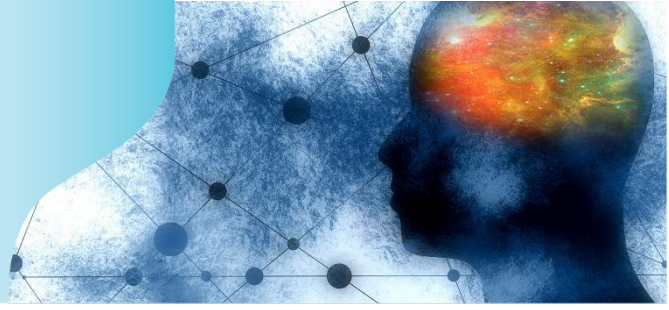


# Mistral Place

Fact Sheet | January 2024



**Mistral Place** is an inpatient Mental Health facility, for consumers aged 18 to 64. We cater for consumers with primary mental health diagnoses such as depression, Bi-Polar Affective Disorder, Schizophrenia and Borderline Personality Disorder.

In line with National Safety and Quality Health Service Standard 2: Partnering with consumers, we actively encourage involvement from our consumers, families, friends and other supports networks.

Our unit aim is to promote patient independence and reintegration back into their home and community.

Part of this process is to encourage consumers to prepare and make their own breakfast and lunch from the food supplied provided, or with food they have bought.

Friday nights provide consumers the opportunity to decide what they would like for their evening meal. Consumers are expected to participate in the planning, shopping, preparation of food, cooking, serving and cleaning up.

This is about maintaining life skills, such as providing nutrition, managing a budget and working with others in a group activity.

## About Mistral Place

Mistral Place is a 10-bed unit mostly with shared bathrooms. There is a full kitchen, communal TV lounge and dining area, as well as a quiet room, with massage chair, armchairs, Wii, TV and DVD's. There is a library (bookcase with books for consumers to read). Please talk to staff if you require any toiletry items.

We also have a cupboard with games to encourage fun, social interaction and communication between patients and/or staff.

There is a laundry with a washing machine, dryer, iron and ironing board for consumers to use for their personal laundry. We can supply patients with washing powder.

There is a balcony with outdoor setting, treadmill and exercise bike. We have plants on the balcony, which would love to be taken care of by any consumers, who have a green thumb and would love to do some gardening.

Consumers are required to keep their bedrooms and all common areas clean and tidy. Linen change is done on Saturdays. When clean linen (blankets, sheets and towels) are provided.

## Activities Mistral Place consumers have been involved in

Mistral Place is an open unit and most of the patients are here voluntarily, having leave granted according to the doctor's discretion. This can take the form of escorted or unescorted leave and to a length of time from 30 mins to overnight/ weekend leave, depending on the patient's current mental health.

**Open hours for consumers:** Front door and kitchen are unlocked at 06:00 am.

**Unit closed:** front door is locked at 19:30 pm, kitchen is locked at 23:00 pm.

**Visiting Hours:** 2:00 pm - 6:00 pm.

Our unit is Drug, Alcohol and smoke free environment, patients are required to sign an agreement on admission, understanding that they need to abide by these rules.

Patients need to realise that they can be asked to leave the facility if they return to the unit under the influence of drugs or alcohol. It is also standard protocol for consumers to be asked to provide a urine sample for urine drug screening (UDS).

**Please keep in mind that Mistral Place is a small community and all consumers, their visitors, and staff need to be treated with kindness and respect.**

**Aggression towards staff and/or other patients will not to be tolerated under any circumstance, as can result in consumers being discharged or police intervention.**

### Mistral Place

Level 1  
4 Liverpool St  
Hobart, Tasmania 7000

Phone: 03 6166 0462



*Tasmanian Health Service Buildings are smoke-free sites.*

Department of Health  
1300 135 513  
[www.health.tas.gov.au](http://www.health.tas.gov.au)

*The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.*

*Statewide Mental Health Service welcomes feedback from consumers, carers and family members to help us improve care. Talk to one of our team or fill in a consumer feedback form.*