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Hennepin County  
**Medical Center**

# Welcome

You have just been admitted to Hennepin County Medical Center’s Inpatient Psychiatry unit. This booklet will describe our staff and services and will let you know what you can expect while you are here.

Throughout your hospital stay, there will be a variety of mental health professionals assisting you with your needs. While you are here, you will be working with a staff psychiatrist, a resident or medical student, a psychiatric social worker, nurses, mental health workers, occupational and recreational therapists, and psychologists. Some of the health professionals who will be working with you are listed below.

Shortly after admission, you will meet your assigned nurse. This person will work closely with you and help you reach your goals while here.

**Your staff psychiatrist/provider**

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**Your nurse**

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**Your resident/medical student**

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**Your psychiatric social worker**

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**Your nurse practitioner**

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## Psychiatric Units

There are six psychiatric units at Hennepin County Medical Center. Patients have the same treatment team throughout their hospitalization and may be admitted to any of the six units.

## Your Treatment Team

You will be seen by your treatment team every day to review your progress and answer any questions you may have. Your treatment team will meet once a week without you to discuss your progress, group participation, medication, and discharge planning. The team consists of:

*Psychiatrist*

*Clinical Nurse Specialist/Physician Assistant*

*Nurse Practitioner*

*Nurse*

*Social Worker*

*Therapeutic Recreation staff*

*Occupational Therapy staff*

*Resident/Medical student*

## Privilege Levels

Your privilege level, or group status, defines when and for what purposes you may leave this unit. All patients are placed in Group A upon admission. At your request, depending on your taking part in the unit activities and the agreement of those staff working with you, your privilege level may be increased. Factors including your current condition and legal status are considered.

**Group A:** You are not allowed to leave the unit except for tests. You must cooperate with the staff escort, and sign in and out of the unit. If you are on a legal hold you will remain on group A.

**Group A with gym privileges:** Therapeutic recreation staff will escort you to the gym on B2. While there you may use a variety of exercise equipment or the pool table. Gym shoes are required.

**Group B:** You may leave the unit with therapeutic recreation staff escort for group walks and activities. You must take part in the unit activities, cooperate with staff escort, and sign in and out of the unit.

**Passes:** Therapeutic passes may be considered on an individual basis depending on your treatment plan.

## **Health Care Bill of Rights**

A Health Care Bill of Rights is posted by the nursing station. If you have a complaint or believe your rights have not been respected, please talk with the head nurse or nursing supervisor of your unit.

## **Security and Personal Safety: Personal Property Restrictions and Behavior Expectations**

These guidelines are to help promote security and safety for you, other clients, and staff. Respect toward other clients and staff is expected. Violent behavior will not be tolerated and may result in legal charges or discharge from the hospital. Use of alcohol, chemicals, medications, or carrying of weapons is not allowed in the hospital for you or your visitors during your stay.

All belongings and valuables should be checked in by nursing staff who will keep a list of your personal items in your chart. Due to limited space, clothing is limited to two outfits and one pair of pajamas. Valuables and more than \$40 in cash will be placed in the hospital vault. Your family should take valuables home. The hospital is not responsible for the loss, damage, or disappearance of personal property not checked in, locked up behind the nurses' station, or placed in the vault. No phones or TVs are allowed in individuals rooms. A washer and dryer are available to use from 7:30 a.m. to 10 p.m. daily.

### **Additional items not allowed:**

- Shoe laces (they will be removed at admission and replaced with multi-purpose ties; they will be returned upon discharge)
- Any objects with cords or strings including, but not limited to:
  - Headphones
  - Ipods
  - Scarves
  - Necklaces/chains
  - Electronics
- Plastic bags
- Shaving razors with blade. Electric razors are available on the unit. Safety razors are available during good grooming group.
- Plastic bottles brought in by visitors, including pop bottles, water, juices, or 2 liter bottles. Soda may be purchased from the vending machines in the hospital. You may also buy these items while with Therapeutic Recreation staff during an outing. Canned beverages are allowed if poured from an aluminum can.

