

**What to bring:** You are expected to bring your own personal belongings.

- MEDICARE card.
- Comfortable and casual clothing for a period of approximately 7 days.
- A suitable swimming costume.
- Toiletries and personal hygiene items.
- Night attire.
- Reading material/music for walkmans (not of a violent or offensive nature).
- In order to maintain a level of safety and minimise any distractions, a number of items are not permitted during your stay.

**What NOT to bring:**

- ◆ Aerosols (i.e. deodorants, perfumes etc.)
- ◆ Large sums of money or any valuables.
- ◆ Coffee
- ◆ Laptops.
- ◆ Any electrical appliances (hand held computerised games are acceptable, such as Game Boy).
- ◆ Weapons/sharp instruments, such as Stanley knife, scissors, and screwdriver.
- ◆ Prohibited weapons, such as firearms, flick knives.
- ◆ Knives in general, will be reported and confiscated by the Police.
- ◆ **Cigarettes (we are a NON SMOKING unit).**
- ◆ Mobile phones.
- ◆ Illicit substances or unprescribed medication.
- ◆ Any other item/substance that staff may consider to be detrimental to your treatment program.

**How to get to Maruma-li Inpatient Withdrawal Unit:**

Maruma-li is located at **Wyong Hospital, Pacific Highway, KANWAL** (north of Wyong on the Central Coast).

Buses run from Wyong Station to Wyong Hospital (Busways No. 80, 82, 93 & 94).

Once at the hospital, **follow the signs to “F” block Drug Treatment Centre.**

**Transport Information:**

Busways Central Coast ..... 4392 6666  
Cityrail Infoline..... 131 500  
Countrylink Information ..... 132 232  
Central Coast Taxis.....131 008 or 4324 6444

**Useful Telephone Numbers:**

Alcohol & Drug Information .....1800 422 599  
Family Drug Support Hotline.....1300 368 186  
Lifeline .....131 114  
Mental Health Intake.....4320 3500  
Youth Health .....4320 2856  
AA (Alcoholics Anonymous) .....4323 3890  
NA (Narcotics Anonymous) .....4325 0524  
Alanon & Alateen .....4344 6939  
Nar Anon.....4342 2436  
Accommodation Line .....9265 9087  
Sexual Health & HIV/AIDS .....4320 2114  
Hep C Helpline .....1800 803 990  
Sexual Assault .....4320 3175  
Women’s Health.....4320 3741  
G Line (Confidential Gambling Helpline) .....1800 633 635  
Domestic Violence Crisis Hotline  
Counselling, Refuge, Referral) ....1800 656 463  
Emergency Accommodation  
Homeless Persons .....4324 7239  
**Emergency accommodation Toukley** (The Australian Council on Alcoholism and Drug Dependence Inc.) **on 1800 033 108.**

Central Coast Local Health District  
Drug & Alcohol Services  
Ph: (02) 4394 4880 Fax: (02) 4394 4881



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# Maruma-li

## Inpatient Withdrawal Unit Wyong Hospital



# Maruma-li Inpatient Withdrawal Unit is a Non-Smoking facility (Nicotine Replacement Therapy is provided).



The prime function of the residential unit is to provide a supportive, comfortable and respectful environment where you can safely withdraw.

The program is designed to provide structure and time out for those wishing to address alcohol and/or other drug use issues.

In order to maximise the therapeutic aspects of the program certain treatment conditions and house rules apply and you will be asked to sign a contract agreeing to these conditions on admission.



## Booked admissions are ONLY Monday to Friday at 10am.

Admissions are voluntary; you can leave at any time. Re-entry will depend on the conditions of exit, bed availability and re-admission procedures.

As part of our admission procedure, **staff will conduct a search of your belongings** – this is an essential part of your admission in order to ensure a safe withdrawal for all clients of the unit. Your cooperation will be much appreciated. On discharge the staff will ask you to show them the contents of your luggage.

**Length of Stay:** Determined by the alcohol and/or other drug used, each client will be assessed individually by the treatment team.

**Attendance to Program:** A range of information and education group sessions are held daily, the majority of which are mandatory.

Clients will be strongly discouraged from “glamorising” drug use/experiences.

**Visitors:** Visitors are NOT permitted during treatment.

**Leave:** There will be NO leave from the unit during the withdrawal process. Clients are expected to stay/reside within the unit at all times.

**Telephone:** Personal telephone calls are NOT permitted during treatment. Restricted, supervised telephone calls are only permitted to make post withdrawal arrangements when discharge is imminent.

**Unacceptable Behaviour:** The following behaviour will not be tolerated and you may be discharged from the program.

- ◆ Violent behaviour or threats to staff and or other clients.
- ◆ Verbal threats towards staff and or other clients.
- ◆ Sexual harassment towards staff and or other clients. Sexual relations with other clients.
- ◆ Alcohol/other drugs in premises.

If you are suspected or found to be using drugs/alcohol/nicotine, you will be discharged from the unit. Readmission will be under review by the withdrawal team.

