

Gundersen Health System Inpatient Behavioral Health

Purpose: The *Inpatient Behavioral Health Unit* is intended to assist patients with short-term hospitalization aimed at stabilization of patients who are experiencing acute mental health crisis.

Unit Layout

- Gundersen Inpatient Behavioral Health has three primary units. Two are for adult patients, one for adolescent patients. **
- Gundersen Inpatient Behavioral Health is a separate building from the main hospital/clinic. The building is considered “locked” which means patients are unable to move between units, around our building, or exit our building without staff assistance.
- Adolescent and Adult patients do not interact.
- All patients have single rooms with their own bathroom. Patients are not allowed in other patient rooms.
- Each unit has a
 - Group Room
 - Relaxation Room (Adult Units) or Library (Adolescent Unit)
 - Dining Room
 - Family/Visitor Room
 - Large Lounge Area
 - Laundry Room
 - Nurse’s Station--staffed 24/7

***COVID + Patients are placed on a 4th unit until they are cleared by Hospital Infection Control to join one of the primary units.*

Legalities

- Upon signing into the behavioral health unit, patients are under the care of a psychiatric professional. Because of this, patients are required to be assessed by a psychiatric clinician prior to discharging from our facility, regardless of Voluntary admission status.
- Patients are seen by a Psychiatric Clinician daily on all units. If admitted after our clinicians are gone for the day, patient’s will be seen the following day. Psychiatric Nurses, Behavioral Health Specialists, and other trained professionals are available to assist with needs throughout the day/evening.

Belongings

- Patients are allowed three sets of clothing. Items must not have strings or hoods. Shoes cannot have laces or large buckles.
- Toiletries can be brought in from home. The hospital has a supply of basic toiletries should you need anything.
- Personal cell phones, smart watches, tablets, computers, etc. are not allowed on our unit. Patients may retrieve phone numbers from their personal device and use the phone on the unit to make calls.
- Items brought in that cannot be utilized on the unit will be sent home or placed in our individual, locked patient storage area.

What To Expect

- Patients are invited to unit programming opportunities throughout the day which include varying types of group and individual therapies and leisure activities.
- Downtime is built into the daily schedule.
- Patients receive three meals and have two snack opportunities each day.
- Visitors are allowed but must pre-schedule for a half hour time slot each time they wish to visit. This can be done by calling the IBH Main Phone Number: 608-775-3523.
- All visitation occurs in our Family Rooms.
- Gundersen is a Nicotine Free Campus. You will not be allowed tobacco products (Cigarettes, Chew, Vapes) while you are hospitalized. Tobacco replacement options are available.

-Additional Information Specific to Our Adolescent Unit-

General Unit Information

- Parents/Legal Guardians must approve all visitors/phone contacts that patient will have while hospitalized. A form regarding this information will be presented at time of admission for parent/legal guardian to fill out. Only family members are allowed on adolescent phone/visitor lists.
- All phone calls are dialed out by unit staff to ensure calls are being made to only approved persons.
- Visitors are allowed but must pre-schedule for a half hour time slot each time they wish to visit by calling the IBH Main Phone Number: 608-775-3523.
- Parents may call at any time to receive updates from unit staff. Adolescent patients may only use the phone during specific hours of the day to encourage participation on unit programming.
- Adolescents are highly discouraged from sharing personal information with their peers. If it is found that information is being shared, Parents/Legal Guardians will be notified.

Belongings

- Clothing with school information, last names, or other identifiable information should not be brought in for adolescents to wear on the unit.
- Adolescent patients are allowed two comfort items to be kept in their room. This can be a pillow, a blanket, and/or a stuffed animal. These items may be washed on the unit; therefore, we do not recommend delicate items (baby blankets) be brought in.

School

- Adolescents are encouraged to keep up with their schoolwork while they are hospitalized. Time is built into the daily schedule (Sunday-Thursday) for patients to work on homework.
- Parents/Legal Guardians will be asked to sign a Release of Information for their child's school so that our Social Worker can obtain the necessary homework. This Release of Information will strictly be used to obtain homework and will **not** be utilized to share information regarding the patient's hospitalization.
- Parents are encouraged to bring school devices, such as laptops or iPads (and necessary chargers) to the unit as soon as possible after admission. Students will be closely monitored by staff when utilizing their school devices.