

Optima Teenage Unit

Admission Information Pack — please read with your teenager before admission

MCare Optima Bloemfontein · 17 Addison Street, Hospital Park · 051 502 1800

This pack contains everything you and your teenager need to prepare for admission, including what to bring, unit guidelines and important rules. Please read it carefully before admission day.

What to Bring Along

- ID of the patient as well as the main member
- Medical aid card
- Casual daywear — no sleepwear during the day
- Sleepwear
- Toiletries
- Towels
- Comfortable shoes for outdoor games
- Gym clothes
- Hair dryer
- Shaving kit (for boys)
- Reading material
- All current medication, including chronic medication, in original packaging
- R50.00 for the workbook
- R25.00 for washing powder and Sta-Soft
- Money for laundry and vending machines (small change: R20, R10, R5)
- Clean clothes — no see-through, very short dresses or trousers
- Please note: there is no ATM at the hospital

General Information

- A refrigerator is available for perishable food and drink (at your own risk); label items with the owner's sticker
- Vending machines are available for snacks
- Only one cellphone may be brought along — no tablets, iPods, laptops, DVDs or gaming consoles
- All home medication and any sharp objects must be handed in and recorded on admission
- All piercings must be removed and left at home
- Psychiatrists and psychologists arrange feedback appointments with parents about treatment
- Smoking requires written parental consent — under 16: up to 3 cigarettes per day; 16 and over: up to 5 per day
- Parents must give written permission for a patient to be searched, for their own safety
- A patient may only leave the hospital with the doctor's permission and in the care of a parent
- No patient may go home with another patient or on any excursion
- Intoxicated patients or visitors are not permitted
- On discharge, the patient must be out of the unit by 12:00
- Admissions are from 10:00 on Sunday; the principal medical aid member should be available to assist
- If any substance is found with a patient, or a patient is guilty of misconduct, they will be discharged immediately
- Parents will be held responsible for the cost of repairing any damaged property

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House Rules in the Teenage Unit

- Girls are not allowed in the boys' rooms
- Only one person in a bathroom at a time — please keep it clean
- Take turns to bath in the morning or evening so there is enough hot water for everyone
- Romantic relationships or hugging are not allowed; respect each person's space
- Respect one another, staff, therapists and property; feet off benches and couches
- Dispose of mugs and glasses after use
- All meals are taken at the dining table; food is not kept unless a patient is with a therapist
- Food or cold drinks in the fridge must carry the owner's sticker
- Socks and slippers are for the unit only; sleepwear is for the bedrooms only
- Painting and activities should not be done in the bedrooms
- Know your prescribed medication and take it as prescribed
- Patients may not leave the unit without written permission from the registered nurse on duty
- Staff must accompany patients to the vending machine at all times
- Homework is completed after supper; parents bring homework at visiting times and each teen stays accountable for it
- Only parents may visit the child
- Inappropriate behaviour, damage to property, or possession of alcohol or illegal substances results in immediate discharge

Admission Criteria for Teenagers

- Teenagers must already be 13 years of age
- The teenager must be attending school
- The unit cannot admit a teenager who is pregnant or already has a baby
- The programme runs for 2 weeks only
- Teenagers admitted to the Main Hospital may not attend teen groups — they join the adult groups
- Admission is on Sundays from 10:00 to 12:00; discharge is on Friday before 12:00
- Misconduct, damage to property, or any substance use results in immediate discharge

Visiting Hours

Thursdays	16:00 – 17:00
Saturdays	14:00 – 15:00

Visiting is for parents and siblings only. Please arrive within these times.

If you have any questions, please contact us at 051 502 1800. We look forward to supporting your teenager.