



## Referral and Admission

Maitland Private Hospital only accepts **voluntary admissions**.

Referrals can be made to accredited psychiatrists with visiting rights to Maitland Private Hospital or to the Nurse Unit Manager by fax on 02 9300 5528 and 02 4933 8883.

You may also wish to contact the Paterson Unit - Nurse Unit Manager in 02 4931 2344, to discuss bed availability.

On referral, the Nurse Unit manager will contact the patient to arrange an admission date and time.

The referring doctor will be contacted with information should an admission be delayed or unable to proceed.

## Costs

As a general rule, patients with private health cover, Workcover or DVA are insured for treatment programs. Patients do need to confirm their rebate entitlements with their fund prior to commencement.

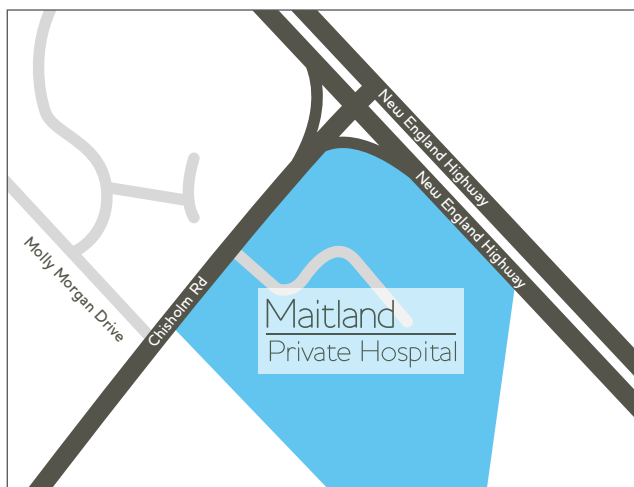
Prior to admission, the patient will be informed of their health fund entitlements and any gap they may be required to pay.

Patients who are not privately insured may discuss hospital fees with the Nurse Unit Manager.

In Workcover cases, the referring doctor will be required to contact Workcover and gain approval for the admission. This acceptance is to be faxed to the Unit before the patient can be accepted for admission.

## Services Include:

- Treatment of general psychiatric disorders including mood and anxiety disorders
- Cognitive behavioural therapy (CBT)
- Acceptance and commitment therapy (ACT)
  - Psycho-educational programs
- Detox programs for alcohol, prescription medications and other drugs.



## Contact Maitland Private Hospital

175 Chisholm Road East Maitland NSW 2323  
Telephone: (02) 4933 8400 Facsimile: (02) 4933 8883  
[www.maitlandprivatehospital.com.au](http://www.maitlandprivatehospital.com.au)

Maitland  
Private Hospital

healthcare

healthcare

# Maitland Private Hospital

## INPATIENT MENTAL HEALTH SERVICES



**At Maitland Private Hospital we are committed to providing comprehensive assessment, treatment and support of people experiencing mental health issues.**

Located in New South Wales' lower Hunter region, our holistic approach is offered in a discreet, safe and supportive environment.

The 25 bed Paterson Unit is situated in the Maitland Private Hospital campus and offers comfortable facilities, staffed by a team of highly qualified visiting medical officers, nurses and allied health professionals.

### Our Service

Each patient is admitted under the care of a consultant Psychiatrist whom they will see throughout their admission.

The Paterson Unit provides specialist treatment for people with a range of problems including depression, bipolar affective disorder, anxiety, drug and alcohol dependence, schizophrenia and other psychotic illness, personality disorders, post traumatic stress disorder and other mental health related issues.



### Our Team

The Paterson Mental Health Unit is staffed by a team of highly skilled and experienced consultant Psychiatrists supported by medical practitioners with a psychiatric care background, psychiatric nurses, occupational therapists and psychologists.

Social workers, dieticians, physiotherapists and a range of allied health professionals are available within the hospital, during your admission.

Specialist/consulting services are also available by referral from your treating doctor

### Facilities

The Paterson Unit offers modern single and shared accommodation with ensuite, access to communal lounge and dining facilities. This Unit was purpose built and opened in 2013.

Each room is tastefully furnished and equipped to provide patients with an environment that is conducive to your recovery. Facilities include television, telephone, desk and internet access, communal lounge, dining room and landscaped gardens.

Patients may request a single room but this is not always possible. Single rooms are allocated on a clinical

needs basis. Although patient preference is considered, there is an additional cost associated with single room accommodation which is not always covered by an individual's health fund.

### Treatment Programs

The Paterson Unit offers group programs and activities for all patients. Groups cover a wide range of topics providing patients a broad overview of strategies to use in their recovery.

Patients may also attend specialised groups for a range of mental health issues including anxiety and depression. These groups address individual issues and feelings, they are psycho-educational and are based on cognitive behavioural, acceptance and commitment, and dialectical behavioural therapy approaches.

In addition to group therapy all patients are offered one-on-one psychotherapy to address their individual needs.

Patients are expected to attend all relevant programs provided by the Unit in order to gain the maximum benefit during their admission.

Programs also include yoga, art therapy, music group and hydrotherapy.

### Day Programs

Day Programs on depression, anxiety, drug dependence and art therapy are available please see separate brochure for outline.

### Discharge Planning

Discharge planning starts early during your admission, to ensure the most appropriate follow up on discharge is planned and arranged.

A tailored plan to help with relapse prevention is also developed.