

# **PrairieCare Expectations**

## **Participation in Treatment:**

- Patients will attend and participate in all groups and activities as indicated by their schedule.
- Patients will follow staff expectations during groups.
- Patients are encouraged to take breaks and ask for help as needed.
- Patients are expected to treat others (staff and peers) with respect and kindness.

## **Conduct and Safety:**

- Patients will maintain appropriate physical boundaries with peers and staff.
  - Patients are prohibited from hugging, touching, including styling hair, etc.
- Patients will be respectful toward others:
  - Verbal aggression, threats, racial and prejudicial comments or actions are not allowed.
  - Mocking or teasing others is not allowed.
  - Physical violence and property destruction is not allowed.
- Patients will use appropriate language.
- Patients will engage in appropriate conversations while in the milieu.
  - Talking about triggering topics such as: details about attempts, drugs, alcohol, sexual content, and abuse are not allowed in the milieu. These topics may be discussed with staff.
- Patient room doors should always remain closed.
- Patients are not allowed to enter other patient's rooms at any time.
- Items may be restricted if they are used inappropriately or unsafely.

## **Patient Food**

- Patients will eat all meals in the cafeteria and food may not be brought to the unit.
- Patients will be offered snacks on the unit during "snack time."
  - Patients should eat their snack at this time. Snacks cannot be stored in patient rooms.
- Outside food and beverages are not allowed on the unit.

## **Confidentiality and Privacy:**

- Patients should maintain their personal confidentiality and information.
  - Sharing contact information including last name, school, address, phone numbers, social media, and email are not allowed.
- PrairieCare discourages maintaining friendships with peers outside of the hospital. Maintaining healthy boundaries protects patient safety and privacy.

## **Telephone:**

- Patients may make phone calls to individuals on their call list. Contacts can only be added to this list by a patient's guardian.
- Patients may make phone calls during breaks between scheduled groups and in the evening down time. Patients are not able to make phone calls during groups or during quiet time.
- Unit phones are shared, so calls are limited to 15 minutes per call to ensure everyone has access.
- Phone use may be limited if concerns of inappropriate language and/or behavior with phone calls.

### Personal Belongings:

- Patients are allowed to have personal items, stored in their room, such as: journals, sketchbooks, stuffed animals, and bedding. Personal items may not be shared between patients.
- Patients may have five outfits of clothing. These can be brought to the hospital by their guardian.
  - Items with drawstrings (hooded sweatshirts, shoelaces, sweatpants) will require the drawstring to be removed.
  - Laundry machines are available for patients to wash clothing during their stay.
  - Clothing items may not be swapped out during a hospital stay.
- Hygiene items may be brought for patients by guardians. PrairieCare will also provide hygiene items, as needed. Hygiene items will be kept in an individual hygiene bin.
- The following items are not allowed:
  - Unsafe objects are not allowed on the unit. Such as: sharp items, glass, strings, pencils, spiral notebooks, belts, shoestrings, etc.
  - Electronics are not allowed on the unit. Such as: laptops, cell phones, smart watches, tablets, etc.

### Dress Code:

- Patients are expected to adhere to the hospital dress code.
- Patients will wear scrubs, up to 36 hours, until belongings have been searched.
- If staff determine dress code is not being followed, patient will be asked to change or wear scrubs
- The following is not allowed:
  - Hats, bandanas, sunglasses, or non-religious scarves
  - Clothing displaying last names and school names
  - Clothing displaying violence, inappropriate references, drugs, or alcohol
  - Clothing which is revealing including low cut tops, crop tops, or tank tops
  - Jeans with rips/tears/destruction
  - Under garments showing
  - Dresses, skirts, and shorts shorter than knee length.
  - Most jewelry is not permitted. Stud earrings and other body piercings are allowed at staff discretion. If jewelry is used inappropriately, a patient may lose their privilege of having it.

### Headphones

We would like to provide you with the opportunity to use AM/FM noise-cancelling headphones during your stay. If you agree to the following terms of use, you will be provided with a pair of headphones to use during your stay.

- Headphones must stay in your room
- Headphones may not be tampered with
- Headphones are a privilege and may be removed if there are safety or treatment concerns
- Headphones must be returned upon discharge
  - Yes**, I would like to use headphones
  - No**, I do not want to use headphones

**\*Rules are subject to change based on individual patient needs or safety concerns\***

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_