

ADDICTION SERVICES- Frequently asked questions

How do I get admitted into the Addiction Services Program?

Withdrawal Program:

Contact the Intake department at The Melbourne Clinic. They will complete pre-admission paperwork and book you in for an assessment with an Addiction Medicine physician. You will need to bring along a referral from your GP.

Rehab:

Contact the intake department at The Melbourne Clinic. They will complete pre-admission paperwork and arrange a telephone assessment for you. If your case is complex they may arrange for you to come into see the director of the program for a face-to-face assessment.

What will my health fund cover?

Every health fund is different and so you will need to contact your fund to find out what it covers for drug and alcohol services, and whether it covers both the withdrawal program and rehab.

When can I come to hospital?

Once you have gone through the assessment process and the pre-admission paperwork is complete you will need to contact the intake department in the morning to find out if there is a bed available.

What is the length of the program?

The withdrawal program runs for 7-10 days.

The rehab program runs for 28 days

What can I expect when I arrive?

You will be cared for in a 24-bed unit consisting of withdrawal and rehab patients. Your Addiction Medicine Physician will look after you together with a multi-disciplinary team of nurses, counsellors, social workers and an exercise physiologist. Other disciplines can be called upon as required.

What should I bring with me?

Any medication in the original container

Clients who smoke are advised to bring in a good supply of cigarettes; access to shops can be limited

Mobile phone (this will be available for your use between 5-9pm)

Toiletries

Loose casual clothing and flat footwear (suitable walking shoes)

Clothing to go out for dinner and to outside meetings

Money to cover costs of going out for dinner / coffee etc...

Bathers and towel

Sunscreen

Photos from home may be a support to clients

Coins for pay phone

Envelopes and stamps

Alarm clock (allowed with a radio)

Clients may wish to bring in their own doona and pillow, although all linen is provided

Are there things that I should not bring in?

Car

Laptop

Sport/gym equipment

Television

Musical instruments (please discuss with staff)

Stereo

When is lights out time?

We like lights to be out by 11pm in the week and 12am at the weekend. This is because patients are required to get up early for the program

Do I need to attend groups?

Groups are an integral part of the program. We request that all patients attend all groups (unless unwell when going through withdrawal). Attendance at groups and participation demonstrates commitment and motivation for change

Can I smoke?

There are designated smoking areas in the outside areas of the hospital.

Can I have a television or laptop in my room?

We do not allow televisions or laptops in your bedrooms. We try to encourage social interaction. There is a main television in the main lounge that you are welcome to watch outside group times.

Can I have leave from the program?

Requests for leave can be made to your Doctor. These are determined on an individual basis. For the first few days of both programs we generally do not give leave.

May I have visitors?

Visitors should be advised to contact the unit prior to visiting. Visiting hours are 5-8pm Saturday and 12-5pm Sunday. This is because the program runs through the week and there are often meetings in the evenings.

Tell me about day to day living in the program?

Being a participant in the Addiction Service requires you to co-operatively fit in with a small community responsible for your own needs. For example, changing your own bed and keeping your room tidy. The day begins with exercise followed by meditation. Group therapy then begins and runs through the day followed by meetings.

Is there a laundry service?

There is a washing machine and dryer provided. You will need to provide your own washing detergent.

Can my psychiatric issues be addressed?

A Consultant Psychiatrist works within our program and can be contacted as required. We can arrange psychiatric assessments pre and post discharge.