

## Welcome to McKay-Dee Hospital's Adult Behavioral Health Unit

We are a 33 bed locked unit that specializes in caring for adults with acute psychiatric concerns. Our first priority is safety; therefore rules and expectations are put in place to help us ensure a safe environment. All patients are observed at least every 15 minutes, 24 hours a day.

### *Expectations*

During their stay, patients will be assessed and evaluated by many different professionals including physicians, nurse practitioners, nurses, therapists, therapeutic recreational therapists, and behavioral health technicians. These professionals make up the treatment team, and with the physician as the lead, they all work towards providing the patient with a safe discharge plan and extraordinary care. The treatment team meets every morning and patients are encouraged to attend and actively participate in their treatment plan.

Patients will work with the treatment team to develop a goal to work on including daily goals or steps to help meet that goal. We ask that patients participate in groups, complete assignments and testing as necessary, and follow the rules of the unit. We expect that patients will work with us, and keep us informed of how they are feeling.

Please feel free to ask us questions if you are ever unsure about something, we are here to help you!

## Daily Schedule

- 6:00 a.m. Vitals, Assessment, Personal Care
- 7:00 a.m. Breakfast
- 7:30 a.m. Interdisciplinary Treatment Rounds Begin
- 8:00 a.m. Goal Setting/Journaling
- 10:30 a.m. Therapeutic Recreation Process Group/  
PICU Recreation Participation Activity
- 11:30 a.m. Lunch & Soda
- 12:30 p.m. Mindfulness (Group Room-TRS)
- 1:00 p.m. Psychotherapy
- 2:30 p.m. Leisure Activity
- 4:00 p.m. Exercise (Group Room-BHS/Tech)
- 4:30 p.m. TV Time
- 5:30 p.m. Dinner & Soda
- 6:00 p.m. Vitals, Assessment
- 7:00 p.m. Visiting Hour
- 8:00 p.m. Goal Status/Skill Building
- 8:30 p.m. Snack
- 9:00 p.m. TV Time
- 10:30 p.m. Lights Out/Bedtime

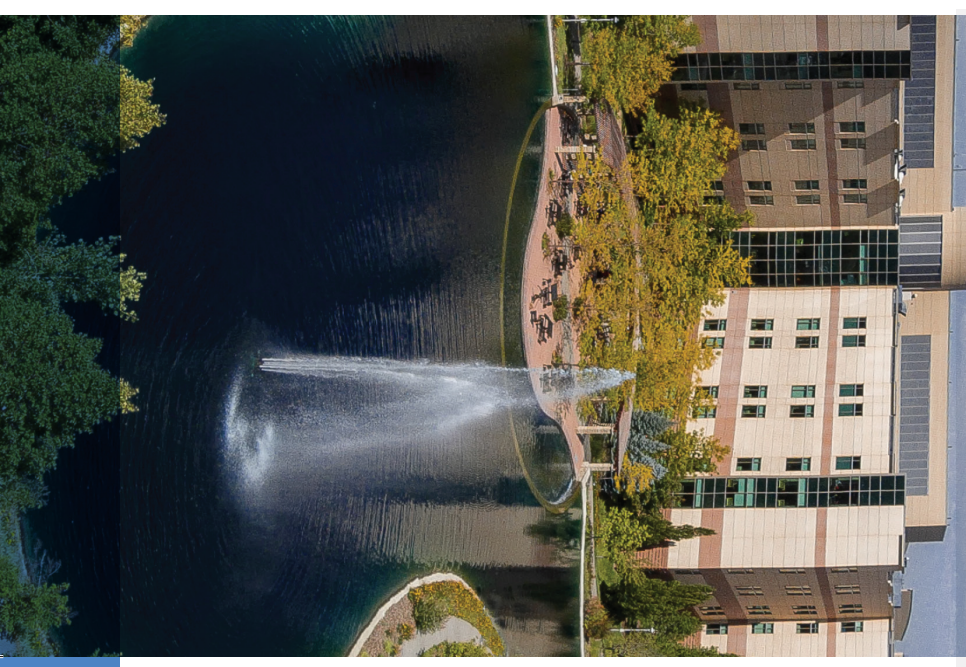
\*Individual and family therapy sessions will take place throughout the day in coordination with your physician and therapist. The above schedule is subject to change when patient care activities necessitate.



