

HENRY FORD
MACOMB HOSPITALS



Behavioral Health Services Patient Handbook



Begin it Now

Until one is committed (to a goal), there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans:

That the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.

Whatever you can do, or dream you can, begin it.

Boldness has Genius, Power and Magic in it.

Begin it now.

~ Goethe

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Welcome to Henry Ford Macomb Behavioral Health Services program. This handbook contains important information about your treatment. Please go over it carefully and feel free to talk with our staff about any questions regarding your care.

A place to heal

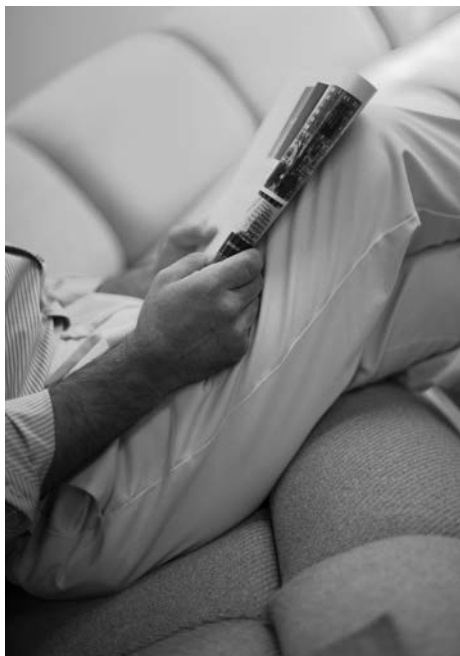
The unit has been set up to provide a safe environment where you can heal from recent life events and recover from your symptoms. Keeping the unit safe and comfortable requires a cooperative relationship between all staff and patients on the unit. It also requires knowledge of, and adhering to unit rules. The following information will help you understand what you can expect and what we expect from you.

Camera monitoring

Cameras monitor some areas of the unit to maintain safety. We do not record any monitored area.

Community living

The unit you are assigned to is your temporary home and the home for patients who share this area with you. We ask that you work with all concerned to keep the area clean and presentable.



We have housekeeping services for major cleaning jobs such as floors and restrooms. All patients and staff are responsible for generally keeping the unit presentable and a pleasant place to stay. You can help by:

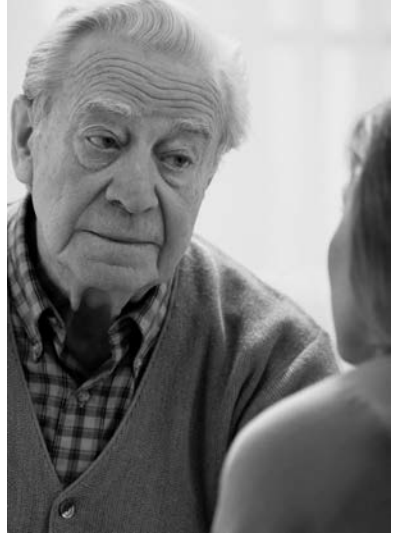
On the unit

- Being gentle with the furniture and supplies on the unit.
- Keeping the shared space clean and neat.
- Picking up your personal belongings and supplies.
- Wiping up spills.

- Informing staff if anything needs repair or replacement.
- Keeping track of all game and puzzle pieces.

For the community

- Wearing clean clothing and bathing/washing regularly.
- Dressing appropriately in street clothes when out of the unit – avoid revealing or seductive clothing. Make sure your clothing covers your chest, legs and midriff.
- Respecting quiet times and quiet areas.
- Being respectful of privacy needs.
- Being calm and polite during interactions.
- Understanding of the need to share space and materials with others on the unit and avoid monopolizing these.
- Exploring with staff any skills you may need to cope with differences or symptoms in others.
- Seeking out staff if you feel unsafe and reporting your concerns.



It is our desire to work together to provide a safe, supportive, comfortable and pleasant environment.

Community meetings

Community meetings are held each week to discuss life on the unit, concerns, and to plan special events. This is an opportunity to work out any problems associated with sharing living space. It's also a great place to share ideas for programming and unit needs.

Confidentiality

Your treatment is kept confidential. Only those directly involved in your treatment will have access to your information. You may be asked to sign authorization forms so that we can reassure your family of your welfare.

