

4 West Adolescent and Child Hospitalization Program

Welcome!

4-West serves adolescents and children who require inpatient treatment for a variety of psychiatric disorders, including: those associated with or complicated by learning disabilities, impulsivity and immaturity, neurological disorders such as epilepsy, and other chronic medical illnesses. Patients with conduct disorders, attention deficit disorders, organic personality disorders, schizophrenia, autism and other psychotic disorders, and other complex neurobehavioral disorders are commonly seen.

The average length of stay varies from several days to two or three weeks, depending on the goals of hospitalization. A number of patients are admitted for extensive psychiatric, neurological, and educational evaluation. Others are admitted for medication trials or stabilization, for preparation for long-term residential placement, or for treatment of emotional and/or behavioral disorders. The unit program is organized to provide a well structured, protective, nurturing, and stimulating environment.

The unit program is a holistic approach and a behavioral milieu focus and is structured around positive reinforcement. During an initial period of adjustment on the unit, adolescents will be assessed for participation in school and activities. Patients socialize with other patients and generally experience life in a community of his/her peers. He or she 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 provides an Adolescent Partial Hospitalization Program (APHP) and Child Day Program (ABC). In some cases, an adolescent or child may go from inpatient to APHP or to ABC to continue relevant hospital goals and facilitate transition home or placement. Generally this program is five to seven days a week from 8:00 a.m. to 4:00 p.m.

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 diagnoses, 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 recreational and occupational therapists. These staff members collaborate by reviewing each patient's progress, exchanging information, and then formulating and carrying out a defined treatment plan.

Members of the treatment team are as follows:

Psychiatrist-in-Charge: (Attending M.D. or Psychologist):

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

Psychologist:

It is the responsibility of the psychologist when indicated to direct and coordinate the psychological testing of patients and to collaborate with other members of the interdisciplinary treatment team regarding the psychological assessment of the patient.

Nurse Manager:

This nurse provides administrative and clinical support to facilitate the maintenance of a safe and therapeutic hospital and unit environment. The Nurse Manager works with the nursing staff and with other members of the interdisciplinary team to ensure relevant and individualized nursing care to every patient on the unit.

Case Coordinator:

A physician/psychologist in psychiatric training is assigned to work directly with the attending physician in the assessment, planning and coordination of each patient's individual psychotherapy and medication management as indicated.

Primary Nurse (RN):

The Primary Nurse provides direct individual care and education to patient and their families. This nurse develops a comprehensive nursing care plan for each assigned patient and works closely with the nursing staff in delivery of this care. This 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.

Pharmacist:

A Pharm D. who is a specialist in psychiatric medications provides consultation and education to clinical staff.

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.

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 individual counseling and group activities, provides and maintains a safe environment, and communicates relevant information to the Primary Nurses and other team members when needed.

Shift Coordinator/ "Team Leader" (RN):

This nurse oversees and coordinates the care of all patients and staff during a designated 8-hour shift. The Shift Coordinator works closely with the Primary Nurse to ensure that the patient is assigned to groups and activities that maximize the hospital experience.

Occupational Therapy:

Occupational Therapist identifies patients' skills, interests, capabilities, perceptual-motor abilities, and general developmental level, and areas of strength and deficiencies. Occupational Therapists also assist in improving patient's skills that pertain to activities of daily living, and play or leisure situations.

Recreation Therapist:

The Recreational Therapist is responsible for assessing the patient's leisure and social needs. 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:

The dietician provides nutritional 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 provides nutrition education and participates with other disciplines in structured activities designed to assist patients to acquire and integrate healthy eating habits.

Chaplain:

Spiritual care services for the spiritual and religious needs of patients. Patients may also make a request for a specific clergy.

Accommodations:

There are both private and semi-private rooms. Bedroom assignments are made by the staff and take into considerations each adolescent'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" between 9:00 and 10:30p.m. Each patient is responsible for keeping his/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 everyone is expected to care for his/her laundry. Staff is available to assist with these activities of daily living. Towels and linens are provided and laundered by the hospital.

Meals: 7:30 a.m., 12:00 p.m., 5:30 p.m.

Snacks 8:30 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 be in your room by bedtime and lights out at 10:30 p.m. Bedtime for children 12 and under is 9:00 PM with lights out by 9:30 PM.

Late bedtime is available on Friday, 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 change 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.

Patient Telephone Numbers:

4 West (310) 209-9103, (310) 824-1797

* No incoming or outgoing calls after 10:00 p.m. If you need to contact a patient please call the nurses station. Thank you.

Appliances

Small clocks, radios, blow dryers, and electric shavers are permitted. These items must be in perfect working condition and not have frayed cords. Battery operated appliances are preferred.

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

NOTE: TOILETRIES IN BREAKABLE CONTAINERS AND APPLIANCES WILL BE LOCKED IN A CABINET AND PROVIDED FOR PATIENT UPON REQUEST.

