Welcome to MaineHealth Behavioral Health at Spring Harbor

Adult Unit

This handout explains your treatment team, daily routines, expectations, and safety guidelines during your stay at MaineHealth Behavioral Health at Spring Harbor Adult Unit.

Your treatment team will also give you information about your condition, medications, and resources to help you after you leave the hospital (are discharged).

Confidentiality

We help to protect your privacy by only sharing information about you and your care that is allowed by law or with your written permission. Visitors are expected to respect the privacy of all patients. Phones, cameras, and recording devices are **NOT ALLOWED** on the unit.

What is inpatient treatment?

Inpatient treatment means that you are staying at the hospital, including overnight, until you are discharged. Goals of inpatient treatment include:

- Stabilizing a mental health crisis
- Learning about your diagnosis and symptoms
- Seeing if medication may help you
- Building skills to manage difficult feelings or behaviors
- Connecting you with community resources
- Making a discharge plan that supports your safety and recovery

Each person's length of stay is different, but many people stay 7 to 14 days (1 to 2 weeks).

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Personal belongings and safety

We search all patients and belongings at admission. If you leave the hospital for an appointment, the same safety steps will happen when you return. We also check items that visitors bring.

Some items are safe to keep with you and can be “checked out”. Others must be stored for your safety and the safety of other patients.

You CAN check out:	You can NOT have:
These may be used under staff supervision and then returned: ✓ Wireless headphones ✓ Makeup (up to 5 approved items; no pencils, glass, or mirrors) ✓ Hospital-approved toiletries ✓ Hospital-approved markers or flexible pencils	These items will be stored by staff until discharge: ✗ Weapons ✗ Belts or clothing with strings ✗ Shoelaces ✗ Metal, glass, or sharp objects ✗ Medications, drugs, or alcohol ✗ Pagers, cell phones, cameras, TVs, recording devices ✗ Personal care items (due to toxicity or scent) ✗ Open-container drinks ✗ Personal art supplies (pens, markers, pencils) ✗ Electronic devices (smart watches, tablets, e-readers,gaming systems)

Do **not** bring any expensive or valuable items, including jewelry. We cannot be responsible for lost or damaged items.

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Personal care items

We will give you everything you need, including a toothbrush, toothpaste, deodorant, soap, and shampoo. **Do NOT** bring any personal care items to the hospital.

Showers have timed water; you can press the button for more time.

Shaving:

- Staff must supervise all shaving for safety.
- You can use an electric razor with permission from a doctor and after maintenance checks it.
- A unit electric razor is available for you to use with supervision

You are not allowed to shave your genital area while at the hospital.

Clothing and footwear

For your safety, we ask that you:

- Wear clothing and shoes that cover your body, are clean, and do not have unsafe or offensive content.
- Always have your feet covered. You can wear socks around the unit, but you must wear shoes when you leave the unit.
- Staff will remove and replace your shoelaces with Velcro during your stay, or the shoes will be stored off the unit until you are discharged.

You CAN wear:	You CAN NOT wear:
✓ Clothes that cover your body	✗ Revealing tops or very short bottoms
✓ Knee-length shorts, pants, and skirts	✗ Miniskirts or short shorts
✓ Shoes or sandals off the unit, socks on the unit	✗ Bare feet or unsafe shoes
✓ Clothing without alcohol, drug, or offensive language	✗ Clothes with alcohol, drug, or offensive images
✓ Modified clothing for safety (Velcro shoes, no shoelaces or drawstrings)	✗ Clothing or items that are unsafe

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If you need clothing or sneakers, please let staff know. We will make every effort to make sure you have what you need.

Daily routine

Your routine during your hospital stay will be different from your normal routine where you live. We encourage you to help with as many self-care tasks as you can. This includes keeping your room clean and organized. Our staff will help if you need it.

Laundry

We have free laundry machines that you can use to wash your clothing. Please let staff know when you want to do laundry so they can add your name to the list. Please wash your clothing and practice good personal hygiene. Our staff will help if you need it.

Please do not put your own clothing in the laundry hampers on the unit. These are for hospital linens and scrubs only. Your room has an individual laundry basket for your use.

