



Welcome to the Crisis Recovery Center!

We are glad that you are staying with us. We would like to make your stay as pleasant as possible, but we also have to make sure that everyone is safe while there are here. The rules described below help everyone to stay safe. If at anytime you do not feel safe, please let a staff member know. We will do whatever we can to help.

Safety and Belongings: When you are admitted all of your clothing and personal items will be searched. You will be asked to empty your pockets, step out of your shoes and checked for weapons. If you came to the Crisis Recovery Center (CRC) with a sheriff, they will perform a search of your body to ensure safety.

You should ask family members to keep all valuables for you until you leave us. Because some of our consumers are struggling with thoughts and feelings about harming themselves or others, *no one is allowed to keep sharp or potentially dangerous items such as knives, scissors, straight and safety razors, cigarette lighters and lighter fluid, matches, aerosol products, glass containers/bottles, or any product that is alcohol based.* Radios, Boom Boxes, DVD players, Laptop computers, TV's, etc. are not allowed for personal use on the unit. Hair dryers are available for your use. Any item that you need for your personal care that we feel may be harmful to you or others on the unit will be locked and available under supervision for your use.

Alcohol and Drugs: *No alcohol or drugs are allowed on the premises at any time.*

Food and Drinks: We provide meals and snacks while you are here. You cannot store food or drinks in your room. Visitors may bring a small amount of food or drink that must be consumed during the visit.

Clothing: Since storage space is limited and we are a short term service, bring only enough clothing for three days. Laundry facilities are available. If you smoke bring a coat or jacket so that you may use the outdoor smoking area comfortably.

Medications: The medications you bring with you will be stored at the nurses' station. Your doctor will give the nurse an order for how you should take them. All medications will be returned to you when you leave the CRC. If the doctor tries different or new medications for you while you are at the CRC we will call in any medications the doctor orders to the pharmacy of your choice.

Phone calls: Since we are a short stay facility, phone calls are limited to 5 minutes per call. Phones cannot be used during group therapy times unless it is an emergency.

Approved caller and visitor list: When you are admitted you will be asked to give us up to 3 names of individuals who can visit you and call you while at the CRC. We will **not** tell others who call whether you are here, or give any identifying information. In an emergency other visitors may be approved on a limited basis. Please try to limit your visitors to your approved list.

Visitors: All visitations will be conducted in a common area within viewing distance of staff. All visitors will be asked to empty their pockets and leave any packages/purses/bags or weapons at the reception desk or **keep**

them locked in their car. All items bought into the CRC are subject to search. Visitors who refuse to comply with search procedures will be denied visitation.

Smoking: Smoking is allowed only on the smoking patio. Smoke breaks are held each hour and are supervised by staff. No one is permitted to smoke inside the building.

Room and Premise Searches: Periodically rooms and the facility will be searched by staff to ensure safety.

Violent, Assaultive or Aggressive Behavior: People who are violent, assaultive, or aggressive towards others cannot remain at the CRC. The CRC will not physically restrain, or medicate a consumer against their will. Individuals expressing these types of behaviors will be transferred to another facility.

Acute risk for self harm: Individuals who are assessed to be at high risk for harming themselves and would require constant observation to remain safe cannot be retained at the CRC for long periods of time. These individuals will be transferred to another facility for safety.

Voluntary and Involuntary: Some consumers who are at the CRC have decided to seek treatment for themselves (they are here voluntarily). Other consumers may be on involuntary commitment, and are court ordered to receive treatment services (they are involuntary). At the CRC we prefer all individuals to voluntarily seek treatment services, but recognize that sometimes it is very difficult for people to seek treatment on their own when they are ill, upset or scared. The staff of the CRC will encourage consumers to seek voluntary services. If after a maximum of 6 days a consumer is still on involuntary status we will make arrangements to transfer them to another involuntary facility for longer term care.

Recovery: The CRC hopes to help you on the road to your recovery from your crisis. Recovery is different for each person. We hold groups daily to assist with learning about recovery, medication information, alcohol and drug abuse, and other topics. The group meetings are an important part of the services we provide. We also provide individual counseling and planning about where you will go when you leave us. Our doctors will see you after admission and make sure any medication you are taking is working well for you. *We see you as the most important part of the team* and our mission together is to get you back into the community, feeling better and living your life. We hope that your stay with us becomes one of the most important times in your life.