

Programming

The daily program is called Skillful Living, based on the program of Dialectical Behavior Therapy. The program focuses on learning to regulate emotions, distress tolerance and interactive skills to assist in building a better life. Our patients are expected to participate in programming as directed by our treatment teams.

Patient Programming

Time	Monday–Friday	Saturday and Sunday
8:00 a.m.	Breakfast and personal cares	Breakfast and personal cares
8:30 a.m.	Community meeting	Free Time
9:00 a.m.	Exercise Group	Exercise Group
10:00 a.m.	Free Time	Free Time
11:00 a.m.	Skillful Living Session One	Skillful Living Session One
12:00 noon	Lunch	Lunch
1:00 p.m.	Arts and Crafts	Arts and Crafts
2:00 p.m.	Bedside Report with Nurse	Bedside Report with Nurse
2:30 p.m.	Group Therapy	Free Time
3:30 p.m.	Free Time and Personal Reflection	Free Time and Personal Reflection
4:00 p.m.	Skillful Living Group Session Two	Activity Group
5:15 p.m.	Dinner	Dinner
6:00 p.m.	Recreation Group	Recreation Group
7:00 p.m.	Free Time	Free Time
8:00 p.m.	Snacks and Free Time	Snacks and Free Time

Inpatient Behavioral Health Guide



Mission Statement:

The Inpatient Behavioral Health team is committed to making a positive difference in the lives of our patients. We provide respectful, effective psychiatric care in a safe and therapeutic environment.

Patient Phone Use Hours:

Monday-Friday:

Daily: 7 a.m. – 10 p.m. except during group times.

A wall and three cordless phones are available for your use. Long distance calls are allowed.

You must dial nine to access an outside line.

Please limit calls to ten minutes.

Patient Phone Numbers:

715-838-3833

715-838-3876

715-838-5952

Visiting Hours:

Monday-Friday:

12 p.m.–1 p.m. and 5–8 p.m.

Weekends and Holidays:

12 p.m.–8 p.m.

Visitors must clear metal detection before coming on to the unit.

Confidentiality:

Federal law protects your privacy during your stay. Our staff will not acknowledge your presence without your verbal or written permission. Phone calls or visitors will not occur without your permission. Staff will ask at admission and each day if you wish to receive phone calls or visitors.

Helpful Information:

We have shower facilities, soap and shampoo available for use. Daily hygiene is expected.

Laundry facilities are provided for you to clean your personal items.

Slippers, socks or shoes without strings are to be worn at all times. You are encouraged to wear your own clothing if it is deemed appropriate.

Room appearance is your responsibility. You are expected to keep your room and the community areas neat. Bed linens are available to make your bed.

Employees are available if you need assistance.

Food:

Meal times are:

Breakfast: 8 a.m.

Lunch: 12:15 p.m.

Dinner: 5:15 p.m.

Snack: 8 p.m.

You will receive a daily menu at breakfast to choose your next day's meals. Please return your selections to staff no later than 9:30 a.m. We encourage you to eat meals in the community areas. A meal tray will be delivered. Please do not bring food into your room after meals.

Snacks, water, milk, juice and lemonade are available throughout the day as requested in accordance with your diet order.

We do not allow food or drink from outside the facility.

Clothing and Belongings:

All belongings are searched and inventoried at admission and anytime visitors bring you something new. Items determined to be safe will be brought to your room. Any item determined to be a potential safety risk will be stored in a secured area.

We are not responsible for lost or misplaced belongings. Please limit your belongings to avoid issues with this.

Safety:

You are responsible for your behaviors. It is expected that there will be no physically threatening or violent behavior towards yourself or others. Verbal abuse or foul language toward employees or other patients, will not be tolerated. Speak with staff if you have any concerns.

Employees monitor 24/7 for safety, throughout your hospital stay.

Patients are not allowed to enter other patient rooms. You may visit with each other in the community areas.

Physical contact between patients is not allowed.

Discharge Planning:

Planning for discharge begins at the time of your admission. This helps identify resources needed in order for you to be successful following hospitalization.

You will be provided with coping tools, medication coaching, safety planning and post hospital care appointments.

