



McLAREN LAPEER REGION BEHAVIORAL HEALTH UNIT RULES AND EXPECTATIONS

WELCOME

Welcome to the Behavioral Health Program at McLaren Lapeer Region. The rules of the program are designed to provide a safe and supportive environment for all patients, visitors, and staff. 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 THE BEHAVIORAL HEALTH UNIT

The Recipient Rights are listed under the following categories:

- Competency
- Consent
- Dignity and Respect
- Freedom from Abuse and Neglect
- Fingerprinting, Photographing, Audio and Video Recording, and the Use of One Way Glass
- Confidentiality
- Access to Your Records
- Environmental Rights
- Civil Rights
- Appropriate Treatment and Support
- Person Centered Planning
- Legal Representation when admitted under Petition and Clinical Certificate
- Mail, Telephone, and Visiting
- Entertainment and News
- Religious Practice
- Personal Property
- Freedom of Movement
- Access to the Recipient Rights Office

A Recipient Rights Officer rounds regularly on Behavioral Health. This person is available to discuss your Rights as a Recipient of Mental Health services and to investigate any concerns or complaints you have related to these rights. The Recipient Rights Officer can be reached by calling (810) 667-5833.

PARTICIPATION IN THE PROGRAM

To achieve maximum benefit from the program, it is important that you attend the clinical groups and activities offered daily. You will be provided with a weekly schedule to keep you informed of what is offered. Services are facilitated by our multidisciplinary team of health care professionals. These include, but are not limited to:

Activity Therapy: Activity therapy groups focus on helping you to develop a healthy, balanced lifestyle. Groups include life skills education/discussion, leisure exploration, social skills, and creative tasks.

Group Therapy: Group therapy is led by a doctorate or masters level clinician with specialized training in psychotherapy. In addition to strengthening relationship and social skills, group therapy is especially valuable to individuals struggling with depression and anxiety.

Psychosocial Education: Educational sessions are provided to help individuals understand their diagnosis, the treatment regimen used to treat psychiatric illness, to develop coping skills, and to lead a healthier lifestyle.

TEAM CONFERENCE

The doctors, nurses, social workers, activities therapist, and other professionals (when needed) conduct a full assessment of your needs for care. A Team Conference is scheduled to review the treatment plan (Individual Plan of Service) with you. Your family or other advocate is invited to attend this meeting.

DIGNITY AND RESPECT

Clients are expected to treat each other and staff with dignity and respect. This means that foul language,

aggressive body posture, threats, intimidation, and physical contact with others is not allowed.

DRESS CODE

You must be fully dressed at all meals, group activities, and whenever you are in public areas of the Behavioral Health program. It is the responsibility of the patient and/or family to provide comfortable clothing to wear. All clothing will be checked by staff to ensure it is safe. Labelling the clothes with a marker is helpful to prevent loss. It is good to have a sweater or layered clothing because it is sometimes difficult to find a room temperature that satisfies everyone.

Feet must be covered at all times with hospital provided slippers or comfortable shoes.

The determination of appropriate dress on the Behavioral Health program is left to the discretion of staff members who will work with you to ensure you are comfortable and covered.

PERSONAL ITEMS

If you have a personal journal, books, or religious items, we ask that you keep them in your room as they may interfere with the therapeutic nature of the program. All jewelry will be sent home or held for safe keeping by the hospital. You will be given a receipt for all items held.

Personal media players, cellular phones, and smart phones are not allowed.

These rules prevent loss of personally significant items and avoid disruption of the therapeutic environment of the program. The hospital is not responsible for lost articles (clothing, shoes, personal items) that you keep in your possession.

CONTRABAND AND BELONGINGS SEARCH

When you are admitted to the program, a staff member will complete a search of your body and belongings. This is done to provide for your safety and the safety of others.