The front desk, the medication cart or room, and conference rooms are areas where confidential information is frequently addressed between staff or with patients. Due to this, we ask that you keep these areas clear to help avoid personal information from being overheard.



Entry and wrap-up meetings

Entry meetings are held each morning to discuss information needed for the day and to assist you in identifying a goal for the day. Wrap-up group is held each evening to discuss and evaluate your day. These groups are part of your treatment and your participation will assist in meeting your goals.

Jewelry and valuables

We recommend you send extra money, jewelry and other valuables home with a family member or friend. If this isn't possible we can store them for you in our Security Department. You are responsible for all your belongings. The hospital is not responsible for lost or stolen items unless they are locked in security.

Laundry

A washer and dryer are available on each unit. Detergent will be provided. Facilities are available from 7:30 a.m. to 10 p.m., but will be closed during any scheduled activity.

It is highly recommended that you plan ahead for your laundry needs. Washing machines on the unit take a long time to cycle. Also, there are 24 patients sharing a single washer and dryer. Because of this, there may be a delay in the ability to wash your clothing.

Locked doors

As part of our commitment to maintain a safe and confidential environment, the doors to the unit and the elevator are locked at all times. Patients may not leave the unit unless they have off-unit privileges and are accompanied by staff.

Off-unit privileges can be given to you once you are off all precautions. You must display the ability to consistently control your behavior, following directions when needed. You also must be actively involved in your therapy groups and interact in a socially appropriate manner.

You may discuss your readiness with your staff. Your doctor must write an order for you to receive the privilege.

Mail and flowers

Mail, flowers, and gifts will be delivered to you as they are received, or forwarded to your home after you leave. Please check the sharps and restricted items list to ensure these items can remain on the unit. Flowers must be in plastic containers, and cannot include wire, ribbon, or any sharp items.



Meal times

All meals are served in the dining room on each unit. Breakfast is served at approximately 7:30 a.m., lunch at approximately noon and dinner at approximately 5 p.m. A small snack is served in the evenings. Food and Nutrition Services delivers and collects the trays.

Menus are delivered to the units with breakfast. Please be sure to fill one out for the following day. Inform the staff of any food allergies, special diets, ethnic restrictions or preferences. We would be happy to help you.

Medications

Medications are available at the nursing station at designated times. Medications are usually taken in the morning, afternoon and evening, depending what your doctor prescribes.

There may be times when your doctor may order extra medications for you, on an as-needed basis, to help manage the symptoms of your illness. These require assessment by the treatment staff before they are administered. Please work with your staff regarding this.

Remember, the only medications that can be taken are the medications ordered by your doctor. Please do not have your family/friends bring in medications. This could seriously compromise your health and safety.



Patient identification bands must be worn at all times. This is to ensure that the medication is given to the correct person. Please assist the nurse by identifying yourself clearly and allowing staff to check your identification band at the time medication is administered.

Take your medications as prescribed. If you have questions or concerns, please discuss these with your doctor and nurse. If you choose not to take a medication, clearly tell the nurse. This will ensure that you and the doctor can accurately assess your response to the medications you are being prescribed.

Do not hide medications in the trash or on the unit. This could harm or be fatal to another patient.

Safety and avoiding falls

The unfamiliar environment, new medications, and various aspects of illness can make people more prone to falls. Please help us ensure your safety by:

- Pausing until you feel stable before continuing when rising to a sitting or standing position.
- Always wearing non-skid slippers or shoes.
- Bringing in assistive devices such as hearing aids, glasses and canes.
- Keeping pathways clear.
- Using lights.

Never hesitate to ask for assistance. If a fall occurs, report it immediately. Ask staff to assist you with reviewing the events leading up to this, and problem-solve ways to ensure your future safety.

Sharps and restricted items

For safety reasons, the use of some items is limited. These items are kept locked up by staff. They are generally available for your use from 6 to 10 a.m. and from 6 to 10 p.m.

Outside of regular sharps times you will need to speak with staff about any special needs. Staff will determine if unit safety and responsibilities can be met while accommodating your need. We will do our best but ask that you limit special needs.

Certain items are not allowed on the units at any time for safety reasons.

