Helpful Numbers

Perimeter BEHAVIORAL HOSPITAL of Arlington

Adolescent males:

Phone Times: 10:30 AM-11:15 AM
8:30 PM – 9:30 PM

In-Person visitation: Tuesday & Friday
3:30 pm & 4:00 pm

Adolescent females:

Phone Times: 9:30 AM – 10:15 AM &
8:30 PM – 9:30 PM

In-Person visitation: Tuesday & Friday
2:00 pm & 2:30 pm

Pediatrics:

Phone Times: 8:15 AM – 8:45 AM &
4:00 PM – 4:30 PM &
5:30 PM – 6:00 PM

In-Person visitation: Wednesday & Saturday
3:00 pm(girls) & 3:30 pm (boys)

Adults:

Phone Times: 9:00 AM –10:00 AM &
5:00 PM – 5:45 PM

In-Person visitation: Thursday & Sunday
7:30 pm (women) & 8:00 pm (men)

Please note: Phone times are for patients to make outbound calls to loved ones.

Patient Advocate

817-662-6341 x1018

Financial Advisor

817-662-6341 x1033

Medical Records

817-507-0281 x1004/1054/1009

In-person visitation requires online scheduling.

The rules are published on the site and **strictly enforced.**

Please visit: PerimeterOfArlingtonVisitation.as.me Or

Scan the QR code.

Patient Code:



Perimeter
BEHAVIORAL HOSPITAL
of Arlington

7000 US Highway 287

Arlington, TX 76001

817-662-6341

www.PerimeterHealthcare.com

Patient and Family Handbook

Welcome to Perimeter Behavioral Hospital of Arlington

Thank you for choosing Perimeter to help you with your mental health treatment needs. It is a privilege to be a part of your journey to healthier thoughts, feelings, and behaviors.

We look forward to working with you. We are all dedicated to helping you through this stressful time and teaching new skills you can carry forward to have a more harmonious life.

Creating a warm, healing environment is a high priority for us. We will provide a safe place where patients and loved ones can open up and talk about difficult topics. We will also try to instill some fun into each day as joy is an important part of life.

Please be proud of yourself for seeking treatment as it is not an easy thing to do.

If you have any questions or concerns, feel free to contact me. I love my job and am thankful to be a part of your growth.

Sincerely,

Ryan Southerland, LMSW

Director, Assessments and Referrals

817-662-6341

rsoutherland@perimeterhealthcare.com

Perimeter
BEHAVIORAL HOSPITAL
of Arlington

Welcome,

Thank you for choosing Perimeter Behavioral Hospital of Arlington to help assist with your behavioral needs. We are dedicated to providing hope and transforming lives in our community. As the Discharge Planners, we are here to help coordinate and refer you to services and provide additional support once you or your child leaves our facility. In doing so, we reach out to various community mental health partners throughout the metroplex and help with setting up appointments for aftercare. Our main goal is to make sure you or your child continue to receive the continued care by working with any current providers or connect you with the recommended care after discharge.

We appreciate the opportunity to work with you. We can be reached by telephone or email for further questions, or assistance.

In partnership,

The discharge planning team.

What to Expect

Medication Management

Your psychiatrist will meet with you within 24 hours to do an initial psychiatric evaluation and then see you daily to make any necessary adjustments to the medication. During your inpatient stay, medication will be provided and administered by the nurse. As needed, prescriptions will be provided upon successful completion of treatment to cover until you see your outside doctor. No refills will be provided after discharge.

History and Physical

A medical doctor will meet with you within 24 hours to gather a medical history and conduct a physical. Any minor medical issues will be treated during your inpatient stay.

24/7 Nursing Staff

Upon admission, you will have a full nursing assessment completed by one of our RNs. Additionally, vital signs will be checked twice a day. The nurses will provide any needed medication education.

Daily Groups

A master's level therapist will provide two types of groups a day: processing and psychoeducational. Processing groups will allow you time to discuss current and past stressors or traumas and gain a better understanding of your feelings and experiences. This group is aimed at personal growth and healing.

Psychoeducation groups are designed to provide education, support and skills to children & adolescents experiencing acute mental health crisis or behavioral disturbances. The primary objective is to provide participants with accurate and evidence-based information about mental health topics and/or psychological well-being. This group aims to increase awareness and understanding, reduce stigma and promote empathy among participants.

A Certified Recreational Therapist will provide two groups a day that include activities that are educational, fun and therapeutic.

Nurses will provide one group a day to teach patients about general health topics.

Mental Health Technicians will provide two groups a day to set goals, complete activity sheets, and practice relaxation techniques.

Family Check-in

Your family check-in session will be scheduled upon admission, or shortly thereafter if necessary. Family check-ins are conducted via phone or in-person after the first few days of treatment. The goals of this meeting are to discuss your progress through the program and your treatment plan, create a Crisis Safety Plan as a family unit, and confirm aftercare wants/needs.

