

## **2-West Adolescent Hospitalization Program**

### **Welcome!**

2-West serves pre-adolescents through young adults who require inpatient treatment for a variety of psychiatric disorders, including Eating Disorders, Mood Disorders, and Anxiety Disorders. The average length of stay varies from several days to several weeks depending on the goals of hospitalization. Hospitalization goals include crisis intervention, evaluation and diagnosis, medication stabilization, and/or inpatient psychotherapeutic treatment. The 2-West program has been organized to create a therapeutic milieu, which provides a well-structured, protective, nurturing, and stimulating environment. After an initial period of adjustment on the unit, patients will participate in school (for adolescents) and other activities, socialize with other patients, and generally experience life in a community of their peers. Each patient will also be involved in individual therapy sessions with an assigned therapist and in therapeutic group activities with other patients and staff on the unit.

The Resnick Neuropsychiatric Hospital also provides an Adolescent Partial Hospitalization Program (APHP) and an Eating Disorders Partial Hospitalization Program. In some cases, patients may go from 2-West to the APHP or the Eating Disorders Partial Hospitalization Program to continue working toward relevant treatment goals and facilitate the transition to home or placement. Generally patients attend the APHP five days a week, from 8:30am to 3:30pm; patients in the Eating Disorders Partial Hospitalization Program usually attend seven days a week, from 8:00am to 6:00pm.

## **Preparing for hospitalization**

Although entering the hospital may be a difficult experience for you and your family members, we have found that patients usually adjust within a few days. To make this adjustment easier, it is important that you explain to your family members as clearly as you can what the hospitalization will be like and why you believe it is important. Sharing this packet with your family member may help in the explanation.

Patient and family education is an important part of your hospitalization. Throughout your hospitalization you will receive education regarding your diagnosis, treatment, medications (if applicable), and aftercare recommendations, as well as other education as needed in your individual case. A Parent Support Group is held on the unit weekly. This group includes only parents and does not give out any personal information regarding individual patients.

## **Treatment Team**

Members of the treatment team include psychiatrists, psychologists, nurses, social workers, and recreation and occupational therapists. These staff members collaborate by reviewing each patient's progress, exchanging information, then formulating and carrying out a defined treatment plan. Members of the treatment team are as follows:

### ***Attending Psychiatrist (M.D.):***

It is the responsibility of the attending psychiatrist to plan, direct, and coordinate each individual patient's treatment program. The attending psychiatrist meets with patients individually for an assessment and conducts "Rounds" four days a week to review each patient's progress.

### ***Case Coordinator/Individual Therapist:***

An attending psychologist (Ph.D.), a physician in psychiatric training, or a psychologist in training is assigned to work directly with the attending psychiatrist in the assessment of the patient's needs and the planning and coordination of the patient's individual psychotherapy and medication management as indicated.

### ***Psychiatry Resident/Fellow :***

For patients who have an attending psychologist, or a psychologist in training, as case coordinator, a psychiatry resident or fellow (psychiatrist in training) will also be assigned to work directly with the attending psychiatrist in addressing medical issues and providing medication management as needed.

### ***Clinical Social Worker:***

It is the responsibility of this clinician to meet with the patients and family to assess needs during hospitalization. The social worker in conjunction with the case coordinator provides family therapy as determined by the treatment team. The social worker also assists in planning for discharge.

***Primary Nurse (R.N.):***

The primary nurse provides direct individual care and education to patients and their families. This nurse develops a comprehensive nursing care plan for each assigned patient and works closely with the nursing staff in the delivery of this care. The primary nurse works closely with all members of the interdisciplinary treatment team. Emphasis is placed on teaching patients to develop problem-solving skills, coping skills, and manage symptoms.

***Assigned Nursing Staff:***

There is a nursing staff member assigned to each patient for each 8-hour shift. This staff member administers medications and treatments, provides one-to-one counseling as needed, provides and maintains a safe environment, and communicates relevant information to the primary nurse and other team members as needed.

***Shift Coordinator/ “Team Leader”(R.N.):***

This nurse oversees and coordinates the care of all patients and staff during a designated 8-hour shift. The shift coordinator works closely with each primary nurse to ensure that patients are assigned to groups and activities that maximize the hospital experience.

***Nurse Manager:***

This nurse provides administrative support to facilitate the maintenance of a safe and therapeutic hospital and unit environment.

***Occupational Therapist:***

The occupational therapist identifies patients’ skills, interests, capabilities, perceptual-motor abilities, and general developmental level, and areas of strengths and deficiencies. The occupational therapist also assists in improving patients’ skills that pertain to activities of daily living, and play or leisure situations.

***Recreation Therapist:***

The recreation therapist is responsible for assessing each patient’s leisure and social needs. Recreation therapy (RT) activities are held both on the unit and off the unit, and involve patients in a range of leisure-time activities. The focus is on finding a balance between work and play as part of a healthy lifestyle.