These include, but are not limited to:

- Lighters and matches.
- Glass containers and aerosols of any kind.
- Some clothing items such as heavy boots, shoelaces, belts, drawstrings in pants, robe belts, unbuttoned shirts, bare midriffs, short shorts, high heels, Spandex and tank tops without additional coverage are not permitted.
- Spiral notebooks.
- Adult magazines, pictures or books.
- Metal items or any item the staff determines is inappropriate, sharp or could cause harm.



Electrical items are not allowed. They include but are not limited to:

- Blow dryers
- Curling irons
- Radios
- CD players
- MP3 players (iPods)
- Televisions
- Battery operated equipment
- Cameras
- Tape recorders
- Fans

Food items:

Individually wrapped gum and hard candy are allowed on the unit in limited quantities.

Special dietary needs will be accommodated when possible. Please let the staff know if you have special needs.

Personal belongings

Your personal belongings are to be stored in your assigned space. We have provided a locker and a dresser to store your clothing and items allowed on the unit. Please keep track of these.

We recommend marking your name on clothing tags before washing them. We also suggest marking glasses, books and any other personal items that may accidentally be left out on the unit.

Belongings not safe for general use on the unit (razors, cologne, etc.) will be stored by the staff in a locked area. Some of these items will be available for your use during sharps time. Restricted items (shoelaces, heavy shoes, belts, bags or purses with long handles etc.) are items that are never allowed out on the unit. These will be stored in a locked area until your discharge.



Personal grooming

You are expected to wear appropriate street clothing and shoes while on the unit. Please limit the amount you bring due to limited storage. Makeup, glass items and razors are stored on the units with scheduled use times (see sharps information).

Showers are available from 7 a.m. to 10 p.m. daily when you are not attending groups.

Pocket money

Typically, no money is needed on a daily basis. It is advised you do not keep more than \$10 on hand. Do consider keeping a small amount of money for:

- Telephone calls - The telephone on the unit is free for local calls. You may choose to use the pay telephone on occasion and will need change to do this.
- Vending machines – During some trips with staff off the unit vending machines are available for purchasing snacks.

Recipient rights

As a recipient of mental health services, you have certain rights under the Michigan Mental Health Code, Chapter 7 and 7a. You should have received a blue booklet outlining all your rights. If you haven't received this booklet, please ask staff for one.

If you feel one of your rights under the Michigan Mental Health Code has been violated, you may contact the Rights Advisor at 466-9741 or you may file a Recipient Rights Complaint, and put it into the locked box at the Nursing Desk. The Rights Advisor will contact you.

Relationships

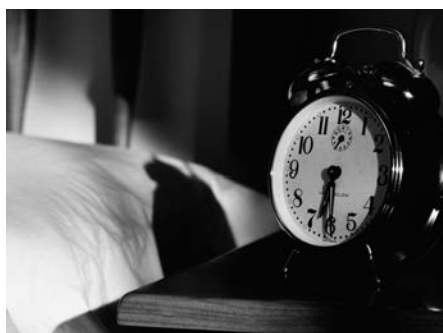
Romantic relationships are strongly discouraged while participating in treatment. Physical contact (hugs, holding hands, kissing, etc.) is not permitted between patients.

Patients are not permitted in each other's rooms. Should this become a problem the treatment team may transfer them to another unit for safety reasons.

Your room

You are assigned a room during your stay. This includes a bed, locker and bedside table. You might share your room with one or more other patients.

To keep the unit clean and to practice healthy habits, we ask that you make your bed daily and change your bedding at least once a week. Place any dirty bedding or towels in the soiled laundry bin on the unit. The hospital staff will launder these.



Smoking

We are proud to be a non-smoking campus. No smoking is allowed any place within the building. We also do not allow smoking anywhere on our property. This is to promote a safe, healthy environment.

We know this may be difficult for people who smoke for leisure and coping. We also recognize smoking is an addictive habit. We are happy to assist you in adjusting to this change.

Several alternatives are available to assist you. If you wish to be on a patch or use gum to assist you in transitioning off cigarettes, please let your staff know. We will order these for you and have them available during your stay. We also have smoking cessation kits. These contain

educational materials to assist you to be smoke free during your hospitalization.

We care about your future, and we also have materials available to support you if you choose to continue this lifestyle change after discharge.

