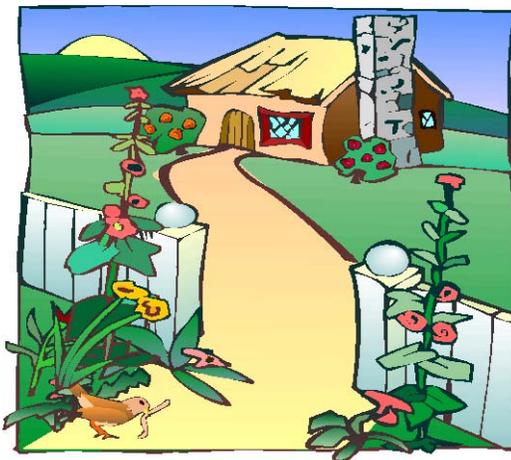


Riverview Psychiatric Center

Clients' Recovery Handbook

Your Journey Toward Recovery



Sept 2004

Riverview Psychiatric Center
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Purpose

Partners together to achieve your goals



The purpose of this handbook is to highlight the various aspects of your stay at the Riverview Psychiatric Center and let you know what treatment and other services are available to you, and how you can expect to be treated.

What Can I expect? at Riverview?

To be treated with respect and dignity.

To be kept safe when your mental illness interferes with your daily life.

To receive immediate and quality care and treatment.

You will have a peer specialist to offer support to you throughout your admission process.

You will receive written and verbal explanations of your rights as a patient.

You will receive professional medical care, including a complete physical upon admission.

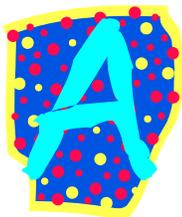
You will receive a list of your personal belongings.

You will receive excellent food and nutrition.

What will happen when I am admitted?

The Riverview Psychiatric Center provides daily medical, vocational, educational, recreational, psychiatric and psychosocial treatment. Our treatment is based on our belief in the process of recovery.

What treatment will I receive?



What is Recovery?

Recovery is overcoming the challenges of mental illness to live a satisfying, hopeful and productive life.

Recovery is a personal and unique process of growth to develop the skills to choose, obtain and maintain the roles, relationships and other things that are meaningful in our lives.

Recovery reinforces the belief that it is possible for people with mental illness to lead satisfying and productive lives.

What is Recovery?

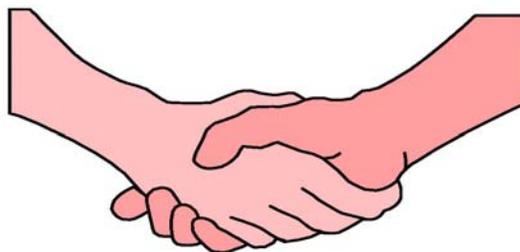
The in-patient rehabilitation program uses the Recovery Approach to psychiatric rehabilitation to work with you to prepare for successfully fulfilling the roles you choose while living successfully in your community.

The Recovery approach is a process of assisting you to develop the skills and identify the supports you need to accomplish your goals.

Recovery promotes your active involvement in all aspects of your treatment and rehabilitation.

Program Goal

Our goal is to work in partnership with you, providing support and assistance in your recovery. We will work with you to obtain the skills and supports you need to be successful and satisfied living in the community of your choice. As we do this, we work to assure the safety and security of all patients, staff and the community.



Guiding Principles of Role Recovery

All our interactions with patients, families, support networks and staff are guided by the following principles.

Client-Centered Orientation

We focus on the dignity of each patient as a whole, not exclusively on his/her status or behavior.

Client Involvement

We focus on the opportunity for each client and/or his/her support persons to participate in all aspects of his/her service provision.

Client Choice

We focus on enabling each client to make informed choices and to gain or accept responsibilities.

Client Growth/ Potential

We focus on the belief that all people have the potential to change, the ability to continually improve and capacity to make informed choices.

Client Safety

We focus on our commitment to assure safety and security for every client, staff member and the community.

Integrated Service Plan

During the first two days following your admission to your unit, your care manager will meet with you to introduce you to the Recovery Process. Within the next week, other members of your treatment team will also meet with you individually to introduce themselves and inform you of how they might assist you in your recovery.

Together, you and each team member will identify issues and an action plan to achieve your objectives.

The identified issues will make up your treatment plan. This plan is called the **Integrated Service Plan**. The plan is reviewed and discussed at your Treatment Team Meetings. Your care manager is responsible for coordinating your Treatment Team

Meetings.

You are encouraged and expected to take a leadership role in planning for your treatment and transition home.

The Treatment Team Meeting is Your Meeting!



Harbor Mall

The hospital's Harbor Mall provides clients a place where active treatment groups meet in a central location. Groups are developed based on the skills, knowledge and treatment needs identified by you and other clients.

