

Jewel's Unit



Resident Handbook

12/2008

INTRODUCTION

Welcome to Meridell Achievement Center – Jewel’s Unit! This will be your personal handbook to help you get to know the expectations and to help you get the most out of your treatment here.

MISSION STATEMENT

The Jewel’s Neurobehavioral Unit is dedicated to providing care and treatment to female adolescents in a safe, therapeutic, and nurturing environment. You will be taught alternatives to socially unacceptable behaviors. The overall goal is to reduce the need for a restrictive environment and to return you to your highest level of productivity by fostering a healthy home environment, positive achievement in school, and successful peer relationships.

UNIT POLICIES

Phone Calls

You are assigned 2 phone days to make or receive two telephone calls, either (2) 10 minute calls or (1) 20 minute call.

Phone times:

Weekdays: 6:00 p.m. – 8:30 p.m.

Weekends: 9:00 a.m. – 8:30 p.m.

Visitation

We encourage each family to have regular contact with you while you are at Meridell. In order to provide the optimal treatment setting for your family, we ask that visiting hours be limited to 4:00 p.m. to 7:00 p.m. on weekdays and 10:00 a.m. to 7:00 p.m. on the weekend. Other visiting times can be scheduled with your therapist. We ask that family members call ahead to let staff know they will be visiting. Families are encouraged to visit in areas other than the unit. Meridell has ample outdoor visitation. The gym, recreational room, cafeteria, and family visitation center are also available for your use. Minors, 17 or younger, are not allowed on the unit at any time. We ask that parents do not visit with you in your rooms, as there are other girls on the unit and confidentiality remains an important issue.

Mail

Parents and children are encouraged to send and receive mail. Please provide stamps or self-addressed stamped envelopes for your child’s use.

You can write to your child at:

Child’s Name
Liberty Hall Jewel’s Unit
Meridell Achievement Center
P.O. Box 87
Liberty Hill, Tx 78642

Gifts

The patient may receive gifts that are allowed on the unit. Please remember the limited amount of space that the patient has. The patient is not allowed to have personal snacks or food items.

Clothing and Laundry

Please send your child with five to seven days worth of clothes that are clearly labeled with their name or initials. We encourage you to send comfortable clothes that are seasonally appropriate for Texas. The girls should also bring pajamas or shorts and a T-shirt to sleep in. Other items that she might need include:

- Comfortable shoes or sneakers
- Swim suit (seasonal May to September). Residents must wear a T-shirt over any 2 piece swim suit.
- Coat
- Sweater
- Raincoat

Individual laundry containers are provided for you to place your dirty clothes in. A washer and dryer are provided on the unit. You are assigned 2 laundry days and are encouraged to be responsible for washing your own clothing. Assistance is provided when needed.

Personal Belongings

Personal books, magazines, and other items will be allowed at the discretion of the staff. Please label your child's belongings prior to bringing them. Each resident will be able to gain points to earn goods from the community store. Each resident should bring her own electric razor to be kept in the closet until shaving nights.

Personal Items considered contraband:

CD players, boom boxes, tape players

Nintendo, gameboys, or other video games

Movies VHS or DVD

Tight, revealing or torn clothing

Any glass items (this includes make-up, foundation in glass bottles, and mirrors.)

Steel-toed boots

Weapons or any sharp objects of any kind, including pocket knives, nail clippers, razors (or anything sharp)

Aerosol cans

Anything containing alcohol including mouth wash and hair gel

Posters or clothing with drug, gang, sexual, or demonic themes

Personal snack or food items

More than \$5.00 to be kept in the patient account (i.e. \$5 maximum)

Plastic bags

Expensive jewelry and watches and pierced earrings

Knitting needles, metal crochet hooks

This list is not all-inclusive and additional items may be disallowed on a case-by-case basis. If something is deemed unsafe or being used in an unsafe manner, it may be confiscated by staff and placed in the patient's personal storage area.

Please do not bring valuables on the unit. Meridell cannot be responsible for lost or stolen items.

Religious Programs

Meridell is not sponsored by any religious institution and does not endorse any particular religion. We ask that you discuss issues about religion in Individual Therapy and Family Therapy. It is not appropriate to talk about the religious practices of others in a negative or derogatory manner. You are welcome to bring your own Bible to study or read. If you are in need of a religious pastor/minister, and you are well and safe enough to attend services at an off campus site, a pass may be scheduled for you to attend services at an off campus location.

School

There is a school on campus that the patients attend 5 days a week (other than holidays). There are certified teachers and it is TEA accredited.

Cafeteria Expectations

Going to the cafeteria is a privilege. Those showing good behavior and meeting expectations may go to the cafeteria. A patient may be cafeteria restricted if they display inappropriate behavior while in the cafeteria. A meal will be provided for them on the unit.

