

A WINDOW ON ASHBURN



NAU MAI, HAERE MAI KI ASHBURN

WHAKATAU MAI KI WAENGANUI I A MĀTOU

HEI WHAI ORANGA MŌU MŌ NGĀ RĀ
KEI TE HEKE MAI (NEI).

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**WE BELIEVE THAT YOUR DECISION
TO COME HERE WILL PROVE TO BE
HELPFUL IN ASSISTING YOU WITH
YOUR FUTURE WELLBEING.**

WELCOME TO ASHBURN

Our work is dedicated to those who come to Ashburn seeking to improve lives which have been diminished by impairment of the mind and spirit.

We accept into our care those people we believe can be helped within our therapeutic community.

Our aim is to provide them with the highest possible standard of care within our respective psychiatric and psychotherapy disciplines, and to help restore them to the best possible quality of life.

We recognise the individuality of all who come here. Our approach is to the whole person, taking into account the significant others in their lives, and respecting cultural and spiritual dimensions.

We acknowledge the partnership with the tangata whenua by honouring the spirit and the articles of the Treaty of Waitangi.

RESTORING THE BEST POSSIBLE QUALITY OF LIFE

Ashburn delivers psychiatric and psychotherapy services within our private grounds on the edge of Dunedin city.

Our skilled clinical team works with you to ensure your treatment is tailored to your particular issues. Here, alongside staff and other patients, you have the chance to work on your personal issues in a supportive environment. All our psychiatrists and psychotherapists are fully qualified and skilled in both group and individual therapies.

At Ashburn the patients and staff work alongside each other in an atmosphere of open communication. The traditional hospital hierarchy is relaxed, so we can build a more democratic and open style of relating between staff and patients.

As a patient you will take an active part in your own care and play a role in the running of the community. You will also help and support each other in the challenges of living and working within a therapeutic community.

Ashburn's clinical team and support staff provide professional excellence in inpatient, day-patient and outpatient psychiatric health services.

Inpatient care involves you staying at Ashburn for your treatment.

Day-patient care is for those who reside in the Dunedin community and attend the therapeutic programme during the week. **Outpatient care** is for those who attend appointments with a specialist clinical team member at Ashburn. There are more details on these services on pages 8 and 9.

Many different reasons bring people seeking help to Ashburn. These include:

Eating disorder

Trauma

Personal issues

Sexual abuse

Phobia

Depression

Anxiety

Obsessive-compulsive disorder

Addiction

Life crisis

Relationship issues

Some people are referred by GPs or other health professionals. Others self-refer, often encouraged by supportive family and friends. After admission, each person works with our clinical team to determine which aspects of the therapeutic programme are appropriate for them.

If you have chosen to accept admission to our therapeutic community, we look forward to meeting you and working alongside you in your quest for a better quality of life. We welcome your enquiries concerning any difficulties you are experiencing.

Making the decision to come here is an important one and it is our hope that once the decision is made, you can get here as quickly as possible. Ashburn is conveniently located on the outskirts of Dunedin. Dunedin International Airport is 30 minutes away. Taxis and shuttles meet every flight and will bring you and your luggage directly to Ashburn's door.

We provide some accommodation at a moderate cost for relatives or friends should you be accompanied by someone. This needs to be booked in advance. This facility is also available to relatives wishing to visit you during your stay here, again at a moderate cost.



GETTING TO KNOW YOU

Getting to know a new place can be challenging, but as a community, we can help you settle in and feel part of our community as quickly as possible.

Soon after you arrive, you will be introduced to a 'buddy' who will be a fellow patient. Providing support and information, especially over the first few days, are the key roles of your buddy. Always feel free to approach anyone in the community for help.

Fellow patients from our 'Welcome Team' run a weekly orientation group session. Held in the library, this is the ideal opportunity to raise any questions or concerns and learn how the community operates.

We aim to provide the highest standard of therapeutic and nursing care. To achieve this, we employ staff who are skilled and fully committed to our goals.

