

7 CENTRAL BEHAVIORAL HEALTH PROGRAM RULES AND EXPECTATIONS

WELCOME TO THE BEHAVIORAL HEALTH PROGRAM AT McLAREN FLINT

The rules of 7 Central are designed to provide a safe and supportive environment for all patients, visitors, and staff. Please note that it is your responsibility to understand these rules and expectations. Take your time and read them thoroughly. If you have questions, please do not hesitate to ask any staff member for assistance or clarification.

YOUR RIGHTS ON 7 CENTRAL

In addition to the rights of patients at McLaren Flint, you have additional rights as described in Chapter 7 and 7a of the State of Michigan Mental Health Code. Upon admission, you received a copy of a booklet titled: Your Rights As A Recipient of Mental Health Services. Please review this to ensure you are aware of what these rights are. Do not hesitate to ask any staff person if you need assistance or have questions about your rights. You may ask to speak with Recipient Rights Officer who will arrange to meet with you.

PARTICIPATION

Your participation in all groups, seminars, and therapy sessions is important for your treatment. Each day, the schedule of groups and activities are posted on the large white board in the hallway.

DIGNITY AND RESPECT

We expect everyone to treat others with dignity and respect. This means we do not allow foul language, aggression, threats, intimidation, and physical contact that may be offensive to others.

DRESS CODE

We encourage you to dress in street clothes that are comfortable. It is good to have a sweater, or layered clothing, because it is sometimes difficult to find room temperature that satisfies everyone. If a patient comes to the unit without their own clothing, hospital scrub pants and a gown are provided. Clothing with drawstrings, belts, or sharp metal embellishments are not allowed. Feet must be covered at all times. Shoes without laces and slippers are allowed. The unit provides slipper socks as needed. Work boots/ steel-toed boots, cowboy boots, high heel shoes are not allowed while on the unit. Bandanas, sharp hair barrettes/headbands, or sunglasses are not allowed while on the unit. Sharp jewelry/piercings, chained or roped necklaces or bracelets are not allowed.

You must be fully dressed at all meals, group activities, and whenever you are in public areas of 7 Central. This means no bare chest or exposed midriffs, short pants, pajamas, short skirts, tank tops, unbuttoned shirts, or other clothing, deemed seductive or disruptive to the therapeutic environment. The determination of what is appropriate is at the discretion of the staff. If you are unsure of this, please ask the nurse.

PERSONAL ITEMS

The hospital will provide patients with all personal care items, including toothbrush, toothpaste, shampoo/conditioner, body wash, deodorant, etc. Patients are not permitted to bring/use their own personal care items. We ask that you do not bring stuffed animals, pillows, blankets on the unit, you will not be permitted to use them while on the unit.

A personal belongings sheet will be used to record patient belongings upon admission and when new personal items are brought to the unit. Upon discharge, staff will review the personal belongings sheet with the patient to ensure that all belongings are accounted for at discharge. McLaren is not responsible for items kept in your possession during your stay.

All cell phones, wallets, lighters, nicotine products will be locked in a secure area during your stay and returned to you at discharge, these items are not kept in your locker in your assigned room. Large amounts of money will be kept by our security department, security will count the money with you, seal it in an envelope and have you sign a receipt, this will be returned to you at discharge

CONTRABAND AND BELONGINGS SEARCH

Upon admission to 7 Central, a staff member will complete a search of your body and your belongings. This is to provide for your safety and the safety of the unit. We will encourage you to send any valuables home with your family if you are able to do so. If not, we will store these valuables for you until you are discharged. You will receive a Personal Item Receipt that lists all belongings maintained by the hospital.

For safety reasons, restrictions are placed on certain items, including:

- All drugs, including alcohol and medications from home
- Ropes, belts cords, long shoelaces or other items that could be used to hurt oneself or others
- Food or drink not provided by McLaren Flint
- Cell phones or other communication devices
- Lighters and matches
- Cigarettes, cigars, or other nicotine products
- Scissors, straight razors, or other sharp objects.
- Spiral notebooks
- Plastic bags
- Hair picks/rattail combs
- Items that can be used to store paraphernalia or contraband, including purses, pillows (from home) and stuffed animals
- Keys

- Wire hangers
- Hand held video games
- Hats and/or wigs
- Glass containers or glass plates of any kind
- Metal utensils
- Mirrors or compacts
- Nail polish remover
- Crochet needles or knitting needles
- Musical instruments
- Paper clips
- Jewelry
- Devices that can be used to record images or sound;
- Publications, objects, or images that are overtly racist, sexist, or threatening to others (if deemed by the treatment team to be significantly disruptive to the therapeutic nature of the program).
- Packages that have not been inspected by staff
- Aerosol products or haircare items that contain alcohol.

If anybody brings you packages, the staff will check it before allowing you to take possession. If staff suspects an individual may have items that are considered contraband, they may search you and your room. This is important to maintain an environment that is safe and supportive. If a search of your room is indicated, you will be allowed in the room to watch. Visitors may not bring any items to you without prior approval from the nursing staff. Again, this is to ensure safety on the unit.

FREEDOM OF MOVEMENT

You are free to use the common areas of the unit when they are unlocked. You are not allowed in the nurses' station, nor are you allowed to reach over the counter. To protect you and other patients, you are not allowed in another patient's room. You may be asked to stand away from the nurses' station in order to protect the privacy of other patients.

