery goals, discharge planning and supports.

Meals

Meals are served to our patients three times a day, plus morning and afternoon teas and supper. We cater for an extensive range of special dietary and cultural needs with choices available from the menu.

A fridge is available for patients to store labelled food. No caffeine products are to be brought to the Unit.

Safety and personal property

Please bring suitable casual clothing, pyjamas, footwear, and toiletries sufficient for your stay.

Do not bring any sharp objects to the unit including razors or scissors as these will be removed and stored until discharge.

Please be mindful of your valuables including jewellery and mobile phones, we take no responsibility for lost or damaged items. There is a Unit telephone available for use 4-8pm.

Safewards is a modelled approach used by the Acacia Unit aimed to reduce conflict within the ward environment and promote mutual respect between staff, young people and their peers.

Privacy and confidentiality

We will securely store your confidential medical records including care and treatment plans. We are committed to ensuring the privacy of your sensitive information is secure. If you would like access to your medical record, please speak to your treating team.

Smoking

Robina Hospital is a non-smoking facility. All tobacco products are to be left at home or will be removed upon admission to the Unit and stored until discharge.

Visiting Times:

Monday to Friday: 4 – 8 pm

Saturday, Sunday and Public Holidays:
10 am – 7.30 pm

Pre-booked visiting times are required for patients within the Acacia Intensive Care Unit

Visitors under 18 years must be accompanied and supervised by a responsible adult.

Feedback

If you have feedback or concerns about your care please speak with the Nurse Unit Manager, Acacia Unit.

Please contact the Gold Coast Health Patient Liaison Service on 07 5687 2048 if you would like to discuss your feedback or concerns.

The Acacia Unit is a welcoming, therapeutic place for you to feel safe



Patient rights Independent Patient Rights Advisors (IPRAs) advise patients and their families and carers of their rights under the *Mental Health Act 2016 (Qld)*. IPRAs play an important role in liaising between clinical teams, patients and their families and carers. IPRAs can be contacted on: 1800 316 678.

Useful support numbers

Consumers

- Mental Health Call (emergency): 1300 642 255
- Child and Youth Mental Health Services (CYMHS) Carer Peer Support Service: 07 5687 7078
- Lifeline: 13 11 14
- Kids Helpline: 1800 551 800
- Headspace (Southport): 07 5509 5900
- Beyond Blue: 1300 224 636

Carers

- ARAFMI: 07 3254 1881
- Carer Gateway: 1800 052 222
- Family Drug Support: 1300 368 186.
- Carers Qld: 07 3900 8100

Leaving the unit (discharging)

Discharge plans will be agreed between the Acacia Unit team and your family and carers. Your views will also be considered.

Before you leave the Acacia Unit, your treating team will discuss your needs with you. There are several things that need to be considered:

- that your mental health has improved
- a community treatment plan has been agreed on
- everyone concerned with your care, including yourself, feels safe.