You will be assigned a psychiatrist and perhaps a psychotherapist for the duration of your treatment. Clinical recommendations about your ongoing treatment will also be a matter of discussion between you and your clinical team at regular review sessions.



YOUR FIRST FEW DAYS AT ASHBURN

As you settle in, your days during the working week will involve a variety of activities with patients and staff working alongside each other.

These can include daily chores, meetings, group therapy, rehabilitation pursuits, thought-provoking activities, art, listening to music, sports, outings, time out for you as an individual and, of course, fun. Your involvement in these will depend on your needs and capabilities.

Evenings and weekends are unstructured times. We look upon unstructured and structured times as being equally important. Unstructured time is a chance to reflect, relax and be with others. Our lounges, patios and gardens are ideal places for this.

People often ask about how long they will need to attend Ashburn. This, of course, is a very individual matter to which we don't have an immediate answer. It usually takes at least a couple of weeks for us to get to know you and form a clearer picture of your particular needs. At that point we would look together at what might be involved in your ongoing therapy and the time required.

Our community is dedicated to restoring your best possible quality of life.

We recognise and respect the individuality of all who come here and our approach is to the whole person, including other significant persons in their life, and allowing for cultural and spiritual needs.

We have created a quiet, spiritual place for people to sit and reflect, located in an old orchard beside a stream (pictured left).

Our community approach is unique in that it not only seeks to provide a safe and supportive environment, but it also encourages each person to retain or re-establish their individuality, sense of responsibility and a level of ordinary everyday functioning. This will help you to readjust to life outside Ashburn when you have completed your work here.

After discharge you may wish to continue with therapy as an outpatient. If you are based outside Dunedin the clinical team will assist in arranging follow-up care in your own area. We encourage you to discuss the options during your time at Ashburn.

CARE OPTIONS AT ASHBURN

INPATIENT CARE – ROY MUIR UNIT

Ashburn's Roy Muir Unit is a residential care unit for inpatients.

This is fully staffed with nurses, as well as the inpatient clinical team which includes psychiatrists, psychotherapists, occupational therapists, general practitioners and a dietitian. Each patient in the Roy Muir Unit has an individual bedroom. We provide nursing care 24 hours a day, seven days a week.

Your treatment in the Roy Muir Unit will involve both group and personal activities throughout the working day. Individual treatment may include sessions with your own psychotherapist and appointments with any of the other clinical staff as necessary. Group treatment revolves around small therapy groups, community activities, meetings and interactions with staff and other patients.

INPATIENT CARE – ALEXANDER HOUSE

Ashburn also provides Alexander House as a self-care accommodation environment for people who do not require the intensive, 24-hour nursing care of the inpatient unit.

Admission may be as a transfer from the Roy Muir Unit, or you may be admitted directly into Alexander House. You will have your own bedroom.

Patients in Alexander House are able to take responsibility for their own medications and safety, and can work together with other residents to manage any day-to-day issues that arise. Access to an on-call doctor is available after hours.

Alexander House is a separate building to the Roy Muir Unit but the programme is the same therapeutic community programme, which runs from 9am to 5pm, Monday to Friday.

DAY-PATIENT SERVICES

Day-patient care is for those who reside in the Dunedin community and attend the therapeutic programmes during the week, Monday to Friday.

These are the same programmes attended by our inpatients. The same level of devoted care is extended to day-patients and we will ensure you are familiar with Ashburn and all of its facilities.

Lunches and morning teas are provided. Patients provide their own transport to and from Ashburn, and there is ample car parking.

OUTPATIENT SERVICES

Ashburn offers outpatient psychiatric services within our private grounds, and at outpatient clinics in Cromwell and Invercargill.

Patients are preferably referred by their general practitioner or other health professional, although occasionally self-referrals are accepted.

All our psychiatrists are skilled in assessment and a range of treatments.

- Psychiatric assessment, consultation and ongoing management of all adult, psychiatric disorders
- Psychiatric assessment for medico-legal, occupational or accident related reasons
- Psychotherapeutic assessment for ongoing psychotherapy.



