Welcome to The Cedars, the adult/senior inpatient psychiatric unit that provides care for people who are experiencing some type of mental or emotional crisis in their lives. Within the first 24 hours, you will be seen by a psychiatrist and your individual treatment plan will be developed.

Your treatment team includes psychiatric nurses, mental health technicians, a nurse practitioner, a social worker, recreation therapist, care facilitator and, of course, YOU! We will work together as a team to help you reach your goals. You will be involved with your health team to review your progress as you work toward optimal health.

We hope your stay on Cedars will be therapeutic and will assist your recovery to health!

Groups and activities

Day and evening shifts begin with a community meeting where you will meet staff as well as other clients who share the same commons areas. It is also a time to review the schedule of activities for the shift, set goals, and learn of any unit rules or guidelines.

Group therapy or individual sessions with staff are scheduled each day to gain insight into your problems and work on getting better. The daily schedule also includes educational groups on such issues as stress reduction, self-esteem, coping skills, relapse prevention, and anger management. Art/recreational/relaxation activities are planned throughout the week, and supervised activities are held in the gym for those with off-unit privileges. The hospital chaplain is available for one-to-one visits for spirituality issues and chapel times on the unit are scheduled weekly.

Medications

Medications may be prescribed by the physician or nurse practitioner and will be administered by the nurse. We want you to be familiar with the medications you are taking. You will be given information about the meds you are taking and will be asked to sign forms to verify that you received those instructions.

Be sure to talk to the nurse or physician if you have any questions or side effects. One of the reasons for your inpatient stay is to safely assess your medication needs.

Daily schedule

The following schedule is standard for each day. Specific groups and activities are listed on the white board behind the reception desk. At staff discretion, hours may be later on weekend days and evenings, depending on the atmosphere of the unit. A nurse or mental health tech will be assigned to you each day to assist you as needed and to answer your questions.

6-6:30 a.m. Wake up, bathe, dress, tidy room
6:45 a.m. Breakfast on unit
7:30 a.m. Breakfast in the cafeteria (M-F)
8:30 a.m. Community meeting

Morning activities:
Check-in with psychiatrist
Group activities and therapy
1:1 time with staff

11:45 a.m. Lunch
12:15 p.m. Quiet time in room (reflection, journaling, rest and relaxation)
1:15 p.m.

Afternoon activities:
Educational/social groups
Recreational activities
1:1 time with staff

4:30 p.m. Community meeting about evening activities
5:00 p.m. Dinner on unit

Evening activities:
Visiting hours
1:1 time with staff
Education group

10:30 p.m. Lights out in commons; everyone in their rooms

Boundaries

All clients have a right to privacy and to reveal any information about themselves at their own discretion. Please respect others’ rights by staying a few feet away from the nurse’s station so that written materials can be kept confidential. Rooms and hallways other than your own are off limits. Please do not touch others or invade their personal space.
Off-unit privileges

Clients must stay on the unit until seen by a psychiatrist, and then off-unit privileges may be allowed at the discretion of the nursing staff. You will be escorted by staff to go to the cafeteria, on walks, and to the gym, unless indicated otherwise by doctor’s orders.

Clothing/personal items

Please keep only three or four sets of clothing with you. Clothes that are not appropriate for the group setting include very short shorts, tight tops, low necklines, clothing with crude sayings or pictures, or very torn clothing. Please label all of your belongings if possible.

Please do not bring any valuables! Lost items are not the responsibility of Oaklawn. Money will be placed in a locked safe. Items which must be given to staff until your discharge include razors, medications, car keys, small electrical appliances, wire hangers, glass items, and cell phones. Radios, boom boxes, cell phones, tape and CD players, are not allowed on the unit. The staff will check any items that your visitors bring onto the unit and also conduct periodic room checks.

Visitors

Visiting hours are as follows:
Week days: 6:15 to 7:15 p.m.
Weekends/holidays: 1:00 to 2:00 p.m. and 6:15 to 7:15 p.m.

All visitors must sign in at the front desk before coming to the unit and there is a limit of two visitors per person. It is advised that children generally do not visit on this unit. In unique situations it may be allowed by special permission of the psychiatrist.

Visitors may not be intoxicated or unruly and you may refuse visitors at any time. If you wish to allow staff to discuss your treatment with your visitors, you must sign a release of information.

It is recommended that former clients of Cedars not visit the unit for at least three months after discharge, unless special permission is obtained from the current client’s physician.

Telephones

Oaklawn’s phone number is 574-533-1234. Family members who are calling in to talk to a nurse on the unit should call ext. 500.

Television

Television is available for you to watch at staff discretion, however it will not be turned on during group activities or therapies. Watching soap operas and talk shows is not allowed, along with other excessively violent or sexual programming.

Snacks

Milk, crackers and fruit are available in the kitchenette at certain times. Pop or soda are not allowed on the unit. Decaffeinated coffee is limited to meal times. No food/meals should be brought in.

Smoking

For general health reasons, smoking is not allowed. Oaklawn is a smoke-free facility and smoke-free campus. Patches and/or lozenges will be provided by doctor’s orders to manage craving. At the time of discharge you are encouraged to consider continuing to not smoke and will be offered guidance and further help for smoking cessation.