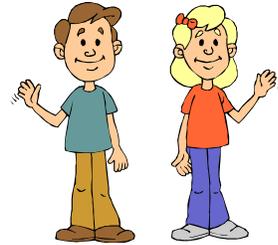


# WELCOME

Welcome to Fairmount Behavioral Health System. We are happy that you have come here and we want to help you reach your goals. This book is going to tell you about us, how the hospital works, how we can help you, and how you can help yourself. We want to help you learn about your feelings and how to act when you are upset. We think the most important thing is to keep everybody safe. That means we want to help you learn how to solve your problems in new ways that will help you reach your goals. Please talk to the staff if you have questions about the

hospital or the program or let us know if you are afraid or worried about something.



## Who is here to help you?

Everybody is here to help you! Over the next day or two you will meet the people on your team. The most important person on the team is you. You have goals that you want to meet and we have a lot of people here to help you.

Your Doctor is named:

Your Social Worker is named:

The Head Nurse is named:

Everyday you will work with people we call techs. A tech is somebody who will always be there with you. They are here to help you, teach you, and guide you. Techs are the people you will spend most of your time with. There will also be two nurses here everyday. One nurse is in charge of the whole building. The other nurse is in charge of giving out medications. We have a teacher here who will work with your group every day. We also have a group of therapists who work here. A therapist is someone who

helps you talk about how you feel. Sometimes the therapist just talks to you. Sometimes they use games or art or playtime to help you talk and learn about how you feel. You can talk with any of these people whenever you need to. That is why we are here.

## **How are we going to help you?**

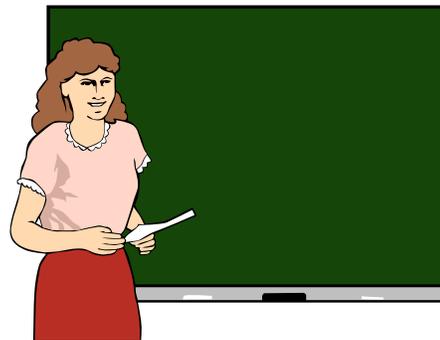
All of those people are your team. We are going to ask you a lot of questions as soon as you get here. You need to tell us the truth about everything. The more you tell us the truth, the quicker we can work as a team to help you choose and meet your goals. We will ask your family a lot of questions too. We will use all of the answers to the questions to make a Treatment Program just for you.

## **What is a treatment program?**

The treatment program is all of the things you do during the day to work on things that are problems for you. Problems may be different for everyone, so we need you

to tell us about your goals and things you think will help you.

Some of the things you will be doing are going to groups and meetings with other children. This is so you can learn from each other and help each other. A schedule is posted on your unit that tells you about the activities planned each day. Some of the groups will teach you things and other groups will help you talk about the way you are feeling. You will also have school every day.



## **What is therapy?**

Therapy is a way to learn about how you feel and why you feel that way. It is done by talking or drawing or even making things. A therapist is a staff member who knows

many different ways to help you. They may meet with you alone, with your family, or with other patients to help you feel better.

## **Medicine**

Your doctor may decide you need to be on some medicine. If medicine is given, we will explain what it is for and we will always make sure that your family approves before you get the medicine.

## **How do I know how I am doing?**

You earn points every hour by working on your program. Staff will go over with you how you can do this. You will earn up to ten points and you will use these points to buy special things like a late bedtime. We also assign each person a color every day. The highest color is green. You can see how many points you are earning and what color you are on and that will tell you how you are doing.

## Can I talk to my family?

Every day you will have two chances to use the phone so that you can call your family. You can have visitors four times a week.



## What are the rules here?

Our rules try to make sure that everyone here feels safe and is safe. The most important rule here is to act in a way that keeps you and the other patients safe.

It is very simple to do well here. You just have to remember a few things.

- ▶ Follow the staff's directions at all time.
- ▶ Work hard to keep yourself and those around you safe by listening and solving any problems calmly.

## **What else do we do here?**

We have a whole lot of things we do here. We have a gym and a playground. We have games and we have activities. Most of all we have a bunch of people who just want to help you feel better.

## **What do I need to do?**

If you follow the two rules and work with the staff, your stay here should be easy. We hope you enjoy your time

here and that you learn a lot of things so you can do better when you leave the hospital.