



REPORTING CHANGES IN A PATIENT'S BEHAVIOR

If you notice a change in your loved one's condition while visiting please contact a staff member for assistance.

Examples of changes we encourage you to report:

- Increase in anxiety or agitation
- Statements regarding harm to self or others or attempts to harm oneself or others
- Difficulty breathing
- Falls
- Any concerns

ITEMS PATIENTS MAY HAVE

We want your loved one's stay to be as comfortable as possible; you are welcome to bring in a few personal items that will help them feel more at ease.

Examples of items that may be brought in from home include:

- Clothing without drawstrings
- Clean pillow, comforter, blanket
- Books of non-violent/non-sexual nature
- Unframed photos
- Journals, composition books (no metal spiral)

If you have questions, please feel free to speak with staff.

VISITOR BROCHURE

Distinguished, respectful, inpatient psychiatric care for individuals of all ages.



SPRING HARBOR HOSPITAL

123 ANDOVER ROAD
WESTBROOK, ME 04092

207-761-2200

SPRINGHARBOR.ORG


Spring Harbor Hospital
MaineHealth

A division of Maine Behavioral Healthcare

VISITING GUIDELINES

Spring Harbor Hospital (SHH) recognizes the important role family and friends play in the patient's treatment and ongoing recovery.

In an effort to support contact with those individuals the patient or their guardian has approved to visit, SHH offers flexible visiting hours.

Visitors must be 18 years or accompanied by an adult at all times.

VISITING HOURS

10 a.m. - 7 p.m.

The recommended duration of visits is one hour to allow patients to participate in unit programming.

EXCEPTION:

1 East (Developmental Disorders Unit)

Monday, Tuesday, Wednesday, Friday
2 p.m. - 7 p.m.

Thursday
12:30 p.m. - 7 p.m.

Please speak with a member of the treatment team if you need to make other arrangements for visiting.

Call Reception Services for the most up to date visitor information at 207-761-2200.

WHAT TO EXPECT WHEN YOU VISIT SHH

For the safety of our patients, staff and visitors you will be welcomed at Reception Services. The receptionist will ask for your name and the patient you wish to visit. Only approved visitors will be allowed onto the units. Please bring identification as it may be requested.

Once approved, you will be given a numbered visitor badge. Please clip this badge above your waist where it is easily seen and return to the receptionist when you leave.

Before entry to the unit, you will be asked to secure all personal belongings (e.g. purse, coat, cell phone, personal keys, smoking materials, weapons, pocket knives and multi-tools, etc.) in the secure lockers in the lobby. Please take your locker key with you.

You will be greeted upon arrival to the unit.



ITEMS BROUGHT IN FOR PATIENTS

Any property items brought in for the patient will be tagged with a red sticker and will be left at Reception. Unit staff will collect and search property as soon as possible.

Authorized food & beverages will be allowed to be brought up to the unit by the visitor and searched by staff upon entry to the unit. All approved items will be given to the patient.

Certain items are not permitted on the unit and include, but are not limited to:

- Weapons (guns, knives, multi-tools)
- Drugs (prescription and illicit)
- Recording devices (e.g. cell phone)
- Clothing with drawstrings
- Toiletries (hospital provides)
- Products containing caffeine or alcohol
- Open drink containers (e.g. fast food drinks)
- Items depicting violent and/or sexual themes
- Glass & Metal items (e.g. makeup bottles, mirrors and vases)