As always, feel free to talk with your staff about your concerns regarding this matter. Please remember, staff cannot “bend” or “break” this rule even “just this once.”



Spiritual care

We care about your spiritual needs. Chaplains are available to provide support and counsel patients and family members of all faiths. Clergy of all religions are welcome to visit patients at any time.

Please let the staff know if you would like to talk with someone

from Spiritual Care Services or call 263-2330.

Telephones

There are two phones on most units for patient use. One telephone is a “free phone” which will only dial immediate local calls. Most units also have a pay phone. Staff will provide you with your unit’s phone numbers to give family and friends so they may call you.

- To make a local call, dial 8 + the number.
- To use a calling card, dial 8 then follow the directions on your calling card.

There is a 15-minute limit on calls for all patients. We encourage phone cards as well as change for the pay phone. Phones are shut off during group times.

Phone use may be restricted for some patients. If your telephone privileges are restricted, you will be clearly notified, given the reason for the restriction, and what you are able to do to earn your telephone privileges back.

Television and radio

A television and a radio are available for use on the unit. Staff recognize many people use television and radio for leisure, relaxation, and to distract from concerns. We also recognize it may be difficult to share these on the unit. If any conflicts over the television occur, please talk to staff and they will assist you to resolve this.

Television and radio are available from 7 a.m. to 10:30 p.m., except during therapy group times. The television and radio are used only in the designated community area.

Violence and aggression

It is essential to have a safe, supportive environment that facilitates personal safety, recovery and learning. The Henry Ford Macomb Behavioral Medicine program wants to ensure that all people are treated with dignity and respect.

As we value these principles, any form of violence, intimidation or aggression will not be tolerated. Individuals admitted to this hospital are still subject to the laws of Michigan and our community.

Visiting

Visiting is an important privilege for many people. It is a way to maintain connection with your friends and family. It also reassures them of your health and safety.

To allow you to focus on your treatment and behavior changes, and to maintain safety and structure on the unit, visiting hours are limited. General visiting hours are Monday – Friday from 7 to 8 p.m. We also have visiting Saturday, Sunday, and holidays from 1 to 2:30 p.m.



There is a limit of two visitors per patient. All visitors must be over the age of 16. Visiting is in community areas only. For your safety and the safety of your guests, please do not take them to patients' rooms.



For safety, all items brought in by visitors for patients will be examined and reviewed by staff. Plants or flowers must be in a plastic vase. We do not allow balloons, bows, or wires on the unit. (Please also refer to the information on *sharps and restricted items*.)

To make the most of your visit we suggest you:

- Make sure your visitors know when visiting hours are and know where to go.
- Make sure your visitors know the rules for visiting.
- Call visitors earlier in the day to ask them to bring anything you may need such as clothing, magazines, books, soap, slip-on shoes or clogs.
- Plan ahead for items you wish to send home.
- Be prepared to reassure visitors of your health and safety.
- Know what will help you to feel their support if asked.
- Thank your visitors for coming.

If your visitors have any concerns about your care, they may talk to the staff or call the unit or recipient rights advisor at:

1 East – (586) 466-9718

4 North – (586) 466-9749

4 East – (586) 466-9748

Recipient Rights Advisor: (586) 466-9741

Please remember: Staff cannot give out ANY information to visitors without the written permission of the patient, unless they are the guardian. For therapeutic reasons, discharged patients may not visit any unit for 30 days following their discharge.

Getting to know your staff



During your stay, you will be provided care by a number of staff. To help you better understand your care team, following is a list of professionals you may come into contact with and what you can expect from them.

Psychiatrist

You will be assigned an attending psychiatrist whom you will see most days you are in the hospital. On the days your psychiatrist is not available, another psychiatrist will be available to respond to your concerns. Your psychiatrist will:

- Direct your treatment team and the care that is provided.
- Assist you to identify your symptoms and give a name to your general concerns.
- Discuss with you your stressors, events leading to your hospitalization, treatment strategies, and aftercare needs.
- Prescribe and monitor your response to your medications.

You can expect:

- To be seen most days by your primary psychiatrist.
- Have a psychiatrist available daily to monitor your care and response to treatment.
- To have your doctor notified of significant changes in your condition.
- To be informed of any medications or medication changes being provided and information about these.
- To be kept updated about the reasons for your continued inpatient stay, progress, and goals to be met to allow for discharge.

