



*Adult Treatment
Program Information*

*Mental Health Care
with compassion and respect*

Welcome to the Forest View Hospital Adult Treatment Program

This packet of information is designed to provide you with an introduction to the adult inpatient treatment services offered by Forest View Hospital. It describes the overall program structure and outlines some of the basic goals and principles of adult inpatient treatment services. Included is an overview of both the adult Eating Disorders and Co-Occurring treatment services. As a part of our treatment philosophy, Eating Disorders and Co-Occurring Disorders treatment are provided as an integrated part of the general adult treatment services.

Introduction

The goal of inpatient treatment is to return to an emotionally healthy and productive life in your community. This goal can be accomplished if we work together in an atmosphere of mutual trust and respect. This requires the skill / ability of expressing your needs while not offending the rights of others.

The various rules outlined in the Patient Information Handbook are intended to provide a therapeutic environment for the entire community, staff and patients. A staff member will be reviewing both the patient unit rules and patient program handbook with you soon after admission. Please ask staff to clarify anything you do not understand.

Admission Procedures

The admission procedure includes introduction to staff and peers, tour of the unit, a personal search, a search of belongings, and a nursing assessment by a Registered Nurse. Nursing staff will check all personal items. Any items deemed unsafe will be sent home or stored until discharge. For safety reasons, staff will dispose of any items deemed dangerous. All medications will be dispensed by the hospital pharmacy. Medications from home will need a physician's order for use. Illegal substances and unauthorized medications will not be returned at discharge.

Program Participation

The benefits of program participation are education, emotional support and skills mastery, which serve as indicators to you and your treatment team of your potential success upon return to the community. You are expected to attend all groups and activities unless your physician makes a special exception or an RN gives a medical excuse. Unexcused absence or chronic lateness will be discussed with you as an issue in your treatment. A copy of the current schedule and description of the groups is in your admissions folder. Any changes to the schedule will be noted on the Daily Schedule posted in the 100 hall. Admission to the Trauma, Eating Disorders or Co-Occurring Disorders treatment services are available only through a physician's order. Participation in any specific program or service is determined by the treatment team, of which you are an important part.

Treatment Planning

You are a valuable member of your treatment team, which also includes your psychiatrist, and members of the Adult Unit professional staff. An initial treatment plan will be developed with your input upon admission. A Master Treatment Plan will be completed with the entire treatment team, of which you are a part, within three days and updated every seven days. The treatment plan outlines the goals for your hospital stay and addresses how the treatment team hopes to help you in accomplishing your goals.

Systematic Observations

The hospital environment is meant to be safe. Members of the nursing staff throughout the day and night make frequent and systematic observations of every patient. The level of observation prescribed for you will be explained to you by a nursing staff member. If your behavior indicates a need for increased supervision, the frequency of observation is increased. If you act in a way that interferes with your safety or the safety of others, staff will provide assistance in helping you to maintain a safe environment for you and those around you.

Use of Seclusion and/or Restraints

Forest View Psychiatric Hospital may use seclusion and/or restraints after less restrictive approaches have been unsuccessful to prevent physical injury to you, other patients or staff.

Discharge Planning

Discharge planning begins at the time of your admission. Your treatment team assists you in developing specific plans to ensure that you maintain the gains of your treatment stay. It is important to leave in a planned and organized way. It is important that you work with your case manager to ensure that your aftercare plans are in place prior to your discharge.

You must also check at the Nurse's Station prior to your discharge in order to receive your discharge instructions and medication prescriptions, and to collect your personal belongings. This is also the time to give your completed Patient Satisfaction Survey to the Nurse processing your discharge. We ask that you arrange for discharge from inpatient treatment no later than 1:00 PM on the day of discharge.

Clinical Services

You will receive an assessment that includes clinical consideration of each your fundamental needs. This includes assessment of your family, social, cultural, environmental, and recreational needs. Forest View's multidisciplinary treatment team, of which you are an important part, includes the psychiatrist, case manager / therapist, RN, dietitian, activity and occupational therapists. Consulting specialists are utilized as indicated and authorized.

Treatment Team

Psychiatric Medical Services

Your attending psychiatrist provides psychiatric medical services to you. The attending psychiatrist coordinates your psychiatric treatment while you are in the hospital.

Medical Services

Your medical needs are under a physician's supervision. A physical examination is done at admission, with laboratory studies as appropriate to your needs. Diagnostic work-up, and evaluation of any suspected physical disorders may also occur. If emergency medical treatment is necessary, you will be taken to the nearest hospital emergency room for treatment.

Nursing Staff

The unit staff is comprised of Registered Nurses, Licensed Practical Nurses, Activity Therapists, and Mental Health Workers.

Nursing staff coordinates and implements all programming activities on the unit. Focus of treatment is to provide education and emotional support to you and your family.

A staff member is assigned to you each shift. An RN will complete a Nursing Assessment and an Initial Treatment Plan will be created, with your input. Please report to your contact person or any RN on duty, any changes in your physical or emotional status, or any questions related to your health.

Case Management/Therapy Services

A Master Treatment Plan is completed within 72 hours of admission and reflects your goals for hospitalization. A case manager works closely with you, your psychiatrist and nursing staff to set goals for treatment. The case manager coordinates family sessions as needed. Prior to discharge, the case manager coordinates aftercare services between the hospital and outpatient treatment providers. Aftercare may include appointments with an outpatient therapist, psychiatrist, primary care physician and/or dietitian.

Program Overview

A treatment schedule and description of the groups is contained in your patient admission packet. As part of our treatment philosophy, Eating Disorders and Co-Occurring Disorder treatment services are provided as an integrated part of the general adult treatment services. The group schedule includes information regarding general adult, Eating Disorders and Co-Occurring Disorder treatment services. Please review your treatment schedule for more information about these groups and the days and times that they meet.

Eating Disorders Treatment Services

Forest View's professional reputation across the State of Michigan in the treatment of eating disorders has been developed through sixteen years of experience. Forest View has provided services for adolescents and adults struggling with anorexia nervosa, and bulimia nervosa since 1984. The primary need for treatment is based on the psychiatric disorder with consideration of the severity of the eating disorder. A dietitian meets with you to conduct a complete nutritional history and evaluation. The dietitian evaluates your current nutritional needs, provides education on the impact of current eating patterns and establishes a meal plan based on your nutritional needs. Eating disorder treatment includes specific group services that include goal setting, conscious eating, body image, and eating disorders education.

Co-Occurring Disorder Treatment Services

Co-Occurring Disorder treatment services are designed to assist patients who are experiencing both mental health and addictive disease. Treatment includes the monitoring and management of withdrawal symptoms, relapse-prevention, and a skills-based approach to addiction care. A physician supervises adults requiring detoxification services. The emphasis during treatment is on education and management of both the mental illness and substance abuse/dependence as well as comprehensive discharge planning. Treatment is provided as an integrated part of the general adult treatment services.

Contact Information

Forest View Hospital
1055 Medical Park Drive SE
Grand Rapids, MI 49546-3671
www.forestviewhospital.com

Adult Unit Nursing Station
616.954.3114

Assessment and Referral Center
616.942.9610 -or- 1.800.949.8439