

Maruma-Li Inpatient Withdrawal Unit

Admission Information



Health
Central Coast
Local Health District

Maruma-Li Unit is a place for people who are struggling with alcohol and, or other drug use. Maruma-Li provides a medically assisted, comfortable and safe place to withdraw (detox) from alcohol and other drugs. It is a confidential treatment service.

Maruma-Li is located in the grounds of Wyong Hospital on the Central Coast of NSW. The unit has:

- 15 single bed rooms.
- 8 bathrooms.
- dining and lounge common areas.
- a large garden courtyard.

Maruma-Li is a non-smoking unit.

You **cannot** smoke during your stay, however Nicotine Replacement Therapy (NRT) is provided.



Admission to Maruma-Li is voluntary and you can leave at any time. If you decide to leave before your treatment is finished, you must go through a new admission process.

For admission to Maruma-Li you must call:

Drug & Alcohol Service - 4394 4880

Once admission is confirmed you will be given an appointment time. Appointments for admissions only take place Mon - Fri between 10 am - 1 pm.

At admission you will be assessed and a treatment plan will be made for you. An approximate length of stay will be decided by your treatment team. A stay in Maruma-Li could be anywhere from 3 days to 14 days but is generally about 5 days.

As part of the admission, staff will conduct a check of your belongings to ensure that any items which are not permitted are not brought into the unit - see the '**what you must not bring**' list in this brochure.



Staff will also ask to see the contents of your luggage when you are leaving. Please co-operate with this process it is for the safety of you and other clients.

During your stay you are expected to participate in information and education sessions. AA and NA groups are held one night a week in the unit and you are expected to attend these groups.

Talking about alcohol or drug use or experiences in a way that is 'glamorising' or sounds exciting does not help people who are withdrawing. You are expected **not** to use this type of talk.

When you enter the unit you will be asked to sign a form that states you agree to the conditions of admission. These conditions are to ensure the comfort and safety of all clients and staff.

Things you must be aware of

Visitors are **not** permitted.

Leave - You will **not be allowed** to take periods of leave whilst you are having treatment. You must stay in the unit at all times, until discharge.

Telephone - personal calls are **not** permitted. Restricted and supervised calls are allowed only to make plans for your discharge.

Behaviour – Unacceptable behaviour is not tolerated. You may be discharged from the program if you:

- show any violent behaviour or make threats to other clients or staff.
- sexually harass any clients or staff.
- have sexual relations with any clients.
- have, use or be suspected of using any alcohol/drugs or nicotine.

What you should bring with you

- Your Medicare Card
- Comfortable and casual clothes for about 7 days.
- Toiletries and personal hygiene items.
- Sleepwear.
- Things to read – books, magazines (but not anything that is violent or offensive).

What you **must not** bring with you

We want you as well as other clients and staff to be safe and comfortable. Therefore there are some things that you cannot bring into the unit.

Do not bring:

- Aerosols (such as spray-on deodorant, perfume etc.).
- Large sums of money or valuables.
- Supplies of coffee.
- Laptops/ipads/tablet devices/cameras.
- Weapons or sharp instruments, this includes any type of knife, scissors, screwdrivers or firearms.
- Mobile phone.
- Illegal substances or any medication that has not been prescribed to you by a doctor.
- Cigarettes or E-Cigarettes – remember, Maruma-Li is a no smoking unit.
- Any other item or substance that could have a bad effect on your treatment program.

Please be aware that staff are required to search your belongings on entry and on exit.



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, Red Bus No 26). 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
NSW Mental Health Access Line.....1800 011 511
AA (Alcoholics Anonymous).....4323 3890
NA (Narcotics Anonymous).....4325 0524
Emergency Accom. (Link to Home). 1800 152 152
Coast Shelter.....4325 3540
Domestic Violence Helpline.....1800 656 463
Sexual Health & HIV/AIDS.....4320 2114
Hepatitis Info Line.....1800 803 990
Sexual Assault.....4320 3175
Women's Health.....4320 3741
Youth Health.....4320 2856
G Line
(Confidential Gambling Helpline).....1800 633 635



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FURTHER INFORMATION

Central Coast Local Health District
Drug & Alcohol Services Counselling Service
Telephone 4394 4880 (8.30 am to 4.30 pm weekdays)
www.cclhd.health.nsw.gov.au