SEXUALITY AND PERSONAL RELATIONSHIPS

Intimate physical contact (e.g., sex, hugging, kissing, fondling, cuddling, holding hands, etc.) is prohibited on 7 Central as it is disruptive to the therapeutic environment.

BED TIMES

Each person is expected to be in his/her room with the lights out at 11:00 P.M. Sunday through Thursday; and at 12:00 AM on Friday and Saturday night.

TOBACCO

You are not allowed to use tobacco or vapes when in the hospital. We understand this is difficult for those individuals who smoke, use smokeless tobacco, or vape. We encourage you to quit as this is, clearly, harmful to your health. To assist you, your physician can prescribe medication to help. The clinical staff will refer you for tobacco cessation counseling.

FOOD

All food and drink consumed on 7 Central must be provided by the hospital. Visitors may not bring in food or drink for individuals in treatment. To maintain a clean environment, we ask you eat in the Lounges only.

Your physician may order consultation with a dietician, or a special diet as needed.

TELEPHONES

You may use the telephone between 7:00 AM and 11:00 P.M. (except during group and activity times). Dial 9, the area code and number to connect the call. Please limit conversations to 10 minutes or less. If you need assistance making a call, please ask a member of the staff. Your right to use the telephone may be restricted if you are using the phone improperly (for example, threatening or harassing others).

No cell phones are allowed on 7 Central. If you need to access your cell for phone numbers, ask a member of the staff. This will be arranged at a specific time..

READING MATERIAL

You may have your own magazines and newspapers on the unit as long as they do not disrupt the therapeutic environment of the program.

Books are available for you to check out.

VISITING

- You may have visitors during the following times:
Tuesday, Thursday, Saturday, Sunday and
Holidays

2:00 PM – 3:00 PM

- You may receive two (2) visitors. At busy times, we may request only one at a time. Visitors must be 18 years or older.
- All visitors are subject to search prior to entering 7 Central. This includes the use of a metal detector and staff inspection of all bags, coats, and other clothing. Each visitor completes a form which includes the person's name, the person they are visiting, their address, phone number, and signature.
- Visitors who disrupt the therapeutic environment may be asked to leave.
- You have the right to receive visitors and the right to refuse visitors. Please let staff know if you do not wish to see a visitor.
- Your family physician, attorney, or members of the clergy may visit at times when open visiting is not available. Encourage that person to speak with the staff to arrange an appropriate time to visit.

SPIRITUALITY

We will provide time for you to meet with members of the clergy and for individual spiritual practice. If you wish to speak with a chaplain, please let us know.

You will not be restricted from practicing your religion, except in situations where specific religious or spiritual practices interfere with the treatment of other clients or with the safety of the environment. We will do whatever we can to accommodate you in this matter.

Religious material (for example, a Bible or Quran) are available upon request.

YOUR ROOM

The Nurse and Behavioral Health Tech will show you your patient room upon admission. Each room has shelving for your belongings, a bench, a washroom, and beds. Your belongings may be locked in a footlocker in the room. Valuables are kept safe in another area. Keep your room tidy, including making your own bed, changing your bedding, and caring for your personal belongings.

LOUNGES

The Lounges are used for group and other therapeutic activities. When not being used for clinical program, it is open for client's use. Please remember, this is an area to be used by the entire Behavioral Health Unit community.

- Do not sleep or lay down in the Lounge (no bed pillows or blankets are allowed in the Lounge).
- Please help keep this area clean.

TELEVISION

A television is available for use in the lounges from 6:00 AM to 11:00 PM except during group and activities.

NURSING STAFF

The Behavioral Health Program is staffed with experienced psychiatric nurses. The nurses assess your health, educate you about treatment interventions, dispense medications ordered by the doctor, and monitor your response to treatment. If you have questions about medications or your health, please ask your nurse.

SEEING THE DOCTOR

The attending psychiatrist supervises all services provided on 7 Central. He or she completes rounds daily and communicates directly with the staff providing care. Your doctor may consult other doctors to assist with your treatment.

RECREATIONAL THERAPY SERVICES

A recreational therapist will meet with you to assess your needs and to assist in the development of your individual plan of service. While in the program, you will be involved in activities therapy to help you learn new coping skills, express your thoughts and feelings, and to identify resources in the community that can assist you.

BEHAVIORAL HEALTH TECHNICIANS

The Behavioral Health Technicians work to monitor your progress, to assist you with activities and with your daily health. The BH Tech may accompany you if you need tests or treatments.

SOCIAL WORK SERVICES

A Social Worker will meet with you to assess your needs, assist in the development of the individual plan of service, review the plan with you, facilitate group therapy, engage in family intervention when indicated, and coordinate plans for when you leave the hospital.

DISCHARGE

When the attending psychiatrist has determined you may be discharged from 7 Central, staff will review your progress and your plans for treatment at a less intensive level of care. The social work staff will assist you in identifying community resources that may support your recovery.

ONGOING RECOVERY

We will do whatever is possible to help you with your recovery. If you have questions, you may contact us at 810-342-2076. If you are in crisis or feel at risk of harming yourself or others, you may call or text 988 from any phone.



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