Rewards and Consequences

Our program is based on reinforcing positive behavior and ignoring negative behavior. We focus more on what is being done right than what is being done wrong. There are certain circumstances where negative consequences will be used.

Positive:

- Verbal praise
- Level increase
- Trust
- Passes
- Outing
- Reward slips
- Privileges

We use time away from activities, room time, or time outs as a learning time. Sometimes the patients will do refocus work to help them become focused on more successful behavior.

LEVEL SYSTEM

The Jewels Unit uses a color (Jewel) system to track each Jewel's progress. Each Jewel starts on GARNET, and can progress through OPAL, CITRINE, EMERALD, TOPAZ, & AMETHYST (with the potential to earn the GOLD CROWN AWARD). Progression is achieved when the Jewel is consistently meeting milieu/therapy expectations and earning at least 84% (50 or more) of daily points. Expectations and privileges increase with each progressing color.

GARNET	Progress: 1 day of 50 out of 60 points
OPAL	Progress: 2 consecutive days of 50 out of 60 points
CITRINE	Progress: 3 consecutive days of 50 or more points Regress: 2 consecutive days of less than 50 points
EMERALD	Progress: 5 consecutive days of 50 or more points Regress: 2 consecutive days of less than 50 points
TOPAZ	Progress: 6 consecutive days of 50 or more points Regress: 2 consecutive days of less than 50 points
AMETHYST	Progress: 7 consecutive days of 50 or more points Regress: 2 consecutive days of less than 50 points or less than five Amethyst days in a week
GOLD CROWN AWARD	A badge of honor representing 14 consecutive days (2 weeks) on AMETHYST Regress: 1 day of less than 50 points

Any verbal aggression, threats or intimidation will result in an automatic 1 color regression (in addition to other unit consequences/precautions as determined by the Treatment Team).

Any physical aggression, sexually acting out, elopement, and self-harm will result in an automatic regression to Garnet (in addition to other unit consequences/precautions as determined by the Treatment Team).

Garnet

Expectations

- Show safe behaviors
- As a new Jewel
- Start leaning unit expectations
 - Complete autobiography & move to Opal when complete and reviewed by staff
 - Participate in assessments and testing
- As a Jewel dropped to Garnet
- Sit in the hallway for free/quiet time
 - Quiet time spent with processing packets, journaling, school & therapy homework

Privileges

- Room time 8:30pm. Lights out at 9:00pm
- Participate in on-unit activities
- Phone call to parents on 1st night (for new patients)
- May send or receive mail
- Earn points to be spent at Point Store
- Meals in the dining room & plate provided by staff

Opal

Expectations

- Show safe behaviors
- Participate in testing
- Follow unit expectations by 3rd prompt
- Attend school & therapies
- Maintain good hygiene
- Keep hands and feet to yourself

Privileges

- Earn points/Point Store
- Room time 8:30PM, Lights out 9:00PM
- Phone calls on assigned days
- Send and receive mail
- Join the group in the dining room
- Attend on and off unit activities
- May work on puzzles or coloring books, journal & read during quiet time

Citrine

Expectations

- Safe Behaviors
- Good Hygiene
- Attend school & therapies
- Keep room clean
- Follow Expectations by 2nd prompt
- Stay arms length from peers & adults
- Discuss treatment issues in groups

Privileges

- All previous colors' privileges
- Use radio with headphones during quiet time
- Use unit hand held games during quiet time
- Borrow unit books for quiet time

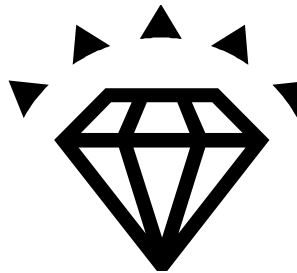
Emerald

Expectations

- All previous colors' expectations
- Participate productively in therapies
- Follow unit expectations by 1st or 2nd prompt
- Begin to give and receive feedback in groups
- Interact respectfully with peers and adults
- Be ready on time
- Attend school and complete assignments

Privileges

- All previous colors' privileges
- Eligible for off campus passes and outings
- Use of hair and nail supplies, hair appliances and electric shavers
- May keep hygiene supplies in room
- May use radios, hand-held games or work on personal activities during quiet time



Topaz

Expectations

- All previous colors' expectations
- Learn and identify thinking errors
- Actively participate in all therapies
- Ignore negative behaviors
- Show effort in working on therapy goal(s)
- Able to offer feedback respectfully
- Accept feedback respectfully

Privileges

- All previous colors' privileges
- May spend quiet time in room
- Leave 5 mins ahead of group with a peer on Amethyst
- May bring personal books to school
- May bring library books from school back to the unit
- May use the unit iPod, or personal iPod/Mp3 players
- 30 mins later bedtime on weekends
- Use the vending machines once a week on Sunday