Nurse

You will have a nurse available 24 hours a day. There is a charge nurse who manages the general welfare of the unit and patients staying here. The medication nurse will be available to administer prescribed medications and to answer any questions you may have about them.

The nurse will:

- Administer your prescribed medications as scheduled.
- Provide education about your medications.
- Assist you with any necessary pain management.
- Provide information about your diagnosis.
- Discuss symptom management techniques as needed.
- Discuss personal concerns, mental illness, and behavioral issues that may arise.
- Contact your psychiatrist about your care.
- Keep you updated about your treatment plan and progress.
- Help you understand the medications you will be taking after discharge.

You can expect:

- To have a nurse available 24 hours a day, 7 days a week.
- To have your questions answered in a clear manner.
- To have your pain concerns addressed
- To have acute medical needs addressed.
- To have the nurse notify your doctor of significant changes in your condition.
- To be informed of any medications or medication changes being provided and information about them.
- To have any of your concerns addressed.

Mental health technician

You will have a mental health technician (MHT) who is responsible for assisting you with your daily general needs or concerns.

Your MHT will:

- Assist you with storing your belongings.
- Check on all patients to maintain safety.
- Help you with showering and self care needs.
- Assist you in laundering and maintaining your clothing.
- Notify you of doctor appointments, meetings, medical tests, and

therapy groups and assist you to attend these.

- Provide information about your diagnosis.
- Discuss personal concerns, mental illness, and behavioral issues that may arise.
- Discuss symptom management techniques as needed.
- Assist you with time management and leisure activity.

You can expect:

- To have a MHT available 24 hours a day, 7 days a week.
- To have your questions and concerns addressed in a clear, supportive manner.
- To be understood and feel cared about as an individual.
- To have assistance coping with acute mental health symptoms such as anxiety, hallucinations, fear, confusion, frustration, etc.
- To be informed of any symptoms of your illness that are of concern and receive information about these.
- To receive education about your illness, symptoms, and ways to recover from this.

Social worker

A social worker is assigned to each unit. This social worker is available to provide therapy groups, individual contact, and family sessions. The social worker can help you understand the role of your social network (family, friends, neighbors and co-workers) in supporting your health. Your social worker is also one connection to outside agencies including probate court, group homes and the legal system.

Your social worker will:

- Gather personal historical information that may affect your care.
- Assess your current strengths and opportunities for growth, and assist you to identify therapy goals.
- Provide daily group therapy sessions.
- Meet with you individually as needed to discuss progress, family, support or situational concerns, and assist you with problem-solving as needed.
- With your consent, meet with or communicate with your family, guardian, or other social supports.
- Assist you with any legal issues related to hospitalization.
- Assist you in exploring discharge arrangements.

You can expect:

- To have a social worker available daily, and your specific social worker available most days.
- To have your situation and needs understood and responded to.
- To receive education about your illness, symptoms, and recovery for yourself and your family.
- To have group therapy provided daily.
- To have information kept confidential and given only to those whom you have approved or who have legal access to your information.
- To have questions about probate court, deferral hearings, guardians, and related information responded to in a clear, timely manner.

Discharge planner

Your assigned discharge planner is your primary contact to develop aftercare arrangements. Your discharge planner will meet with you as needed, with more frequent contacts at the end of your hospitalization. They will assist you in making and understanding follow-up appointments. They also will work with you on living arrangements as needed.

Your discharge planner will:

- Meet with you individually as needed.
- With your consent, meet with or communicate with your family, guardian, or other social supports.
- Assist you in exploring discharge arrangements, including follow-up services for your mental health care, and living arrangements.

You can expect:

- To have a discharge planner available most days.
- To meet with your discharge planner as needed to explore your situation and needs for care after discharge.
- To receive education about aftercare options available to you.
- To understand your aftercare plans.
- To understand any arrangements that may delay your discharge.

Activity therapists

This team of therapists may include occupational, recreational and music therapists. At least two activity therapists (ATs) are assigned to provide therapy groups and individual contacts on your unit.