***Dietician (R.D.):***

The dietician provides nutrition assessments for all patients. As determined by the treatment team, the dietician may conduct an in-depth evaluation and generate a nutrition and weight restoration program. The dietician also provides nutrition education and participates with other disciplines in structured activities designed to help patients acquire and integrate healthy eating habits.

***Pharmacist (Pharm.D.):***

The pharmacist is a specialist in psychiatric medications provides consultation and education to clinical staff.

***Chaplain:***

The chaplain provides pastoral care services to address the spiritual and religious needs of patients. Chaplains are trained to work on an interfaith basis. Patients may also make a request for a specific clergy.

## **Accommodations**

Up to 19 patients (males and females) ranging in age from pre-adolescence to mid-20s live on 2-West. There are private and semi-private rooms, as well as dormitories. Bedroom assignments are made by the staff and take into consideration each patient's needs.

The unit contains a dayroom equipped with television, stereo, table games, and other activities. Meals are served in the dining room. The day begins with wake-up at 7:00 a.m. and ends with "lights out" by 10:30 p.m. (for adolescents). Each patient is responsible for keeping his or her room orderly and maintaining the general neatness of the unit. There is a washing machine, dryer, iron, and ironing board on the unit and each patient is expected to care for his or her laundry. Staff are available to assist with these activities of daily living. Towels and linens are provided and laundered by the hospital.

## **Meals and Snacks**

Breakfast: 8:00 a.m.  
Lunch: 12:00 p.m.  
Dinner: 5:30 p.m.

Snacks 3:00 p.m. and 8:45 p.m.

## **Bedtime**

Bedtime for adolescents is 10:00 p.m. Staff are available to assist patients in preparation for bed. It is expected that you are in your room by bedtime and lights out at 10:30 p.m. Young adult patients are expected to be in their rooms by 11:30 p.m.

Late bedtime is available on Fridays, Saturdays, and holiday nights. Just before bedtime, get your toiletries. When you have completed your hygiene, you are expected to be in your room, to be quiet so that others can sleep, and to be in your bed. If you use a radio, play it softly so your roommate is not disturbed. There is no visiting after bedtime.

## **Telephone Calls**

Phone calls are limited to 10 minutes each, so that everyone has a chance to use the phone. The phone will not be answered during scheduled activities. Patients may make and receive calls during personal free time and during unscheduled activities. Additional limitations may be placed on telephone calls based upon individual treatment goals, the milieu, and unit programs. There are no incoming or outgoing calls after 10:00 p.m.

***Patient Pay Telephone Number:*** (310) 824-9017

## **Mailing Address**

2-West  
Resnick Neuropsychiatric Hospital at UCLA  
760 Westwood Plaza  
Los Angeles, CA 90024-1759

## **Visiting Hours**

Monday, Tuesday	7:30 p.m. - 8:30 p.m.
Wednesday, Thursday, Friday:	6:30 p.m. - 7:30 p.m.
Saturday, Sunday, Holidays:	1:30 p.m. - 3:00 p.m. & 6:30 p.m. - 7:30 p.m.

## **Smoking**

UCLA is a non-smoking hospital. Adolescents may not smoke while hospitalized at the Resnick Neuropsychiatric Hospital. Young adult patients may smoke outside with staff supervision during designated smoking times.

## **What To Bring**

While in the hospital, you will need clothing similar to that worn at home. Adolescents are expected to dress for the hospital school in the same way they would dress for any public school. Please bring the following for your hospital stay:

### ***Clothing***

We recommend washable, easy-care clothing, clearly marked with one's name.

- Athletic shoes
- Socks
- Bathing suit (two-piece suits are allowed but must be covered by a tee shirt) Mid-thigh shorts
- Jeans
- Pajamas, bathrobe
- Blouses or tee shirts
- Sweater or light jacket
- Jewelry that is not long and dangling and that does not present a safety hazard is permitted
- Sunglasses are permitted but may only be worn outside during daylight hours

### ***Toiletries\****

Brush and comb  
Toothbrush and toothpaste  
Mouthwash (alcohol free)  
Deodorant  
Shampoo and conditioner  
Lotions Perfumes

\*Please furnish toilet articles in plastic, non-breakable containers.

### ***Appliances***

Small clocks, radios, hairdryers, hair straighteners, curling irons, and electric shavers are permitted. These items (with the exception of hair grooming appliances) must be battery operated.

Please label all toiletries and appliances with your first and last name.

### ***Items with supervised use***

- Electric shavers
- Hairdryers, hair straighteners, curling irons
- Knitting needles and crochet hooks
- Laptops with cords
- Tweezers

### ***Items permitted to be kept in patient rooms***

- Belts
- 3 ring binders, spiral notebooks
- CDs
- CD players and headphones
- Dental Floss
- Ipods with headphones, Laptops without cords
- Personal jewelry including earrings
- Toothpaste, deodorant, shampoo, conditioner
- Q-tips

### ***Items not permitted***

- Aerosol spray cans
- Glass items, all glass bottles
- Appliances with cords
- Firearms
- Knives/daggers/Tasers
- Any type of weapon (including knives)
- Metal-toed boots
- Lighter/matches
- Alcohol
- Illegal drugs
- Over the counter drugs
- Prescription drugs
- Wire coat hangers
- Clothing with controversial messages, slogans, or pictures involving sex, drugs, violence, alcohol, tobacco, etc.
- Long dangling jewelry
- Safety pins
- Scissors
- Items with metal studs
- Beepers

- Cellular phones
- Cameras
- Tape Recorders
- Mirrors
- Needles
- Pencil sharpeners
- Plastic bags

### ***Personal Property***

All belongings brought to the unit should be labeled. Belongings are checked at the nursing station. Clothing, pockets, purses, etc. must be checked.