Food and drinks

We provide all of your meals and snacks while you're here.

- Food brought from outside must be factory-sealed or from a restaurant.
- Food made at home is not allowed.
- Leftovers cannot be stored or reheated.

Visitors must take any remaining food home.



Coffee and caffeinated beverages are only allowed during certain times:

- 6 a.m. to 1 hour after breakfast
- Lunch until 1 hour after lunch
- Dinner until 5:30 p.m.

Energy drinks and fermented drinks (such as kombucha or kefir) are **NOT** allowed.

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Community expectations

We want everyone to feel safe and respected. The following behaviors are **NOT** allowed:

- Borrowing others' belongings.
- Threatening or aggressive behavior.
- Stealing.
- Sexual activity.
- Alcohol or drug use.
- Dangerous items or materials.
- Entering another patient's room or standing in doorways.
- Physical contact beyond a brief high-five or fist bump (this includes styling another's hair).
- Talking about current substance use, self-harm methods, violence, or sexual topics. These topics may come up in select groups.



We encourage positive, respectful connections with peers while maintaining personal boundaries. Once you leave the hospital, we do not recommend connecting with other patients for at least 1 month (if you choose to at all).

Community room, TV, phone, and computer use

Community room

This is a shared space for games, watching TV, and socializing.

- Lights must stay on
- No blankets, sheets, or pillows
- Please sit in the community areas, not in hallways or exits

TV

- Available from 6 a.m. to 11 p.m. (Charge nurse may allow exceptions)
- It must be turned off during groups
- Staff control the remotes
- No violent, sexual, or substance-use content

Computer

- It's available until 11 p.m. and you can use it for up to 30 minutes at a time.
- You cannot look up violent, sexual, or substance-use content.

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Therapy groups and schedule

Groups are structured, supportive activities where you will learn and practice wellness and life skills to make lasting improvements to your health and emotional well-being. Therapy groups are led by our clinical program staff.

A schedule is posted in the community room and at the nursing station.

Group topics may include:	
Coping skills group	CBT (Cognitive Behavioral Therapy), SMART recovery, safety planning, and other skills to manage emotions and mental health symptoms.
Co-occurring group	Explore mental health and substance use issues. Patients will learn about skills and resources for dealing with the challenges that come with addictions, substance abuse, and mental illness.
Employment recovery group	Explore the benefits and barriers around returning to work, dealing with stigma about mental health from employers, and myths about Social Security and employment.
Health and wellness group	Learn about skills that promote health and emotional well-being.
Medication education group	Learn about a variety of medication-related topics and answer any questions that you have.
Social work group therapy	A supportive atmosphere to talk about issues affecting recovery.
Unit milieu group	Community meeting in the morning, planning meeting in the afternoon, and wrap-up group each evening, run by unit staff.
Physical activity group	Structured gym and walking groups, run by unit staff. We offer something for every level of fitness. Physical activity helps to improve your mood, energy level, focus, and attitude.



It is important that you arrive on time for groups and stay for all of group time. If you know that you will be late, please tell the group leader ahead of time. Please try to schedule phone calls and visitors during non-group times.

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Medicine and medical procedures

Medicines are an important part of treatment for many of our patients. Your care team will tell you about any medicine that you take, including:

- What they are called
- What they are for
- When to take them
- Possible side effects

Before giving you medicine or certain procedures, your care team will:

- ✓ Confirm your identity using your photograph and date of birth.
- ✓ Do a physical exam when you are admitted.
- ✓ Get written consent when required.

Please talk with your care team about any medical concerns during your stay.

Access and safety on the unit

All patients start with limited movement on the unit, meaning that you can only go to certain areas at first. Your provider may increase your freedom for:

- Alcoholics Anonymous (AA)
- Accessing the gym
- Courtyard time
- Visits to the café

Based on your safety and care plan, you may eventually be able to access more areas. This is based on your safety and treatment needs. Staff will check in with you regularly for safety; usually every 10 to 15 minutes or more often, if needed.

Involuntary hospitalization

Involuntary hospitalization is when a person is admitted to a psychiatric hospital or unit against their will. For more information, please refer to the **Involuntary Hospitalization FAQ**.