4401 Harrison Blvd., Ogden, UT 84403  
801.387.5502 | [mckaydee.org](http://mckaydee.org)

## Adult Behavioral Health Unit

*Family & Patient Orientation*



## PROGRAM OVERVIEW

Please allow approximately two hours to complete the admission process and 45 minutes for the discharge process, approximately. The average length of stay is 3-5 days and can vary depending on the severity of illness. Nursing assessments and collection of vital signs are completed at least twice daily. Educational, skill building, and fitness activities are scheduled throughout the day and patients will also spend time in individual therapy and meeting with medical staff in addition to scheduled meals and personal time. A member of the treatment team will schedule at least one family session, preferably on the 2nd day of admission. Therapists will provide daily contact with families. Rarely, patients become a danger to themselves and/or others to the point that seclusion or restraints are required for their safety and/or the safety of staff and other patients. Please see the restraint handout (provided in the patient admission packet) for further information.

### APPROVED BELONGINGS

#### 3 changes of clothing

*(No tank tops, mid-diffs, bandanas, inappropriate pictures, school emblems)*

#### Underwear

#### Socks

#### Sleepwear

*(no strings)*

Patients are encouraged to send valuables such as: prescription medications, money, jewelry, electronics, and cell phones home as storage on the unit for these items is strongly discouraged. Please be aware that the hospital cannot assume liability for these items and storage in patient rooms is not allowed.

*\*\*All items brought in must have the ability to be loaned during your hospital stay as needed.*

## TELEPHONE SERVICES

There are telephones available for your use from 7:00 a.m to 10:00 p.m. except during group time. Callers may reach you by dialing 801-387-5502. Patients will be given a code that all callers will be required to provide in order to speak with any inpatient.

## SMOKING POLICY

Based on our commitment to the prevention of illness and restoration of health and safety of our patients, visitors and those who work here, we are committed to maintaining a smoke-free environment in cooperation with the Utah Indoor Clean Air Act. Smoking is prohibited in any building on the McKay-Dee Hospital Campus. Patients are not allowed outside to smoke during their hospitalization.

## SPIRITUALITY NEEDS

Clergy or spiritual leaders may visit during non-visiting hours. However, it is recommended that he/she calls prior to arriving at the unit and they must know the patient code prior to visiting.

## CONFIDENTIALITY

Patients are assigned a unique patient code upon admission and only family/friends whom the patient has given the code to will be allowed to call or visit the patient while they are hospitalized. Confidentiality is very important to us and we will not share any information with individuals without the correct patient code.

## VISITING HOURS

Family and friends may visit between 7:00 p.m. and 8:00 p.m. daily. For safety reasons, visitors are asked to lock up all personal items (keys, purses, wallets, coats, etc.) prior to entering the patient care areas and only two visitors per patient are allowed on the unit at a time. Patients in the psychiatric intensive care unit (PICU) require a higher level of care and an environment with fewer distractions to maintain their safety so children are not allowed in this area.

## MEDICATIONS

During hospitalization, medications will be ordered by the physician. A licensed nurse will dispense these to your family member.

Medications from home will be sent home with friends/family at admission unless otherwise arranged by the physician or medical staff. All medications, including prescription as well as over-the-counter medications, must be stored in the medication room at all times. A hospital pharmacist will inspect and verify any medications from home approved to be given during the patients stay prior to nurse administration.

## PHARMACY

The L.T. Dee Pharmacy is located on the first level of the hospital and can fill and deliver prescriptions for patients as they leave the hospital. Hours are Monday through Friday 9:00 a.m. to 7:00 p.m. and Saturday 9:00 a.m. to 3:00 p.m.