

Northside Group St Leonards Clinic

Youth Service Introduction



Welcome!

As a new patient, we welcome you to the Northside Group St Leonards Clinic. This may be an overwhelming and uncertain time for you, however, your treating team will support and work with you throughout your care. We always aim to assist you in achieving the best possible outcome from your treatment and strive for continuity and an excellent standard of care. It is our hope that your experience with us is positive and helps towards your mental health recovery.

About Northside Group St Leonards Clinic

The Northside Group St Leonards Clinic is North Sydney's premier mental health facility. The Clinic has 137 beds and offers access to the best available, evidence-based psychiatric and psychological treatment with a holistic approach to care that can maximise your recovery and mental wellbeing.

The Clinic provides inpatient services, neurostimulation services and a comprehensive range of day programs for people requiring treatment for a range of mental health conditions and symptoms. The Youth Service is located on Level 5 of the Clinic, a dedicated space for the program which will address medical, psychological, recreational, physical, and diversional interventions.

About the Youth Service

Level 5 of the Northside Group St Leonards Clinic is a purpose-built environment for the Youth Service. This area has been designed to promote patient safety, recovery, learning, privacy, and independence during the patient's admission journey.

The Youth Service consists of two programs.

- The Adolescent Service – 14 to 18 years old, school attending; and
- The Young Adult Service – 18 to 25 years old

To foster a safe environment, youths in the Adolescent Service will be supervised by staff at all times, including when travelling in elevators between floors of the Clinic.

To ensure we provide a therapeutic environment, we expect all youths to adhere to the dress code and program rules during their admission.

Coming to the Youth Service

Once you arrive at the Clinic, one of our friendly nurses will greet and orientate you to the Youth Service unit. You will complete three admission procedures:

- **Nursing admission:** Involves going through the treatment agreement, discussion of presenting concerns (why you are coming into the unit), risk assessments, discussion of goals and plans for discharge, and will obtain baseline vital details (e.g., height, weight).
- **Medical admission:** Our medical officer will conduct a physical and psychological assessment and will discuss your suitability to attend certain facilities such as the Clinic gym.
- **Psychology admission:** Within 24 to 48 hours of your admission, one of the therapists will provide you with an orientation to the group program. This group orientation involves a discussion on what group therapy is, the expectations of attending group, and addressing any questions or concerns that you may have regarding group attendance.

Group therapy is a type of psychotherapy that involves one or more therapists of a multi-disciplinary team working with several people at the same time. This type of therapy is an integral component of the therapeutic practice delivered at the Northside Group St Leonards Clinic, and will focus on providing psychoeducation on mental health issues, in addition to teaching skills that you can implement to manage your current presenting problem.

Whilst being orientated to group, you will be provided two group manuals which you can keep moving forward, including a “My Recovery Workbook” and a “MyStayWell: Discharge Workbook”. You will be asked to bring these manuals to groups, in addition to a pen in case you would like to make notes during sessions.

How We Can Help

Treatment at the Youth Service is provided by a multidisciplinary team, including nursing staff, psychiatrists, and therapists (psychologists, counsellors, art therapists). Outlined below are some of the treatments and support you will be involved in during your admission.

Group Therapy

We offer **group therapy** at the Youth Service unit, which involves three 1-hour groups each day. It is expected that you attend all group therapy sessions that have been agreed to, unless you have been granted a medical exemption.

Individual Support

You are encouraged to seek help from nursing staff if you are needing support during your admission. While we mainly offer group therapy, you may also book a session for individual therapy with one of our therapists.

Routine

We provide a structured timetable to facilitate development of a healthy routine. Components of the routine include timely administration of prescribed medication, attending groups, mealtimes, and scheduled activities (e.g. outings, walks). We expect you to adhere to the Youth Service unit routine during your admission.

Family Involvement

If you are under 18 years of age, your parents and/or carers will be required to participate in weekly family meetings with members of the multidisciplinary healthcare team to collaborate regarding treatment planning and the development of a discharge support plan. Patients aged over 18 years are encouraged to nominate a designated carer to participate in family meetings. Alternatively, youth patients aged over 18 years can decline family involvement.

Diversional Activities

We also provide optional supervised group outings to places such as rock climbing, laser tag, the beach, and the movies. These outings help develop skills such as social skills, independence, and confidence. Youths in the Adolescent Service will be invited to take part in group outings depending on their engagement in the program and initiative in working towards their goals, which is measured using a merit system.

Dress Code

Our dress code is in place to protect all patients. Some patients may have mental health conditions that reduce their inhibitions leading to inappropriate comments about clothing and bodies, other patients can be in a vulnerable state which increases their sexual safety risk. For these reasons, ensuring that all patients follow our dress code protects our patients.

Northside Group St Leonards Clinic acknowledges that it is the prerogative of each individual to wear what they choose in day-to-day life, though patients must be in agreement to comply with our dress code whilst a patient in the facility.

- No bare midriffs
- Shirts to be worn at all times
- Shorts and skirts to be at a length that covers the buttocks and upper thighs
- No see-through clothing
- Chest to remain covered
- Singlet styles acceptable if chest remains covered
- No risqué or revealing clothing
- No visible underwear

As your stay continues at the Northside Group St Leonards Clinic, you will be given more information about the program, facilities, activities and treatments. Please do not hesitate to talk to one of the friendly team at the Youth Service unit with any questions you may have. Once again, welcome to the service and we hope your experience is positive and helps towards your mental health recovery.