Meals

Our meals are planned by a nutritionist. Three nutritional, yet delicious meals will be provided each day. Additionally, healthy snacks will be provided throughout the day.

Phone Calls and Visitation

Phone time will be provided daily for patients to have contact with their families. Please see your schedule for phone, and in-person visitation schedules. For the safety of our patients during in-person visitation, no personal belongings will be allowed in the visitation area. Lockers will be provided for visitors to secure their items. Also, no outside food or drink is allowed in the visitation area. Each visitor must be on the approved list, provide an ID or driver's license and have the patient's ID number. Visitors should arrive 15 minutes prior to visitation time for check-in so that they can maximize their time with the patient. In-person visitation is subject to change dependent upon facility guidelines.

What's Expected of the Patient

Full Participation

To maximize the benefit of treatment, we ask that each patient attend every group and activity. We recognize that it is difficult to be in an unfamiliar environment at first and staff will do everything we can to make you feel more at ease. Please participate fully in the therapy discussions so that you can get the most out of your time here. We hope this will be a healing time for you.

Following the Rules

All our rules and guidelines are to create a safe environment for everyone in our facility. This includes not allowing certain items on the units. Please see the list below of contraband items:

- Plastic bags of any type
- Drugs (Over the counter, herbal or street
- Prescription medication must be cleared and checked in by the Unit Nurse
- Any hygiene products as these will be provided by the hospital
- Belts, scarves, shoe laces, drawstrings, spiked wristbands or any other items that could be used as a ligature. Elastic must be sewn in with no exposed elastic.
- Electronic devices of any type
- Pens, pencils, markers, spiral bound notebooks, hard cover books
- Piercings and jewelry
- Provocative clothing such as short shorts or skirts (no shorter than 4" above the knee), midriff shirts, low cut or see through shirts, tights, leggings, skinny jeans or jeans with holes
- Clothing depicting sex, violence, drugs, alcohol, death, demonic themes nor reflective of gang affiliation
- Saggy or baggy pants that reveal undergarments
- Clothing with racist or sexist slogans
- Hoodies
- Bras with metal, removable padding or underwire
- Feminine hygiene products
- Clip in hair extensions

Safety

Everyone's safety is a priority for our staff. No physical or verbal aggression toward self, or peers allowed. No threats, profanity or bullying are permitted.

We attempt to provide a nice facility that encompasses a therapeutic environment. Please help us in maintaining it by placing trash items in the trash cans. If you damage any property, you may be financially responsible for the damage incurred.

It is important to respect everyone's boundaries. There is no hugging, touching, kissing etc. Please respect boundaries.

What's Expected of the Family

Communication

Therapists will be reaching out to the family either by email and/or phone. Sometimes we need additional information to provide the best treatment to the patient. Please be responsive when staff reaches out. They will provide you with their contact information in case you have any questions or concerns during the patient's stay. Our therapists spend a lot of time with the patients providing them with treatment and will get back to you as quickly as possible.

Family Check-In Session

Family involvement has been shown to increase a patient's response to treatment and create a more lasting effect. We recognize the various responsibilities family members are managing and ask that you make time to meet with our therapists for this critical component of treatment.

Discharge Planning

After completed treatment in our hospital, ongoing care will likely be necessary including a psychiatrist and therapist. We are required to have follow-up appointments scheduled before your patient's discharge and occurring within a week of that discharge date. If you have preferred providers, please give the facility/organization/provider name and contact information during the admission or to your patient's discharge planner. We can schedule the appointments or if you would prefer to make them to better accommodate your schedule, please communicate who the appointments are with and the date and time. We also request that you include the patient's primary care physician information. After treatment is complete, our staff will send pertinent information to each of the next care providers. This ensures continuity of care and allows them all to be on the same page. We want the patient to have a smooth transition and to set them up for continued success.

Please note – If you are requesting a direct transition from our hospital to a long-term facility, there is no guarantee that admission will occur while the patient is within our care.

Please note for children and adolescent patients – Once our treatment team has determined your child is appropriate for discharge, you are **legally** required to pick them up from the hospital on the scheduled discharge day, as it is a violation of patient's rights to hold them here against medical

recommendations for discharge. If they are not picked up on that day, it can be considered child neglect or child abandonment, and the appropriate authorities (including but not limited to Child Protective Services and law enforcement) will be notified. There may also be significant financial implications. If you have concerns regarding discharging your child back into your care, please let us know and we can provide appropriate resources.

FMLA

If you request for the physician to complete FMLA paperwork for your employer, please note that we are only able to complete the form for up to **5 hours** of time. These 5 hours account for the admission process, the family check-in session and visitation. Because your loved one is in an inpatient facility and being cared for 24/7, we are unable to cover their full length of stay. Please let us know if you have any questions.

