



The Wattle Unit provides specialist inpatient mental health care for young people under the age of 18

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 parents, family and carers before discharge from the Unit.

Location:

G Block, Robina Hospital
Bayberry Lane, ROBINA

Contact:

CYMHSWattle@health.qld.gov.au
07 5668 6550

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 Wattle Unit team, you will be receiving help with recovery and transition to community treatment.

Your treating team

The Wattle 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)
- Teachers
- Fitness instructor
- Creative therapists including music and art
- 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 and your family or carer to outline your recovery goals and treatment activities during your stay at Wattle Unit.

Teachers are available to provide education and learning activities to our young people and music and art therapists engage our young people in therapeutic activities. Our specialised clinical team will provide individualised care, treatment and therapy during your stay. We have a daily schedule, Monday to Friday, to support our young people during their stay.



Support for families and carers

Supporting Families is an education program for families of young people on the unit to attend weekly. Carer Peer Workers provide support to families and carers of young people staying at the Wattle Unit. They have personal experience of caring for a loved one with mental health concerns and provide support to show that recovery from mental illness is possible.

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 Wattle 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 plans and treatment about your stay with us. 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.

Gold Coast Health

Please discuss visiting hours with the treating team. Usual Visiting Times are:

Monday to Friday: 4 – 8 pm

Saturday, Sunday and Public Holidays:
10 am – 8 pm

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

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.

The Office of the Public Guardian provide community visitors to visit children and young people in the unit and can be contacted on: 1300 653 187.

Feedback

If you have feedback or concerns about your care please speak with the Nurse Unit Manager, Wattle Unit or please contact the Gold Coast Health Patient Liaison Service on 07 5687 2048.

Useful support numbers

- 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.

Leaving the unit (discharging)

Discharge plans will be agreed between the Wattle Unit team, you and your family or carer. Before you leave the Wattle Unit, your treating team will discuss your needs with you including that your mental health has improved, a community treatment plan has been agreed on, and everyone concerned with your care, including yourself, feels safe.