After assessing your needs and working with you to identify therapy

goals, the AT will help you identify therapy groups that will address your needs. Therapy groups are designed to provide you with needed education, experiences, and practice sessions to promote maximum health.

Your activity therapist will:

- Assess your current strengths and opportunities for growth, and help you identify therapy goals related to these.
- Help you identify and participate in therapy groups that will provide the best education and experiences to allow you to work toward your goals.
- Meet with you individually as needed to discuss progress, therapy concerns, and make suggestions for practicing skills as needed.
- Work with you on time management, leisure, coping skills, self-esteem, concentration, work skills, and skills for effective community living.
- Keep you updated on your progress, observations about your strengths and weaknesses, and make suggestions for continued skill development as needed.
- Explore community resources that will assist you in maintaining a healthy lifestyle.

You can expect:

- To have at least one occupational therapist assigned to you.
- To be offered a variety of activity groups that address your educational and skill development needs.
- To have the purpose of each group clearly explained.
- To understand your aftercare plans.
- That the therapists assigned to your unit will provide activities that are age appropriate and geared toward your needs.
- To be provided with therapy groups each day.
- To have assistance identifying activities to engage in during non-therapy group hours.

Other staff

You may have additional needs during your stay that require other personnel to resolve your needs. This may include a medical doctor, dietitian, utilization reviewer/insurance specialist, spiritual leader, interpreter, etc.

Please notify your staff of any special needs or concerns you have. We will be happy to find the right professional to address these.

Questions for the doctor

- ☐ What medications will I be taking?
 - ☐ What are my medications supposed to do for me?
 - ☐ When can I expect to notice a difference?
 - ☐ What side effects should I watch for?
 - ☐ Other: _____
- _____
- _____
- _____
- _____

Notes/answers

Questions for staff

[illegible]

During your hospitalization, you may at times feel overwhelmed, confused, or like you are wasting precious time by being here. We recognize your time and well-being are important. We can help you with your illness quickly and effectively. This will result in a better quality of life for you and those you care about. Here are some suggestions for making the most of this experience:



Learn – Learn all you can about your illness, its symptoms, and what led up to your hospitalization. Sometimes the answers are hard to listen to, but learning this information will help you keep

on track in the future, possibly preventing lengthy or future patient stays.

Ask questions – Anything you don't understand needs to be addressed to the staff. What is expected of me? What can I do in addition to taking medications? What are some additional options for me?

Listen – Keep an open mind when listening to feedback and education. Most of us have blind spots or things we do not realize about ourselves.

Attend therapy groups – Find out what the group is supposed to teach you and what skills you are working on during these sessions.

Make suggestions – If you have a specific need, ask for a group or written information on this. The staff has excellent information on topics such as self-esteem, anger management, improving relationships, relaxation techniques, developing a support system, teaching others about mental illness etc. Asking allows the staff to provide you with what you need.

Practice – We all know more information about healthy living than we used to. The way to stable mental health and improved quality of life is putting the good knowledge to work. During your hospitalization, practice doing things differently and better. Work on developing the habits that will keep you on track.

Use your individual therapy time well – Throughout the day, write down topics, ideas and questions you want to address with your doctor or other staff. Use this list to keep focused when meeting individually with your staff.

Keep trying – Skill development and progress towards health are made with many small steps. Remind yourself of your progress, get support, and review what went well. Continue doing those behaviors that keep you moving in the right direction. Do anything that keeps you moving in the right direction.

Your hospitalization is a journey best taken with direction, support, assistance, and hope in a better future. It is our pleasure to guide and assist you on your journey.

Identifying your symptoms

To better help you interact with your treatment team and psychiatrist about your needs, we suggest you make a list of the things you are most concerned about and those that indicate you are not giving 100 percent. If others have mentioned concerns about your thoughts or behaviors, list them too. Consider the following areas and check what applies to you:

Mood: _____
☐ Sad ☐ Tearful ☐ Irritable ☐ Easily frustrated ☐ Happy
☐ Manic ☐ Anxious ☐ Scared ☐ No feelings