Medical Records Requests

When medical records are requested after discharge, please allow two to four weeks for processing.

A Note about Belongings

We want to avoid any lost items in the hospital, so we advise only essential items be kept with the patient, and to limit the amount of items kept in our storage or safe.

Perimeter Behavioral Hospital of Arlington is not responsible for replacing or reimbursing for lost, misplaced, damaged, traded, items or any personal items not returned to you.

However, we will attempt to make a good faith effort to locate the items. Please inform a staff member upon discharge.

Item drop-off is only allowed at time of admission and scheduled reception hours only:

Weekdays 7a-2p, and 4:30p-9:30p

Weekends 9a-2p, and 4:30p-9:30p

TEEN'S BILL OF RIGHTS

You are probably familiar with the rights that we all have as Americans: things like freedom of religion and freedom of speech. While you are in this hospital you have all those rights, but you also have some extra ones. These rights are meant to make sure you get the best kind of care and treatment while you are here.

This hospital is determined to protect your rights. The only reason any of these rights can be limited is if your doctor thinks you may hurt yourself or someone else, or if your doctor thinks the limitation is necessary for your treatment. Any time your rights are restricted, your doctor will tell you why and for how long. Your doctor has to reconsider this restriction on a regular basis so that you can have all your rights back as soon as possible.

If you think your rights aren't being protected, or you just want to talk to someone about your treatment, there are several places you can call:

If you are at a **private psychiatric hospital**, you can call:

Health Facility Licensing and Compliance Division **1-888-973-0022**
Texas Department of State Health Services (DSHS)
1100 W. 49th St., Austin, TX 78756

If you are at a DSHS state hospital, you can call:

Consumer Services and Rights Protection **1-800-252-8154**
Texas Department of Mental Health and Mental Retardation
P.O. Box 12668, Austin, TX 78711-2668

Whether you are at a **psychiatric hospital or a DSHS state hospital**, you can call:

Advocacy, Incorporated **1-800-315-3876**
7800 Shoal Creek Blvd., Suite 171 E, Austin, TX 78757

Of course, you should always talk to your parents or a friend about the things you like and don't like at the hospital.

The back of this page tells you about your most important rights* while you are at this hospital. Take some time to read about them, and don't be afraid to ask questions if you are not sure what something means. The people here want to help you.

**There's a longer version of this document that includes more detail about the rights you have in this hospital. Your parents or guardian will get a copy of it, but if you'd like a copy, just ask someone on the hospital staff for a copy of the "Patient's Bill of Rights."*

STATEMENT THAT YOU HAVE RECEIVED THIS DOCUMENT AND THAT IT HAS BEEN EXPLAINED

___ I agree that I got a copy of this document (back and front) prior to admission.

___ I agree that sometime during the first 24 hours after I was admitted, someone on the hospital staff explained what it says to me in a language that I understand (if involuntarily committed).

___ I agree that someone on the staff explained what it says to me in a language I understand prior to admission (if voluntarily committed).

Name _____ Witness _____

Date _____ Date _____

Relationship of witness to patient: _____

Basic Rights

1. You have the right to be treated with respect and dignity in a place that is clean and where you are protected from harm.

2. You have the right be treated somewhere where you are restricted as little as possible.

3. You have the right to know about all of the rules and regulations at this hospital so that you don't have to wonder what you can and can't do.

4. You have the right to be treated in a part of this hospital that is separate from adult patients.

Personal Rights

5. You have the right to talk and write to your friends and family outside the hospital. This means you can write to people, get mail that hasn't been opened, call people, and have visitors. The hospital may have some rules about when you can have visitors or make phone calls. If you're not sure what the rules are, ask someone.

6. You have the right to keep and use any personal possessions you brought with you, like games or books or clothes.

7. You have the right to go outside and exercise or play every day. If your doctor decides that it's not good for you to go outside for a few days, he or she has to tell you why and has to reconsider that decision at least once every three days.

8. If another person in your room is bothering you, you can ask someone who works at the hospital if you can have another room. If they can't give you another room, they have to tell you why and help you work out the situation.

9. If you get sick while you are in this hospital, be sure to tell someone. Doctors will make sure you get treatment for your illness.

10. You have the right to be free from unnecessary searches of your possessions. Although hospital staff are allowed to search your possessions when you are admitted, move from one program to another, or return from pass to make sure you don't have anything dangerous, they can only do other searches of your belongings if a doctor says it's okay because he or she has reason to believe that you have something that is dangerous or bad for you. If the doctor thinks you are hiding something dangerous or bad for you on your body and asks you to remove any clothing, it must be done in private, and a hospital staff person of the same sex as you has to be in the room.

11. The hospital has to have someone come in to teach you so you don't fall behind in your schoolwork. [Editor's note: As required by Texas Education Agency (TEA) guidelines.]