### **Smoking/ Nicotine Replacement**

Hennepin County Medical Center is smoke free. Nicotine replacement is available upon request. Smoking materials will be held until discharge.

### **Meals and Snacks**

Menus need to be completed by 10 a.m. Menus are for the next day's meals. Turn menus in at the nursing station. You are asked to eat in the community area. Snacks and coffee are available in each unit's kitchen area. Soda pop may be purchased but must be poured into Styrofoam cups because cans are not allowed on the units. Please clean up after yourself.

### **Telephone Use**

You may use the telephones in the lounge between 7:30 a.m. and 10:30 p.m. To make an outside call dial "9" first. Please limit your call to 10 minutes. Patients are expected to answer the phones in the lounge and find the person asked for. You cannot receive outside calls after 10:30 p.m.

## Telephone numbers are as follows

NURSING STATION	PATIENT PHONE
O8: 612-873-3233	612-873-0912 612-873-0913
O8 ICU: 612-873-3233	612-873-0911
B5: 612-873-4320	612-873-0909 612-873-0910
B4: 612-873-4555	612-873-0915 612-873-0787
B2: 612-873-2930	612-873-0908 612-873-0907
B2 ICU: 612-873-4655	612-873-0908

## **Chaplaincy Service**

Chaplains are available. Tell your staff person if you want to speak to a chaplain.

## **Visiting Hours**

Monday through Friday  
Noon – 1 p.m. and 4 – 8:30 p.m.  
Saturday, Sunday, and Holidays  
11 a.m. – 8:30 p.m.

Visitors may be asked to visit in the lounge or in your room with the door open, for your safety. Visitors may be restricted whenever necessary. Minors should be escorted by a responsible adult and may be restricted to visit in a certain area. Check with the staff before minors visit to make arrangements. The number of visitors you have may be limited by the staff. Former patients are asked not to visit the units for 60 days after they have been discharged from the hospital.

## **Boundaries/ Confidentiality**

You are asked to keep all information shared in groups confidential. If you are having difficulty with peer relationships, please ask staff for support. If you feel uncomfortable or have a conflict with a peer, please ask staff to help you solve this problem. Failure to cooperate with this can lead to a transfer to another unit or discharge from the hospital. We will not share information with any outside sources without your permission.

## Television

A television is available on each unit. Viewing must be in agreement with your peers. TV hours vary on each unit, so check with the staff. The TV is turned off during some unit activities and sleeping hours.

## Group Therapy Program

Therapy groups are planned throughout the day and are posted in the lounge area of each unit. Therapy groups include therapeutic recreation groups, occupational therapy groups, and psychotherapy groups led by nursing staff. Privileges off the unit and passes are based on group participation. Remember, there may be changes or additions to the schedule. Please check with the staff if you have any questions. These groups are carefully designed to offer you a wide variety of experiences:

- Offer you support.
- Help you gain self-understanding.
- Encourage you to learn more about your mental illness.
- Develop coping skills.
- Encourage you to explore outpatient treatment once you are discharged.
- Explore personal issues through the group experience to practice communication skills.

### **Interpersonal Skills Group**

**Time:** Varies on each unit. Check activity board. Runs 45 minutes, Monday – Friday.

**Place:** IPS room on your unit.

**Purpose:** To provide a time to discuss issues that brought you into the hospital. To learn more about yourself in relationship to other people. To help you decide if outpatient groups may be useful for you after discharge. You must be in the group when it starts to avoid interruptions.

### **Family and Friends Support Group**

**Time:** 5:30 – 6:30 p.m. on Wednesdays

**Place:** B2

**Purpose:** For all concerned person of inpatients to learn about illnesses, medications, and to gain support.

### **Occupational Therapy Clinic**

**Time:** Varies on each unit. Check the activity board on your unit. Monday – Saturday.

**Place:** OT room on each unit.

**Purpose:** Working on a craft/art project of your choice and at your own pace. This will help you learn new skills to accomplish goals such as making decisions, planning, goal setting, practicing work skills, and finishing what you start. This also will improve feelings of self worth and help you start new hobbies.