Energy Level: _____
☐ Low ☐ Tired ☐ Normal ☐ High ☐ Restless

Concentration: _____
☐ Good ☐ Normal ☐ Poor ☐ Easily distracted

Memory: _____
☐ Good ☐ Some problems ☐ A lot of trouble ☐ Poor

Socialness: _____
☐ Normal ☐ Very social ☐ OK ☐ Don't feel like it
☐ Hard to do ☐ Afraid ☐ Don't trust ☐ Isolating ☐ Poor

Motivation: _____
☐ High ☐ Good ☐ Normal ☐ Less ☐ Poor

Thoughts: _____
☐ Normal ☐ Racing ☐ Preoccupied ☐ Can't think
☐ Confused ☐ Slow ☐ Lose track ☐ Foggy ☐ Obsessive
☐ Negative ☐ Scary ☐ Violent ☐ Wild ☐ Weird
☐ Think things that people don't believe ☐ Great
☐ Repeating ☐ Lots of or too many ☐ Blank

Safety Concerns: _____
☐ Suicidal thoughts ☐ Wanting to hurt or punish self
☐ Wanting to hurt others ☐ Wanting to break/destroy something
☐ Wanting to kill someone ☐ Voices telling me to do things
☐ Feeling desperate ☐ Cutting thoughts or impulses

Other: _____

Symptom Tracker Week 1

Rate how you are feeling in each area with the following scale:
1= very poor, 2= poor, 3= fair, 4= good, 5= very good.

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
OVERALL							
Comments:							
MOOD							
Comments:							
ENERGY LEVEL							
Comments:							
CONCENTRATION							
Comments:							
MEMORY							
Comments:							
SOCIALNESS							
Comments:							
MOTIVATION							
Comments:							
THOUGHTS							
Comments:							
SAFETY							
Comments:							
Comments:							
Comments:							

Symptom Tracker – Week 2

Rate how you are feeling in each area with the following scale:
1= very poor, 2= poor, 3= fair, 4= good, 5= very good.

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
OVERALL							
Comments:							
MOOD							
Comments:							
ENERGY LEVEL							
Comments:							
CONCENTRATION							
Comments:							
MEMORY							
Comments:							
SOCIALNESS							
Comments:							
MOTIVATION							
Comments:							
THOUGHTS							
Comments:							
SAFETY							
Comments:							
Comments:							
Comments:							

Goal Progress Tracker – Week 1

Take time every few days to review your therapy goals and your progress. This will help you focus on your progress. It also will help you to know what information you need and what skills you could practice. This is your quickest way to know when you are ready for discharge.

We also suggest you seek out your treatment team to help you understand the progress you are making from their view.

Know my symptoms and how to cope with these.

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Know my medications, the doses, the benefits and any side effects to watch for.

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Improving my _____

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Improving my _____

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Improving my _____

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Goal Progress Tracker – Week 2

Know my symptoms and how to cope with these.

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good
Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Know my medications, the doses, the benefits and any side effects to watch for.

My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good
Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Improving my _____
My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good
Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Improving my _____
My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good
Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good

Improving my _____
My rating: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good
Staff feedback: 1= very poor, 2= poor, 3= fair, 4= good, 5= very good



Skills to work on while still in the hospital

During your stay, many people will ask you what you would like to improve. It is important that you and your treatment team work together toward the same outcome. Treating your symptoms and illness is only part of the journey. The other part of therapy is to assist you to develop skills that will prevent your illness from disrupting your life. The following are some skills we recommend improving.

Understanding your diagnosis, symptoms, and treatment

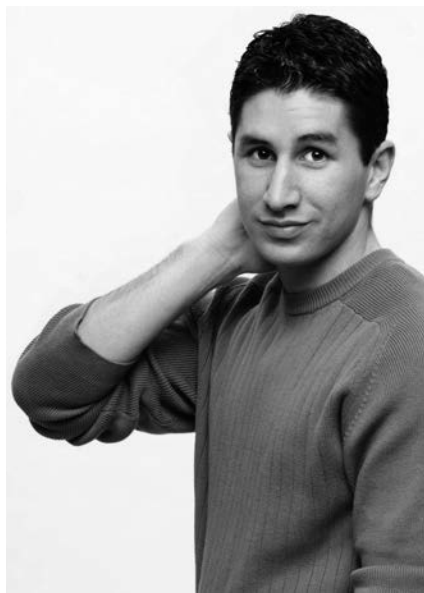
Knowledge about your illness will help you know what to watch for, when to seek help, and what you can expect in the future.