Care and Treatment

12. You have the right to be treated by people who have special education in the treatment of teenagers who have conditions like yours.

13. You have the right to know ahead of time if your treatment will include any special observation methods, including videotaping, tape recorders, movies, or photographs. Your parents or guardian have to give permission for the doctors to use these things, so be sure to talk to your parents or guardian if you don't like what you hear about these special observation methods.

14. You have the right to be told about the treatments, medicines, and therapies that your doctor plans to use on you. Your parents or guardian should talk with you to be sure you think the treatments are all right. They have to give the doctor permission to use the treatments, so you should talk to them if you don't like something.

15. Your doctor and some other people will have a plan for your treatment, and you and your parents or your legal guardian have the right to help develop that plan. If there's someone else who you would like to help plan your treatment, you should tell the hospital staff. They'll make sure it's okay with your parent or legal guardian, and if it is, they will invite the person to participate.

16. You have the right to be given only the medicines you need, and no more.

17. You have the right not to be physically restrained (restriction of movement of your body by person or by a device or by being locked in a room alone) unless your doctor says it's necessary. However, if there is a situation in which staff thinks you may hurt yourself or someone else if you aren't restrained right away, you can be restrained for up to an hour before the doctor's permission is gotten. Whenever you are restrained, staff has to tell you why you are being restrained, how long you'll be restrained, and what you need to do to be removed from restraint sooner.

18. You have the right to meet and get to know the people on the staff who are responsible for your care.

19. If your doctor thinks you should be transferred to another program inside or outside the hospital, you have the right to know why.

20. If you have to be taken from the hospital to another place, the hospital can’t let you ride in a police car unless there isn’t any other car available.

If you would like to make additional complaints, you have this right and can reach out to the Joint Commission at (800) 994-6610 or Health Facility Licensure & Certification of the Texas Department of Health at (800) 225-1570

Our Patient Promise

At Perimeter Behavioral Hospital of Arlington, our staff is committed to improving the lives of children impacted by mental illness. Our patient promise is at the core of everything we do:

- Compassion
- Accountability
- Respect
- Empowerment

We are dedicated to providing hope and transforming the lives of children in our community. Our uniquely designed therapeutic framework gives us the ability to treat the individualized needs of our patients through trauma, mental health, and chemical dependency tracks.

Contact Us

7000 US Highway 287 Frontage Road
Arlington, Texas 76001

Phone: 817-662-6341
Fax: 817-549-3122

Perimeter
BEHAVIORAL HOSPITAL
of Arlington



The Little Bull Named Bo

Pediatric Patient Rights



Perimeter
BEHAVIORAL HOSPITAL
of Arlington

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More Helpers

 really enjoyed the nurses and  . Also, the more he would  to his  in group therapy or one-on-one therapy, the more  he would feel.  liked to spend  with the  and other kids like him, who could relate to not feeling  all the time and maybe even having a  , too.

Bo Goes Home

The time came for  to go home with  and return to regular school again. He was taking his  and had gained lots of coping skills. He felt like his old  self again. He knows if he ever needs anything, he can  to  or the caring staff at Perimeter.

Helpers at Perimeter

Once  left to go to work,  went to his unit where he would get his own bed and meet his new roommate. The staff were all  and welcoming to . One staff member even helped  write a letter to his best friend Wilbur. The nice staff member even helped mail it for . It made  very  when he received a letter back from Wilbur.

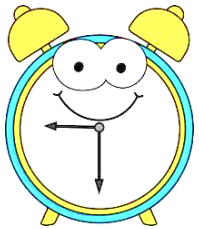
Soon  met , who was very smart and enjoyed working with kids to help them feel better. Sometimes  might think that  will help kids like  feel  again. It is important that  takes the  when the nurses at Perimeter give it to him AND when  gives it to him at home. The Nurses and  and  worked with  and  to come up with a plan together. That could help  feel  soon.

Symbols to Know

LITTLE BULL, BO



TIME



TALK



MAMA BULL



WORRIED



MEDICINE



DR. BEAR



HAPPY



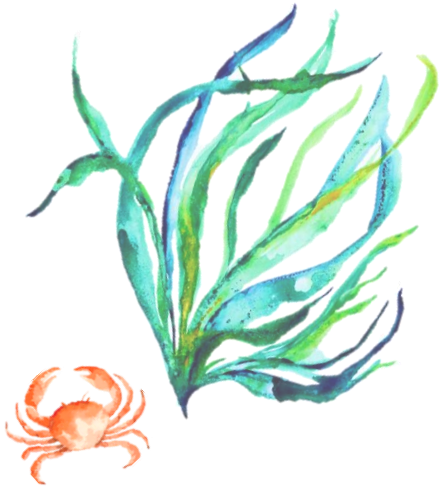
THERAPISTS



A Lil' Bit About Bo

 was usually a  little Bull, but one day he started to not feel like himself.  started to get  because she tried to  to  but he was having a hard  explaining why he didn't feel .

 decided to take  to a special place called Perimeter Behavioral Hospital, that could help him  about his feelings.



