



McLAREN OAKLAND
SENIOR BEHAVIORAL HEALTH
UNIT RULES AND EXPECTATIONS



OAKLAND

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WELCOME

Welcome to the Geriatric Psychiatry Program at McLaren Oakland. The rules of the program 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.

McLAREN OAKLAND GERIATRIC PSYCHIATRY UNIT RULES AND EXPECTATIONS

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YOUR RIGHTS ON THE GERIATRIC PSYCHIATRY UNIT

In addition to the rights of patients at McLaren Oakland, 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. A staff person reviewed this with you to ensure you are aware of what these rights are. Please do not hesitate to ask any staff person if you need assistance or have questions about your rights.

PARTICIPATION IN THE PROGRAM

You are expected to participate in all groups and therapy sessions while in the program. Staff will wake



you up each morning. It is important that you participate in the activities that can help you get better. The Daily Schedule of Activities is listed in the Dining Room. Group activities include recreational therapy,

group therapy and education. Additional written material is provided upon request.

Psychosocial Education: Educational sessions are provided daily. These include groups that will help you better understand your illness, develop coping skills, lead a healthier lifestyle and understand your treatment and medications.

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

Group Therapy: Group therapy focuses on helping you put your thoughts and feelings into words, practice giving and receiving feedback, improving your coping skills and gaining support from others.

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. Additional conferences are scheduled to review the plan at least every other week.

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 that is deemed offensive to others is not allowed.

DRESS CODE

You are encouraged to dress in street clothes. All linen, pillows and bedding provided by the hospital. It is good to have a sweater, or layered clothing, because it is sometimes difficult to find room temperature that satisfies everyone.

You must be fully dressed at all meals, group activities, and whenever you are in public areas of the Geriatric Psychiatry Unit. Feet must be covered at all times. Work boots, high heel shoes, hats, scarfs, and sunglasses are not allowed while on the unit. 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

You are responsible for supplying your own clothing. All linen, pillows and bedding provided by the hospital. If you have a personal journal, books, religious items, we ask that you keep them in your room as they may interfere with the therapeutic nature of the program. All jewelry (other than a wedding band) and all other jewelry will be sent home or held for safe keeping by the hospital. You will be given a recipient 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 your belongings. This is done to provide for your safety and the safety of the unit. We will encourage you to send money and 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, shoelaces or other items that could be used to hurt oneself or others
- Food or drink not provided by McLaren Oakland (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 overtly racist, sexist, or threatening to others (if these are deemed by the treatment team to be significantly disruptive to the therapeutic nature of the program)
- Packages that have not been inspected by staff
- Hair dryer, curling iron, bobby pins or 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 unit when they are unlocked. You are not allowed in the staff report room, offices, or behind the nurses' station unless accompanied by a staff member. To protect you and other patients, you are not allowed in another patient's room without staff permission.

BED TIMES

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

TOBACCO

You are not allowed to use tobacco when in the hospital. 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 can 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 Geriatric Psychiatry 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. Staff members are available to help if you wish to have water, tea, or coffee.

TELEPHONES

You may use the telephone between 9:00 AM and 9:00 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 Geriatric Psychiatry Unit.

READING MATERIAL

The Oakland Press is delivered on days published 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. Sexually explicit, overtly violent, racist, sexist, or other material that may intimidate other recipients is not allowed on the Geriatric Psychiatry Unit.

FAMILY PLANNING AND GENERAL HEALTH INFORMATION

State law requires that you are notified of access to Family Planning and Health Information. You may contact the Oakland County Health Division Nurse On-Call at 800-848-5533. Services provided to you at McLaren Oakland are in no way dependent on the decision to seek, or not to seek, family planning and health information services.

VISITING

Thursday:
6pm-7pm

Wednesday, Saturday, Sunday, and Holidays:
2:00 PM – 3:30 PM

You may visit in the designated public area of the Geriatric Psychiatry Unit. You may receive two (2) visitors at a time. Visitors must be 16 years or older (special accommodations for younger visitors may be approved by the doctor).

As stated above, all visitors are subject to search prior to entering Geriatric Psychiatry 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.

SPIRITUALITY

We encourage treatment by spiritual means and provide time for you to meet with members of the clergy and their 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 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 reason, food and drinks 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 program, they are open for patients use. Please remember, these are areas to be used by the entire Geriatric Psychiatry Unit community.

- Do not sleep or lay down in the Lounge (no bed pillows or blankets are allowed in the Lounge).
- Please be responsible for keeping this area clean.

TELEVISION

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

Please turn off the TV when not in use. Please do not change the channel when another person is already watching.

SEEING THE DOCTOR

The attending psychiatrist supervises all services provided on the Geriatric Psychiatry 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 Geriatric Psychiatry Unit.

IMPORTANT PHONE NUMBERS

- McLaren Oakland (248)338-5000
- National Suicide Hotline (800) 273-8255
- National Suicide Text Line 741-741
- Common Ground (800) 231-1127



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