Borrowing and/or loaning personal items (e.g. clothing) is not permitted.

### **Dress Code**

- You must be fully and properly dressed when out of your room
- Shoes or slippers are required: no bare feet allowed
- Athletic shoes with socks are required for any deck activity
- Tube tops, tank tops, half shirts, or see-through clothes are not allowed
- Bikini bathing suits may be worn at the pool if covered by a tee shirt
- Mid-thigh shorts are acceptable.
- All clothing must be free of any controversial messages, slogans or pictures, e.g. obscenities, or themes involving drugs, sex, violence, alcohol, tobacco, etc.
- Sunglasses may only be worn outside during daylight hours
- Some jewelry, such as long, dangling earrings, safety pins, stick pins, items with metal studs, etc., present a safety hazard to yourself or others in the hospital setting and the use of these items may be limited
- Night clothes (pajamas, nightgowns, robes, etc.) are only to be worn in your bedroom or respective hallway

### **Unit Programs/Activities/Groups**

The multi-disciplinary treatment team determines which activities the patient will participate in and the extent of participation.

### ***School***

With parents' permission, minors are enrolled in a hospital-based school, which is provided by the Los Angeles Unified School District. Academic assessment and remedial services are available. The school staff are available to facilitate placement in an appropriate academic setting upon discharge from the hospital. When indicated, families are provided information regarding the special education needs of their adolescent and regarding the process of obtaining special education services.

### ***Speech and Language***

Services include speech and language screening as well as comprehensive evaluation when indicated by screening results.

### ***Recreation Therapy***

Recreation therapy focuses on developing leisure and interpersonal skills in group setting. Participation for some patients is based upon the ability to maintain a pattern of weight gain or weight maintenance while actively participating in physically strenuous activities.

### ***Occupational Therapy***

Occupational therapy assists the patient to identify skills, interests, and capacities. The focus is on assisting the patient to develop more skills. A number of additional activity groups exist within the occupational therapy setting.

### ***Relaxation Group***

Relaxation group utilizes a variety of techniques including gentle stretching, awareness of breath, and listening to quiet music to teach patients how to effectively alleviate symptoms of stress.

### ***Art Group***

All patients are encouraged to participate in art group. Through a variety of techniques such as painting, drawing, calligraphy, etc., the patient may experience an increase level of comfort in creative self-expression.

### ***Cooking Group***

Cooking group is an activity where patients are taught the fundamentals of planning, shopping for, and preparing nutritionally balanced meals. Cooking group provides a setting where patients are assisted to decrease anxieties associated for nutritional food management.

### ***Assertion Group***

Assertion group is a therapeutic group that teaches patients nonaggressive and effective interpersonal skills. Problems that arise in a variety of social situations are explored and patients are assisted while in the group setting to practice verbal and nonverbal communication techniques.

### ***Medication Group***

Medication group teaches patients about the nature of their illness and the activities necessary to achieve and maintain a positive level of health. This includes understanding their symptoms and the nature and use of medication. Medication compliance is emphasized.

### ***Patient/Family Education***

Patient/family education is an ongoing activity, which occurs from the time of admission throughout hospitalization. The goals of education are to provide the patient and family with the knowledge and skills needed to maintain an optimal level of wellness outside of the hospital setting and includes medication and symptom management.

### ***Discharge Planning***

Discharge planning begins at the time of admission to the hospital. Discharge goals are established by the interdisciplinary team and the patient/family. Individualized treatment plans are developed to help patients to discharge goals that have been established.

## Welcome to 2-West

The staff members involved in your care include the following:

### STAFF MEMBERS

### TELEPHONE NUMBERS

1. \_\_\_\_\_  
ATTENDING PSYCHIATRIST
2. \_\_\_\_\_  
CASE COORDINATOR / INDIVIDUAL THERAPIST
3. \_\_\_\_\_  
PSYCHIATRY RESIDENT / FELLOW
4. \_\_\_\_\_  
SOCIAL WORKER
5. \_\_\_\_\_  
PRIMARY NURSE
6. \_\_\_\_\_  
NURSE MANAGER
7. \_\_\_\_\_  
CLINICAL NURSE SPECIALIST / ASSISTANT PROGRAM DIRECTOR
8. \_\_\_\_\_  
PROGRAM DIRECTOR
9. \_\_\_\_\_  
UNIT DIRECTOR