

## Youth Services Inpatient Program

### 1. What do I need to bring to the hospital?

Your stay here will probably be 3 - 7 days. All items you bring in and those brought to you must be searched by staff. Please bring only necessary personal belongings and hygiene articles. Please note that minor patients may not use weights in the gym

We recommend:

- Insurance Card
- Pharmacy/medication cards
- Social Security Number
- A list of all medications, including over-the-counter and herbal remedies
- Personal hygiene products including:
  - Deodorant
  - Liquid soap (no bar soap)
  - Toothbrush/Toothpaste
  - Brush/comb
  - Shampoo/Conditioner
  - Contact Lens Cleaner
- Hairdryer
- Casual, comfortable clothing & undergarments for 3 – 7 days
  - Pajamas/robe/slippers (robes must be worn over sleeping attire if in atrium or hall)
  - Swim attire for Summer months (trunks for males and one piece suits for females)
  - Warm items - jacket, coat, sweater, gloves (Unit is often cool in temperature.)
  - Sneakers (for gym)
  - Washer/dryer/laundry detergent available on the unit
- Electric shaver
- School work and books

### 2. What CANNOT be brought to the unit?

Some items are not allowed due to safety concerns, while others do not promote a therapeutic environment. The following items are not allowed on the unit or in your possession: **\*We strongly recommend that you do not bring large sums of cash or expensive jewelry. Ridgeview Institute is not responsible for lost or stolen items.**

- Food, candy, gum, beverages, water bottles, etc.
- Illicit drugs or alcohol
- Items restricted by law
- Knives, guns, Mace
- Clothing promoting drug/alcohol use
- Revealing clothing
- Sexually explicit material of any type
- Mouthwash containing alcohol
- Cologne, aftershave lotion
- Contraband (tobacco products, etc.)
- Lighters, matches, incense, or candles
- Razors, wire hangers or plastic bags
- Glass items
- Bar soap
- Valuables, including jewelry, credit cards, checkbooks and large amounts of cash (These items can be locked in the hospital safe.)

**The following items are NOT allowed and must be sent home with family member since there is no room to store them.**

- CD Players
- Tape Players
- TVs
- Computers
- Tape recorders
- Cell phones
- Beepers
- Cameras
- iPods
- MP3 Players

### 3. What are the visitation hours?

- Tuesday                      6:00 – 7:00p
- Saturday                        3:30 – 5:00p

#### Who may visit?

Level I – Only mother, father, step-parent, legal guardian

Level II – Mother, father, step-parent, legal guardian, and extended family (age 14 and older)

- Visitors are to check in at the front desk in the administration lobby prior to coming to the unit.
- Staff must check all items brought in before giving it to the patient.
- **All visitors must have identification in addition to the patient I.D. #**

- **No use of cell phones on the Cottage by patient or visitors at any time.**

4. **Phone privileges**
- |               |   |
|---------------|---|
| Day Shift     | Youth Services – 11:00 – 12:00 noon   |
| Evening Shift | Youth Services – 9:00 – 9:30 p.m. (Sun – Thurs)                             |
|               | Youth Services – 8:00 – 8:30 p.m. (Fri & Sat – due to movie night schedule) |

It is the patient's responsibility to sign up to use the phone.

**Who may patient call?**

Level I – Only mother, father, step-parent, legal guardian

Level II – Mother, father, step-parent, legal guardian, and extended family (age 14 and older)

5. **Key phone numbers**

If a parent needs to speak with a member of the treatment team or to obtain the attending physician's office number, please call the nurse's station at 770-434-4568 extension 4500. Parent may also call this number to inquire about patient at anytime of the day or night (must have ID#).

**Patients are assigned an identification number on admission. By law the staff cannot release any information to you without that number. All visitors must have personal identification in addition to patient ID #.**

Revised: July 23, 2008