Bo Visits Perimeter

 was pretty  when they pulled up to Perimeter Behavioral Hospital because he did not know what to expect. Once inside,  liked the colors and the big screen TV! He wondered if he was at the beach?  saw some of his favorite games and became excited to play with his new friends.

After  and   to some very nice people,  learned that he would only be at Perimeter for a short amount of  and, definitely not forever!  could even visit every night before bedtime!

 was excited to be able to play in the gym with the Rec  and was looking forward to movie night outside, too!

Patient's Bill of Rights

When you apply for or receive mental health services in the State of Texas, you have many rights. Your most important rights are listed on the following pages. These rights apply to all persons unless otherwise restricted by law or court order. A judge or lawyer will refer to the actual laws. If you want a copy of the laws these rights come from, you can call the Health Facility Licensure and Certification Division of the Texas Department of State Health Services at **1-888-973-0022**.

It is the responsibility of this hospital under law to make sure you have been informed of your rights. But just giving you this information does not mean your rights have been protected. This hospital is required to respect and provide for your rights in order to maintain licensure and do business in this state.

Your Right to Know Your Rights

You have the right, under the rules by which this hospital is licensed, to be given a copy of these rights before you are admitted to the hospital as a patient. If you so desire, a copy should also be given to the person of your choice. If a guardian has been appointed for you or you are under 18 years of age, a copy will also be given to your guardian, parent, or conservator.

You also have the right to have these rights explained to you aloud in simple terms in a way you can understand within 24 hours of being admitted to the hospital to receive services (e.g., in your language if you are not English-speaking, in sign language if you are hearing impaired, in Braille if you are visually impaired, or other appropriate methods).

Your Right to Make a Complaint

You have the right to make a complaint and to be told how to contact people who can help you. These people and their addresses and phone numbers are listed below.

You have the right to be told about Disability Rights Texas (formerly Advocacy, Inc.,) when you first enter the hospital and when you leave. Information about how to contact Disability Rights Texas is also listed below.

If you believe any of your rights have been violated or you have other concerns about your care in this hospital, you may contact one or more of the following:

If you are at a **private psychiatric hospital**, you can call:

Health Facility Licensing and Compliance Division
Texas Department of Health
1100 W. 49th Street
Austin, TX 78756
1-888-973-0022

If you are at a **DSHS State Hospital**, you can call:

Consumer Services and Rights Protection
Texas Department of State Health Services, MHSA
P.O. Box 149347, MC: 2019
Austin, TX 78714-9347
1-800-252-8154

Whether you are at a **private hospital** or a **DSHS State Hospital**, you can call:

Disability Rights Texas
7800 Shoal Creek Blvd., Suite 171-E
Austin, TX 78757
1-800-315-3876

If you would like to make additional complaints, you have this right and can reach out to the Joint Commission at (800) 994-6610 or Health Facility Licensure & Certification of the Texas Department of Health at (800) 225-1570.

If you have been involuntarily committed and you believe that your attorney did not prepare your case properly or that your attorney failed to represent your point of view to the judge, you may wish to report the attorney's behavior to the Ethics Committee of the State Bar of Texas by writing to:

Disciplinary Council
State Bar of Texas
1414 Colorado
P.O. Box 12487
Austin, TX 78711-2487

If you are a voluntary patient OR if you have been taken to the hospital against your will, turn to pages five and six for a listing of your special rights under law in Texas. All patients should read pages three and four which explain the rights that apply to everyone receiving services at this hospital.

STATEMENT THAT YOU HAVE RECEIVED THIS PAMPHLET AND THAT IT HAS BEEN EXPLAINED

_____ I certify that I have received a copy of this document prior to admission

_____ I certify, that, staff have explained its content to me in a language I understand within 24 hours of admission **(if involuntarily committed).**

_____ I certify, that, staff have explained its content to me in a language I understand prior to Admission **(if voluntarily committed).**