ASHBURN PROGRAMMES

MAIN THERAPEUTIC PROGRAMME

The main Therapeutic Programme is designed to help you communicate with others and understand the reasons behind your own difficulties. This way, you will be better equipped to make personal changes in your life.

Our community concentrates on the meaning of each person's feelings, actions and how they relate to others, so changes in attitude and behaviour can be made.

The programme's structured day has an emphasis on group meetings, as well as individual therapy with your psychotherapist or psychiatrist. You will also take part in a range of activities, from art to housekeeping, which will be an important part of your therapy.

HEALTHY LIFESTYLE PROGRAMME

The Healthy Lifestyle Programme is part of Ashburn's main Therapeutic Programme, but is specifically designed for those who would benefit from improving their life skills.

The programme includes aspects such as communication and assertiveness skills, and provides support with anxiety and stress management. Practical activities help you to improve all aspects of day-to-day living, including learning about healthy eating, structure and routine, time management, how to get a better sleep, and the importance of healthy relationships, all of which contribute towards your wellness.

You may use the Healthy Lifestyle Programme as an initial step to help you prepare for the challenge of the larger psychodynamic groups in the main Therapeutic Programme.

ADDICTION PROGRAMME

Ashburn has been providing specialist and professional addiction treatment in a unique therapeutic community for over 130 years, helping people from all walks of life to start on the path to recovery.

Using an individualised combination of medical, psychiatric, educational and therapeutic interventions Ashburn has a good track record of success, particularly when it comes to those needing a period of inpatient treatment to break the addiction cycle.

With increasing demand for this specific inpatient service, Ashburn now offers a focused, intensive time-limited, abstinence-based programme aimed directly at adults motivated to recover from addictive behaviours. Ashburn's Addiction Programme has two distinct phases and follows detoxification which can either occur prior to admission or at Ashburn Clinic.

Assessment phase

This phase, over 2 weeks, allows a thorough and comprehensive assessment of addiction and co-existing mental and physical health issues, as well as someone's readiness for treatment. At the conclusion of this assessment, the clinical team and the patient decides if the programme is the best way forward for them.

Eight week treatment phase

This is an intensive, eight week residential programme which combines a range of treatment options available at Ashburn. You will learn about underlying issues and gain the knowledge to start a new life free of addictive behaviours.

While the programme is specifically aimed at addictive behaviours, Ashburn's wider psychiatric experience allows us to consider any other health issues which are present alongside addiction, and build these into each patient's individual treatment plan.

EATING DISORDER PROGRAMME

The Eating Disorder Programme, incorporated in the Roy Muir Unit, specialises in the treatment of people with the whole range of eating disorders.

The programme runs in conjunction with the inpatient programme, and utilises community activities and experiences to help people gain greater understanding of the issues underlying their disorder.

A New Zealand-registered dietitian, who is part of the Eating Disorder Team, works closely with both the clinical staff and kitchen staff to ensure the dietary needs of each patient are addressed.

Specific activities are provided to help patients address issues associated with their eating disorders, e.g. shopping and cooking and a psycho-education group looks at issues including body image, nutrition etc. Individual and group time are spent exploring relevant issues through a variety of creative media.

Each person has an individual therapist. Group participation with people who have similar problems is a powerful and effective treatment method. A defined protocol guides weight restoration, and in combination with the programme and individual work, an environment is created for positive change.



COMMUNITY POLICIES

Ashburn asks that patients follow these policies to ensure a comfortable, safe and confidential stay for all patients.

Any medications you have with you on admission should be handed in to staff upon arrival. Your psychiatrist will discuss any medication requirements with you, and these will be dispensed as required. Generally, it is the patient's responsibility to make sure they seek out staff to get their medication.

Alcohol, drugs and any medication not prescribed by Ashburn are not permitted on the premises.

In the inpatient unit, all keys to motor vehicles must be handed in to staff. These will be kept in a safe place. The use of your vehicle while you are here should be discussed with staff.

Smoking is not encouraged and is not permitted anywhere within our buildings or on our site.