Coping with symptoms

Know your symptoms and what to do during moments these are acutely troublesome. There are a variety of ways to cope with symptoms. Finding what gives you relief from them is important. Having more than one way of handling your symptoms also is very important.

Improving social skills and social comfort

Creating and maintaining a support system, and being able to talk comfortably with others is very important. Knowing how to make your view understood and communicating needs are just a few of the skills you may need to brush up on. The healthier your social connections, and the more effective you are at talking to others, the better your success and comfort in relationships. A strong social support system helps you maintain stability, good health and quality of life.



Concentration and memory

The ability to focus on activities, reading material, television, and conversation are important to doing things you want and need to do. Retaining information is important too.

Understanding medication

Many of us worry about taking medications. Other times we may think the medication is not working because it isn't doing what we want it to do. Understanding the purpose of your medications, possible side effects, and what the medication is supposed to accomplish is very important. Knowing more about it may relieve some of your concerns and allow you to keep taking it as long as it is needed.

Improving self-esteem

Feeling good about yourself and who you are affects everything you do or try to do in life. A realistic view of your strengths and weaknesses, your successes and failures, allows you to understand and accept where you are currently on your life journey, and to feel good about it.

Anger management

Understanding signs of and triggers to our anger lets us prevent the explosions or stuffing of our feelings that harm health, relationships, and self respect.



Proper grooming/hygiene

Knowing how to dress and care for yourself is important to overall health. These skills also can affect our ability to be accepted socially. Health and social acceptance can directly affect our life satisfaction.

Problem-solving/actions and consequences

No one gets through life without running into difficulties. It's important to have the skills to identify the specific problem, identify options available, and evaluate potential outcomes from each option.

These skills give us the ability to make choices that are best for us now and in the future.

Community reintegration and resources

Knowing how to effectively return to community living, what to say, and how to get the support and resources to minimize the need for hospitalization is vital. Knowing how to transition back into your life, and continuing practicing the skills that helped you heal can sustain and promote your progress.

Healthy eating habits and exercise

Healthy eating habits are important to overall health and well-being. Aging, medications, eating to cope, plus lack of energy can lead to obesity, circulatory, strength, and endurance problems. Eating sensibly and exercising to stay well can lead to a better quality of life now and for your future.



These are just some of the areas we can help you work on in Behavioral Medicine. These skills will help you lead a healthier, more satisfying and effective life.

Discharge and aftercare

We appreciate that most people come into the Henry Ford Macomb Behavioral Health Services program at some of the most challenging periods or times in their lives. Our staff is dedicated to helping you identify goals and steps to promote a return to wellness. The discharge process is an integral part of your care.

Appropriate aftercare arrangements are extremely important for continued success and support. The discharge process begins soon after admission. You will meet with your treatment team, which includes the discharge planner, to discuss aftercare arrangements during your hospital stay.

Discharge plans may include but are not limited to the Partial Hospitalization Program (PHP), intensive outpatient therapy (IOP), case management, dual diagnosis treatment, assertive community treatment, outpatient therapy and psychiatric services. They may also include alternative living arrangements, such as group homes and assisted living.

Following through with your aftercare treatment is crucial to your continued success.



[illegible]

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Henry Ford Macomb Behavioral Health Services

Our mission:

To become the provider of choice in southeastern Michigan by providing a continuum of mental health services with the quality of care and comfort we want for our families and ourselves.

Our vision:

To improve people's lives through compassionate, safe, and effective mental health services, facilitating quality of life, while minimizing the negative effects to each individual and their families.

Our commitment:

We will serve as partners and resources for our patients during their healing journey.

We will partner with our patients and their families to assist in developing the knowledge and skills needed for a high quality, productive life.

We will treat everyone with dignity and respect.

We will use leading-edge knowledge and standards of practice to guide patient-centered mental health care.

We will provide a safe, supportive, nurturing, environment that facilitates recovery from mental/emotional illness.

We will respect all personal information as private and confidential.

We will develop an environment focused on continuing education, resulting in the best quality skilled care providers available.

We will provide an interdisciplinary coordinated therapy program that facilitates maximum skill and knowledge development for recovery and prevention of relapse.



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