Name _____ Witness _____

Date _____ Date _____

Relationship of witness to patient: _____

Basic Rights for All Patients

1. You have all the rights of a citizen of the State of Texas and the United States of America, including the right of *habeas corpus* (to ask a judge if it is legal for you to be kept in the hospital), property rights, guardianship rights, family rights, religious freedom, the right to register to vote, the right to sue and be sued, the right to sign contracts, and all the rights relating to licenses, permits, privileges, and benefits under the law.
2. You have the right to be presumed mentally competent unless a court has ruled otherwise.
3. You have the right to a clean and humane environment in which you are protected from harm, have privacy with regard to personal needs, and are treated with respect and dignity.
4. You have the right to appropriate treatment in the least restrictive appropriate setting available. This is a setting that provides you with the highest likelihood for improvement and that is not more restrictive of your physical or social liberties than is necessary for the most physical or social liberties than is necessary for the most effective treatment and for protections against any dangers which you might pose to yourself or others.
5. You have the right to be free from mistreatment, abuse, neglect, and exploitation.
6. You have the right to be told in advance of all estimated charges being made, the cost of services provided by the hospital, sources of the program's reimbursement, and any limitations on length of services known to the hospital. As part of this right, you should have access to a detailed bill of services, the name of an individual at the facility to contact for any billing questions, and information about billing arrangements and available options if insurance benefits are exhausted or denied.
7. You have the right to fair compensation for labor performed for the hospital in accordance with the Fair Labor Standards Act.
8. You have the right to be informed of those hospital rules and regulations concerning your conduct and course of treatment.
9. You have the right to talk and write to people outside the hospital. You have the right to have visitors in private, make private phone calls, and send and receive sealed and uncensored mail. *In no case may your right to contact or be contacted by an attorney, the department, the courts, or the state attorney general be limited.* This right includes a prohibition on barriers to communication imposed by a hospital, such as:
    - Rigid and restrictive visiting hours;
    - Policies that restrict hospitalized mothers and fathers from visiting their minor children;
    - Policies that restrict parents from visiting their hospitalized children;
    - Limited access to telephones; and,
    - Failure to provide assistance to patients who wish to mail a letter.
10. You have the right to keep and use your personal possessions including the right to wear your own clothing and religious or other symbolic items. You have the right to wear suitable clothing which is neat, clean and well-fitting.
11. You have the right to have an opportunity for physical exercise and for going outdoors with or without supervision (as clinically indicated) at least daily. *A physicians order limiting this right must be reviewed and renewed at least every **three** days. The findings of the review must be written in your medical record.*
12. You have the right to have access to appropriate areas of the hospital away from your living unit, with or without supervision (as clinically appropriate), at regular and frequent times.
13. You have the right to religious freedom. However, no one can force you to attend or engage in any religious activity.

14. You have the right to opportunities to socialize with persons of the opposite sex, with or without supervision, as your treatment team considers appropriate for you.
15. You have the right to ask to be moved to another room if another person in your room is disturbing you. The hospital staff must pay attention to your request, and must give you an answer and a reason for the answer as soon as possible.
16. You have the right to receive treatment of any physical problems which affect your treatment. You also have the right to receive treatment of any physical problem that develops while you area in the hospital. If your physician believes treatment of the physical problem is not required for your health, safety, or mental condition, you have the right to seek treatment outside the hospital at your own expense.
17. You have the right not to be unnecessarily searched unless your physician believes there is a potential danger and orders a search. If you are required to remove any item of clothing, a staff member of the same sex must be present and the search must take place in a private place.

Confidentiality

18. You have a right under HIPAA (Health Insurance Portability and Accountability Act) to have your confidentiality rights explained to you at admission. You will be provided a written copy of your confidentiality rights, including how to make a complaint.
19. You have the right to review the information contained in your medical record. If your doctor says you shouldn't see a part of your record, you have the right to file a complaint with the hospital HIPAA privacy officer. You may also, at your expense, have another doctor of your choice review that decision. The doctor must also reconsider the decision to restrict your right on a regular basis. The right extends to your parent or conservator if you are a minor (unless you have admitted yourself to services) and to your legal guardian if you have been declared by a court to be legally incompetent.
20. You have the right to have your records kept private and to be told about the conditions under which information about you can be disclosed without your permission, as well as how you can prevent any such disclosures.
21. You have the right to be informed of the current and future use of products of special observation and audiovisual techniques, such as one-way vision mirrors, tape recorders, television, movies, or photographs.

Consent

22. You have the right to refuse to take part in research without affecting your regular care.
23. You have the right to refuse any of the following:
    - Surgical procedures;
    - Electroconvulsive therapy (prohibited for minors under the age of 16);
    - Unusual medications;
    - Behavior therapy;
    - Hazardous assessment procedures;
    - Audiovisual equipment; and,
    - Other procedures for which your permission is required by law.

This right extends to your parent or conservator if you are a minor, or your legal guardian when applicable.

24. You have the right to withdraw your permission at any time in matters to which you have previously consented.

Care and Treatment

25. You have the right to be transported to, from, and between private psychiatric hospitals in a way that protects your dignity and safety. You have the right not to be transported in a marked police or sheriff's car or accompanied by a uniformed officer unless other means are not available.
26. You have the right to a treatment plan for your stay in the hospital that is just for you. You have the right to take part in developing that plan, as well as the treatment plan for your care after you leave the hospital. *This right extends to your parent or*

conservator if you are a minor, or your legal guardian when applicable. You have the right to request that your parent/conservator or legal guardian take part in the development of the treatment plan. You have the right to request that any other person of your choosing, e.g., spouse, friend, relative, etc., take part in the development of the treatment plan. You have a right to expect that your request be reasonably considered and that you will be informed of the reasons for any denial of such a request. Staff must document in your medical record that the parent/guardian, conservator, or other person of your choice was contacted to participate.