Items to be locked up by nursing staff and given to patients for time of use:

- Aerosol spray cans
- Scarves
- Electrical appliances
- Toiletries marked "Keep Out of Reach of Children"
- Sharp items such as scissors, tweezers, nail clippers, nail files, mirrors, compacts, etc.
- Sewing kits/Art supplies/Knitting needles

*These items are locked up for the safety of all patients.

What Not To Bring To The Hospital

To ensure patient's privacy, cameras, watches with cameras, laptop computer, cell phones and tape recorders are not allowed on the units. Personal television sets, expensive items of clothing, computer games, compact disc players, jewelry, or otherwise no replaceable items should not be brought to the hospital. Pets are not allowed.

Items that are prohibited while in the hospital

- Firearms
- Knives/daggers
- Taser
- Any type of weapon (including knives)
- Metal-toed boots
- Lighter/matches
- Alcohol
- Illegal drugs
- Over the counter drugs
- Prescription drugs
- Wire coat hangers
- Hats/caps
- Clothing with controversial messages, slogans, or pictures involving sex, drugs, violence, alcohol, tobacco, etc.
- Long dangling jewelry
- Safety pins

- Items with metal studs
- Glass items, all glass bottles
- Plastic bags
- Beepers
- Cellular phones
- Cameras
- Tape recorders
- Watch cameras
- Laptop computers
- Any devices that connect directly to the Internet

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.

Electrical appliances (hair dryers, radio, clocks, etc.) will be checked by the hospital electrician before you can use them.

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 allowed
- 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 clothing (pajamas, nightgowns, robes, etc.) is only to be worn in your bedroom or respective hallway.

Social Behaviors

Physical aggression, verbal aggression, threatening physical or verbal gestures, and profanity are not acceptable social behaviors and will not be tolerated.

Patients are expected to bathe or shower at least once per day, brush teeth twice a day, wear clean clothes, use deodorant, and to wash and comb their hair as needed.

You should not touch other people, as this can often be seen as teasing or provoking by others.

Respect the space of others: hand holding and touching in a sexual manner is not allowed.

Stealing, borrowing, or lending personal property is not O.K.

Unit Programs

Activities and Groups- The multi-disciplinary treatment team determines which activities the patient will participate in and to what extent the participation will be. Activities and activity groups that patients may participate in are:

School
Recreational therapy
TUC group
Relaxation group
Art group
Medication group

Friendship group
Occupational therapy
Cooking group

School

Minors attend the school, which is provided by Los Angeles Unified School District, Monday through Friday. Academic assessment and remedial services are available. The school staff is available to facilitate placement in the appropriate academic setting upon discharge from the hospital. Where indicated, families are provided information regarding the special education needs of their adolescent. Information regarding the process of obtaining special education services for their adolescent is provided to families as well as information regarding the best school setting for adolescents who do not require a specialized academic setting.

Speech and Language

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

Recreational Therapy

Recreational 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.

Smoking

UCLA is a non-smoking hospital. Adolescents may not smoke while hospitalized at the NPH.

Visiting Hours

4-West Monday-Friday 7:00 p.m.-8:00 p.m.
Saturday-Sunday-Holidays 2:00 p.m.-4:00 p.m. & 7:00p.m. - 8:00 p.m.
Special arrangements can be made when necessary.

Mailing Address: Resnick Neuropsychiatric Hospital
4-West
150 Medical Plaza, Los Angeles, CA 90095

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 to your adolescent is permitted
- Sunglasses are permitted but may only be worn outside during daylight hours
- Hats/caps are permitted but may only be worn outside during daylight hours
- Toiletries*
- Brush and comb
- Toothbrush
- Mouthwash (alcohol free)
- Deodorant
- Shampoo and Conditioner
- Depilatories
- Lotions
- Perfumes

*Please furnish toilet articles in plastic, non-breakable containers. Do not purchase products that say, "keep out of reach of children" on the label.

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.

Amigos group

Amigos group is an activity, which teaches patients basic fundamentals of how to get along with peers. Strategies such as taking turns in speaking are taught. Positive reinforcement is provided for patients who participate in Amigos Group.

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 include medication and symptoms management.

People-Animal Connection Group

Animal-assisted therapy is a goal-oriented intervention in which animals that meet specific criteria become integral to the treatment process. The interaction between patient and animals is guided towards meeting therapy goals.

Friendship Group

Friendship group is led by a chaplain. The group serves to assess and help to explore patients spiritual needs.

Discharge Planning

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

Welcome to 4-West

The staff members involved in your care include the following:

**STAFF MEMBERS
NUMBERS**

TELEPHONE

1. _____
ATTENDING M.D.
2. _____
CASE COORDINATOR
3. _____
PRIMARY NURSE
4. _____
SOCIAL WORKER
5. _____
UNIT DIRECTOR
6. _____
NURSE MANAGER
7. _____
CLINICAL NURSE SPECIALIST
8. _____
UNIT PSYCHOLOGIST