Welcome to MaineHealth Behavioral Health at Spring Harbor

Child and Adolescent Unit

This handout has helpful information about your stay at MaineHealth Behavioral Health at Spring Harbor Child and Adolescent Unit.

What is inpatient treatment?

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

- Stabilizing the crisis
- Helping you and your parent or caregiver learn more about your diagnosis and behaviors
- Seeing if medication might be helpful as part of your treatment
- Building skills to manage crisis behaviors outside of the hospital
- Accessing resources in the community for help and support
- Creating a discharge plan that will help you maintain stability at home, in the community, and at the next level of care

Who participates in my treatment?

Your care team includes parents or guardians, family members, group home staff, educators, and other people who care for you. Care providers are an important part of your treatment.

We want everyone to understand your treatment plan and behavioral interventions. During your hospital stay, the hospital team will support your caregivers by teaching them how to use interventions and how to put your treatment plan into action so that everyone feels confident once you are ready to leave the hospital.

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Important

Important note about recording: We may ask your parent or legal guardian for permission to video or audio record treatments and interventions. We use these types of videos to educate our care providers. We will ONLY record you if we have a signature from your parent or guardian.

What can I expect during an average hospital stay?

Every hospital stay is different and is based on the needs of the patient and their treatment plan. Most people will stay 7 to 14 days (1 to 2 weeks), but this can vary based on the patient.

When will I be ready to leave?

The care team will talk with you and your parent or guardian about the goals for your stay and will help decide when you are ready for discharge from the hospital. We will always talk with you and your parent or guardian directly about the treatment plan and discharge plans.

Daily routine

Your routine during your hospital stay will be different from your normal routine at home. We encourage you to help with as many self-care tasks that 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. You are asked to help with your own laundry. 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.

Personal care items

We will give you everything you need, for example toothbrush, toothpaste, deodorant, soap, and shampoo. Do not bring any personal care items from home.

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Clothing and footwear

- You will need to wear clean and appropriate clothes that cover most of your body and underwear. You can wear shorts that go down to your knees. You should not wear revealing clothing items (like halter-tops, muscle t-shirts, crop-tops, or miniskirts).
  - » If an outfit is inappropriate, we may ask you to change, put on additional layers, or use Velcro belts.
  - » If your clothing has drawstrings, we can take out the strings with your permission or store them until you are discharged..
- Clothing with obscene content or references to substance use is not allowed. You will be asked to turn in clothing if it is inappropriate or a safety risk.
  - » Your clothing will be stored and given back to you once you leave the hospital.
- For your safety, you must always have your feet covered. You can wear socks around the unit, but you must wear shoes when you leave the unit.
  - » With your permission, staff will remove shoelaces and replace with Velcro during your stay, or the shoes will be stored until you are discharged.

Medications

Medications are an important part of treatment for most of our patients. Your care team will tell you about any medications that you take, including what it is called, what it is for, when to take it, and possible side effects.

We will need written consent from you or your guardian (depending on your age) before we can give you any medications or perform certain medical procedures.

- If you are under 14, we only need consent from your guardian.
- If you are 14 or older, we need consent from both you and your guardian.

The Drug Enforcement Administration (DEA) prohibits facilities such as MHBH at Spring Harbor to store controlled substances during your stay. Our pharmacy team will work with you to ensure you are provided with medications necessary for your treatment while you are under our care.

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School

LearnWell tutoring services

You can access tutoring services every day. LearnWell's certified teachers and education technicians help to make sure that you are continuing to learn and make progress in school during your hospitalization.

They will talk with your school and provide you with your own schoolwork, when possible. If you can't have access to your own work, you will have access to LearnWell's custom curriculum with high-quality lesson plans that are age and grade appropriate and engaging. LearnWell's curriculum complies with local, state, and federal education requirements.

Patient rooms

You are expected to keep your room clean and tidy. We have scheduled time each morning for cleaning, and your room should be clean and tidy before morning meetings begin.

Personal belongings

Most of your personal belongings are kept in the unit's Personal Belongings Closet during nighttime hours. Please label all clothing and personal belongings with your initials.

We do not recommend bringing many toys or personal items from home. You should not bring any expensive or valuable items because we cannot be responsible for lost or damaged items.

You might want to bring:

- A stuffed animal or blanket from home
- 3-day supply of comfortable clothing (we have laundry units on site) A pair of sneakers

Therapy groups

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 programming staff.

We will post a daily schedule in the community room and at the nursing station. All groups are very beneficial. Your treatment team may encourage you to attend specific groups based on your individual treatment needs and goals.

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Group topics may include:

- **Coping skills groups:** 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.
- **Health and wellness group:** Learn about a variety of 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 impacting 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 laps 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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