27. You have the right to be told about the care, procedures, and treatment you will be given; the risks, side effects, and benefits of all medications and treatment you will receive, including those that are unusual or experimental, the other treatments that re available, and what may happen if you refuse the treatment.
28. You have the right to receive information about the major types of prescription medications which your doctor orders for you (effective May 1, 1994).
29. You have the right not to be given medication you don't need or too much medication, including the right to refuse medication (this right extends to your parent or conservator if you are a minor, or your legal guardian when applicable). However, you may be given appropriate medication without your consent if:
    - Your condition or behavior places your or others in immediate danger; or
    - You have been admitted by the court and your doctor determines that medication is required for your treatment and a judicial order authorizing administration of the medication has been obtained.
30. You have the right to receive a list of medications prescribed for you by your physician, including the name, dosage, and administration schedule, within four hours of the facility administrator or designee receiving such a request in writing.
31. You have the right not to be physically restrained (restriction of movement of parts of the body by person or device or placement in a locked room alone) unless your doctor orders it and writes it in your medical record. In an emergency, you may be restrained for up to one hour before the doctor's order is obtained. If you are restrained, you must be told the reason, how long you will be restrained, and what you have to do to be removed from restraint. The restraint has to be stopped as soon as possible.
32. You have the right to request the opinion of another doctor at your own expense. You have the right to be granted a review of the treatment plan or specific procedure by hospital medical staff. This right extends to your parent or conservator if you are a minor, or your legal guardian, if applicable.
33. You have the right to be told why are being transferred to any program within or outside the hospital.
34. You have the right to a periodic review to determine the need for continued inpatient treatment.

If you have questions concerning these rights or a complaint about your care, call the Health Facility Licensing and Compliance Division for the Texas Department of Health at ***1-888-973-0022.***

Voluntary Patients – Special Rights

1. You have the right to request discharge from the hospital. If you want to leave, you need to say so in writing or tell a staff person. If you tell a staff person you wan to leave, the staff person must write it down for you.
2. You have the right to be discharged from the hospital within four hours of requesting discharge. There are only three reasons why you would **NOT** be allowed to go:
    - **First,** if you change your mind and want to stay at the hospital, you can sign a paper that says you do not wish to leave, or you can tell a staff member that you do not want to leave, and the staff member has to write it down for you.

- **Second,** if you are under 16 years old, and the person who admitted you (your parents, guardian, or conservator) does not want you to leave, you may not be able to leave. If you request release, staff must explain to you whether or not you can sign yourself out and why. The hospital must notify the person who does have the authority to sign you out and tell that person that you want to leave. That person must talk to your doctor, and your doctor must document the date, time and outcome of the conversation in your medical record.
- **Third,** you may be detained longer than four hours if your doctor has reason to believe that you might meet the criteria for court-ordered services or emergency detention because:
    1. you are likely to cause serious harm to yourself;
    2. you are likely to cause serious harm to others, or
    3. your condition will continue to deteriorate and you are unable to make an informed decision as to whether or not to stay for treatment.

  If your doctor thinks you may meet the criteria for court-ordered services or emergency detention, he or she must examine you in person within 24 hours of your filing the discharge request. You must be allowed to leave the hospital upon completion of the in-person examination unless your doctor confirms that you meet the criteria for court-ordered services and files an application for court-ordered services. The application asks a judge to issue a court order requiring you stay at the facility for services. The order will only be issued if the judge decides that either:
    1. you are likely to cause serious harm to yourself;
    2. you are likely to cause serious harm to others; or
    3. your condition will continue to deteriorate and you are unable to make an informed decision as to whether or not to stay for treatment.

  Even if an application for court-ordered services is filed, you can not be detained at the hospital beyond 4:00 p.m. of the first business day following the in-person examination unless the court-order for services is obtained.
4. You have the right not to have an application for court ordered services filed while you are receiving voluntary services at the hospital unless your physician determines that you meet the criteria for court-ordered services as outlined in §573.022 of the Texas health and Safety Code and:
    - You request discharge (see number 2 above);
    - You are absent without authorization;
    - Your doctor believes you are unable to consent to appropriate and necessary treatment; or
    - You refuse to consent to necessary and appropriate treatment recommended by your doctor and your doctor states in the certificate of medical examination that:
        1. there is no reasonable alternative treatment; and
        2. you will not benefit from continued inpatient care without the recommended treatment.
4. Your doctor must note in your medical record and tell you about any plans to file an application for court-ordered treatment or for detaining you for other clinical reasons. If the doctor finds that you are ready to be discharged, you should be discharged without further delay.