Restrictions are placed on certain items, including:

- All drugs, including alcohol and medications from home
- Ropes, belts, cords, shoelaces or other items that could be used to hurt oneself or others
- Food or drink not provided by McLaren Lapeer (with the exception of hard candy or mints)
- Plastic bags and latex balloons
- Cellular telephones and any device that can be used to record images or sound
- Lighters and matches
- Cigarettes, cigars, or other tobacco products (including electronic cigarettes)
- Scissors, straight razors, or other sharp objects
- Keys
- Wire hangers, wire bound notebooks, or other items containing wire that could be removed
- Glass containers or glass plates of any kind
- Mirrors or compacts
- Crochet hooks or knitting needles
- Publications, objects, or images that are racist, sexist, or threatening to others
- Packages that have not been inspected by staff
- Hair dryer, curling iron, bobby pins, hair oils or spray

If anybody brings you packages, the staff will check them. If staff suspects an individual may have some items that are considered contraband, they may search your room and your person. This is important in order to maintain an environment that is safe and supportive. If a search 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 program when they are unlocked. Access to the staff report room, offices, and the nurses' station is limited to hospital staff only. To protect you and other patients, you are not allowed in another patient's room. You may be asked to move away from the Nurse Station to protect confidentiality.

BED TIMES

Each person is expected to be in his/her room at 11:00 P.M.

TOBACCO

McLaren Lapeer Region maintains a tobacco free environment. We understand this is difficult for those individuals who do smoke or use smokeless tobacco. We encourage you to quit as this is, clearly, harmful to your health. To assist you, your physician can prescribe nicotine patches. The clinical staff will provide or refer you for smoking cessation counseling.

FOOD

Breakfast, lunch, dinner, and snacks are provided by the hospital at designated times. Patients eat in the Dining Room. To maintain a clean environment, we ask that you eat in that room only.

All food and drink consumed on the Behavioral Health Unit must be provided by the hospital. Visitors may not bring in food or drink for individuals in treatment. Your physician may order consultation with a dietician or a special diet as needed.

TELEPHONES

You may use the telephone between 7 a.m. and 11 p.m. (except during meals, group and activity times). Please limit conversations to 10 minutes or less (when the unit is very busy, staff may limit calls to 5 minutes). Your right to use the telephone may be restricted if you are using the phone improperly.

To protect privacy of others, no cellular telephones or smart phones are allowed on the Behavioral Health Unit.

READING MATERIAL

The *Lapeer County Press* (delivered every Wednesday and Sunday) and magazines are provided for your use. Please do not remove these from the lounges. You may have your own magazines and newspapers on the unit as long as they do not disrupt the therapeutic environment of the program.

VISITING

Tuesday/Saturday/Sunday/Holidays: 3 p.m. - 4 p.m.

Wednesday: 7 p.m. - 8:30 p.m.

McLaren Lapeer Region recognizes the following as holidays:

- New Year's Eve
- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving
- Christmas Eve
- Christmas Day

You may visit in the designated public area of the Behavioral Health Unit. You may receive one (1) visitor at a time. Visitors must be 18 years or older.

As stated above, all visitors are searched prior to entering Behavioral Health Unit. This includes staff inspection of all bags, coats, and other clothing. Each visitor is required to complete 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 will be asked to leave and may be restricted from visiting again. 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 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 and to have proper identification.

SPIRITUALITY

We encourage treatment by spiritual means and provide time for you to meet with members of the clergy. 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 directly interfere with the therapeutic nature of the program. We will do whatever we can to accommodate you in this matter.

YOUR ROOM

You will be assigned a room upon admission. Each room has a bed, a closet, and a washroom. Please help keep it organized and tidy. For sanitary reasons, food and drinks (other than water) cannot be kept in your room. If you need assistance, ask any member of the staff.

LOUNGES

The Lounges are used for group and other therapeutic activities. When not being used for clinical programs, they are open for patient use. Please remember, these are areas 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).
- Please be responsible for keeping this area clean.

TELEVISION

A television is available for use in the lounges from 5:30 AM to 11:00 PM except during group activities and when the room is closed for cleaning.

SEEING THE DOCTOR

The attending psychiatrist supervises all services provided on the Behavioral Health Unit. He or she completes rounds daily and communicates directly with the staff providing care.

The psychiatrist requests consultations from other physicians to help manage your health care issues. If you have concerns, please notify the nursing staff.

AFTERCARE

The plans for care you will need after discharge are discussed in the Team Conference. These plans are coordinated by the Social Work staff. The attending psychiatrist determines when you may be discharged from the Behavioral Health Unit.

FEEDBACK

At the time of discharge, you will be asked to complete a brief survey about your experience in the Behavioral Health program. Your feedback helps to continually improve the services we provide.

IMPORTANT PHONE NUMBERS

- McLaren Lapeer Region: (810) 667-5611
- Suicide and Crisis Lifeline: 988
Hours: Available 24 hours