Amethyst

Expectations

- All previous colors' expectations
- Actively work on therapy goal(s)
- Identify your own thinking errors
- Begin to use "I feel" statements
- Follow directions by 1st prompt
- Support and encourage peers respectfully
- Give and receive constructive feedback
- Show concern for others
- Evaluate self honestly

Privileges

- All previous colors' privileges
- Option for 9:30 PM bedtime on Saturday, at staff discretion
- Sleep 1 hour later on weekends
- 1 extra phone call on the weekends
- Use the vending machines twice a week on Wednesday and Sunday
- Supervised on-campus coed events
- Peer support to other units
- Sit at a separate table for dinner
- Leave 5 minutes ahead of group for activities
- Carry own point sheet

Color Freeze:

When a Jewel's behavior has a dramatic drop below the expectations for her current color, she will be placed on a color freeze for a period of 24 hours. During that time, she will continue to earn points and have Opal color privileges. If the behavior returns to the current color expectations by the time the freeze is reviewed, the color freeze will be lifted. If the behavior does not improve, the freeze will be extended or the Jewel will receive a regression in her color (as determined by the Treatment Team.)

Precautions:

Safety Precautions---When a Jewel shows any type of unsafe behavior (e.g. physical aggression, sexually acting out, self-harm, etc.), she may be placed on Safety Precautions for 24 hours or until she can prove her ability to be safe to the Treatment Team. She will return to GARNET color privileges and must remain in staff's eyesight at all times.

Elopement Precautions---When a Jewel talks about or attempts to run away from the facility, she may be placed on Elopement Precautions for 24 hours or until she has proven herself safe to the Treatment Team. She will return to GARNET color privileges, and must wear flip-flops or house slippers.

Suicide Precautions (SP)---When a Jewel is determined to be at serious risk of hurting herself or has shown suicidal behaviors, she may be placed on Suicide Precautions for 24 hours or until she has proven herself safe to the Treatment Team. She will return to GARNET color privileges, and must remain in staff's eyesight at all times. All potentially dangerous items, (e.g. belt, shoelaces, clothing with drawstrings, etc.) will be removed from her possession.

****In order to earn off of any precaution, the Jewel must demonstrate safe behaviors consistently, complete refocus assignments (including a safety contract), and verbally process her behaviors with her staff and peer group (taking responsibility for her actions).**

BASIC EXPECTATIONS

All patients are expected to comply with the “Five Basic Safety Agreement”

1. No running away.
 2. No self harm.
 3. No contraband: this includes cheeking meds, use of any drugs other than those ordered by your Dr, and possessing weapons or other unsafe items.
 4. No acting out on sexual thoughts and feelings.
 5. No property destruction.
- Rooms and bathrooms are to be kept clean.
 - **Patients may not borrow, lend, give, share, trade, or steal from other patients.**
 - Only one person is allowed in the bathroom at a time.
 - Patients are only allowed in their room, not other’s rooms.
 - Patients are allowed to sit on their bed, not other’s beds.
 - Wall hangings are permitted but must be appropriate. Any sexual, violent, drug, alcohol or gang related pictures will be taken up.
 - Bathrooms will be kept locked at all times except hygiene times.
 - Patients use the main bathroom during other times.
 - All hygiene items are stored in personal boxes in the hygiene closet.
 - Patients may shave under staff supervision with an electric razor.
 - Room doors must remain fully opened during waking hours, permission may be granted to PARTIALLY shut door at night.
 - Patients are not allowed in the nursing station without permission.
 - Patients are allowed to be in the laundry room under staff supervision.
 - Patients who skip therapy or school or are asked to leave may miss the next fun activity.
 - Bed linens are changed by patients once a week on the weekends, unless needed more often.
 - Items containing alcohol, electric razors, and other potentially dangerous items will be locked up and available to patients under staff supervision.
 - Patients are to ask to go to their room when in the dayroom. For safety reasons the staff need to know where everyone is at all times.

These expectations are in place to help you be successful in treatment and life. If these expectations are followed, expect positive rewards and increase in level.

DRESS CODE

- Clothing must be in good condition, non-provocative and not gang related.
- Clothing should not be altered (torn, written on, etc.).
- No one is permitted to pierce herself or others while at Meridell.
- Hats are allowed outside and in the gym, they are to be worn facing the front.

PATIENT RIGHTS

Patient rights may only be restricted for therapeutic safety reasons with a doctor’s order that will be reviewed every 24 hours or more often as needed. See section below regarding “Patient Rights and Responsibilities: Teen Bill of Rights.”

Receipt of Handbook

I have received a copy of the Jewel's Unit Handbook. I understand that I am responsible for all information covered in this book.

Resident/Parent

Date

Meridell Staff

Date