NOTE: *The law is written to ensure that people who do not need treatment are not committed. The Texas health and Safety Code says that any person who intentionally causes or helps another person cause the unjust commitment of a person to a mental hospital is guilty of a crime punishable by a fine up to $5,000. and/or imprisonment in county jail for up to one year.*

Emergency Detention – Special Rights for People Brought to the Hospital Against Their Will

1. You have the right to be told:
    - Where you are;
    - Why you are being held; and
    - That you might be held for a longer time of a judge decides that you need treatment.

2. You have the right to call a lawyer. The people talking to you must help you call a lawyer if you ask.
3. You have the right to be seen by a doctor. You will not be allowed to leave if the doctor believes that:
    - You may seriously harm yourself or others;
    - The risk of this happening is likely unless you are restrained; and
    - Emergency detention is the least restrictive means of restraint.

If the doctor decides you don't meet all of these criteria, you must be allowed to leave. A decision concerning whether you must stay must be made within 24 hours, except on weekends and legal holidays, the decision may be delayed until 4:00 p.m. in the afternoon on the first regular workday. The decision may also be delayed in the event of an extreme weather emergency or disaster. If the court is asked to order you to stay longer, you must be told that you have a right to a hearing within 72 hours (excepting weekends, holidays or extreme weather emergencies or disasters).

4. If the doctor decides that you don't need to stay here, the hospital will arrange for you to be taken back to where you were picked up if you want to return to that location, or to your home in Texas, or to another suitable place within reasonable distance.
5. You have the right to be told that anything you say or do may be used in proceedings for further detention.

Order of Protective Custody – Special Rights

1. You have the right to call a lawyer or to have a lawyer appointed to represent you in a hearing to determine whether you must remain in custody until a hearing on court-ordered mental health services is held.
2. Before a probable cause hearing is held, you have the right to be told in writing:
    - That you have been placed under an order of protective custody;
    - Why the order was issued; and
    - The time and place of a hearing to determine whether you must remain in custody until a hearing on court-ordered mental health services can be held. This notice must also be given to your attorney.
3. You have the right to a hearing within 72 hours of your detention, except that on weekends or legal holidays, the hearing may be delayed until 4:00 p.m. in the afternoon on the first regular workday. The hearing may also be delayed in the event of an extreme weather emergency or disaster.
4. You have the right to be released from custody if:
    - 72 hours has passed and a hearing has not taken place (excepting weather emergencies and extensions for weekends and legal holidays);
    - An order for court-ordered mental health services has not been issued within 14 days of the filing of an application (30 days if a delay was granted); or
    - Your doctor finds that you no longer need court-ordered mental health services.

Involuntary Patients – Special Rights

Under most circumstances, you or a person who has your permission may, at any time during your commitment, ask the court to ask a physician to re-examine you to determine whether you still meet the criteria for commitment. If the physician determines you no longer meet the criteria for commitment, you must be discharged. If the physician determines you continue to meet the criteria for commitment, the physician must file a Certificate of Medical Examination with the court within 10 days of the filing of your request. If a certificate is filed, or if a certificate has not been filed within 10 days and you have not been discharged, the judge may set a time and place for a hearing on your request.

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at **www.vaers.hhs.gov** or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at **www.hrsa.gov/vaccinecompensation** or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at **www.fda.gov/vaccines-blood-biologics/vaccines**.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636** (**1-800-CDC-INFO**) or
  - Visit CDC's website at **www.cdc.gov/flu**.

- My child wore their favorite shirt to the hospital and now it's missing! What can I do?
    - Items brought to the unit are the responsibility of the patient. We cannot 100% control whether items get lost, damaged, stolen, or gifted to other patients.
- It's been hard to get my child or loved one on the phone. What's going on?
    - We will make every effort to connect you with your child or loved one via phone. However, sometimes they may refuse a phone call, or used their phone time to call someone else on their approved list. There could be programming going on, or running behind schedule. Patients are limited to calls during scheduled phone time to avoid treatment interruption.
    - Let the nurse know if you're having trouble and they can communicate what's happening and work on getting a time set up to chat.
    - Understand there are more patients than phones; time on the phone may vary depending upon the amount of individuals needing phone calls.
    - A pro tip: let your patient call you. It's easier to connect that way!
- Can I bring my loved one food from home? I make a mean casserole!
    - Sounds delicious, but hospital policy prevents any outside food or drink for the safety and security of patients and staff. Our kitchen prepares healthy and delicious meals following dietitian and medical provider orders, keeping in mind special diets and allergies.
- I call the unit to check on things, and the patients are never there! Where are they?
    - We take advantage of our ample space to provide variety in programming. The patients may be in our gym playing basketball or volleyball or outside enjoying the sunshine. They could be in the cafeteria for a meal, or our "fishbowl" classroom for a group.