CONSENT & COMMITMENT TO TREATMENT

Ashburn
PSYCHIATRIC HEALTH CARE

This consent and commitment to treatment is completed upon admission, and again when you have undertaken the Ashburn Therapeutic Community programme orientation and your first clinical review with your unit team.

Aims of the Therapeutic Community treatment programme

Ashburn Clinic provides a Therapeutic Community model of inpatient treatment which involves all staff and patients working collaboratively together to achieve the goals of treatment and support the person to improve their well-being and quality of life.

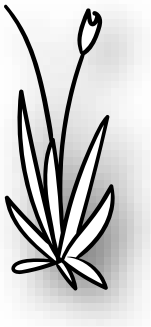
Aims of Ashburn treatment:

- To enable patients to learn more about their problems and difficulties, thereby increasing their ability to effect change.
- To encourage personal responsibility for patient's own behaviour and responses to situations.
- To assist patients to live successfully in the outside world without resorting to unhelpful and unhealthy behaviour patterns, particularly when faced with stressful or difficult situations.

To be effective, the Therapeutic Community programme requires that you engage in all activities in the treatment programme including group therapy, patient committees, recreation and occupational therapy activities, collective discussion and decision-making, daily living activities, eg. cooking and cleaning. Individual psychotherapy and medication regimes may form part of your treatment and will be determined based on your needs and engagement in the Therapeutic Community programme as a whole.

Your commitment to treatment and the goals of your treatment are reviewed after six weeks, then at 3-monthly intervals, in meetings between you and the clinical team in your unit. Failure to commit to or engage with treatment or posing a significant risk to yourself or others or breaching the rules (below), will lead to a reconsideration of your suitability for treatment at Ashburn Clinic.

Inpatient treatment duration at Ashburn varies but generally continues for as long as the treatment is deemed useful.



What you can expect of the therapeutic programme

Treatment in the Democratic Therapeutic Community model encourages 'examined living' which provides an opportunity for those you live and work with (patients and staff) to help you understand why you feel the way you do and help you to see how you relate to others. This knowledge will support you to make the changes necessary to have a better quality of life.

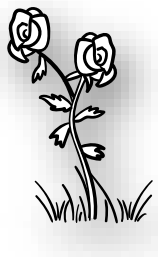
With your consent, whānau, friends and support people are contacted and invited to liaise with unit staff and participate in meetings or discussions as part of your treatment. If you are to be transferred to another hospital, absent without leave for any extended period, or if any other significant event occurs, nursing staff initiate and document contact with your nominated support person and/or emergency contact. Staff are aware of the need for privacy, confidentiality, and the rights of patients, and will seek your consent where possible before contacting or involving whānau.

Access to particular aspects of treatment, eg. individual psychotherapy, specific groups, will be based on clinical assessment of your needs, your engagement with all aspects of the Therapeutic Community programme, and availability of staff resources.

Your medication regime will be reviewed regularly throughout your treatment, and the primary focus of the treatment approach is relational and therapy work, and communal living, rather than pharmacological.

You may have personal preferences for staff contact and support, and these will be considered, but not guaranteed, by the clinical team in the context of your presenting issues and history, as well as the needs of the wider patient group and availability of staff resources.

Ashburn Clinic is a teaching hospital for medical, nursing, allied health, and psychotherapy students, and as such will be present in groups and take part in community activities at times.



What is expected of you

You will commit to participating in all aspects of the treatment programme described above.

Group membership expressly implies a commitment to be present in groups. Everyone is entitled to speak within groups, be heard and treated with respect whatever their age, gender, sexuality, ethnicity, religious belief or physical characteristics. If this is felt to be breached, then you should expect this to be discussed and examined in community groups.

Taking leave from the Ashburn Clinic impacts on your treatment participation and progress and should be discussed with your fellow residents and clinical staff. Leave allocation is set by funders, and by clinical staff and therapeutic community members.

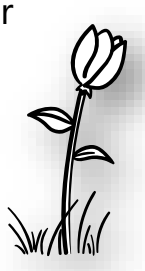
Intimate sexual relationships while you are engaged in treatment will affect your ability to benefit from treatment, so may result in your discharge or that of other parties involved.

All forms of threatening behaviour and violence towards staff and other patients are not tolerated and will likely result in your discharge from the treatment programme.

Obtaining, consuming, or bringing alcohol and other drugs, illicit or purchased medication on-site (which may include paracetamol and other over the counter pain relief) will likely result in your discharge from the treatment programme.

The use of any naked flames in the building, eg. candles or smoking/vaping in your bedroom, will result in your being stood down or discharged from treatment.

Irrespective of your funding source, you may be personally charged for unexplained missed individual clinical appointments (eg. GP, psychotherapy, psychiatry), additional transport, medical appointments, unfunded medication, and any non-accidental damage to Ashburn property.



Cars are not to be brought to Ashburn unless there is express agreement with staff and other residents.

Confidentiality is around the perimeter of the hospital. This extends to include your use of social media with people both within the current Ashburn community group and those outside of it.

You are responsible for your own belongings, and will respect the belongings of others, including Ashburn Clinic property. When you leave Ashburn Clinic, you will ensure your belongings go with you. If you leave belongings behind and make no arrangement to claim them, they will be disposed of by Ashburn Clinic six months after discharge.

You are expected to actively plan for your discharge and utilise the step-down programme whereby you move from inpatient status to the independent living hostel (Alexander House), then home.

You have the right to refuse treatment. You also understand that Ashburn Clinic staff have the right to refuse to treat you, in which case you may be discharged.

What to do if you have concerns or complaints

You have received Ashburn Privacy and Complaints information (contained in the Welcome Pack), HDC and Advocacy Services pamphlets. You understand the mechanism for raising concerns in the Therapeutic Community individually and in groups as part of the treatment model, as well as the more formal advocacy and complaints procedures available to you.

Privacy and confidentiality

You have had explained to you and understand the privacy policies and procedures, in particular the sharing of information between staff and patients in the Therapeutic Community and the importance of 'lived experience', disclosure, peer feedback and support.

For Ashburn Clinic's Therapeutic Community treatment programme to function, all staff may discuss information about you in a clinical context with each other to the extent that this is necessary for proper treatment. You will protect the privacy of all staff and patients, including through your use of social media.

Specific information and data about you will be collected and reported as required by Health Record requirements and funders. This includes demographic information, NHI number, emergency contact, and treatment outcome data which is de-identified and audited to provide information to funders and peers about the effectiveness of treatment.

By signing below, I confirm that:

- I agree to participate in the Ashburn Clinic Therapeutic Community programme, and I have read, understood and agree to the information above.
- I have read, understood and agree to the Ashburn Clinic Privacy Policy and Complaints procedures.

Patient Name (printed): _____

On Admission:	*Signature*	*Date*
Patient		
Staff witness		
Witness name (printed)		

Post Clinical Review:	*Signature*	*Date*
Patient		
Staff witness		
Witness name (printed)		

References:

- Ngā Paerewa Health and Disability Service Standard NZS 8134:2021
- Code of Health and Disability Services Consumers' Rights 1996
- Code of Expectations for Health Entities' Engagement with Consumers and Whānau 2022
- Privacy Act 2020.

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