All efforts have been made to keep therapy and psychiatric charges to a minimum. This requires that therapists have a minimum of wasted time. If you are unable to attend your individual sessions for any reason, please inform your therapist at the earliest opportunity. In keeping with outpatient policies, sessions cancelled with less than 24 hours' warning will be regarded as chargeable unless unavoidable reasons exist.

As an inpatient, outgoings and leave from the hospital are negotiated on an individual basis. Generally, leave is not approved until you have settled into the community. If you are going to be away from the hospital overnight, a 'Leave Request Form' needs to be completed in negotiation with the group and staff.



OTHER INFORMATION

Both the Roy Muir Unit and Alexander House have their own kitchens, bathrooms and occupational therapy rooms. As well, there is a range of lounges as common meeting places for general use.

Location

Ashburn is situated 10 minutes from the city centre and surrounded by farmland. The extensive grounds are filled with shrubs, flower gardens and exotic trees, which attract a variety of native birds. It is a serene setting for just sitting or strolling.

Weather

Dunedin's weather is variable throughout the seasons so you will need to bring a range of clothing with you, including a jersey or two, a warm jacket or coat and cosy footwear. Winter snows are not uncommon at Ashburn. In order to participate in most activities, we invite you to include in your luggage, sports shoes (with white, or non-marking soles), walking shoes, CDs, and handcrafts, such as knitting, if you desire.

Heating

There is central heating throughout the hospital. Free standing heaters and electric blankets are not used due to the risk of fire.

Personal possessions

During your time with us your bedroom will be your own personal space, so feel free to bring some of your own nick-nacks, such as photos or a personal coffee mug, to make you feel more comfortable. There is a lockable drawer in your bedroom for keeping valuables.

Recreational facilities

Alongside our main building is our recreation hall which is equipped for a variety of indoor games, including volleyball, badminton, netball and indoor bowls. Next to this is an outdoor tennis court. A patients' library room, an historic snooker room, TV lounges, and a visitors' lounge are also available.

Computers

Ashburn provides three dedicated computers with high speed internet connection for residents' use. Two have Skype facilities for patients who have their own accounts. We do not provide broadband access to the internet for patients' own laptops, but dial-up is available. Wi-Fi is available in Alexander House.

Telephone

Each bedroom has a telephone for local calls, and there is a dedicated patient callbox. A card phone is available for patient use. These phones are toll barred, so we recommend that you arrange a toll calling phone card. These are sold in the canteen and at reception. We also have a fax, email and post services.

There is a limited cellphone coverage at Ashburn.

Meals

The menu is overseen by our chef and dietitian, and specialised diets and requirements are met for all patients when clinically indicated. If you have special dietary requirements, please let the nursing team know on admission, so that we meet your needs.

- Breakfast is a 'help yourself' meal, and should be completed by 8am on weekdays.
- Lunch is served from midday to 12.30pm.
- Dinner is served from 5.15pm to 6pm.

Canteen

Within our main building we have a small shop. It stocks most essentials, such as shampoo, writing paper, stamps, etc. All profits from the canteen are returned to the patients and used to fund events and equipment purchases.

EFTPOS

EFTPOS facilities are available Monday to Friday.

Library

Ashburn has a good collection of books and music in the patients' own library. If you bring your own library card, you may also be able to join the Dunedin Public Library.

Laundry

Ashburn provides all towels and bedding, and a laundry service for these.

Washing and drying facilities for your clothing are provided. As these facilities are located near the bedrooms, we ask that they are not used between 9pm and 7am.

Religious services

Contact names and telephone numbers of various denominations are listed in each of the units.

Visitors' lounge

The visitors' lounge, in the corridor of the main building, may be used by all patients within the community.

Shared duties

You will be required to contribute to some housekeeping duties such as cleaning and kitchen work. This helps build a sense of community.

IT'S OKAY TO ASK FOR HELP

For further information about any of Ashburn's services please call us. All enquiries are treated in the strictest confidence:

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Fax 03 476 4255

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