**Daily Living Skills Evaluation (OT)**

**Time:** Evaluation done once, lasting approximately 1-2 hours.

**Place:** OT room on your unit.

**Purpose:** In planning for your discharge, your doctor may ask you to do an evaluation of daily living skills to determine your level of independence. An occupational therapist does this evaluation. Your team will tell you about the results and suggestions.

**Pet Therapy**

**Time:** Varies based on pet availability.

**Place:** Unit

**Purpose:** To provide comfort and companionship by sharing the dog with patients. To increase emotional well-being and promote healing.

**Exercise Group (TR)**

**Time:** Varies on each unit. Check the activity board on your unit.

**Place:** Activity room on your unit.

**Purpose:** Stretching and light aerobic workout to music.

**Exercise Room (Gym) (TR)**

**Time:** Varies. Check the activity board on your unit.

**Place:** B2 – Must have “A” with gym or “B” status and/or your doctor’s permission to attend.

**Purpose:** To provide an outlet for physical activity and promote socialization (talking with others).

### **Community Walk (TR)**

**Time:** 4 p.m., Monday – Friday

**Place:** Nursing station to sign out for the walk outside.

**Purpose:** Socialization and exercise in the hospital and surrounding community for those with “B” status.

### **Community Outings**

**Time:** Weekends and Tuesday evenings.

**Place:** Nursing station to sign out for the outing.

**Purpose:** For those with “B” status to socialize, enjoy themselves, and learn about resources in the community. Activities have included: movies, bowling, visits to the Animal Humane Society, Como Zoo and many others.

### **Leisure Education (TR)**

**Time:** Varies on each unit. Check the activity board on your unit. Monday- Friday.

**Place:** Activity Room

**Purpose:** Introduction to a variety of leisure activities, leisure activity planning, and learning about community resources.

### **Evening Therapeutic Recreation Group (TR)**

**Time:** On the weekend. Check the activity board on your unit.

**Place:** Activity Room

**Purpose:** Relaxing and socializing through activities such as parties, dances, baking, games, cards, good grooming, relaxation, exercise, learning life skills, music, and art.

**Self-Esteem/  
Feelings  
Management  
Group (TR)**

**Time:** On the weekend. Check the activity board on your unit.  
**Place:** Activity Room  
**Purpose:** To encourage discussion of feelings and gain support from peers.

**Current Events  
(TR)**

**Time:** Sunday morning. Check the activity board on your unit.  
**Place:** Activity Room  
**Purpose:** Discussion of topics such as current events, pets, travel, etc.

**Cultural/  
Spiritual**

**Time:** Periodically available  
**Place:** Individual Unit  
**Purpose:** To refresh and revisit spiritual practices that are of importance to you. Please let us know how we may accommodate your religious and/or cultural needs. A Chaplain is available on request.

**Sex Education**

**Purpose:** Education about current issues and practices to maintain sexual health. Done on an individual basis. Please talk with your nurse and/or treatment team if you have concerns regarding your sexual health.

**Alcoholics  
Anonymous  
(AA)**

**Time:** 6:30 p.m. on Sunday evenings  
**Place:** General Unit O8  
**Purpose:** For everyone interested in learning about AA. To get support and encouragement for sobriety. Speak with your treatment team for permission to attend.

## **Community Meetings**

**Time:** Once to twice weekly. Check the activity board on your unit.

**Place:** Unit lounge area

**Purposes:** Opportunity to get to know others, discuss unit concerns.

## **Mental Health/ Chemical Health Group (MHCH)**

**Time:** 2:00 p.m.

**Place:** B4

**Purpose:** Understanding how drugs and alcohol affect your mental health.



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