

Ramsay Clinic New Farm *Youth Service*



Welcome!

We are pleased to offer you support for the emotional concerns that you have been experiencing at Ramsay Clinic New Farm. This may be an overwhelming and uncertain time for you, however, your treating team will support and work with you throughout your stay to assist you in achieving the best possible outcome with an excellent standard and continuity of care at all times. It is our hope that your experience with us is positive and helps towards your individual mental health recovery.

About Ramsay Clinic New Farm (NF)

New Farm is a 114-bed mental health clinic offering a holistic program providing medical, psychological, recreational, physical, and diversional interventions. The Youth Service is located on the ground level of the Clinic.

About the Youth Service

Ground Level of the NF facility is a purpose-built environment to provide mental health care to adolescents and young adults. The service promotes patient safety, recovery, learning, privacy, and independence during the patient's admission journey. The Youth Service has two units, one for adolescents and one for young adults.

The units have individual rooms which ensure the safety and privacy of young people. There are group therapy rooms and the adolescents and young adults have access to other hospital facilities. NF is located close to New Farm Park, one of Brisbane's oldest, grandest and largest parks and the New Farm River walk. The local environment provides an ideal setting for physical activity, critical to young people's mental health and wellbeing.

The Youth Service consists of two programmes.

- The Adolescent Service: - Youths will be admitted to Unit 2 (12 beds); and
- The Young Adult Service – 18 to 25 years old will be admitted to Unit 1 (24 beds)

To foster a safe environment, youths in the Adolescent Service will be supervised by staff at all times, including while accessing the gymnasium or areas external to the unit.

Smoking and vaping will not be permitted for the duration of the admission in the Adolescent Unit. Smoking implements (e.g., cigarettes, "vapes") will be stored in the nurse's station upon admission and will not be accessible until you are discharged from the Clinic.

To ensure we provide a therapeutic environment, we expect all young people to adhere to the dress code and programme rules.

Coming to the Youth Service

Once you arrive at the Clinic, one of our friendly nurses will greet and orientate you to the unit. You will complete the following 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, as well as obtaining baseline physical observations (e.g., height, weight, blood pressure).
- **Medical admission:** Our medical officer will conduct a physical and psychological assessment and will discuss your suitability to attend the hospital gym.
- **Psychology admission:** Within 24-48 hours of your admission, one of the therapists will provide an orientation to the group program.

The group programme 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 integral to the therapeutic programme delivered at the New Farm Youth Service and will focus on providing education on mental health issues, teaching skills that you can implement to manage your current presenting problem and behavioural activation to support physical activity and other recreational tasks. Whilst being oriented to group, you will be provided with two group manuals which you can keep, to help you move 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?

Group Therapy

Treatment at the Youth Service is provided by a multidisciplinary team, including: nursing staff, psychiatrists, and therapists (psychologists, counsellors, art therapists). We offer group therapy at the unit, which involves three 1-hour groups each day. It is expected that you attend all agreed group therapy sessions, unless you are 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 from our therapists.

Routine

We provide a structured timetable to facilitate development of a healthy routine. Components of the routine include good sleep hygiene and health nutrition, attending groups and scheduled activities (e.g., outings, walks). It is expected that everyone adheres to the unit routine.

Family Involvement

Parents/carers of the young person under 18 years old will be required to participate in weekly family meetings with members of the multidisciplinary team to collaborate regarding treatment planning and development of a discharge support plan. Patients over the ages of 18 are encouraged to nominate a designated carer to participate in family meetings. Alternatively, youth patients over 18 years can decline family involvement.

Diversional Activities

We also provide optional supervised group outings to places such as New Farm Park, City Cat, Exhibitions at The Power House, 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 point based merit system.

Dress Code

Our dress code is in place to protect everyone. Some people may have mental health conditions that reduce their inhibitions leading to inappropriate comments about clothing and bodies, other people can be in a vulnerable state which increases their sexual safety risk. For these reasons, ensuring that our dress code is followed protects everyone. NF acknowledges that it is the prerogative of each individual to wear what they choose in day-to-day life, though everyone must be in agreement to comply with our dress code whilst staying in our 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
- No clothing promoting substance use or using profanity
- No clothing with gang affiliation

Screen Use (mobile, tablets, laptops etc)

The staff of NF understand the importance of young people remaining connected to their communities outside of hospital. This must be balanced to foster meaningful engagement with the treatment programme whilst in hospital. Screens can only be used in your bedroom and must be locked away from 9pm. Devices are not to be brought to groups or meals or other activities where the focus is to acquire or develop skills to address mental health problems.

If you have any questions, please do not hesitate to contact the Intake Team on (07) 3254 9100 or email referrals.nfc@ramsayhealth.com.au.

Ramsay Clinic New Farm

22 Sargent Street
New Farm QLD 4005
Phone: 07 3254 9100
Fax: 07 3254 9601
Email: referrals.nfc@ramsayhealth.com.au
ramsaymentalhealth.com.au

People caring for people



**Ramsay
Mental Health**