Active Treatment Hours

“Active Treatment hours” are the specified times each day when you and other clients are expected to engage in group or individual treatment. At Riverview, these hours are;

9:15-11:00 am daily

1:15- 3:00 pm daily

6:00- 7:00 pm daily

The Members of Your Care Team

Recovery programs are delivered through a multi-disciplinary team approach to assist you in identifying and resolving issues that brought you to the hospital. A multidisciplinary team means that your treatment team consists of a variety of healthcare professionals with special qualifications to address the different issues that brought you to the hospital.

**My Peer Support Specialists
is**

My Psychiatrist is

My Unit Director is

My Care Manager is

**My Primary Mental Health
Worker is**

My Psychologist is

My Recreation Therapist is

My Spiritual Care Advisor is

My Medical Doctor is

My Nurse is

Your team is here to help you

Treatment Components of Recovery



Treatment Programs

These are individual or group sessions designed to teach you about your illness, how to manage your symptoms and prevent symptoms from coming back. Some examples of treatment programs that are offered are:

Treatment Groups/Activities

- Medication Management
- Community Resources
- Anger Management Group
- Substance Abuse
- Relationships/Trauma
- 1:1 session(s) with staff
- Developing awareness
- Values clarification
- Decision-making
- Problem solving
- Wellness planning
- Leisure education
- Work
- How to communicate with health care professionals
- Stress management
- Self-expression
- Money management

- Understanding your rights
- Self-advocacy
- Understanding entitlements
- Managing symptoms

Enrichment/Rehabilitation Groups/Activities

- Yoga
- Working with Computers
- Art
- Healthy Cooking
- Singing
- Maine Government
- Music
- Clay Works
- Fitness
- Bible Study
- Travel
- Bowling
- Gardening

Benefits of Participation:

- To better understand your illness
- To recognize warning signs of your symptoms and prevent relapse
- To maintain good physical & mental health
- To increase your awareness about community supports available
- To be aware of your interests, values and personal preferences
- To choose where you want to live and what you want to be doing.
- To obtain the supports that you will need for community living

Jobs

The hospital believes that working can be an important part of a client's recovery. The hospital provides clients with the opportunity to work and receive pay for that work.

Other Programs



There are other activities you could do on your own, with your friends or with your families.

Examples include walking, visiting friends/family, playing cards, puzzles, going for coffee, playing pool, reading, attending a club or meeting such as AA in the community.

In addition, there are other individual or group activities offered by several staff. These activities are geared toward improving your quality of life and satisfaction.

Some of the activities are:

- Spirituality Groups
- Stopping Smoking
- Literacy Training
- Gardening Group

- Unit Outings
- Exercise
- Quilting

Safety for Money and Valuables

There is a safe on every unit where you can store your money and other valuables. You can access this safe anytime Monday to Friday from 9:00 am to 4:00 pm



Mail Delivery

Your mail is delivered to the unit daily Monday through Friday. The time of delivery depends on when mail arrives at the hospital.



Telephone

There are pay phones located on each unit for more private calls and there is access to a unit phone at the Nurses station on each unit, for your calling convenience.

Laundry

There are washing machines and clothes dryers on every unit for your use.

Visitors

Visiting hours are between 4:00 pm and 8:00 pm, Monday through Friday and from noon to 8:00 pm on weekends and holidays. All family members are encouraged by this hospital to visit you with your permission.

Meals

Your meals will be provided at the hospital's excellent central dining room, beginning at:

Breakfast..... 7:30 am
Lunch.....11:30 am
Dinner.....4:30 pm

Snacks are available on the units regularly.

Important Numbers

Riverview Reception.....624-4600
Lower Saco.....624-4631
Upper Saco624-4731
Lower Kennebec.....624-4606
Upper Kennebec.....624-4709

Other Amenities and Services

- Vending Machines
- Hair Salon
- Chapel
- Library
- Dental Clinic
- Medical Services
- Basketball court
- Gymnasium

Additional Information:

You will have a private room in which you can have personal items. In your room is a storage area that can be locked for the safety of your items.

If you have ideas for new programs or changes to make to existing programs, feel free to approach staff about it and bring your suggestions to your Treatment Team Staff.

Finally, you are responsible for your recovery process and staff is available to work with you to help you achieve your recovery goal.

you never know what you can do until you try

Acknowledgment:

Information in this handbook adapted from materials from the following sources:

1. Anthony, W. A., Cohen, M., Farkas, M. & Gagne, C. (2002). *Psychiatric rehabilitation*. Boston, MA: Center for Psychiatric Rehabilitation.
2. Anthony, W. A., (2000). A recovery-oriented service system: Setting some system level standards. *Psychiatric Rehabilitation Journal*, 24(2), 159-168.
3. East Coast Forensic Psychiatric Hospital. (2001). *The Role Recovery Practitioner Handbook*. Dartmouth, NH.
4. East Coast Forensic Psychiatric Hospital. (1999). *Service Implementation Planning Guide*. Boston, MA: BCPR Consulting.